

# MASSAGE MENU

## APPOINTMENTS NOW AVAILABLE

### SWEDISH MASSAGE

30 MINUTES \$ 56 / 60 MINUTES \$ 75 / 75 MINUTES \$ 89

A classical European technique with long, gliding strokes. Swedish massage offers benefit to the muscular, lymphatic, circulatory, and nervous systems.

### CUSTOM MASSAGE

30 MINUTES \$ 60 / 60 MINUTES \$ 79 / 75 MINUTES \$ 95

A treatment customized to your particular requirement, whether that be a need for pure relaxation, stress relief, or pain management.

### AROMATHERAPY HOT STONE MASSAGE

30 MINUTES \$ 70 / 60 MINUTES \$ 90 / 90 MINUTES \$ 105

For a deep feeling of total rejuvenation, melt away tension under the comforting warmth of heated basalt stones while an essential oils blend restores balance and evokes a sense of serenity.

### PRESSURE POINT FOOT MASSAGE

15 MINUTE ADD ON \$ 20

30 MINUTES \$ 45 / \*60 MINUTES \$ 75

\*(includes both pressure point foot massage and head & scalp massage)

There are few things in life that feel as good as a foot massage. Ancient practices and modern study suggest that massaging pressure points on your feet can benefit other areas of the body.

That aside, the fact is, our feet take a beating and a deep massage can make you feel so good that you forget about your other aches and pains.

### HEAD & SCALP MASSAGE

15 MINUTE ADD ON \$ 20

30 MINUTES \$ 45 / \*60 MINUTES \$ 75

\*(includes both pressure point foot massage and head & scalp massage)

Our head massage is a relaxation massage that focuses on the face, head, neck, scalp which are important energy centers within the body. This form of massage is very relaxing and has a balancing effect as it helps to release stress and tension creating a sense of peace and well-being.

#### FOR APPOINTMENTS

CALL  
204-773-7514  
IN HOTEL DIAL  
7514  
OR CHECK WITH  
OUR FRONT DESK  
204-773-2186



PRICES ARE  
SUBJECT TO  
GRATUITY  
AND GST

## MASSAGE GUEST INFORMATION

Please arrive at least 15 minutes prior to your scheduled treatment to fill out a client record form, required for each guest.

Please check in at the front desk of the Russell Inn.  
They will provide you with direction from there.

Arriving early allows time to relax.

All treatment times include assessment and consultation with the practitioner.

To avoid disappointment, it is recommended that massage treatments be reserved in advance.

We require a credit card number to reserve your appointment.

Your practitioner is reserved especially for you so to avoid being charged for a missed or changed appointment, we request 24 hours advance notice.

Group bookings require 7 days notice of cancellation.

Taxes and Gratuity are not included in the price of treatments.

Gratuities are customary but may be left at your discretion.

Please advise us at time of booking if you are pregnant, have high blood pressure, circulatory or respiratory conditions, or have been diagnosed with/or are being treated for any diseases or ailments.

A doctor's note may be required to proceed with some services.

Our newly arrived practitioner has 15 years of experience. She has certifications from Steiner Training Academy in London and a National Certificate or NCII in the Philippines.

Her first guests have all said it is the best massage they've ever had.

That said, Ms. Sales is new to Canada and has yet to process her RMT licence.

We can issue a receipt but: not Manitoba RMT #'d receipt. Thank you.

COMING SOON

### STAG + RAVEN

THE BARBER, THE BEAUTY, AND THE BODY SPA

This unique hybrid of a vintage barber shop and old country spa with world class massage treatments, and a nail bar. Our concept is thoughtfully designed for a balanced appeal geared toward men and women. We offer a rustic-urban-barn atmosphere, fully licensed for liquor and food service, upscale coffees, healing teas, and a quiet area for decompression in the body care spa.

