



Dolás  
— SPA —



Fox Harb'r Resort  
— Nova Scotia —

*Escape to our world*

# Dolás

— SPA —

Unwind on the shore of the Northumberland Strait.  
Step away from the everyday and indulge.

Dol-as Spa will create an escape, as its meaning intended,  
into a stress free milieu.

Capture the individual experience of quietude and the  
ambiance at Dol-ás-Spa.

Let us reach your body , mind and spirit.



## *Spa Etiquette*

### **Appointments:**

To make your spa reservations please phone Joann at 902-257-4307, email [spa@foxharbr.com](mailto:spa@foxharbr.com), or call our front desk reservations at 902-257-1801.

### **Arrival:**

We recommend you arrive 15 min prior to your appointment time. This will allow you to move into your relaxing service after slipping into a plush robe and completion of your intake form.

### **Pre Treatment:**

Please do not shave 24 hours prior to body treatments or pedicures to avoid skin irritation.

### **Gratuities:**

An automatic 15% gratuity for services will be included with your bill.

### **Receipts:**

Therapeutic massage may be covered under your extended health insurance plans. Please request a receipt for these services if preformed by a registered massage therapist.

### **Cancellations:**

If you cannot make your appointment, please inform us as soon as possible, No charge applies within the 24 hour window, 50% charge under 24 hours, 100% charge under 4 hours of appointment time or failure to show for your reserved time will be applied.



## *Healing Mind & Body Massages*

### **Healing Hands Massage**

*90 min \$165*

Fox Harb'r signature massage combines soothing warm sea stones and therapeutic techniques to provide a supreme body healing therapy.

### **Therapeutic Massage**

*30 min \$75 • 60 min \$145 • 90 min \$160*

Rest assured our Registered Massage Therapist will release those stress induced targets or injuries to ensure a level of relaxation to erase life's tensions. *(RMT only)*

### **Deep Tissue**

*30 min \$80 • 60 min \$150*

Deep tissue massage for those chronic injuries...this therapy will work fascia, connective tissue, and realigning deeper layers of muscle. *(RMT only)*

### **Relaxing Essential Massage**

*30 min \$70 • 60 min \$130 • Couples 60 min \$260*

Allow yourself to drift away in a world of relaxation. A combination of effleurage and tissue manipulation to improve circulation, relieve minor muscle pain and promote general total body relaxation.

### **Perfect Pregnancy**

*30 min \$75 • 60 min \$145*

During this exciting time treat yourself. Our pregnancy massage will increase circulation, reduce fatigue and helps elevate stress on joints. *(RMT only)*

### **Sea Stone Massage**

*60 min \$160*

Relax with the therapeutic warmth of a natural sea stone massage. Combined techniques from essential massage and warm sea stones; this will relax tired stressed muscles.

### **Gazebo Massage**

*60 min \$150 • 90 min \$170*

Enjoy a taste of the tropics Nova Scotia style. This outside experience will heighten your relaxation and stimulate your senses.

## *Balance your Body*

### **Renewing Body Polishes**

*30 min \$60*

A complete body exfoliation to renew your skin from the seasonal elements, followed by a nourishing moisturizer leaving your skin feeling transformed, smooth and refreshed.

### **Ultimate Body Experience**

*90 min \$175*

Deep nourishment, hydration and revitalization are achieved in this luxurious shaping body treatment and massage. This multiphase treatment in combination with shaping massage techniques will give a sense of rebalancing and youthfully invigorated.

### **Detoxifying Marine Mud Therapy**

*60 min \$150*

Naturally enriched in sulfur, trace elements and numerous active principles...it is thermostatic, detoxifying and remineralizing leaving skin soft, muscles relaxed and soothed.

### **Moroccan Head to Toe**

*75 min \$155*

Experience the Mediterranean oil journey: embrace the sea, the sand and scents. A complete body buff enriched with vitamin E, antioxidants and intense hydrating treatment. Naturally replenishing botanicals to rejuvenate dry skin. Finished with rich antioxidant arganoil body butter. A luxurious treatment for the entire body.

### **Moroccanoil Hair Treatment add-on**

*15 min \$25*

### **The Awakening**

*90 min...\$220*

Remove the stresses from your body with this multi feature treatment. Customize your treatment...relax in aroma journey that will ease tired muscles in a massaging hydrotherapy tub following by a 60 min essential relaxation massage OR commence your experience with a nourishing body wrap that includes a complete body exfoliation, moving into a relieving hydro float and finishing with a body moisturizer that will replenishing your skin leaving you feeling renewed and rejuvenated.

## *Forever Young*

### **Fox Harb'r Signature Facial**

*105 min \$280*

Experience the science of staying youthful. Designed exclusively for Dol-ás-Spa by leaders at CELLCOSMET, our therapists utilize a new generation of Swiss Cellular and Phyto-Cosmeceutical advanced therapies. Accompanied by our micro current treatment, NuFace, this lavish anti-aging facial will tone and firm providing dramatic results in just one clinical treatment.

### **Anti-Aging Facial**

*75 min \$160*

Through the technology of cellular therapy, balanced active ingredients and a new generation of clinical cellular properties, this anti-aging facial revitalizes skin and protects against aging. It diminishes tell tale fine lines around the eye, lip and forehead areas while redefining your skin for a youthful appearance.

### **Personalized Facials**

*60 min \$140*

Our therapists will customize your facial to meet your skins requirements.

**Age Smart:** Fight the aging process and renew your skin, reduce fine lines and wrinkles, improve your skin texture and stimulate cell renewal & collagen reproduction to bring back a more vibrant appearance.

**Chromo White:** Designed to treat and diminish hyper pigmentation, sun damage and brightens the skins overall appearance for more even skin tones.

**Ultra Calming:** Alleviates redness while calming stressed and reactive skin. Prescribed for skin with rosacea and dilated capillaries.

**Sacred Nature Organic Facial:** Free of parabens, colorants and synthetic perfumes this organic facial is pure organics for the skin.

## *The Necessities of Life*

### **Deluxe Spa Manicure**

*60 min \$70*

This luxurious hand and nail treatment will blend argan oil, vitamin E and nourishing avocado. You will experience a relaxing soak, a gentle exfoliation and a soothing massage with warm sea stones. A hydrating mask full of antioxidants leaving skin noticeably healthier...completed with your choice of nail varnish.

### **Deluxe Spa Pedicure**

*60min \$85*

A soothing water therapy soak, a salt exfoliation to prepare the skin for a rich hydrating mask to revitalize your skins natural appearance. It will leave your legs and feet feeling and looking like perfection. Your service is finished with your choice of varnish.

### **Quick Time Mani**

*30 min \$50*

### **Quick Time Pedi**

*40 min \$65*

These short versions of our deluxe services are designed for the person on the go. Receive either service and experience the luxury of the deluxe service with time allowances to fit your schedule.

### **Fox Harb'r Foot Ritual**

*20 min \$35*

Relax and revive your tired feet. Warm salt soak, soothing foot balm, cuticle & nail repair application and a stress relieving massage. (polish not included)

**Gel Nails up to 120 min \$75**

**Gel Fill up to 75 min \$45**

**Varnish Change only \$12**

**French Ad-On \$10**

**Gel Color only \$20**

**Gel Color Removal only \$20**

\*(Please state if you have gel color/shellac on or require it...this requires more time and must be booked accordingly...if not stated we may not be able to fulfill your service requirements in the time allotted)

## *Indulge Yourself*

### **Eye Lash Extensions**

*60 minutes \$150*

### **Refill**

*30 minutes \$50*

Innovative and revolutionary extensions that provide longer, thicker lashes that last as long as you wish. Naturally accentuated lashes, stunning eyes with no mascara needed. Perfect definition....get the most wanted eyes!

### **Make-up Application**

*45 min \$60*

### **Waxing....**

**Eye Brow \$15, Lip \$15**

**Bikini Wax \$40, Half Leg \$30,**

**Underarm \$15**

### **Revitalizing Eye Treatment**

*15 minutes \$35*

This anti-aging eye treatment, with cool jade stones, targets dark circles, fine lines and puffiness restoring eyes to their natural beauty.

### **NuFace Add-On to any facial**

*15min \$50*

Skin, tissue and muscles are stimulated with micro currents for instant lift.



## *Experience Everything*

### **Fox Harb'r Signature Interlude**

*5 ½ hours \$625*

Experience the ultimate day at the spa with a 90 min healing hands massage, a Fox Harb'r signature facial, a body polish and a deluxe spa manicure & pedicure.

### **A Warm Summer's Eve**

*3 ¼ hours \$395*

All things warm...a 60 min hot stone massage, body polish, detoxifying marine mud therapy, quick time manicure, quick time pedicure.

### **Me, Myself & I**

*4 hours \$410*

Just for you...a 60 min relaxing essential massage, personalized spa facial, deluxe spa manicure & pedicure.

### **The Moroccan Experience**

*2 ¾ hours \$335*

Walk away feeling picture perfect.

A complete body exfoliation, Moroccan Head to Toe body treatment and an hour long relaxing essential massage.

**Choose one of our Spa interludes and immerse yourself in the Fox Harb'r experience.**



## *A new beginning for him for her*

### **Wedding Package**

Allow Dol-ás-Spa to whisk you away to total relaxation on the most important day of your life ...we will be there to assist in any fashion. Receive a complimentary trial make-up application prior to the wedding date to ensure you are looking perfect on your day. (A hair stylist can be contracted with advance noticed.)

### **The Groom**

*2 ¼ hours \$275*

Enjoy a 50 min relaxation massage, a men's deep cleansing facial and a Quick Time MAN-icure. The groom and his men will enjoy a glass of port and a cheese tray.

### **The Bride**

*2 ¾ hours \$300*

Enjoy a 50 min relaxation massage, quick time manicure & quick time pedicure and a complete bridal make-up application. You and your Court will enjoy a glass of sparkling wine and fruit tray.

## *Spa Boutique*

Our spa boutique has a large variety of skin care, body & hair care products available for home use. Including fitness and active wear (Canadian Made) and resort wear for your leisure shopping experience. Shipping is offered.



## *Men's Executive Menu*

### **Sports Pedicure**

*45 minutes \$75*

The sports pedicure for the active man provides a relaxing water therapy followed by complete lower leg and foot exfoliation and massage. This foot ritual concludes with a hydrating mask and moisturizer.

### **MAN-icure**

*45 minutes \$55*

Hand care for men... hand and arm massage, nail and cuticle care that will leave your hands feeling polished.

### **Men's Deep Cleansing Facial**

*60 minutes \$125*

Relax into a deep cleansing facial that will leave your skin refreshed, rejuvenated and hydrated. Exfoliation will rid the skin of dead skin cells and improve texture. A massage will increase circulation and cell renewal. A toning masque will improve the overall firmness and finishing with a moisturizer for hydration.

### **Sports Pedicure, MAN-icure, Men's Deep Cleansing Facial**

*150 minutes \$225*

Make it a true Executive Experience and receive all 3 services on our menu at a great package rate.





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