

SPADERMA
b o d y . f a c e . s k i n .

nomi
RESORT CLUB

SKIN THERAPY

Luxury Facials.

Vivier Signature Facial – Skin Regeneration & Steam

60 Minutes | \$185

Experience the Beauty of Results. **Vivier's** innovative **Vitamin C powered** skin care line delivers a facial rejuvenation experience that will dazzle and delight. Enjoy textures from micro-foams to creamy pearlescent cleansers, a revitalizing face scrub that gently exfoliates dead skin cells leaving the skin soft and vibrant. The second step involves a correct specialty product advanced anti-aging Vitamin C serum specifically formulated to help reduce the appearance of fine lines and wrinkles, as well as reducing further signs of aging; and a skin brightening cream that reduces the appearance of fine lines and dark spots. The final steps involve the application of Neuropeptides and hyaluronic acid that softens expression lines and boosts hydration with a daily age-defying moisturizer that will increase the skins smoothness.

DOCTOR BABOR Vitamin C Facial Lifting Foil Mask with Peel, Vitamin C and Concentrates

60 Minutes | \$185

DOCTOR BABOR PRO prescription skin therapy treatment is an advanced customized cosmeceutical treatment to obtain your optimal skin care results. With high-performance cosmeceuticals and specialized techniques to boost skin activity, hydrate and reactivate skin's functions to restore the health and vitality of the skin. **DOCTOR BABOR PRO Concentrate. Select from: HA – Hyaluronic Acid, EGF - Growth Factor , C - Vitamin C CE – Ceramide, PEP – Peptide.**

ROSE QUARTZ ReVersive Facial

60 Minutes | \$185

For skin in need of regeneration showing signs of tiredness, dull complexion, loss of elasticity and visible wrinkles. The ReVersive PRO-YOUTH treatment unlocks the natural anti-aging mechanisms of the skin to tackle the most common signs of aging and slowdown the chronological aging process. This treatment will provide incredible luminosity and radiance revealing a healthy flawless complexion.

Facial rose quartz massage stones are used in this treatment which helps to ease tension + stress in the body, soothes anxiety which is essential when it comes to clear, smooth skin.

Vivier Express Facial

30 Minutes | \$95

If you love facials but are short on time, why not choose the Express Facial experience. Enjoy all the beautifying benefits of Vivier skin care and go back into your day, looking and feeling rejuvenated.

FACIAL ENHANCEMENTS

Vivier Essential Peel

45 Minutes | \$120

The Vivier Peel is a gentle, professional combination peel that helps smooth, brighten, firm and illuminate your skin. Reveal a fresh new complexion with this peel. It is designed to minimize the appearance of surface lines, smooth out rough skin texture, aid in clearing mild acne and help fade hyperpigmentation.

SPA DERMA – Anti-aging Facial Mask

30 Minutes | \$95

Choice of Clay for deeper cleansing or Hydra Mask for intense hydration

Vivier's Ultra Purifying Clay Mask is carefully crafted with red and white Kaolin clay, Alpha Hydroxy Acids and Salicylic Acid to draw out impurities, firm the skin and absorb excess sebum. This purifying mask helps reveal flawless-looking skin without excess shine. This mask treatment is combined with a soothing neck and shoulder massage.

AMPOULES TREATMENT

Add On | \$25

Adding a layer of Ampoules to the face during your treatment and experience true hydration. The hydrophilic oil is applied to the skin, where it dissolves oil-soluble particles. The photoactive ingredient targets the skin's unique requirements. Then the magic happens: massaged in with damp fingers, a milky emulsion emerges to reveal soft, clear skin. Each ingredient exerts an instantly noticeable effect. The liquid high-tech vehicle ensures that the active ingredients pass through the skin barrier more rapidly, allowing them to precisely boost cell activity in the deepest layers of the skin. With technologically optimized, natural active ingredients encapsulated in the smallest molecules, they arm the skin to tackle the challenges of life. In seven days, they produce impressive, visible results. In 21 days, ampoules transform the skin for good. This product is a great retail option to try at home to achieve the 7 and 21 day results.

BOTANICALS & APOTHCARY

Botanical Escapes. 30 min Enhancements.

Peppermint Scalp Massage

30 Minutes | \$75

Relax and refresh. Let soothing touch and invigorating peppermint oil realign your mind and spirit.

Hand & Feet Seed to Skin Ritual

30 Minutes | \$65

Cela uses the power of Canadian botanicals to renew and protect your skin. The northern climate can take its toll on your skin. This blissful scrub treatment will leave your lower legs and feet, arms and hands softened and glowing. Cela's aromas are so delightful they will seem exotic.

Therapeutic Foot Massage with Black Gold Coffee Scrub

30 Minutes | \$65

Cela's rich and energizing Black Gold Coffee Scrub will soften and energize your lower legs and feet. Massage will release the tension you hold in these hard working parts of your body. Cela's Black Gold Coffee Scrub will reawaken your skin.

Mineral Foot Soak & Foot Massage

30 Minutes | \$65

Let your cares and feet dissolve in this mineral rich warm soak. Absorb enriching nutrients in comfort. Your body will thank you.

Foot Soak Botanical Treatment & Balm Massage

30 Minutes | \$65

SPA Derma's fizzing foot soak is a wonderful way to end a long day. This peppermint and eucalyptus effervescent foot soak is made with pure essential oils and Dead Sea mineral salts.

Botanical Back Treatment

30 Minutes | \$80

Option of Seed to Skin or Black Gold

BODY TREATMENTS

1 Hour - 90 min Sessions.

Signature Relaxation Massage

60 Minutes | \$150

Warm oil and techniques will provide sweet relief from all your tension and stress. This treatment is tailored to your needs. Just relax and let go.

Rebalancing Massage with Essential Oils

60 Minutes | \$160

An Aromatherapy Massage that adds an essential oil to your massage to enhance your relaxation. Energizing Peppermint or Calming Lavender will bring extra delight to your body treatment.

Therapeutic Massage by RMT

60/90 Minutes | \$195/250

From relaxation to deep tissue, warm oil and techniques will provide sweet relief from all your tension and stress. This treatment is tailored to your needs. Just relax and let go.

Back, Neck & Shoulder Massage

30 Minutes | \$80

This treatment will focus on the areas which are usually the tightest. A focused treatment to relieve and rebalance you.

Hot Poultrice Thai Herbal Massage

60 Minutes | \$235

The gentle warm pressure of the herbal poultrice relieves muscle tension and soreness in two ways – from the steam and physical heat of the poultrice, and from the therapeutic warmth of the herbal oils as they make contact with the skin. The warmth increases blood flow, relieves inflammation and promotes healing. The poultrice, is a warm herbal compress filled with organic herbs is steamed and applied directly to the body with a variety of specialized techniques. The heat, combined with the herbs are absorbed by body and help to reduce aches & pains, increase lymphatic drainage and condition the skin.

HYDROTHERAPY

1 Hour - 90 min Sessions.

Body Exfoliation & Wrap Energizing Escape Treatment 60 Minutes | \$235

Indulge yourself with the ultimate in relaxation and full body wellness with this aromatic body treatment featuring notes of orange and mimosa. A creamy poppy seed scrub and energetic body brushing invigorates the senses and refines the skin surface. A cocooning nourishing wrap with age-defying plant stem cells and yellow poppy extract helps firm and smooth the skin. A warmed oil application completes the treatment to leave you feeling renewed and relaxed.

Body Exfoliation & Wrap Energizing Escape Treatment with Massage 90 Minutes | \$345

Enjoy this ultimate relaxation full body wellness aromatic body treatment with a relaxing massage after an escape treatment.

HYDROTHERAPY NORDIC SPA EXPERIENCE

The Ultimate Spa experience at Nomi Resort, includes hydrotherapy access. Day Pass | \$60

Twilight Soak | \$70

ACCESS HOURS : 9:00AM – 5:00PM

Day Pass: \$60

Twilight Soak: \$70 (5-9 pm)

Arrive at your leisure and stay as long as you need to fully enjoy the benefits of the outdoor pools, and indoor saunas, steam room and exfoliation.

A clean robe and towels will be provided. Please bring:

- Water Bottle (non-glass)
- Bathing Suit
- Flip Flops
- Sun Protection

Hydrotherapy at Nomi Resort is the cycle of alternating between hot, and cold followed by periods of rest. This traditional Nordic sequence stimulates blood flow, eliminates toxins, reduces

stress, allows the mind to unwind, and gently increases the heart rate for an instant feeling of head-to-toe wellbeing.

Our Hydrotherapy consists of:

Heat: Stay in the sauna for 10-15 minutes, or until you can feel beads of perspiration forming on your chest.

You may want to ladle water onto the hot rocks and create a steam to enhance the experience or if the air feels too dry in the sauna.

Cold: Leave the sauna and enter directly into the cooling experience—a cold (or cool) shower making sure to get your head and face under the cold water to heighten the experience and prevent headaches, which can sometimes happen with excessive heat. Be sure to include your hands and feet as well, as these areas have plentiful lymphatic tissue.

Rest for 15-20 minutes; allow your body temperature to equalize, and enjoy the flow of endorphins created by the experience. Repeat if desired.

Enjoy Gentle Heat – Try our outdoor spa plunge

Hydrate before, during, and after.

Heat: Stay in the hot pool for about 15 minutes. You may want to begin in the warm pool and progress to the hot pool once you are used to the heat. Feel free to float, move your body, and stretch as you luxuriate in the warmth.

Cold: Leave the hot pool and enter directly into the cooling experience—either a cold (or cool) shower, or cold plunge. The cold plunge is for just a few seconds, in and out—but be sure to go underwater.

These three steps can be repeated up to three times, provided you are feeling well and staying hydrated by drinking plenty of water.

- Hot. Cold. Rest. Repeat
- Enjoy our Curated Refreshments

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