



VIDA

# spa

whistler

We are here to restore energy and promote well-being.

**Live well. Live long.**



Philosophy

At Vida Spas, our philosophy is based on the therapeutic and restorative principles of the Ayurvedic healing system. We believe that health and wellness is achieved when mind, body and spirit are in balance. Our unique offering is personalized for you, diagnosing your dosha, rebalancing your energy, and providing a calming and elevated environment in which to restore, relax and disconnect from the outside world. Our spas provide a curated menu of specialized treatments along with a staff of expertly trained therapists who are mindful in their approach to healing. We invite you to experience Vida Spas, to let us restore your mind, body and spirit.

# Vida Ayurvedic Treatments

Many of our treatments are based on the principles of Ayurveda, a 5,000-year old system of holistic Indian medicine. According to this philosophy, the key to a long and healthy life is achieving a balance between body, mind and spirit. Ayurvedic treatments work from the inside out to bring your dosha (personality) into perfect harmony so you can enjoy perfect health.

Discover your dosha: ask one of our team members for a [Dosha Quiz sheet](#)

60 mins / \$205  
90 mins / \$305  
120 mins / \$410

**AYURVEDIC MASSAGE – *Nourish and Revitalize.*** A unique massage method that applies generous amounts of warm oil over the body with extra attention to the head, neck and scalp. This technique optimizes the body's systems, mobilizes joints and enhances tissue suppleness. Experience a sensation of profound relaxation that will stay with you for days.

*For a more intense Ayurvedic Massage experience consider:*

90 mins / \$305  
120 mins / \$410  
(includes Ayurvedic  
Massage)

**SWEDANA – *Detoxify and Cleanse.*** After an Ayurvedic massage, you are cocooned in our west coast cedar steam cabinet. A deeply aromatic sensation enhanced by herbs customized to your dosha cleanses and detoxifies your system. A herbal powder brushing the entire body stimulates and exfoliates your skin to prevent re-entry of toxins.

90 mins / \$305  
120 mins / \$410  
(includes Ayurvedic  
Massage)

**SHIRODHARA – *Calm and Focus.*** After an Ayurvedic massage, a steady stream of warm oil flows over your third eye (forehead). This experience awakens the senses, bringing increased mental clarity. The slow, rhythmic sensation of the oil is a unique sensory experience that creates a state of profound relaxation.

60 mins / \$205

**SHIRODHARA HEAD AND SCALP MASSAGE –** After a head and scalp massage a steady stream of warm oil flows over your third eye (forehead). Extend the benefits of this treatment by leaving the nourishing oil on your scalp for the evening.

\$690

**AYURVEDIC JOURNEY –** A combination of Ayurvedic treatments create the ultimate Vida experience: 90 mins Swedana / 60 mins Shirodhara Head and Scalp / 60 mins Sole Revival Reflexology / Choice of Ayurvedic body cream or oil based on your dosha for take home (3.5 hours). *\*Not valid in conjunction with other discounts or promotions.*

90 mins / \$560  
120 mins / \$740

**COUPLES PACKAGE –** Enjoy a side-by-side classic Swedish massage in one of our two couples rooms, or side-by-side Sole therapy pedicures and Palm therapy manicures. Upgrade to Deep Tissue for an additional \$15 per person.

# Body Therapies

Every need is unique. That's why we offer a range of body therapies, each offering a unique way to help restore your sense of energy and well-being.

For best results, we suggest 90-minute treatments. Vida therapists are exceptionally qualified and are regarded as the best in the business.

60 mins / \$185  
90 mins / \$280  
120 mins / \$370

**RESTORATIVE AND RELAXING CLASSIC MASSAGE** – Using classic Swedish technique, long rhythmic strokes progress in pressure to target tight sore muscles and promote complete relaxation.

*For a more therapeutic experience consider these variations on the Classic Massage:*

60 mins / \$200  
90 mins / \$300

**SWEDISH IMMUNE BUILDING MASSAGE** – A Swedish massage technique incorporating immune building essential oils while muscle tension is eased away.

60 mins / \$200  
90 mins / \$300

**SWEDISH MUSCLE EASING MASSAGE** – A Swedish massage technique incorporating anti-inflammatory essential oils to help with overworked and sore muscles.

60 mins / \$200  
90 mins / \$300

**SWEDISH DETOXIFYING MASSAGE** – A Swedish massage technique incorporating detoxifying essential oils to flush away toxins and impurities

60 mins / \$200  
90 mins / \$300  
120 mins / \$400

**DEEP TISSUE MASSAGE** – Uses stronger, more localized movements to target deeper muscle tension.

60 mins / \$200  
90 mins / \$300  
120 mins / \$400

**HOT STONE MASSAGE** – Heated basalt stones radiate heat deep into your muscles to alleviate tension and increase circulation.

*Contraindicated for those with heart conditions, high blood pressure and those who are pregnant.*

60 mins / \$195  
90 mins / \$295  
120 mins / \$390

**MOTHER-TO-BE MASSAGE** – A specialized and relaxing technique performed while the guest is on their side. This treatment will assist with the removal of toxins, while carrying healthy nutrients throughout the body. Helps to relieve headaches, tension, swelling and stress.

**REGISTERED MASSAGE THERAPY** – A more therapeutic massage for guests who claim service through medical plans.

60 mins / \$210  
90 mins / \$305  
120 mins / \$395

**RMT CLASSIC**

60 mins / \$225  
90 mins / \$325  
120 mins / \$425

**RMT DEEP TISSUE**

# Body Wraps and Exfoliations

Our exfoliations use warm sea salt and a customized blend of warm oil to remove dry skin and improve circulation. Body wraps begin with an exfoliation and are followed by a full-body shea butter mask application. As your mask penetrates, enjoy a relaxing scalp massage. After a warm shower and depending on length of treatment booked, you have the option of a cream application to seal in moisture and nutrients or a classic massage.

**BODY WRAP** (includes exfoliation) – Choose from the oil blends listed below.

60 mins / \$205

(incl. cream application)

90 mins / \$310

(incl. 45 min massage)

120 mins / \$410

(incl. 75 min massage)

**BODY EXFOLIATION** – Choose from the oil blends listed below.

30 mins / \$115

(incl. cream application)

60 mins / \$200

(incl. 30 min massage)

90 mins / \$300

(incl. 60 min massage)

120 mins / \$400

(incl. 90 min massage)

*Oil blends:*

**Individual Dosha** – Consult your therapist to create the blend of oils that matches your personal dosha. [Discover your dosha: ask for a Dosha Quiz sheet](#)

**Immunity** – Helps to eliminate congestion and cold-like symptoms.

**Muscle Ease** – Helps to alleviate tension or aches and pains of overworked muscles.

**Detoxifying** – Helps to eliminate toxins and moisturizes.

**Hydrating** – Soothing and nourishing.

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# De-stress Express Treatments

Vida has developed three treatments specifically designed to fit your budget and your schedule. Each treatment targets a different area of the body and incorporates a stress-busting massage.

30 mins\* / \$110

**TENSION TARGET MASSAGE** – Focus on your specific areas of tension. Choose 2 areas for your therapist to target and feel the relief.

30 mins\* / \$110 **EXPRESS FACIAL** – This gentle cleaning and exfoliation leaves your skin with a healthy glow. Choose between extractions, a relaxing face massage or a hydrating face mask.

30 mins\* / \$125 **EXPRESS ACTIVE REPAIR FACIAL** – Enjoy the glow of a healthy, younger skin in this express treatment. A deep exfoliation followed by a cell renewal mask leaves your skin with improved hydration and firmness.

\* *Not valid in conjunction with any other offer.*

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## Vida Alternative Treatments

The following alternative therapies are now available at select Vida locations.

60 mins / \$200  
90 mins / \$300  
120 mins / \$400 **BOTANICAL AROMATHERAPY MASSAGE** – Performed with a lighter touch than our classic massage, this aromatherapy treatment uses the healing and soothing properties of custom blended essential oils to treat specific conditions.

60 mins / \$195  
90 mins / \$295  
120 mins / \$390 **ANCIENT THAI MASSAGE** – Therapists use their body weight to gently rock, manipulate and stretch your body to increase your flexibility and release muscle tension. Guests are asked to wear comfortable, loose fitting attire.

60 mins / \$195  
90 mins / \$295  
120 mins / \$390 **DEEP FLOW** – Deep flow is a process in which your therapist will combine Swedish, deep tissue, joint release and Aromatherapy. This multidimensional massage combines motion, rhythm and flow for complete balance.

60 mins / \$190  
90 mins / \$285  
120 mins / \$380 **TRADITIONAL ACUPRESSURE / SHIATSU FOR THE BODY†** – A press-and-release massage technique that relaxes muscle tension, stimulates and frees energy pathways through the body. Can be performed through clothing without the application of oil.

45 mins / \$135  
60 mins / \$180 **SOLE REVIVAL REFLEXOLOGY MASSAGE†** – A gentle press-and-release movement on pressure points on your feet that correspond to your specific body parts. Reflexology can reduce fatigue, induce relaxation and cause toxin release.

*† Registered numbers may be provided and must be requested at time of booking this treatment. Vida is not responsible for medical coverage. We suggest you check with your insurance provider first about this specific treatment.*

# Facials

Our facial treatments and the products we use are customized to your specific needs.

Each treatment includes a deep cleanse, exfoliation, extractions, massage and therapeutic mask. All Vida facials include a face, neck, shoulder, hand, foot and scalp massage while your facial steam, exfoliation and mask are activating. If you have not had a facial recently, we recommend you add a more intensive exfoliation for an additional \$20. Upgrade to Collagen Eye Treatment for \$95.

60 mins / \$175  
90 mins / \$265

**CLASSIC BALANCING FACIAL or MEN'S HOT TOWEL FACIAL** – Your skins harmony is restored through product application chosen for your skin type.

60 mins / \$190  
90 mins / \$285

**AYURVEDIC FACIAL** – Customized to your skin type. Revitalizes and brightens. *Discover your dosha: ask one of our team members for a [Dosha Quiz sheet](#)*

60 mins / \$190  
90 mins / \$285

**SOOTHING FACIAL** – Calms and soothes.

60 mins / \$195  
90 mins / \$295

**WHITENING FACIAL** – Brightening and resurfacing ingredients reveal a brighter and more radiant skin tone.

60 mins / \$195  
90 mins / \$295

**HYDRATING FACIAL** – Hydrates and heals.

60 mins / \$195  
90 mins / \$295

**ACTIVE REPAIR FACIAL** – A targeted treatment to detoxify and eliminate toxins, infuse oxygen and smooth the appearance of wrinkles.

60 mins / \$165  
90 mins / \$250

**TEEN FACIAL** – Cleanses and calms.

90 mins / \$350

**COLLAGEN FACIAL** – 100% pure collagen sheets hydrate and tighten.

30 mins / \$130

**COLLAGEN EYE TREATMENT** – Hydrates and tightens.

30 mins / \$90

**RESTED EYES** – Gentle targeted draining and hydrating ingredients help to remove dark circles, soften lines and subtly firm your eyes offering a more rested look.

60 mins / \$195  
90 mins / \$295

**OXYGENATING FACIAL** – Rich in proteins, nutrients and anti-oxidants, this facial stimulates cell response, revitalizing the look of fatigued skin.

*Many of Vida therapies can be performed in your hotel room for an additional \$35.*



# Additional Vida Experiences

30 mins / \$65  
45 mins / \$85  
(with French polish  
or nourishing mask)

**MANICURE THERAPY** – A hand and arm massage induces relaxation throughout the entire body. Nail grooming and polish application brings health and beauty to your hands and mind. Polish change \$40

30 mins / \$75  
60 mins / \$100  
75 mins / \$125  
(with French polish  
or nourishing mask)

**PEDICURE THERAPY** – A Vida pedicure is more than a quick fix, it's a full experience. After your toes and feet are thoroughly groomed, our estheticians will focus the remaining time massaging the muscles in your lower legs and feet. A total of 30 muscles are pampered and relaxed.

45 mins / \$85

**POLISH-LESS PEDICURE**

15 mins / \$35

**SHELLAC REMOVAL THERAPY** – At Vida we are happy to remove the shellac from your nails to allow them time to breath and be healthy until the next application. *Add a Manicure therapy after your Shellac removal to help your nails look well again.*

**EYELASH & EYEBROW TINT** – Your eyelashes or eyebrows will be delicately dyed with a safe and natural tint. The result, a luscious and darker appearance.

15 mins / \$40

**EYEBROW**

45 mins / \$65

**EYELASH & EYEBROW**

30 mins / \$55

**EYELASH**

**WAXING** – Waxing is a natural and effective method of removing unwanted hair. Inquire about our teenage pricing for those who would like to start waxing wellness early.

\$30 **UPPER LIP OR CHIN WAX**

\$70 **FULL ARM WAX**

\$35 **NOSE, EAR OR BROW WAX**

\$50 **HALF ARM WAX**

\$30 **CENTRE BROW WAX**

\$85 / \$95 with bikini

**FULL LEG WAX**

\$30 **UNDERARM WAX**

\$70 / \$80 with bikini

**HALF LEG WAX**

\$50+ **BIKINI WAX**

\$50+

**SHOULDER WAX**

\$90+ **BRAZILIAN/FULL BIKINI WAX**

\$70+

**BACK OR CHEST WAX**



What's your  
dosha?

Ayurvedic theory is based upon a tri-dosha system. Everyone is typically dominant in one of the three doshas (Vata, Pitta or Kapha). Ayurveda works to bring your dosha into harmony so you can enjoy perfect health. Each person's journey to this destination of harmony is different. That's why it's important that you determine what your dominant dosha is, so you can gain the most from your Vida experience. Just complete the following quiz:

# Discover your dosha.

## Ask one of our team members for a Dosha Quiz sheet

I like to keep busy and hate being bored (V)

I am well organized and detail oriented (P)

I proceed methodically and like to do things at my own pace (K)

I am creative and imaginative (V)

I am efficient, and disciplined (P)

I am calm, caring and patient (K)

My appetite varies - sometimes I'm hungry at mealtime, sometimes I'm not (V)

If I don't eat regularly I get irritable (P)

I enjoy food but can easily skip a meal (K)

My weight can easily fluctuate - I can lose weight easily (V)

My weight is fairly consistent (P)

I gain weight easily and find it hard to lose (K)

I have a small frame and am lean with prominent bones (V)

I am athletic and muscular with a medium build (P)

I am large framed with wide hips and shoulders (K)

My skin tends to be dry (V)

My skin tends to be sensitive (P)

My skin tends to be oily (K)

My skin can sometimes be rough or flaky in certain areas (V)

My skin reddens easily from heat and tends to have freckles and moles (P)

My skin is resilient and tends to retain water at times (K)

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If you had: Mostly Ks ..... you are **Kapha**

Mostly Ps ..... you are **Pitta**

Mostly Vs ..... you are **Vata**

K, P and V equally ..... you are **Tri-dosha**

# Make the most of your Vida treatments, by using your dosha to guide your choices



**Pitta**

## *Steady and Soothing*

Thai Massage  
Hydrating Body Wrap  
Soothing Facial



**Kapha**

## *Invigorate and Energize*

Muscle Ease Exfoliation  
and Wrap  
Shiatsu / Accupressure  
Ayurvedic Facial



**Vata**

## *Grounding and Calming*

Ayurvedic Massage  
Customized Shea Wrap  
Hydrating Facial



**Tri Doshya**

## *Detoxify and Restore*

Immunity Exfoliation  
and Wrap  
Classic Balancing Facial

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## Vida's Corporate Rental Packages

include full use of the spa space and all Vida therapists for treatments at your discretion. Vida offers corporate groups a unique urban retreat that is an escape from their everyday routine.

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### CORPORATE CLIENT FEEDBACK

“Anna and I just wanted to send you all a note to say thank you so much for making Chatelaine’s Girlfriend’s Getaway contest so fabulous! I have to tell you that our entire group had the most incredible time. I am still receiving letters from the women raving about their overall experience. Most of our winners had never been to Whistler before, never had massages, nor had they ever had the opportunity to stay in a hotel like the Château Whistler. They were all completely blown away and truly felt like princesses... which is exactly what we had wished for. A purely decadent experience!!!”

*Marketing Director, Chatelaine Magazine*

“Hands down the best spa in town is Vida. Not only is the setting gorgeous and the therapists first rate, but the attention to detail and friendly service truly go above and beyond. We organize several employee “outings” every year. They range from attending a baseball game together to chartering a boat, etc. Nothing ensures 100% participating like when we book a spa day at Vida. Thank you for always taking such wonderful care of our employees and our guests.”

*Director of Sales & Marketing, Sheraton Seattle Hotel*



## Vida the way you want it, where you want it

Most Vida treatments can be enjoyed in our side-by-side private couples room. Many therapies can also be brought to the comfort of your hotel room, to your home, to your office or to another local hotel.  
Contact your Vida representative for details.

## Vida Rewards Card for Guest Loyalty

Vida Rewards Points given on all non-RMT and non-discounted services.

Reward levels allow for complimentary services.

WHISTLER PRICES WILL VARY FROM VANCOUVER PRICES

604.938.2086

# vidaspas.com

Check our Website for Seasonal Packages and Special Offers

604.938.2086

SUTTON PLACE HOTEL VANCOUVER

WESTIN BAYSHORE HOTEL VANCOUVER

FAIRMONT CHATEAU WHISTLER

Prices do not include taxes or gratuities. Prices apply to Whistler location only. Prices vary by location and are subject to change without notice. Please arrive 15 minutes before your appointment. This provides time to change and fill out a health history form. Late arrival may result in a shortened treatment time. 24-hour cancellation notice is required or guests will be charged in full for all services booked.