

SPAZEN REFRESH NEW !

30 minute services for on – the – go care. These time sensitive treatments will help support your health while being mindful of your busy schedule. Customize your experience with our rituals and enhancements.

Available at 20% off full service price if redeemed Wednesday / Thursday, only 10am – 3pm.

Refresh Facial – \$70 | 30 min
Satin Shimmer Scrub – \$60 | 30 min
Relaxation Massage – \$75 | 30 min

Groups and Packages

SpaZen offers added value and the convenience of complementary treatments mindfully paired together for a comprehensive spa experience. All massage is performed by a relaxation therapist. We invite you to add any à la carte treatments, rituals or enhancements to enrich your experience.

SpaZen Signature Packages

Couples’ Escape
1.5 HRS | \$460 RMT | \$400 Relaxation Therapist
60 minute full body massage and a 30 minute anti – oxidant refresher facial with a glass of bubbles each. Enjoy this rejuvenating experience side – by – side in our couple’s suite.

Couples’ Romance
1.5 HRS | \$410 RMT | \$350 Relaxation Therapist
Rekindle the romance with a side – by – side full body massage and some alone time in a relaxing, candlelit aroma bath. Fresh fruit and a glass of bubbles each is included.

Bridal & Group Packages
Contact Spa Manager for group inquiries.

SpaZen Signature Retreat
5.5 HRS | \$560 RMT | \$530 RT
Includes: • 90 min SpaZen Signature Massage
• 75 min SpaZen Signature Facial
• SpaZen Signature Manicure + Pedicure
• Healthy Spa Lunch

Friends Bring Benefits!
2.25 HRS | \$230 RMT / per person | \$200 RT / per person
Includes: • 30 min Relaxation Massage
• Custom Manicure + Pedicure
• Healthy Spa Lunch, Glass of Bubbles

*Substitutions are unavailable on retreat experiences.
Other coupons and discounts cannot be applied to Refresh, or Groups & Packages.



EXECUTIVE
HOTEL COSMOPOLITAN®
DOWNTOWN TORONTO

Book your SpaZen Spa experience online by visiting the CosmoToronto.com, or contact us via phone or email.

SpaZen Spa at the Executive Hotel Cosmopolitan
Located on the Fourth Floor
8 Colborne Street,
Toronto, ON M5E 1E1

Email: spa@cosmotoronto.com
Phone: 416.350.2424

Hours of Operation
Monday to Thursday – Closed
Friday & Saturday – 10am – 6pm
Sunday – 10am – 5pm

*Subject to change, please contact SpaZen Spa for current operating hours



Give the gift of SpaZen with our SpaZen Spa gift cards and certificates, available at reception or online.

For local residents, please inquire about value added packages and series offers for your favourite services.



SpaZen, inspired by the Japanese word for nature, brings to you a rich indoor haven that offers a blend of both ancient traditions and modern healing rituals.

Nestled within the Executive Hotel Cosmopolitan, experience our signature seasonal services, massages, facials, body, nail and esthetic treatments that support your ultimate health and well – being.

Hidden away from the urban bustle of downtown Toronto, you will finally discover a quiet moment of solitude and complete relaxation. We call this a SpaZen Moment.



Massage Therapy

Customize your own massage therapy experience at SpaZen Spa to best support your health and well — being.

SpaZen Signature Massage
90 MIN | \$240 (RMT)
90 MIN | \$205 (Non-RMT)

This luxurious 90mins massage uses our signature aromatherapy blend and hot stone ritual to induce relaxation across the whole body. A restorative pressure point head and scalp massage concludes this signature treatment.

Therapeutic Massage
30 MIN | \$100 (RMT)
60 MIN | \$165 (RMT)
90 MIN | \$215 (RMT)

Therapeutic Massage incorporates a variety of massage techniques designed to release tension, restore balance, and promote physical well — being. Please inquire about Pre — Natal Massage.

Relaxation Massage
30 MIN | \$75 (Non-RMT)
60 MIN | \$130 (Non-RMT)
90 MIN | \$180 (Non-RMT)

This classic massage utilizes light to medium pressure and long gliding strokes to improve surface muscle tone, stimulate circulation and relax the entire body.

SpaZen Massage Rituals & Enhancements

- Targeted Tension Relief — \$25 | 15 min
- Energizing Head & Scalp Massage — \$20 | 15 min
- Deep Tissue Technique — \$25 Performed by an RMT
- Hot Stone Ritual — \$20
- Aromatherapy — \$10

*Massages performed by a Registered Massage Therapist (RMT) may be covered by extended health care benefits. Please check with you insurer prior to treatment for coverage. An RMT receipt will be issued for treatments performed by an RMT only. No insurance receipts are available for massage or treatments performed by a relaxation therapist.



Facials, Skincare & Esthetics
Nutrition for your skin. Advanced skincare essentials, techniques and equipment to analyze, correct, and optimize your most demanding skincare needs.

SpaZen Signature Facial
75 MIN | \$175
This luxurious 75mins facial works to re-educate and refine your skin. Collagen mask included. A restorative pressure point head and scalp massage concludes this signature treatment.

Guinat Hydradermie Facial
75 MIN | \$160
This results — oriented treatment utilizes the sophistication of the hydradermie lift machine. Galvanic current achieves deeper penetration of active serums than is possible by hands alone micro-current stimulates muscle contraction and tone to help firm and tighten skin.

Your esthetician will recommend Hydrating, Nourishing or Anti-Aging, based on your skincare needs.

Guinat Time Reversal Facial
60 min | \$160
Using a dermabrasion peeling, pro-Collagen and Hyaluronic Acid, the Time Reversal Facial is an alternative to plastic surgery, significantly reducing the signs of aging (wrinkles, fine lines, loss of firmness and lack of radiance). Surface of the skin looks more youthful. Wrinkles and fine lines are immediately smoothed away. The skin's texture is refined and regains a radiant glow.

Guinat Hollywood Peel
60 MIN | \$130
The Hollywood Peeling Treatment targets the skins pigmentation. It will restore the radiance and luminosity to your complexion as well as brighten the skin tone and help erase visible signs of aging.

Classic Cleansing or Gentleman's Facial
60 MIN | \$115
Classic Deep cleansing facial or gentleman's grooming facial includes steam, exfoliation, extractions, skin analysis and diagnosis, and finishing creme. Gentleman's facial offers added focus and lasting defense against the drying effects of shaving, ingrown hairs, and daily pollutants.

Both ideal for first-time skincare guests and teens.

SpaZen Skin Care Rituals & Enhancements

- Collagen Masque — \$40 | 15 min
- Brow & Lash Tinting — \$40 | 15 min
- Collagen Eye Treatment — \$25 | 15 min

Body Treatments
Nutrition for your skin. Advanced skincare essentials and traditional spa rituals to restore balance and encourage relaxation.

SpaZen Signature Body Wrap
75 MIN | \$160
This luxurious 75-minute signature wrap, including a full-body exfoliation using marine sponge at the start of the treatment stimulates the epidermis. The selected marine wrap is then applied to the whole body and is activated by a gentle warmth diffused by a heated blanket. A full body moisturizing application at the end of the “cocoon” treatment leaves you beautifully relaxed and re-hydrated.

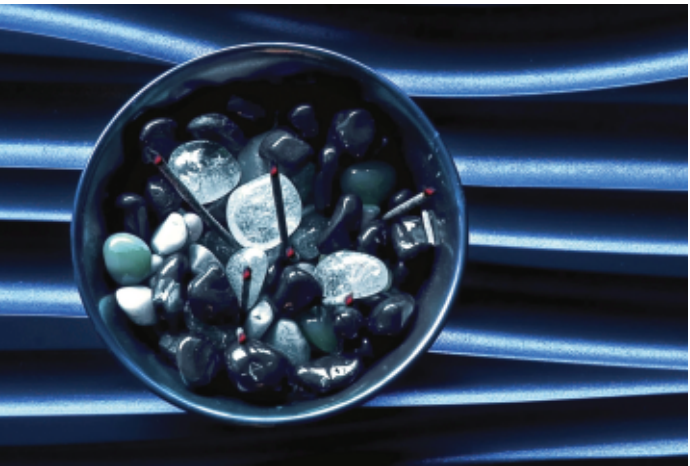
A choice of 3 high-performance marine body wraps either Purifying, Invigorating, or Refining.

Tranquility Retreat
1.45 HRS | \$260 RMT | \$220 (Non-RMT)
Includes 45mins Body Scrub, plus Stress Relieving Wrap & Scalp massage, finishing with a 60mins massage with our hot stone ritual.

SpaZen Shimmer Scrub
45 MIN | \$95
Exfoliation with salt crystals combined with a moisturizing massage for an express beautifying treatment that leaves the skin soft and silky.

SpaZen Body Treatment Rituals & Enhancements

- Aromatherapy Bath (includes fresh fruit & a glass of bubbles) — \$70 | 30 min



Nail Therapies
Therapy for the hands and feet.

SpaZen Signature Manicure & Pedicure
60 MIN | \$65 Manicure
75 MIN | \$85 Pedicure
Exfoliation, hydration, masque and classic massage with our signature scrub, nourishing oil and warmed stones will polish and prepare the hands and feet for the finishing touches. Cuticle work, callus abrasion and your choice of polish application from our long-lasting collection or completely vegan polish line will complete your expedience.

Custom Manicure & Pedicure
45 MIN | \$55 Manicure
60 MIN | \$70 Pedicure
Choose an aromatherapy soak and lotion as well as your stan - dard nail polish colour. Massage, exfoliation, cuticle and nail work included. Callus abrasion included with pedicure.

Natural Manicure & Pedicure
30 MIN | \$30 Manicure
35 MIN | \$45 Pedicure
Essential nail care with hand or foot soak. No polish applied. Massage, exfoliation, cuticle and nail work included. Callus abrasion included with pedicure.

Quick Fix For Hands or Feet
20 MIN | \$30 Fingers or Toes
Standard polish is removed and reapplied. Nails will be filed an refreshed.

SpaZen Nail Therapy Rituals & Enhancements

- Shellac Polish — \$15
- Shellac Removal — \$10 | 15 min

SpaZen Waxing / Threading

- Back — \$50 | 30 min
- Bikini — \$25 | 15 min
- Brazilian — \$50 | 30 min
- Chest — \$50 | 30 min
- Eyebrow — \$15 | 15 min
- Eyebrow Threading — \$15
- Face Threading — \$55
- Shoulder — \$25 | 30 min

- Full Arm — \$30 | 30 min
- Full Leg — \$60 | 45 min
- Half Arm — \$20 | 15 min
- Half Leg — \$35 | 30 min
- Stomach — \$30 | 15 min
- Under Arm — \$15 | 15 min
- Upper Leg — \$40 | 30 min
- Upper Lip — \$15 | 15 min