

The Healing Grounds



Here at the Healing Grounds, echoes of ancient wonders envelop you, easing your spirits and clearing your mind.

Our muse is a synergy of health, beauty and relaxation where salt water and fresh water converge.

Massage

Experience a relaxing, soothing, stress-relieving massage. You will benefit from increased blood circulation, relaxation of tight muscles, calming and centering of the mind. Beautiful music, aromas and peaceful surroundings will introduce you to the well-being that comes through the touch of human hands.

RELAXATION MASSAGE

Melt away your stress and unwind. This relaxing full body massage will help increase circulation, relieve tension, and leave you in a wonderful state of well being.

60 min	\$160
75 min	\$180
90 min	\$200

DEEP TISSUE MASSAGE

Regenerate with this therapeutic massage that will help lessen muscle tension and pain due to stress, injury and strain. Our massage therapists will tailor the massage to your individual needs.

60 min	\$170
75 min	\$190
90 min	\$210

HOT STONE MASSAGE

Enjoy the benefits of a relaxation massage with the added benefit of hot stones. This wonderful massage will soothe tension, alleviate stress, and help you unwind.

60 min	\$170
75 min	\$190
90 min	\$210

Facials

THE OUTPOST SIGNATURE FACIAL

\$225 90 MIN

This luxurious facial is the perfect solution for those who want to give their skin that extra boost it deserves. The treatment begins with a hot towel compress on the feet before proceeding into the facial. A dual hydrating mask will help reduce the appearance of fine lines and firms and regenerates the skin. A special mask is also prepared for the feet to help soften and rehydrate leaving you revived from head to toe.

THE CLASSIC FACIAL

\$190 75 MIN

This facial is customized to meet the needs of your skin. After receiving a skin care consultation, a recommendation will be made as to what type of facial would suit the needs of your skin.

GENTLEMEN'S FACIAL

\$190 75 MIN

A facial specifically designed for men. This treatment targets skin irritations due to shaving and boosts the circulation of the skin. Enjoy a shoulder, neck, and face massage to help melt away tension.

Add Eye Treatment	\$25
Add AHA Treatment	\$25
Brow Wax	\$25

LAVENDER MANGO BODY WRAP

\$225 90 MIN

This luxurious experience begins with a lavender soy body scrub that will re-hydrate the skin, heal skin care concerns and improve skin tone.

Your skin will feel silky smooth and will leave you renewed while your body indulges in the sense of deep relaxation.

WESTCOAST ORGANIC SEAWEED BODY WRAP

\$225 90 MIN

A full body green tea seaweed salt glow will prepare your skin for the organic seaweed wrap. Seaweed will help re-mineralize, firm, detoxify and regenerate your skin. The treatment concludes with a 15 minute relaxation massage leaving you refreshed and rejuvenated.

LAVENDER SOY BODY SCRUB

\$175 60 MIN

A dual exfoliation process will leave your skin incredibly soft and supple. A pure and natural French lavender body scrub will be massaged in light circular motions to cleanse, exfoliate and stimulate circulation. The treatment will end with a moisturizing body cream application.

Pedicure

THE ULTIMATE PEDICURE \$150 75 MIN

A soothing foot soak will begin your journey to healthy feet. Our thorough treatment includes complete toe care, callous removal, foot exfoliation, a foot and lower leg massage to soothe tired muscles, and concludes with a nail polish application or nail buff.

Your customizable pedicure options include:

- Green Tea Seaweed Salt Scrub or Lavender Soy Foot Scrub
 - Paraffin Wax Treatment or Foot Mask
 - Natural Nail Buff or Polish Application
- Add French Polish Application \$15

Spa Packages

SPA RETREAT \$725 6 HRS

- 60 Minute Relaxation Massage
- Your choice of the following: Lavender Mango Body Wrap or Westcoast Organic Seaweed Body Wrap
- The Outpost Signature Facial
- The Ultimate Pedicure

THE OUTPOST EXPERIENCE \$500 4.25 HRS

- 75 Minute Hot Stone Massage
- The Classic Facial
- The Ultimate Pedicure

THE REJUVENATOR \$575 4.5 HRS

- 75 Minute Deep Tissue Massage
- Lavender Soy Body Scrub
- The Outpost Signature Facial
- Eye Treatment

EXECUTIVE ESCAPE \$525 4.5 HRS

- 90 Minute Deep Tissue Massage
- Gentlemens Facial
- The Ultimate Pedicure
- Gift Bag

Our Product Line

YONKA PARIS is a complete line of face, body and sun care products, essential oils, botanical extracts, fruit acids and a marine extract base to allow your skin to benefit from all the plant world has to offer. Our skin care professional will provide you

with a customized unique experience each time.

ANCIENT SECRETS offers signature treatments that take body care to a heightened level of healing and revitalization. Ancient Secrets uses natural ingredients specifically selected for their holistic healing benefits such as: Canadian Glacial Clay, Sustainably harvested Pacific Organic Seaweed, French lavender essential oils and pure soy extract. Each treatment works on remineralizing the body to create balance, eliminating toxins, moisturizing, healing and improving skin tone.

All inclusive packages at the Outpost include massage as follows:

3 NIGHTS: includes 1 hr massage services

4 NIGHTS: includes 2 hr massage services

7 NIGHTS: includes 4 hr massage services

Additional spa treatments are an additional cost beyond the all-inclusive package rates.

Our commitment to connect you with the landscape in Clayoquot Sound is evident at every turn as you find refuge from the chaos of your daily life

