



refresh · renew · relax

Gift Certificates • Loyalty Program • Wellness Events  
Corporate Facilities and Rates Available

**HOURS**

Sunday-Wednesday 9 am to 7 pm  
Thursday-Saturday 9 am to 9 pm

*Book Online at [ohspa.ca](http://ohspa.ca)*

**OHSPA at the OLD HOUSE HOTEL**  
1730 Riverside Lane  
Courtenay, BC V9N 8C7  
(250) 703-4770 or 1-877-703-4770

[info@ohspa.ca](mailto:info@ohspa.ca) [ohspa.ca](http://ohspa.ca)

*Prices subject to change without notice.*



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MENU





## Welcome to Ohspa at the Old House Hotel

Our spa is a sanctuary created for relaxation and well-being. Nestled on the banks of the Courtenay River, Ohspa offers an escape right in the heart of the Comox Valley. Sip herbal tea, fireside, in our relaxation lounge; take a dip in our outdoor heated pool; or enjoy spa cuisine and champagne in your private lounge for two. Escape with a custom Éminence Organics Facial; release your tension with a Relaxation Massage; or brighten your day with an OPI pedicure. All of us at Ohspa enjoy bringing wellness and balance to the minds and bodies of our clients. We love what we do and believe you will too!

## Spa Etiquette

**Arrival Time** We ask that you arrive at least 15 minutes prior to your services to fully prepare for your experience. We recommend arriving earlier to fully relax and take advantage of the spa amenities, including the outdoor heated pool and hot tub and our fireside relaxation lounge.

**Cell Phone** Please help us maintain a tranquil environment by turning off your cell phone.

**Treatment Attire** Robes and sandals are provided with every spa service. Professional draping techniques for your comfort and privacy will be used at all times. If you wish to enjoy the pool and hot tub, remember to bring a bathing suit.

**Age Policy** The spa is an adult-only facility; the minimum age for treatments is 18 years. Children between the ages of 12-18 years\* may undergo a spa treatment if they have signed a parental consent form available at the Ohspa front desk.

*\*Please ask us for further information and recommended treatments.*

**Cancellation Policy** In consideration of other spa guests, we request that notice be given at least 12 hours in advance if you are unable to keep your appointment. Please call our staff, who will be happy to help you reschedule. No-show or appointment cancelled within 12 hours of the scheduled treatment time will incur a 100% cancellation fee. Should you arrive late, we will endeavor to carry out your full treatment. However, please note that should there be another booking immediately after you, your treatment may need to be shortened with no reduction in price.

**Gratuities** Gratuities are not included in the service prices but will be gratefully accepted at the time of payment.

**Health Concerns** To enjoy a safe and nurturing spa experience, please advise us of any medical conditions or allergies prior to your service.

*Ohspa is not responsible for lost or stolen items.*

*All treatment times are approximate. Please Note: Appointment times include time for consultation.*



## BOOKING

Making an appointment has never been easier! Book online at [ohspa.ca](http://ohspa.ca) or call us at **250-703-4770**.

# Éminence Organic Facials

Let our highly-trained, professional team treat you to an award-winning, organic skin care line that delivers beautiful results using organic products bursting with juicy pulp, seeds and herbs. You'll feel great about feeding your skin all-natural products without harsh chemicals or parabens. Éminence addresses a variety of skin concerns such as premature aging and wrinkling, sun damage, acne, loss of vitality, tone and radiance.

## Ohspa Signature Facial

Our customized Eminence facial begins with a thorough skin analysis by your esthetician, followed by a service crafted to suit your individual concerns. From cleansing and exfoliation to a signature "masque-age", this treatment is complete with nourishing applications of expertly selected concentrated ingredients to achieve maximum results. You are sure to enjoy a truly unique experience.

60 minutes \$109

90 minutes \$159

## ENHANCEMENTS

Éminence Lip Treatment	\$21
Foot Massage	\$21
Éminence Eye Treatment	\$21
Eyelash or Brow Tint	\$16-\$21

Vichy Shower	\$54
Spa Platter for Two	\$40
Spa Platter for One	\$25

## Vita Skin™ Solutions Targeted Express Facials

Achieve dramatic results - naturally. Revitalize and treat problem areas with VitaSkin™ specialized facials. Without any harsh ingredients, these potent botanical blends take aim at specific skin concerns such as: hyperpigmentation, acne and the signs of aging. *Select from:* Bright Skin, Clear Skin, Firm Skin or Calm Skin.

VitaSkin™ Éminence Facial  
30 minutes \$64

## Waxing

Eyebrow Shape	\$19	Lower Legs	\$36
Lip or Chin	\$16	Upper Legs	\$36
Under Arm	\$21	Full Legs	\$59
Full Arm	\$36	Bikini	\$29
Half Arm	\$24	Half Legs & Bikini	\$54
Back	\$46	Full Legs & Bikini	\$79
Chest	\$46	Brazilian Bikini	\$46
		Full Legs & Brazilian	\$95
		Half Legs & Brazilian	\$74

## Tinting *\*Please remove contact lenses prior to lash tinting.*

Eyelash Tint	\$26
Eyebrow Tint	\$16
Eyelash & Eyebrow Tint	\$36



# Body Treatments

Immerse yourself in a relaxing, luxurious body treatment that includes invigorating polishes and detoxifying wraps that renew your skin. *\*Please specify if you are pregnant when booking a body polish.*

## Ohspa Body Polishes

### Éminence Sugar Scrub

Hydrate, nourish and refresh the skin with one of our seasonal Éminence sugar scrubs, followed by a luxurious Stone Crop Lotion application.

60 minutes \$84

### Himalayan Pink Salt Scrub

Detox and exfoliate your skin with our Himalayan Pink Salt Scrub.

60 minutes \$84

**Add Vichy Shower** \$54

## Ohspa Back Care

### Éminence Essential Back Treatment

Relax while your back receives the attention it deserves. A cleansing gentle exfoliation, combined with a warm mud mask, will redefine and purify your skin. Finish with a Relaxation Back Massage.

60 minutes \$89

## Ohspa Body Wraps

Begin with a dry exfoliation to prepare your skin for receiving the nourishing and detoxifying properties of the wrap. Bask in the warmth and calm while receiving an eye, scalp and foot massage. Finish with a Stone Crop Lotion application.

## Éminence Stone Crop Wrap

Treat yourself to the Total Body Experience! Buff away dull, dry skin cells and set the stage for deep hydration. Relax into a restorative wrap of Stone Crop topped off with a mini facial. Completed with a lightweight oil and contour cream application for smoother skin all over.

75 minutes \$150

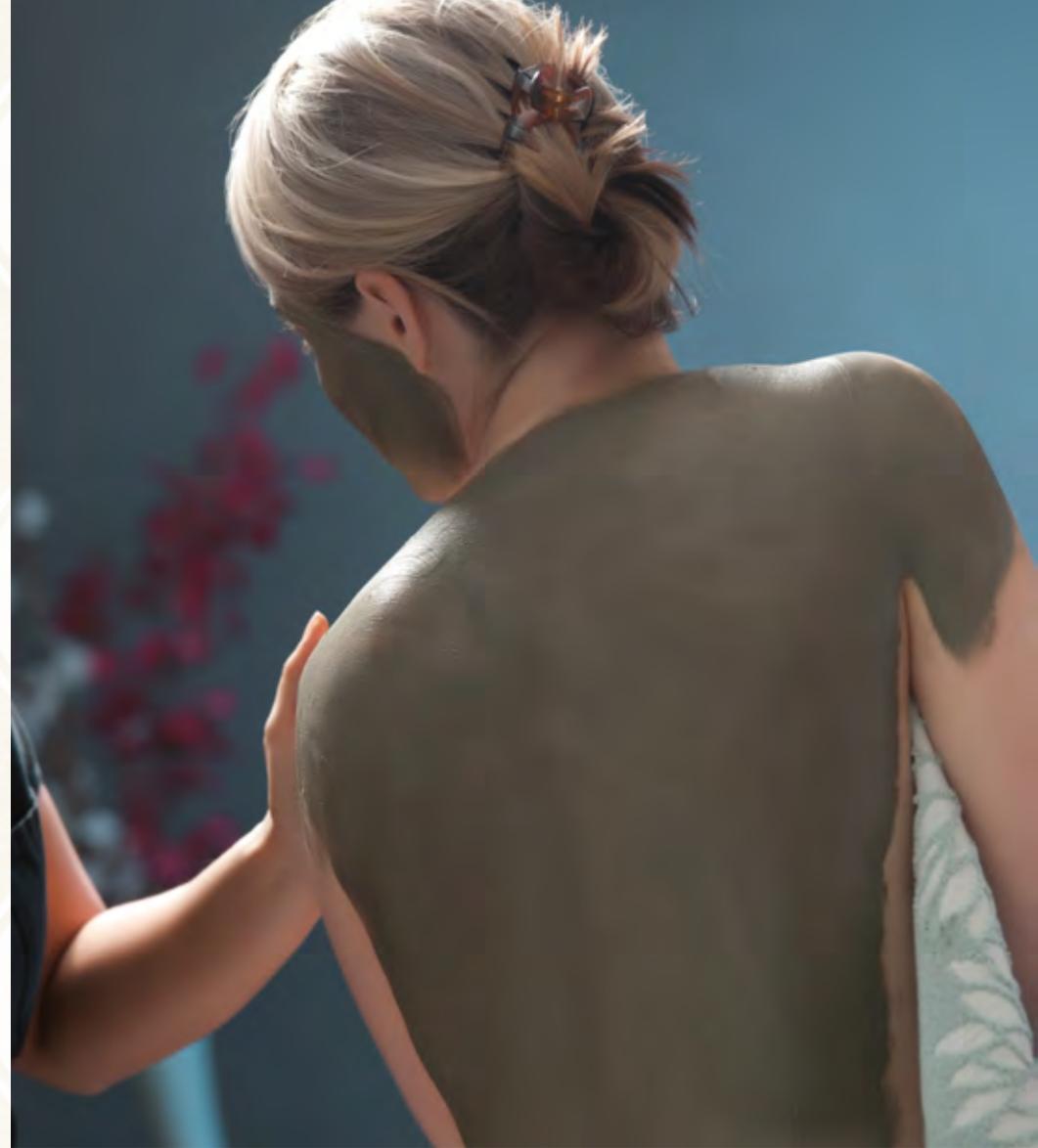
## Organic Clay Wrap

Hand-harvested in northern BC, this organic marine glacier clay offers a new and effective way to detoxify the skin and balance the entire body.

75 minutes \$109

## ENHANCEMENTS

Éminence Lip Treatment	\$21
Foot Massage	\$21
Éminence Eye Treatment	\$21
Eyelash or Brow Tint	\$16-\$21
Vichy Shower	\$54
Spa Platter for Two	\$40
Spa Platter for One	\$25



# Hydrotherapy

Enjoy some hydro happiness! By adding colour, rain or aqua jets, the healing properties of water leave you “ohhh” so relaxed!

## Vichy Shower Treatment

Unwind under a warm waterfall while multiple shower heads rain down on you and pressure point massage stimulates circulation and lymphatic flow. An application of botanical lotion finishes your heavenly treatment.

**30 minutes** \$54

Add a Body Polish

**60 minutes** \$94

Add a Scalp Massage

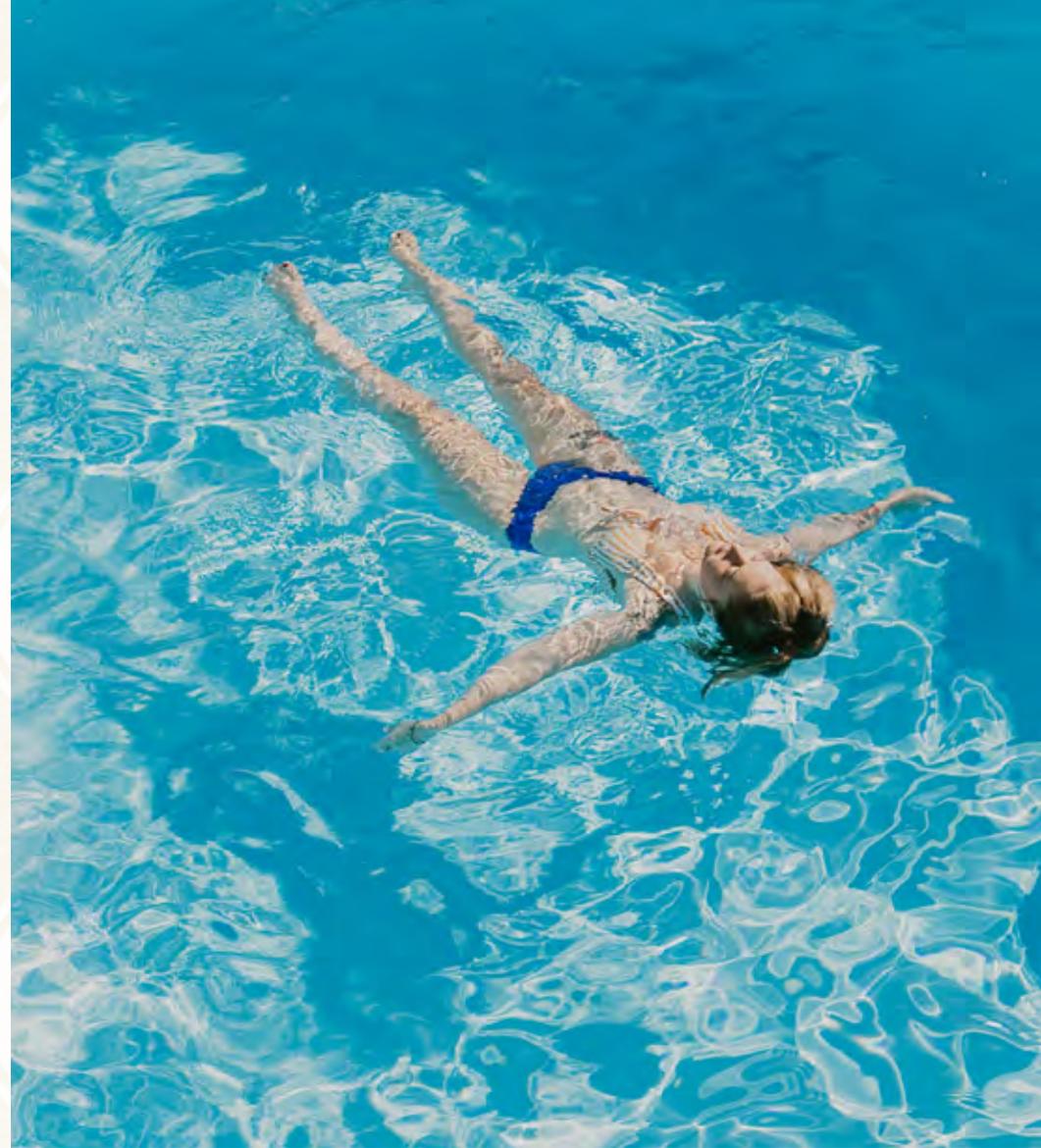
**15 minutes** \$21

## Royal Treatment for Two

What a “suite” way to share your Ohspa experience! Relax in your personal lounge, and enjoy Locals spa cuisine fireside. Then balance your energy with colour and light in our Chromatherapy Tub for Two where you can immerse yourself in thousands of champagne-like bubbles. Follow this with a 1-hour, side-by-side Éminence Facial or Relaxation Massage.

*\*Please Note: A Relaxation Massage cannot be replaced with a Firm Pressure Massage.*

**120 minutes** \$329 per couple



*Outdoor pool and hot tub included with every service. If you wish to enjoy these amenities, remember to bring a bathing suit.*



# Massage

At Ohspa, we use pure essential oils to enhance your massage treatment. At the time of booking, we encourage you to let us know if you prefer more or less pressure during your massage.

## Relaxation

Using aromatherapy, your practitioner designs this full-body, Swedish-style massage to suit your specific needs. Applying light to medium pressure, circulation is increased and tension is eased.

*60 minutes \$114*

*90 minutes \$154*

## Firm Pressure Massage

A little achy from a long day of skiing, biking or a challenging round of golf? Relax as we target your major muscle groups and go directly to those stubborn knots and sore spots. This customizable, firmer pressure massage - which is not just for athletes - helps to drain away fatigue and reduce muscle stiffness.

*60 minutes \$124*

*90 minutes \$164*

## Hot Stone

This luxurious treatment uses hot basalt stones and warm oils which penetrate deeply to help loosen and soothe tightened muscles. Stones are strategically placed and used to massage the entire body leaving you with a deep sense of calm.

*75 minutes \$149*

## ENHANCEMENTS

Spa Platter for Two \$40

Spa Platter for One \$25

## Traditional Reflexology

This natural healing art is based on the principle that pressure points on the feet correspond to every system, organ and gland of the body. By working on foot reflexes, Traditional Reflexology brings balance and relaxation to the entire body. Includes a soothing soak to prepare the feet and finishes with a relaxing foot massage.

*60 minutes \$94*

## Mommy-To-Be-Massage

Adapted for each stage of pregnancy, this treatment helps to relieve discomfort while easing the mind and uplifting the spirit. An experience that will leave you feeling fabulous and radiant.

*60 minutes \$114*

*90 minutes \$154*

## Registered Massage Therapy

At Ohspa we have knowledgeable Registered Massage Therapists (RMT's) on staff who have extensive training and can provide therapeutic and relaxation massage. Due to high demand, our RMT's are only available upon request at booking and should be scheduled well in advance.

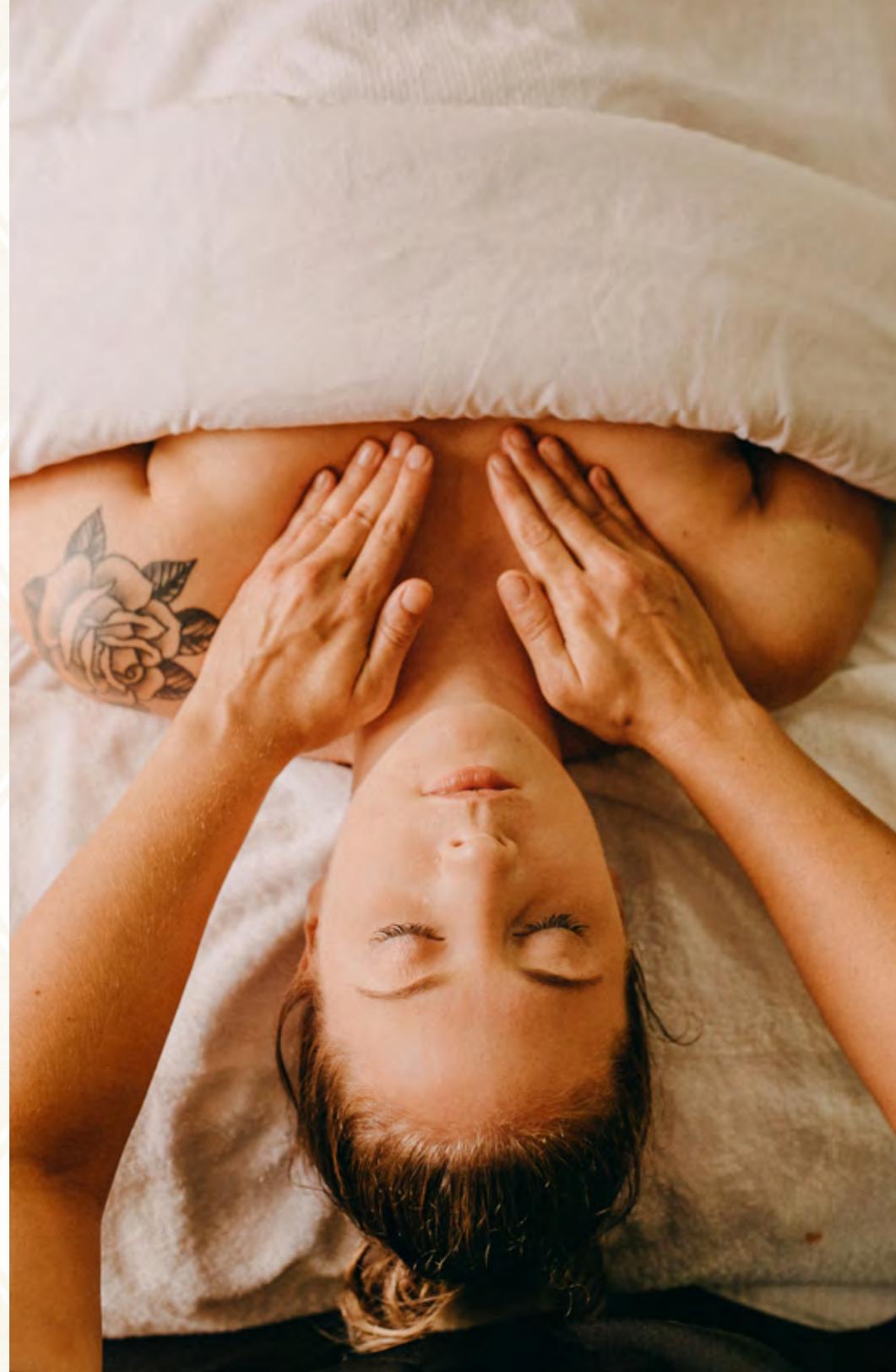
## RMT Customized Massage

After consultation with you, our RMT's will customize your massage to reflect your specific concerns and relaxation needs.

*60 minutes \$139*

*75 minutes Mommy-To-Be \$149*

*90 minutes \$194*



## Manicures

All of our manicures and pedicures feature Éminence Organics products.

*\*Please Note: We do not provide acrylic nail services including removal of acrylic nails. Some gel polish products take longer to remove. If extra time is needed for gel polish removal, we may modify your service slightly to ensure it can be completed.*

### Natural Buff Manicure

Bring out the natural shine in your nails. This manicure begins with a warm Himalayan Salt soak followed by complete nail care and cuticle conditioning. Finish with a soothing arm and hand massage. *35 minutes \$44*

### Classic Manicure

Our Classic Manicure is perfect for maintaining elegant-looking hands and nails. Enjoy all the benefits of the Natural Buff Manicure and finish with a polish application. *45 minutes \$54*

### Gel Polish Manicure

Enjoy our Natural Buff Manicure with the benefit of a longer-lasting colour with a gel polish application. *60 minutes \$64*

### Deluxe Manicure

This manicure begins with a warm Himalayan Salt soak. Next receive complete nail care and cuticle conditioning complemented by gentle Éminence sugar scrub exfoliation and a hydrating masque. Finish with a soothing lower arm and hand massage and polish application. *60 minutes \$69*

## Pedicures

### Natural Buff Pedicure

Relax in our luxurious massage chair while your feet soak in our Himalayan Salt soak. Includes: heel care, Éminence sugar scrub exfoliation, nail care to bring out the natural shine of your nails, and a foot and leg massage. No polish application. *45 minutes \$64*

### Classic Pedicure

Treat your feet to the benefits of the Natural Buff Pedicure plus the added bonus of an OPI polish application. *60 minutes \$74*

### Gel Polish Pedicure

Experience the Natural Buff Pedicure with the benefit of a longer-lasting colour with a gel polish application. *75 minutes \$84*

### Deluxe Pedicure

Luxuriate with a Himalayan Salt soak, expert nail grooming, gentle Éminence sugar scrub exfoliation and a hydrating foot mask. Next, enjoy an extensive leg and foot massage and finish with an OPI polish application. *75 minutes \$89*

### ENHANCEMENTS

Gel Removal	\$9
French Polish	\$14
Éminence Mask Treatment	\$14

*(a natural and disposable alternative to paraffin treatments)*



## Just for Men

### Recharging Men's Éminence Facial

To promote a healthier, more youthful-looking complexion, enjoy a facial specifically designed to address men's particular skin needs such as: razor burn, rejuvenation and dryness. Cleanse, exfoliate and finish with a relaxing facial massage. Shaving prior to service recommended.

*60 minutes \$109*

### Classic Hand Care

Soften rough cuticles and ease tension with an extensive hand and arm massage. Includes nail buffing and shaping. *30 minutes \$44*

### Classic Foot Care

Soak in a Himalayan Salt foot bath to revitalize those sore, aching feet while relaxing in our massage pedicure chair. Nails are shaped and trimmed; calluses are softened; and a foot and lower leg massage brings your feet back to life. *45 minutes \$64*

### The Manicured Man

This total spa package includes a 1-hour Recharging Men's Éminence Facial, 30-minute Classic Hand Care, and 45-minute Classic Foot Care. You are guaranteed to come out looking and feeling like a new man!

*135 minutes \$184*

### West Coast Retreat

Give your body pure kindness with this head-to-toe package which soothes aches and pains. Treat your muscles to a 90-minute, Firm Pressure Massage, followed by our 30-minute classic hand care; and 45-minute Men's Classic Pedicure. *160 minutes \$234*



## Blissful Packages

Treat your body to the ultimate in pampering with one of our signature Ohspa Packages. These pairings of Ohspa's most popular treatments make planning your perfect spa day a breeze.

### The Essential

Escape the everyday world and experience an Éminence 60-minute Custom Facial followed by a Classic Manicure and Pedicure.  
*165 minutes* \$204

### The Ohspa Experience

Start your Ohspa Experience with a Vichy Shower, followed by a luxurious Éminence Sugar Body Polish and a complete 1-hour Relaxation Massage finale.  
*150 minutes* \$189

### Head-to-Toe Glow

Loved by all, this package is a great choice for the Mommy to be. Pamper yourself with a 1-hour, full-body Relaxation Massage; renew your skin with our 60-minute Éminence Organic Facial; and finish off by soothing your tired feet with our Classic Pedicure.  
*180 minutes* \$254

### Mani-Pedi Combo

Thank your hands and feet with a Himalayan Salt Soak, Éminence Sugar Scrub application and massage followed by an OPI polish application.  
*110 minutes* \$109

### Shared Ohspa

Enjoy Locals Spa Platter for Two, fireside, before easing into side-by-side, 1-hour Relaxation Massages. The perfect way to spend time with your friends, loved one, or mother/daughter.  
*90 minutes* \$229 per couple

### Après Ohspa for Two

Stimulate your senses with a private aromatherapy steam and continue the relaxation with side-by-side, 90-minute Relaxation Massages.  
*120 minutes* \$289 per couple

### Royal Treatment for Two

Share your Ohspa experience. Relax in your personal lounge; enjoy, fireside, spa cuisine provided by Locals; soak in our Chromotherapy tub for two; and finish with a 1-hour, side-by-side Éminence Facial or Relaxation Massage.  
*120 minutes* \$329 per couple

### All Day at Ohspa

Indulge yourself with four hours of pampering. Begin your day with our signature Vichy Shower, followed by an Éminence Body Polish. Next indulge in a 60-minute Relaxation Massage and 60-minute Éminence Facial. Finish the day with our Experience Manicure and Pedicure. Spa cuisine by Locals is served in our relaxation lounge.  
*270 minutes* \$389



## Group Experiences

Enjoy 10% savings and a mani-pedi theatre take-over with your party of six or more! Our beautiful and tranquil room, complete with pedicure/massage chairs, is a perfect setting for a celebration with friends, bridal party or family. Add to that, sumptuous cuisine from the four-star Locals Restaurant. We are happy to help you make your occasion one you'll remember forever. Call us for details!

## Lunch and Spa

Enjoy a mid-week escape with our Lunch & Spa Packages! Perfect for a solo escape or quality time with friends. Must be booked in advance and includes dining reservations. Voucher is valid for one lunch entrée or evening menu appetizer; drinks are not included.  
*Monday - Thursday, 11 am - 4 pm*  
Starting at \$89 per person

# Experience Menu

Our Experience Menu allows you to sample select services. Great for when you are short on time or looking to enhance other services.

## Éminence VitaSkin™ Facial

30 minutes \$64

## Back Massage

30 minutes \$69

## Mini Manicure

30 minutes \$34

## Mini Pedicure

30 minutes \$39

## Polish Change

15 minutes \$19

## Gel Application

30 minutes \$24

# Gifts Galore!

Enjoy shopping among an amazing selection of Eminence skin care products, jane iredale mineral make up, SONA shampoo and conditioner. O.P.I nail polishes, our signature Green Valley aromatherapy blends and exclusively sold, hugely popular Red Fox bath bombs and salts, also made right here in the Comox Valley from completely fair-trade, organic botanicals

## ABOUT THE OLD HOUSE HOTEL AND SPA

Our West Coast-inspired design is in keeping with Vancouver Island's luxury properties. Enjoy our spacious suites, great room, pool, barbeque terrace, fitness centre and Courtenay riverside walking trail. We're the perfect home base for exploring Vancouver Island or enjoying a Comox Valley stay-cation!

