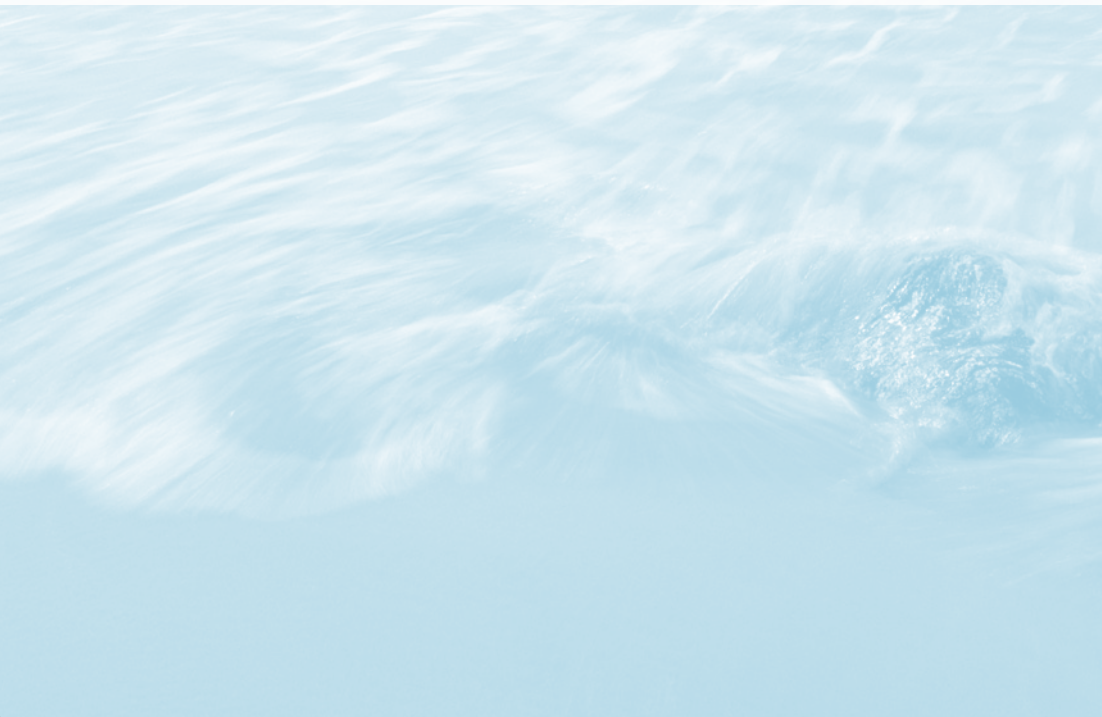




# SENSE

A ROSEWOOD SPA®



## A SENSE OF PLACE®

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Designed to enhance every aspect of one's experience by reflecting the local environment, each and every Sense spa is bestowed with one-of-a-kind ambience, style and attention to detail. A Sense spa is an exceptionally unique sanctuary – instantly welcoming and individual in character with treatments and services that honour local traditions in healing and incorporate indigenous natural elements.

## A SENSE OF BALANCE

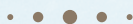
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Sense spas deliver services dedicated to stimulating the fine balance between life, nature and spirit by integrating spiritual well-being and serenity into the traditional spa experience. The ultimate place to restore and improve harmony in one's world, the Sense spa embraces, nurtures and enhances balance by offering restorative environs, thoughtful amenities and unmatched treatments.

## A SENSE OF INDIVIDUALITY

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Sense spas take a personalized approach, customizing encounters to one's individual needs. A visit to a Sense spa is a personal journey tailored to achieve ultimate results.



An oasis within Rosewood Hotel Georgia, Sense, A Rosewood Spa®

is an intimate and elegant destination featuring highly trained staff.

Calming the mind and providing relief from our daily activity, the spa



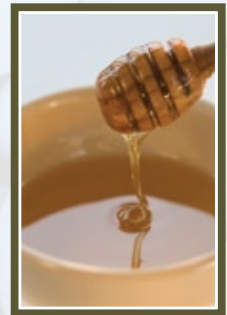
offers a retreat above Vancouver's busy city streets with signature

services designed to stimulate the senses and restore the mind and body.

## SENSE SPA JOURNEYS

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Sense Spa Journeys combine a blend of services featured throughout our menu. Dedicated to providing a memorable experience, the following journeys reflect a unique vision of Vancouver and pampering beyond compare.



#### EXPERIENCE SENSE

Treat yourself to an array of the spa's signature services. This half-day package combines a Georgian Revival Massage and Signature Facial with a Perfecting Manicure, Canadian Maple Pedicure and light spa lunch. 4 hrs.

#### DISCOVER VANCOUVER

A panoramic walk along Vancouver's famous Sea Wall and through Stanley Park tailors this spa experience to a busy schedule, giving you time to see highlights of the beautiful city as well as time to rejuvenate and enjoy refreshment on your way back to the spa. Endorphins inherent in the fresh sea air will stimulate your senses and enhance your experience at the spa during your choice of a Vancouver Signature Sensation or Tides body treatment. The journey concludes with a Canadian Maple Pedicure. 3.5 hrs.

#### SANCTUARY

Come in out of the rain and take a journey for the mind body and spirit. Beginning with an Ayurvedic body treatment and aromatic scalp therapy, you will experience deep rest, relief and serenity. Continue your journey with the healing vibrations of Rhythmic Stone Massage. Rich in aromatherapy, both rituals create a deeply comforting spa experience. Enjoy tea service during or after your services and plan to spend some extra quiet time in the spa before heading out into the city. 3.5 hrs.

#### THE SWEETER SIDE OF SPA

Our glacial honey scrub and signature massage with custom-blended aromatherapy and shea butter are a delicious start to your spa day. Body services are followed by a deep cleansing Fresh Facial and a Canadian Maple Pedicure. Light spa refreshments are served during the pedicure for a short and sweet three-hour retreat that leaves you perfectly satisfied. 3 hrs.

#### ROSEWOOD RETREAT

Begin this day of decadence with a full-body exfoliation followed by an 80-minute massage of your choice to carry you to a state of bliss and relaxation. A quiet lunch and a bit of leisure time in the spa are followed with an Ultimate Facial to tone, hydrate and protect your skin. This sublime retreat concludes with a Perfecting Manicure and delicious Canadian Maple Pedicure enhanced with a drizzle of glacial honey and a shea butter foot massage. 5.5 hrs.

## SENSE OF WELL-BEING

COMBINING AROMATHERAPY WITH EXPERT TOUCH, OUR COLLECTION OF MESSAGES OFFERS A HAVEN AND RETREAT. A CUSTOMIZED INFUSION OF AROMATIC PLANT AND FLOWER EXTRACTS, HERBS AND QUALITY BLENDS OF OILS FROM AROUND THE WORLD PROMOTE BALANCE AND RELIEF. OPT FROM THE FOLLOWING RESTORATIVE SELECTIONS OR INQUIRE WITH YOUR THERAPIST FOR A MORE CUSTOMIZED MESSAGE AND AROMATHERAPY COMBINATION.

### GEORGIAN REVIVAL MESSAGE

Deep aromatic breath guided with our signature aromatherapy and the pouring of warm oil down the spine will inspire the release of tension and transport you to a level of complete calmness. Traditional Swedish massage movements that include gentle to firm pressure with long rolling strokes will improve circulation, aid in cleansing the body of toxins and promote rest and relaxation. 50/80/110 mins.

### DEEP RELIEF MESSAGE

Deep-tissue massage techniques are helpful in releasing tension and treating aches and stiffness. Focusing on the deeper layers of muscle and connective tissue, the therapist employs a dedicated set of techniques and strokes to targeted areas of superficial and deep layer muscle. Integrated with Swedish technique and deep pressure throughout, this massage promotes relief, relaxation and well-being. 50/80 mins.

### RHYTHMIC STONE MESSAGE

This unique massage incorporates deep body and stone massage with a blend of select oils and botanicals including calendula, primrose, sesame and aromatherapy essential oils. Slide into relaxation as the hands work in tandem with heated smoothed stones to release tension and ease body aches while oils feed and balance the skin. 50/80 mins.

### FUSION MESSAGE

A customized selection of aromatherapies is combined with advanced massage techniques that draw from our menu of massage practices and global healing traditions. This massage is executed by highly trained massage therapists and choreographed for a unique experience, relieving aches and pains and addressing your central nervous system to restore well-being and balance. 80/110 mins.

### JET LAG RECOVERY

This massage features oils formulated to offset the negative effects of flying and time zone changes. A helpful way to restore the body's natural resilience and combat fatigue, this therapy eases your transition so you can make the most of your time in this new destination. 25/50 mins.

## BODY SENSE

ROOTED IN THE PRINCIPLES OF AGE-OLD THALASO THERAPIES, THE SPA'S BODY TREATMENTS BLEND EXFOLIATION AND MASKS WITH BODYWORK FOR A HEALING SPA EXPERIENCE. SEVERAL FEATURE A VICHY SHOWER AS A DISTINCT PART OF THE SERVICE, CHOREOGRAPHING WATER TEMPERATURE AND PRESSURE TO MAGNIFY THE HEALTH BENEFITS AND EXPERIENCE.

### VANCOUVER SIGNATURE SENSATION

A cool glacial breeze and the aroma of fresh mountain air are captured within this signature service. Our peppermint and herb-infused sea salt exfoliation will melt away dry skin and leave behind a subtle cooling sensation. A cleansing Vichy rinse releases tension, stimulates blood circulation and relaxes tight, sore muscles. Last, a hydrating massage with our signature shea butter blended with essential and hydrating oils holds the moisture in your skin. 80/110 mins.

### SILHOUETTE BODY FACIAL

This advanced skin care service for the body begins with sonic cleansing to deep clean pores and improve micro circulation. A full-body AHA/BHA mask exfoliates and increases hydration levels, leaving skin soft and youthful. A deep-tissue body-firming massage with anti-oxidant hydrators will improve your skin's performance and tone while nourishing at the dermal level. A hydrating SPF completes the service to protect the skin. 80/110 mins.

### AYURVEDA HARMONY

Influenced by ancient Indian tradition, this experience is designed to restore balance and re-establish harmony. The treatment is a journey into serenity with a gentle dry-glove exfoliation followed by a warm herbal valerian body mask. A gentle body brushing removes the herbs preparing new skin for Abyanga body oil. With attention to ayurvedic pressure points and using authentic ayurvedic oils, this ritual is deeply cleansing and purifying for the mind, body and soul. A scalp massage and Vichy steam close the service with an aromatic inhalation. 80/110 mins.

### TIDES

The power of the sea is harnessed for advanced cleansing and body firming results. Salts of the earth and sea are combined with concentrated seaweed extract for a full-body exfoliation. Aiding the body in the removal of toxins, a full-body wrap rich in regionally harvested algae and British Columbia glacial mud purifies the skin. This service promotes health by improving circulation, removing toxins, reducing fluid retention and improving the body's tone and texture. 80/110 mins.

### COCOON

Recover your skin from the impact of seasonal, lifestyle and hormonal change. Begin with glacial honey and maple sugar-infused scrub to exfoliate and revive skin tone. Cocooned in warm Moor mud, nourish and heal the skin, reduce inflammation and relieve aches and pains. While enveloped in this healing mask, an aromatic scalp neck and shoulder massage will lull you into a gentle slumber. Emerge transformed after a warm rinse and rich body hydration massage. 80/110 mins.

## ESSENTIAL SKINCARE

AN EXPERT CONSULTATION AT THE BEGINNING OF YOUR FACIAL ENSURES THE BEST PRODUCT SELECTION AND TREATMENT CHOICES FOR YOUR SKIN TYPE. ALL FACIALS INCLUDE AROMATHERAPY, MASSAGE OF THE FACE, NECK, DÉCOLLETÉ AND HANDS AND PERSONALIZED PRODUCT SELECTION. THE 80- AND 110-MINUTE FACIALS INCLUDE A DEEP-TISSUE FIRING FACIAL MASSAGE.

### GEORGIAN SIGNATURE FACIAL

For clean skin and a radiant complexion, the signature facial revitalizes skin and restores its tone and vitality in a balancing atmosphere of essential oils, anti-oxidants and great skin care. Your face will be hydrated, purified and deeply cleansed. 50/80 mins.

### ADVANCED CARE FACIAL

Rediscover your skin's natural balance and suppleness. Highly beneficial for those with sun-damaged skin, scarring, fine wrinkles, oily problematic skin or sensitive skin. Enjoy our signature facial experience plus professional-grade topical exfoliation. This skin-perfecting facial features active ingredients including alpha or beta hydroxyl acid peels with Vitamin C, fruit enzyme peels or lactic acid with powerful vitamins and the world's most effective anti-oxidants and humectants. Skin hydration and exfoliation results in normalized skin function and improved skin health, texture and look. 50/80 mins.

### ULTIMATE FACIAL

Lift, tighten, firm, hydrate and protect using concentrated professional strength products for dramatic anti-aging results. You and your esthetician will select from topical peels and manual dermabrasion, followed by firming masks and microcurrent lifting. Utilizing the most potent anti-aging treatments, we will perfect your appearance, melting away signs of stress. 50/80 mins.

### ROSEWOOD COMPLETE FACIAL

For those serious about preventive and restorative skin care, this all-inclusive luxury facial includes eye, neck and décolleté treatments and deep tissue facial massage. A complete selection of anti-aging technology – including advanced and professional peels, microcurrent and advanced topical facial technologies – is complemented with custom masks and post-treatment recommendations to help you achieve your goals. A massage and treatment mask for your hands and feet finishes this passage to radiance. 110 mins.

### FRESH FACIAL

Get fresh in a few minutes. This facial treatment begins with sonic deep-cleansing technology and is followed by an infusion of the skin with selected facial care to replenish the skin's nutrients and restore tone and colour for a vibrant, refreshed look. 25 mins.

## PARTICULARS

### PERFECTING MANICURE

Meticulous grooming, hydrating massage and your choice of polish color for perfect nails. 25 mins.

Stay a bit longer and relax with a Canadian maple sugar scrub and glacial honey massage for deliciously beautiful hands. Finish with your choice of colour or French polish. 50 mins.

### CANADIAN MAPLE PEDICURE

A complete sensory experience brings deep relief to the soles. Begin with your choice of aromatherapy, followed by a maple sugar scrub, organic hydrating mask and sumptuous massage. A real treat for your feet, expert grooming and impeccable lacquer make this a perfect ten. 50 mins.

Add a massage of organic shea butter and a drizzle of glacial honey to soothe and hydrate. Complemented with a glass of champagne and chocolates, this is time well spent. 80 mins.



## PARTICULARS CON'T.

### HAIR REMOVAL

The spa offers quick, expert waxing from head to toe. All facial waxing is followed with a mineral dusting to reduce redness and inflammation, act as a sun block and prevent break outs.

### BROW RAISER

More than just a brow wax, this detailed brow shaping is complemented with microcurrent facial toning to lift and firm the brow line, accenting the shape of your eyes and lifting for a more youthful look.

### SPA TAPAS

Combine two or more for a personalized spa treat. Each 25-minute service provides a bit of local flavour.

**SCALP:** Uncap spa refreshment with head, neck and shoulder herbal mint aromatherapy massage

**SOLE:** A drizzle of glacial honey and shea butter is blended together for a tension-relieving foot massage

**SHAKE:** Express grooming for nails and cuticles with a warm shea butter and glacial honey hand treatment

**SCRUB:** Treat yourself to an organic ginger scrub from shoulders to toes

**SHOWER:** Invigorating high-pressure Vichy experience with customized hydrating massage

### ROSE BUDS® JUNIOR SPA MENU

This special menu, for ages 13 and under, offers ideal choices for the budding spa aficionado. A parent or guardian must be present for all spa services, which makes it a perfect time for a mother-daughter visit to the spa.

**PETALS** (*especially for ages 5-9 years*): A manicure and pedicure to moisturize, protect and polish hands and feet to perfection. 50 mins.

**IN BLOOM** (*especially for ages 9-13 years*): A deep-cleansing and perfecting facial that addresses young, evolving skin as well as a great opportunity to learn about treating and preventing blemishes. 25 mins.

**BLOSSOM** (*especially for ages 11+ years*): Choose from a relaxing scalp or foot massage. 25 mins.

## TREATMENT MENU PRICE LIST

### SENSE SPA JOURNEYS

Experience Sense	4 hrs./\$450
Discover Vancouver	3.5 hrs./\$400
Sanctuary	3.5 hrs./\$375
The Sweeter Side of Spa	3 hrs./\$375
Rosewood Retreat	5.5 hrs./\$650

### SENSE OF WELL-BEING

Georgian Revival Massage	50 mins./\$125	80 mins./\$175	110 mins./\$225
Deep Relief Massage	50 mins./\$150	80 mins./\$200	
Rhythmic Stone Massage	50 mins./\$150	80 mins./\$200	
Fusion Massage		80 mins./\$200	110 mins./\$250
Jet Lag Recovery	25 mins./\$65	50 mins./\$125	

### BODY SENSE

Vancouver Signature Sensation		80 mins./\$175	110 mins./\$225
Silhouette Body Facial		80 mins./\$225	110 mins./\$275
Ayurveda Harmony		80 mins./\$175	110 mins./\$225
Tides		80 mins./\$175	110 mins./\$225
Cocoon		80 mins./\$175	110 mins./\$225

### ESSENTIAL SKINCARE

Georgian Signature Facial	50 mins./\$125	80 mins./\$175	
Advanced Care Facial	50 mins./\$150	80 mins./\$200	
Ultimate Facial	50 mins./\$175	80 mins./\$225	
Rosewood Complete Facial			110 mins./\$275
Fresh Facial	25 mins./\$60		

### PARTICULARS

PERFECTING MANICURE	25 mins./\$45
With massage, scrub & polish	50 mins./\$65

CANADIAN MAPLE PEDICURE	50 mins./\$85
With massage, hydration & treats	80 mins./\$115

HAIR REMOVAL	Prices vary
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BROW RAISER	\$50
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### SPA TAPAS

Choose two or more 25-minute services:

Scalp \$50, Sole \$40, Shake \$40, Scrub \$50, Shower \$50

### ROSE BUDS® JUNIOR SPA MENU

Petals Manicure & Pedicure	50 mins./\$75
In-Bloom Facial	25 mins./\$50
Blossom Massage	25 mins./\$50

Prices and services are subject to change. All rates are in Canadian Dollars.  
Sense Spa Journey packages are subject to an 18% gratuity.

## SPA ETIQUETTE & POLICIES

**Arrivals** Treatments are carefully planned to accommodate each and every client. In a spirit of mutual respect, we kindly request that you arrive at least 15 minutes prior to your appointment in order to experience your full treatment time. Late arrivals will be finished within the scheduled treatment time while the fee will remain unchanged.

**Spa Amenities** On arrival you will be supplied with a bathrobe, sandals and a locker for your personal belongings. Towels are offered throughout the spa and disposable underwear is available for all body treatments. Facilities include separate men's and women's locker rooms with relaxation area and vanities stocked with a variety of toiletries.

**Etiquette** Our spa environment is one of tranquility and relaxation. In consideration of other spa guests, we ask that you speak in a quiet voice and switch off mobile phones and pagers. If using headphones, please make sure the volume level is not audible to other guests. The spa is a non-smoking zone.

**Special Requests** Feel free to request your preference for a specific technician. Our trained professionals properly drape you throughout your service. We strive to fulfill your wishes based upon availability. If you need assistance with anything during your spa experience, such as an adjustment to lighting, sound, temperature or technique, please let your technician know. Deep tissue massage targets certain areas and is not the same as deep pressure. Our therapists will inquire on pressure, but we invite you to request adjustments throughout your service.

**In-Room Treatments** In-room treatments are offered from our Sense of Well-Being massage menu. Times and prices vary from the in-spa menu and a surcharge applies. Please inquire at spa reception for more information.

**Health** Please refrain from shaving before all body treatments and men's facials. To maximize the benefits of your spa experience, please inform us of any health issues, allergies or injuries that may make the treatment you have chosen unsuitable so that we may advise safer alternatives.

**Pregnancy** We have specially designed treatments for expectant mothers. Allow us to assist you in selecting suitable treatments for this special time. We ask you to consult your physician prior to booking any spa services.

**Children** Spa and fitness areas are reserved for guests 16 years or older. Children are allowed in the spa by appointment only and must be accompanied by an adult during their visit.

**Cancellations** Cancellations must be received at least 24 hours prior to the appointment time to avoid full service charge. If you are traveling by air, we suggest you schedule appointments at least six hours after you are scheduled to arrive in case of flight delays.

**Loss or Damage** We regret that we cannot be responsible for any loss or damage to personal items and valuables during your visit. Please refrain from wearing jewelry or valuables to the spa.

**Conference, Corporate & Group Packages** The spa offers a variety of treatments, packages and group rates. Please contact the spa for information, terms and conditions.

**Appointments** We recommend scheduling in advance to ensure preferred appointment times. Credit card and contact details are required at the time of reservation to guarantee external bookings.

For appointments, gift certificates or further information, please contact us at:

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