



refresh • renew • relax

SPA SAFE MENU



Welcome to Ohspa at the Old House Hotel

Our spa is a sanctuary created for relaxation and well-being. Nestled alongside the Courtenay River, Ohspa offers an escape right in the heart of the Comox Valley. Escape with a custom Éminence Organics Facial; release your tension with a Relaxation Massage; or brighten your day with a pedicure or manicure. All of us enjoy bringing wellness and balance to the minds and bodies of our clients and are confident that our team's collective adaptability and passion for what we do will shine through any current pandemic challenges. Both staff and guests are asked to wear their mask in all public places. We greatly appreciate your understanding with our interim protocols.

Spa Etiquette

Arrival Time

- Please arrive 15 minutes prior to your appointment.
- Upon arrival, our staff attendant will greet and assist you with our new protocols.

Spa Amenities

- Given covid-19 capacity limitations, the hotel pool and hot tub are temporarily unavailable to spa guests.
- Due to refreshment centre restrictions, please bring your water bottle.

Treatment Rooms

- The lounge and changing rooms are temporarily closed. Clients will be asked to change in their private treatment room and will be given the option to shower there post treatment.
- Rooms: Our two manicure stations will be temporarily moved to our Lounge, and two (more if in a bubble group) pedicures will be allowed in the Mani/Pedi Theatre.

Cell Phone

- Please help us maintain a tranquil environment by turning off your cell phone.

Spa Associate/ Guest Treatment Attire

- Professional draping techniques for your comfort and privacy will be used at all times.
- Protective Equipment: Our team will be wearing personal protective gear (PPE) such as masks and face shields. In order to minimize our environmental footprint, we are asking our clients to

wear their own reusable masks during treatments; however, when necessary, disposable masks will also be available.

Age Policy

- The Spa is an adult-only facility; the minimum age for treatments is 18 years. Children 12 – 18 years old may undergo a spa treatment if their parents have signed a consent form available at the Ohspa front desk.

Cancellation/Late Policy

- With increased cleaning protocols and in consideration of other guests, please give notice of cancellation at least 24 hours in advance by calling our front desk. No-show or late cancellations will incur a 100% cancellation fee. Covid-19-related cancellations will receive special consideration. We are unable to extend appointments past their scheduled times.

Gratuities/Consultations

- Appointment times include consultations. Gratuities are not included in the service price but will be gratefully accepted at the time of payment.

BOOKING

Reservations are required.
Book online at ohspa.ca or
call us at 250-703-4770.



*Please note some
treatments
are temporarily
unavailable due to
Spa Safe measures.*

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 Éminence 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 \$119

90 minutes \$179

ENHANCEMENTS

Éminence Lip Treatment	\$24
Foot Massage	\$24
Éminence Eye Treatment	\$24
Eyebrow Tint	\$19

Spa Platter for Two	\$45
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 \$69

Waxing

Eyebrow Shape	\$24	Lower Legs	\$39
Lip or Chin	\$19	Upper Legs	\$39
Under Arm	\$24	Full Legs	\$64
Full Arm	\$39	Bikini	\$34
Half Arm	\$29	Half Legs & Bikini	\$59
Back	\$49	Full Legs & Bikini	\$84
Chest	\$49	Brazilian Bikini	\$49
		Full Legs & Brazilian	\$104
		Half Legs & Brazilian	\$79

Tinting

Eyebrow Tint	\$19
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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 **TEMPORARILY UNAVAILABLE** 60 minutes \$119

Himalayan Pink Salt Scrub

Detox and exfoliate your skin with our Himalayan Pink Salt Scrub. 60 minutes \$94

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 **TEMPORARILY UNAVAILABLE** on 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 \$159

Organic Clay Wrap

Hand-harvested in northern BC, this organic marine clay offers a new and effective way to detoxify the skin and balance the entire body. 75 minutes \$119

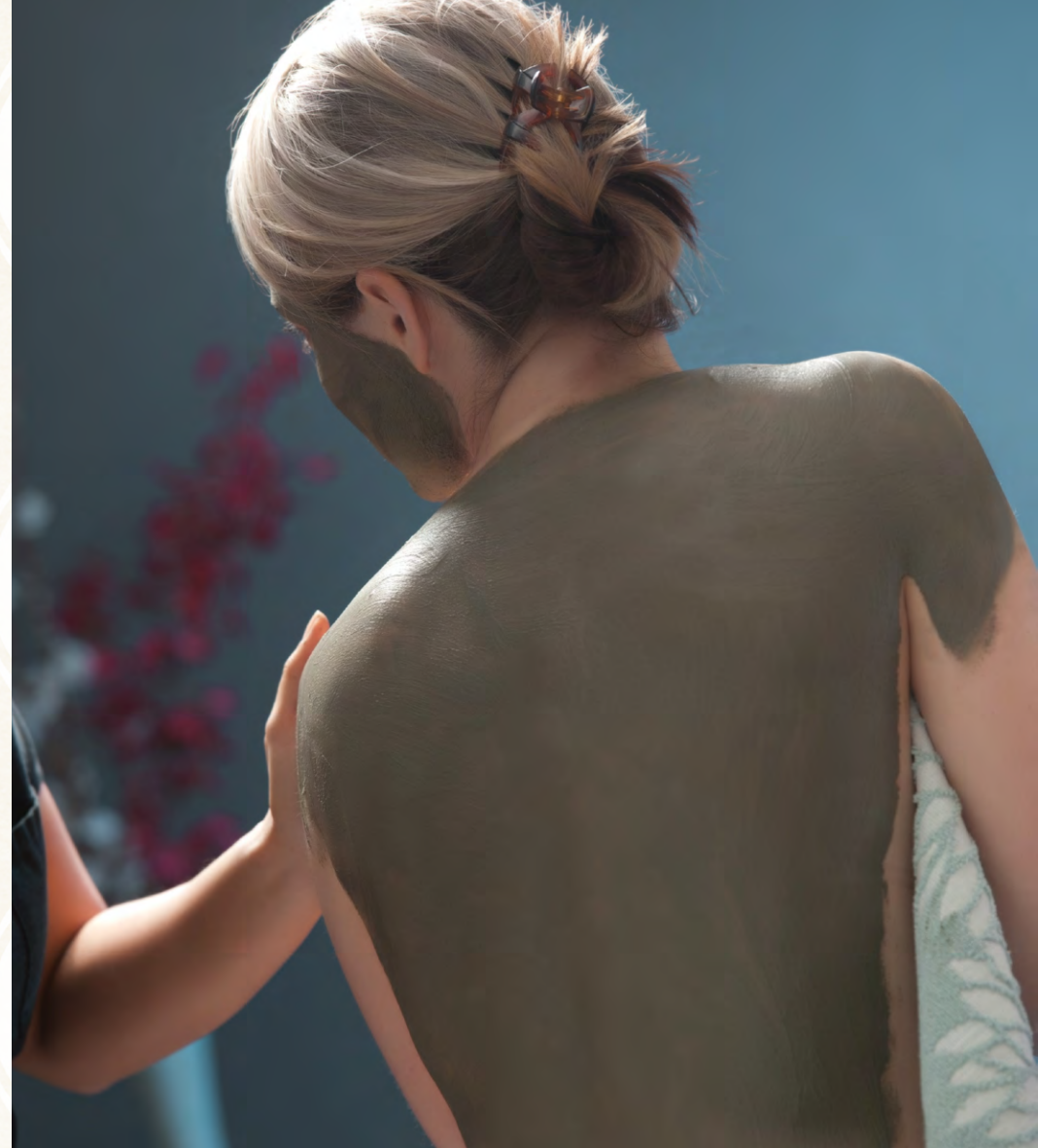
Ohspa Back Care

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 \$104

ENHANCEMENTS

Éminence Lip Treatment	\$24
Foot Massage	\$24
Éminence Eye Treatment	\$24
EyeBrow Tint	\$19
Spa Platter for Two	\$45
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.

**TEMPORARILY
UNAVAILABLE**

30 minutes \$55

Add a Body Polish

60 minutes \$114

Add a Scalp Massage

15 minutes \$24

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 Chromotherapy 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 \$349 per couple

**TEMPORARILY
UNAVAILABLE**



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 \$124

90 minutes \$174

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 \$134

90 minutes \$184

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 your body, leaving you with a deep sense of calm.

75 minutes \$149

TEMPORARILY
UNAVAILABLE

ENHANCEMENTS

Spa Platter for Two	\$45
Spa Platter for One	\$25
Scalp Massage	\$21
Foot Massage	\$21

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 \$104

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 \$124

90 minutes \$174

Registered Massage Therapy

Registered Massage Therapists (RMT's) have extensive training in providing therapeutic and relaxation massage. Due to high demand, we recommend that these appointments should be booked well in advance.

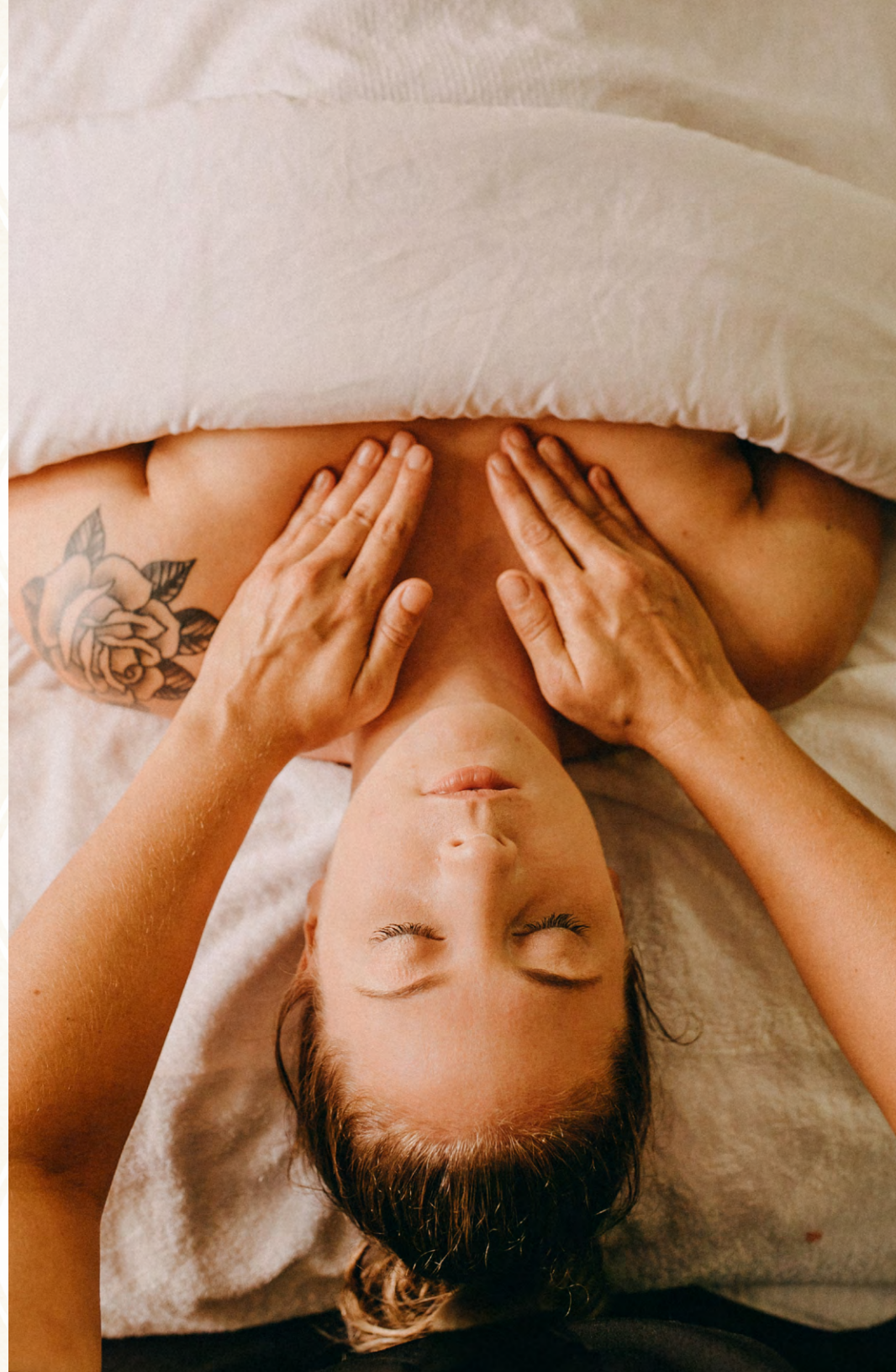
RMT Customized Massage

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

60 minutes \$154

75 minutes Mommy-To-Be \$164

90 minutes \$214



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 \$49

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.

Gel Polish Manicure

Enjoy our Natural Buff Manicure with the benefit of a longer-lasting colour with a gel polish application.

60 minutes \$74

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 \$79

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 \$74

Classic Pedicure

Treat your feet to the benefits of the Natural Buff Pedicure plus the added bonus of a polish application.

60 minutes \$84

Gel Polish Pedicure

Experience the Natural Buff Pedicure with the benefit of a longer-lasting colour with a gel polish application.

75 minutes \$94

Deluxe Pedicure

Luxuriate with a Himalayan Salt soak, expert nail grooming, gentle Éminence sugar scrub exfoliation and a hydrating foot masque. Next, enjoy an extensive leg and foot massage and finish with a polish application.

75 minutes \$94

ENHANCEMENTS

Gel Removal \$14

French Polish \$19

Éminence Mask Treatment \$19

(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 \$119*

Classic Hand Care

Soften rough cuticles and ease tension with an extensive hand and arm massage. Includes nail buffing and shaping. *30 minutes \$54*

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 \$74*

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 \$194*

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 \$254*



ÉMINENCE
ORGANIC SKIN CARE
HUNGARY • SINCE 1958



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 \$214

The Ohspa Experience

Start your Ohspa Experience with a Vichy Shower, followed by a luxurious Éminence Organic Body Polish and a complete 1-hour Relaxation Massage finale.

150 minutes \$204

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 \$269

Mani-Pedi Combo

Thank your hands and feet with a Himalayan Salt Soak, Éminence Sugar Scrub application and massage followed by a polish application.

110 minutes \$119

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 \$249 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 \$304 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 Chroma-Chair for Two; and finish with a 1-hour, side-by-side Éminence Facial or Relaxation Massage.

120 minutes \$359 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 Organic 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 \$404



Group Experiences

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 \$94 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 \$69

Back Massage

30 minutes \$74

Mini Manicure

30 minutes \$39

Mini Pedicure

30 minutes \$44

Polish Change

15 minutes \$24

Gel Application

30 minutes \$29

Gifts Galore!

Enjoy shopping among an amazing selection of Éminence Organic Skin Care products, Red Fox Bath bombs and salts made right here in the Comox Valley and from completely fair-trade, organic botanicals, Green Valley essential oils, healthy shampoos and conditioners and more!

ABOUT THE OLD HOUSE HOTEL & SPA

Our West Coast-inspired design is in keeping with Vancouver Island's welcoming and natural style. 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!





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

SPA HOURS + BOOKINGS

Visit our website ohspa.ca for current operating hours
+ book online!

OHSPA EASYSHOP

Spa open for product purchase and appointment bookings only.
Sunday-Monday 10:00 am – 4:00 pm

OHSPA at the OLD HOUSE HOTEL

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Prices subject to change without notice.

