

FULL BODY MASSAGE

LIGHT PRESSURE MASSAGE

45 minutes	\$99
60 minutes	\$119
90 minutes	\$159

Long flowing strokes promoting deep and gentle relaxation.

MEDIUM PRESSURE MASSAGE

45 minutes	\$109
60 minutes	\$124
90 minutes	\$169

A combination of relaxation massage and deeper finger pressure to work out those knots.

DEEP TISSUE MASSAGE

45 minutes	\$119
60 minutes	\$149
90 minutes	\$199

Deep penetration into those muscle tissues using hands, finger pressure and elbows, increasing circulation and mobility.

AROMA THERAPY MASSAGE

45 minutes	\$109
60 minutes	\$129
90 minutes	\$169

Relaxation massage with essential oil blends created by our in house aroma therapist.

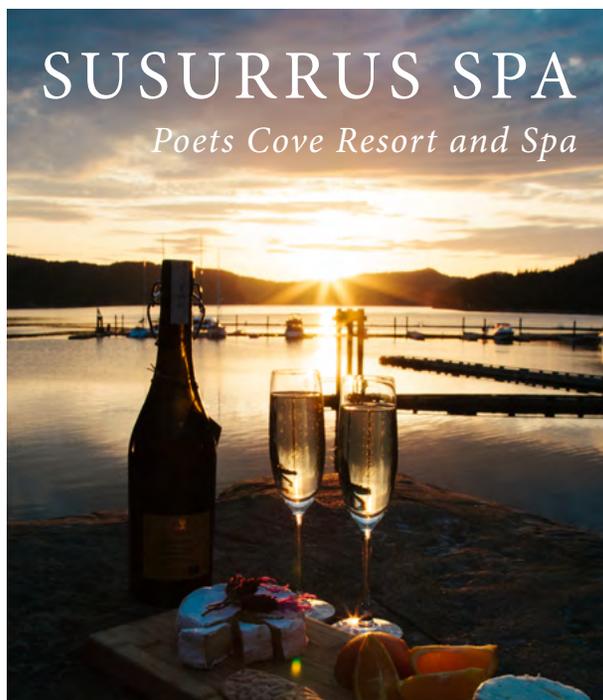
HOT STONE MASSAGE

60 minutes	\$135
90 minutes	\$169

Warm basalt stones are placed on the body and used for massage, relaxing, and soothing tight muscles.

MATERNITY MASSAGE

Many massages can be adapted for the expectant mother. The use of special pillows will enable this to be an especially comfortable experience.



ARRIVALS

Please arrive at least 15 minutes before your appointment. In order for us to give you the best care possible, before your treatment, you will be asked to fill out a brief health information sheet, as well as get changed into a spa robe and slippers. Your appointment includes a private locker, fruit water, herbal tea, complimentary use of our eucalyptus steam cave and ocean view hot tub. This time is for you to relax, restore and enjoy.

We require 24hr. advance notice to re-schedule or cancel your appointment. Less than that will result in 50% of the treatment cost being charged. Should you not come at all, or cancel just at your appointment time, 100% of the treatment cost will be charged. 18% gratuities are also added to any individual packages, as well as groups of 4 or more. No RMT available.



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SUSURRUS SPA
Poets Cove Resort and Spa

PENDER ISLAND
BRITISH COLUMBIA
Relax, Release, Rejuvenate.

SPECIALTY TREATMENTS

FOOT REFLEXOLOGY

30 minutes \$69 60 minutes \$109

An ancient healing art which addresses the entire body through points on the feet.

ACUPRESSURE MASSAGE

60 minutes \$149 90 minutes \$199

Gentle finger pressure applied to acupoints, combined with the massage, creates the therapeutic benefits of acupressure (no needles).

MYOFASCIA CUPPING

60 minutes \$129 90 minutes \$195

Vacuum cups are placed on trigger points on the skin, then moved leading to relief from pain and stiffness.

COUPLES MELT AWAY PACKAGE

This lovely combo treatment will melt away tension before or after the wedding. Foot exfoliation during treatment.

This package includes:

*Soothing Hot Stone Massage in our romantic couples room: 60 minutes
Shiro Abhyanga, a warm oil scalp massage: 30 minutes*

Individual: \$199 Couple: \$379



FACIALS & BODY TREATMENTS

EXPRESS FACIAL

40 minutes \$95

All the necessities from nature to get your skin glowing... a thorough cleanse, exfoliation, personalized mask, moisture and sun-defense. Tailored to your specific skin concerns.

POETS SIGNATURE

70 minutes \$155

Tailored to address your skins unique needs, our Poets Signature Facial combines a personalized skin analysis complimented with massage techniques to leave you glowing and floating. This facial also includes the application of a second treatment mask.

Ahh, the signature of the Poet.

THAI STEM FACIAL

50 minutes \$135

A fusion of energy work and beauty treatment. Traditional Thai Stems relax and rejuvenate from the skin to the soul.

Includes: cleansing, toning and prescription mask.

ADD ON TO YOUR FACIAL

Eye Treatment \$17

Lip Treatment \$17

Eye and Lip Treatment \$29

BODY TREATMENTS

Body Exfoliation 45 minutes \$99

Purifying Back Cleanse 45 minutes \$105

Ritual Body Wraps 75 minutes \$144

ADD ON TO YOUR BODY TREATMENT

Massage 30 minutes \$55

Mini Facial \$55

Foot Reflexology \$49

Foot Exfoliation \$24

WAXING AND TINTING

We offer a full range of professional waxing and tinting services. Please inquire.

HAND, FOOT & NAIL CARE

HAND AND FOOT CARE

Natural Manicure (no polish) 45 minutes \$55

Classic Manicure 45 minutes \$60

Deluxe Manicure 60 minutes \$77

Natural Pedicure (no polish) 45 minutes \$66

Classic Pedicure 50 minutes \$72

Deluxe Pedicure 70 minutes \$99

ADD ON NAIL ENHANCEMENTS

Paraffin Wax Dip \$14

French Polish \$17

Add on Exfoliation \$10

HEAD, NECK, & SHOULDERS

SHIRO ABHYANGA

30 minutes \$74

Aromatic oil scalp massage that calms, revitalizes and uplifts the spirit. Initiated with stimulating oil and vigorous attention, segueing into calm, slow scalp massage with relaxing essential oil. Your journey concludes with a balancing massage complimented with grounding essential oil.

POETS RELEASE

30 minutes \$65

This personalized head, neck and shoulder massage will be designed in response to your specific needs. It can be done fully clothed and sitting in a chair if you desire.

ACUPRESSURE HEAD & NECK RELEASE

30 minutes \$65

Deep, gentle finger pressure on specific acupoints for a physically and mentally relaxing treatment.

