



Renu[™]

ESTHETICS | MASSAGE THERAPY | WELLNESS



Enhancing Your Wellness & Beauty Through Nature & Science

It is our commitment to provide you with a spa experience that will exceed your expectations. Our mission is to offer tailored treatments that deliver visible results, physical and mental rejuvenation and an overall sense of well-being.

We offer a full range of Massage Therapy treatments and Esthetic services for women and men seeking to bring harmony and well-being to their busy lives. Each treatment is customized for your needs so that it is exclusively yours.

If you are not already a valued client, we welcome you to experience one of our amazing spa rituals that will surely leave you Relaxed, Rejuvenated and Renu'd.

Renu Spa Packages

Escape the stresses of everyday life and experience the benefits of our spa packages, designed to balance both body and mind.

— Ultimate Renual —

\$300.00

(approx. 4 hrs.)

Seaweed Body Wrap or
Tropical De-Aging Body Wrap

Pevonia Power Repair Facial

Renu Spa Manicure

Renu Spa Pedicure

Light lunch

— Absolute Renual —

\$265.00

(approx. 4 hrs.)

Seaweed Body Wrap or
Tropical De-Aging Body Wrap

1 hour Renu Classic Facial

1/2 hour relaxation massage

Renu Spa Pedicure

Light lunch

— Renu Classic Ritual —

\$235.00

(approx. 4hrs)

1 hour Renu Classic Facial
50 Minute relaxation massage

Renu Classic Manicure

Renu Classic Pedicure

Light lunch

— Face & Body Bliss —

\$135.00

(approx. 2 hrs.)

*Our Most Popular
Spa Package!*

1 hour Renu Classic Facial

50 Minute relaxation
massage

— Mani Pedi —

\$95.00

(approx. 2 hrs.)

Renu Classic Manicure

Renu Classic Pedicure

— Renu Essentials —

\$145.00

(approx. 2 hrs.)

1 hour Renu Classic Facial

Renu Spa Pedicure

— Renu Gift Cards —

Gift Cards are always a great gift solution. Available in any amount or priced for a specific service. Purchases can be made in person, or by contacting us. We're happy to hold the card for pick up or mail directly to the recipient.

Renu Hand & Foot Treatments

Our manicure and pedicure treatments have been specially developed to promote and maintain the beauty and well-being of your hands and feet.

Manicures

Let us take care of your hardworking hands. We start with a moisturizing hand soak, then shape your nails and condition your cuticles. Enjoy a relaxing hand and arm massage and your favorite OPI polish application.

Renu Classic Manicure \$39.00

Renu Spa Manicure \$49.00

(Includes hot stones and paraffin treatment)

Renu Classic Manicure with Shellac® \$55.00

Goes on like polish, wears like gel, soaks off in minutes and lasts up to 14 days.

Pedicures

Relax and enjoy the comfort of our personalized massage chairs, while we pamper your feet and cater to your concerns. Our pedicure treatments include an herbal foot soak in our cleanjet® footbaths, followed by nail and cuticle care, smoothing of rough skin, an exfoliation treatment and a moisturizing mask. You will then enjoy a therapeutic foot & leg massage and your favourite OPI polish application.

Renu Classic Pedicure \$63.00

Renu Spa Pedicure \$73.00

(Includes hot stones and paraffin treatment)

To include a french polish to any manicure or pedicure please add \$6.00



Renu Facial Treatments

We are proud to offer a vast selection of facial treatments and skincare solutions, using world-renowned products ranging from cosmeceutical to certified organic. Your treatment begins with a professional skincare analysis and consultation and is then customized to ensure optimal results. Your facial will include a deep cleanse, exfoliation, toning, hydrating steam, extractions (when required), a nourishing mask and moisturizing treatment. Allow your mind to be set free while a relaxing scalp, neck, decollete, shoulder, hand and arm massage is provided to enhance your experience.



Renu Custom Eye Treatment. \$30.00

Our eyes often reflect the demands of daily life and deserve special attention. These treatments are formulated with Gingko Biloba and freeze-dried marine collagen, allowing us to target concerns with puffiness, dark circles, fine lines and dehydration. A perfect enhancement to any facial.





SkinCeuticals Skin Treatments

SkinCeuticals® uses pure pharmaceutical grade ingredients, with proven scientific results. Their line of advanced skincare is designed to prevent future damage, protect healthy skin, and correct previous damage. SkinCeuticals' dedication to developing advanced skincare backed by science, has earned them a strong reputation with the medical and esthetic community worldwide.

Alpha Corrective Treatment \$130.00

This powerful corrective treatment combines all the benefits of a deep cleansing facial with the added application of a SkinCeuticals® gel peel treatment (20% glycolic, 10% lactic acid). An anti-oxidant rich Vitamin C Firming Mask, tightens and detoxifies the skin, restoring a firm, youthful and radiant complexion.

Customized SkinCeuticals Treatment \$100.00

A treatment tailored to your skin's specific needs, using high potency antioxidants. This treatment addresses concerns such as: deeply congested pores, dehydration, environmentally damaged skin, hypersensitivity and aging skin.

Gel Peel Treatment \$90.00

This 30 minute treatment is designed to minimize the appearance of surface lines, smooth rough skin texture, aid in clearing acne, and help fade hyper pigmentation due to sun damage. The glycolic and lactic acids in the peel remove dead cells from the surface, without irritating the skin and promote the generation of new skin cells.

For optimal results, a minimum of 5 sessions is recommended. \$90 per session or package of 5 for \$399.00

All of our facial treatments can be enjoyed in our room for two, allowing the experience to be shared with a partner, friend, or family member.



ilike Organic Skin Care

Treat your skin and your senses to an ilike certified organic facial. This natural skin care solution from Hungary is organically grown and hand harvested, and contains the highest levels of natural active ingredients. For over 50 years, these incredible products have demonstrated their therapeutic effects, resulting in clear, balanced and glowing complexions.

ilike Organic Facial Treatment \$90.00

This nourishing facial treatment is customized to target your areas of concern. The powerful levels of active organic ingredients will leave your skin deeply cleansed, balanced, radiant and healthy.

AHA Fruit & Paprika Treatment \$100.00

This signature ilike treatment is a stimulating biological peel with fruit acids (20% AHA). It provides amazing results with every skin type and is a regenerating wonder that reduces inflammation, improves blood circulation, and leaves your skin radiant and smooth.

Cucumber & Parsley Oxygen Treatment \$100.00

A favourite for people with freckled or blemished skin, or those who would like to regain an even complexion after the damaging effects of the sun. This treatment hydrates, lightens & refreshes all skin types.

All of our facial treatments can be enjoyed in our room for two, allowing the experience to be shared with a partner, friend, or family member.

pevonia®

Botanica

Pevonia Botanica Skin Care

Respected worldwide, Pevonia unites the finest marine & botanical ingredients with advanced delivery systems, for maximum absorbency and truly phenomenal results. All Pevonia Botanica products contain no artificial colours, fragrance, mineral oil, parabens, lanolin, alcohol, PABA or Sodium Lauryl Sulfate.

Pevonia European Facial \$90.00

Enjoy a facial customized for you that includes the finest botanical ingredients. Nourishing phyto and marine extracts, combined with essential oils, deliver outstanding results.



Luminous "C" and "SEA" treatment \$115.00

This powerful anti-aging treatment smooths and reduces fine lines and wrinkles, while strengthening skin elasticity. A potent blend of vitamin C, combined with pure freeze-dried seaweed, will provide you with a youthful and glowing appearance.

RS2 Rosacea Treatment \$115.00

Finally, there is a radical solution for rosacea and hypersensitive skin. This alleviating treatment provides soothing relief to dilated capillaries, congestion, blotchiness and irritability. The natural ingredients of french rose, green tea and chamomile, paired with a mineralizing hard mask, deliver undeniable results.

Lumafirm Lifting and Brightening Facial \$115.00

A revolutionary new treatment that delivers a brighter, more even toned complexion. The added benefits of a freeze dried intensifier will leave your skin feeling firm and visibly lifted. Ideal for any skin type showing signs of aging, this treatment is also a perfect boost for when you want to look your very best.

Plantomer Sensitive Skin Treatment \$110.00

A solution for calming, nourishing and protecting sensitive skin. The natural healing and anti-bacterial benefits of propolis, combined with a unique lift off seaweed mask, will leave your skin feeling calm, hydrated and radiant.

Power Repair \$105.00

This anti-aging treatment refines pores and softens fine lines and wrinkles. The renewing benefits of firming marine collagen replenish vital nutrients and leave the skin with a more refined and youthful complexion.

Spa Teen Treatment \$70.00

Experience the rewards of a professional teen treatment that offers healing and soothing benefits for blemished and normal skin types. Treat and prevent breakouts with a deep pore cleansing, enzyme peel and an antiseptic mask, that will leave your skin healthy and radiant.

All of our facial treatments can be enjoyed in our room for two, allowing the experience to be shared with a partner, friend, or family member.

Renu Body Wraps

Enjoy total relaxation while we care for your skin with one of our targeted body treatments. Each wrap begins with a full body exfoliation, followed by a mask from the neck down. You will then be cocooned to increase absorption of active ingredients deeper into the skin. Drift away while you are treated to a relaxing scalp and hot stone foot massage. Your experience is completed with a deep moisturizing treatment that will leave your skin hydrated and glowing.

Detoxifying Seaweed Smoothing Body Wrap \$100.00

Relax as you experience the healing powers of seaweed. Rich in vitamins and amino acids, this detoxifying wrap contains algae to increase your skin's circulation and improve overall skin tone.

Tropical Escape De-Aging Wrap \$100.00

This exquisite tropical body wrap counteracts premature aging and sun damage by delivering wrinkle-smoothing and rejuvenating benefits. Drenched with papaya, pineapple, pomegranate, vitamin A and collagen, your skin is deeply nourished, revealing an astonishing increase in the firmness and hydration of your skin.

Green Coffee Anti Cellulite Body Wrap \$130.00

Slim and tone your body, with a cutting-edge cellulite treatment that stimulates your ability to break down fat, increase metabolism and eliminate water retention. Experience a smoother skin texture, while visibly reducing dimply & cellulitic areas.

Enhance any body treatment with a 30 minute relaxation massage for just \$35.00



Renu Body Treatments

Heavenly Back Treatment \$75.00

A true facial for your back. This treatment includes a deep cleansing, exfoliation, steam and extractions, followed by a mask and a moisturizing hot stone back massage. For all skin types, especially problematic.

Aromatherapy Body Salt-Glow \$75.00

Restore your skin's radiant glow with a sea salt exfoliation, enriched with ylang ylang, tangerine, and lavender. Your entire body is gently polished and massaged to a silky-smooth finish.

Renu Hair Removal

We are proud to offer Esential Wax™ from France. Each Esential product incorporates the latest advancements in depilatory waxing technology to provide optimum hair removal. A natural beeswax base and a unique low temperature formula makes Esential, in our opinion, the most gentle and effective wax available.

Eyebrows	\$20.00	Lower Leg	\$35.00
Chin, Lip or Sides of Face	\$15.00	Full leg	\$60.00
Lip & Chin	\$25.00	Bikini	\$30.00
Full Face Package	\$45.00	Bikini Plus	\$35.00
<small>(includes eyebrows)</small>		Brazilian	\$55.00
Underarms	\$22.00	Upper Leg and Bikini	\$45.00
Arms	\$35.00	Upper Leg and Brazilian	\$90.00
Chest	\$45.00	Full Leg and Bikini	\$75.00
Back	\$48.00	Full Leg and Brazilian	\$105.00

Tinting

Let our skilled staff enhance the look of your eye area with our tinting services.

Eyebrow	\$20.00	Eyelash	\$30.00
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Renu Massage Services

We believe in treating the root source of the concern, rather than the symptoms. Massage Therapy has long been used to address system imbalances, by working synergistically with the body's own healing properties. Massage Therapy relieves tired, sore muscles, alleviates pain & tension and improves circulation, while assisting in immune system function. We are pleased to offer Swedish Massage, Sport Massage, Deep Tissue Massage, Lymphatic Drainage, Pregnancy Massage, Hot Stone Massage, Myofascial Release and Trigger Point Therapy.

Registered Massage Therapy

Our Registered Massage Therapists are professionally trained in the latest clinical and relaxation massage techniques, which can assist in the treatment of:

- Anxiety and Depression
- Headaches/Migraines
- Arthritis
- Back Pain
- Carpal Tunnel Syndrome
- Circulatory problems
- Fibromyalgia
- Musculo-Skeletal Disorders
- Sports injuries
- Stress
- Tendonitis
- Whiplash
- Sleep Disorders
- Postural Imbalance

60 Minute Massage*	\$80.00
90 Minute Massage*	\$120.00
75 Minute Hot Stone Therapy*	\$120.00
Massage for Two	from \$160.00

*Please Note: Receipts for insurance reimbursements WILL be provided.

Additional Treatments & Services

Renu Relaxation Massage

Enjoy a relaxation massage, on its own, or added to a treatment. Close your eyes and escape, as the tension and stress is erased from your body and mind. All of our relaxation massages include Aromatherapy blends, to promote physical and mental well-being. (scent free oils also available)

50 Minute Massage**	\$60.00
Add Hot Stones to your Massage	\$10.00

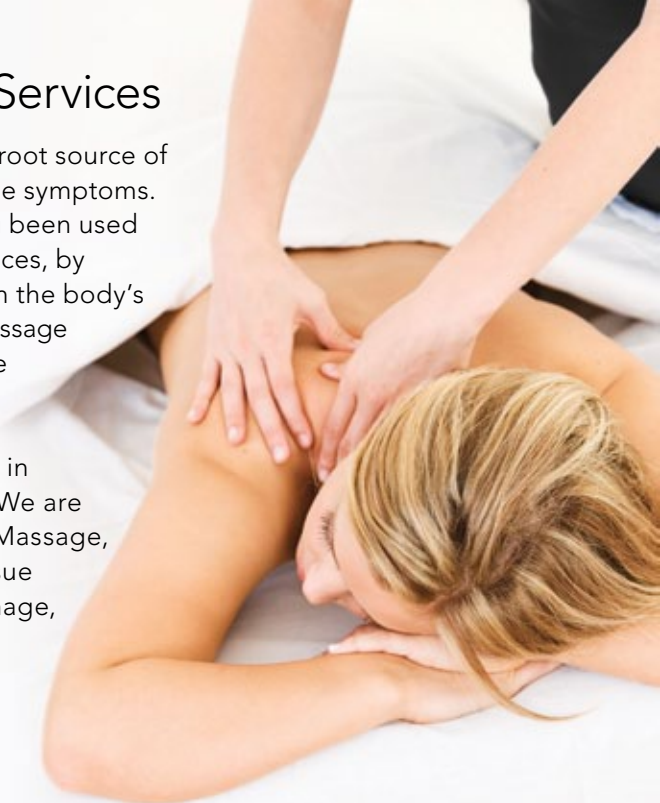
** Please Note: Insurance Receipts are not provided for a Relaxation Massage

Contemporary Medical Acupuncture

Acupuncture is a nerve stimulation technique, where fine needles are inserted with the goal of correcting abnormal activity of the nervous system. Acupuncture has been shown to decrease pain and increase healing rate in acute injuries. It has also shown to be very effective with a number of chronic conditions such as frozen shoulder, back pain, neck pain and headaches.

30 Minute Acupuncture Treatment*	\$50.00
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*Please Note: Receipts for insurance reimbursements WILL be provided.



Renu Services for Men

We offer a selection of treatments that cater specifically to the needs of today's man. A Renu spa experience will help to manage stress, ease tired and sore muscles and help you look and feel your best.

Men's Fitness Facial \$90.00

This facial is designed to target concerns that are specific to men's skin, such as sensitivity, razor burn and dehydration. With products tailored to your unique skin needs, you will experience a deep cleanse, toning, hydrating steam, extractions (if required), a nourishing mask and moisturizing treatment. You will be able to relax and set your mind free while we provide a stress relieving scalp, neck, shoulder, hand and arm massage.

Men's Manicure

Let us take care of your hard working hands. We start with a moisturizing hand soak, then shape your nails and condition your cuticles. Enjoy a relaxing hand and arm massage. Finish with a nail buff, for a natural healthy shine.

Men's Classic Manicure \$39.00

Men's Spa Manicure \$49.00

(Includes hot stones and paraffin treatment)

Men's Pedicures

Relax and enjoy the comfort of our chairs that offer personalized massage at your fingertips, while we provide care to your feet. Our pedicure treatments include an herbal foot soak, nail and cuticle care, smoothing of rough skin, an exfoliation and a moisturizing foot mask. Relax as we provide a therapeutic foot and leg massage and finish with a nail buff, for a natural healthy shine.

Men's Classic Pedicure \$63.00

Men's Spa Pedicure \$73.00

(Includes hot stones and paraffin treatment)

For men's waxing services, please see our waxing section

Spa Tips

Treatment Times

Please arrive at least 15 minutes prior to your treatment to allow any consultation forms to be completed and to have a few moments to unwind from your busy day. If you are late for an appointment, we may have to customize your treatment time to be on schedule for our next guest.

Serenity

Please assist us in maintaining a quiet and relaxing environment, by ensuring all mobile phones are switched off and that no children accompany you to your spa appointment.

Payment

We accept cash, interac or major credit cards. A deposit will be required for spa packages and group bookings.

Keep in Touch

Visit us at www.renuspaspa.ca to keep up to date on new services. You can also LIKE us on Facebook and follow us on Twitter @RenuSpaOttawa for exclusive promotions.

Cancellation Policy

We require 24 hours notice for cancellation, to avoid being charged the full price of your treatment.

Amenities

Our amenities include 5 spa-therapy rooms, including a 'Room for Two', a pedicure & manicure room and relaxation area. Coffee, teas and infused waters are always available for our guests.

Comments

Your experience is important to us. We would love to hear any feedback or suggestions to help us ensure that we are providing you with the highest levels of service.

While we endeavour to maintain our pricing as published, our website will always provide current pricing on all services

Monday	9 - 8
Tuesday	9 - 8
Wednesday	9 - 8
Thursday	9 - 8
Friday	9 - 8
Saturday	9 - 6
Sunday	9 - 5

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pevonia[®]
Botanica

ilike
organic skin care

O·P·I

 **SKINCEUTICALS**[®]

jane iredale
THE SKIN CARE MAKEUP[®]