

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 – \$65.00 - 30 minutes
Satin Shimmer Scrub – \$60.00 - 30 minutes
Relaxation Massage – \$65.00 - 30 minutes

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.

Couples Retreats

Couples' Escape
\$430 RMT | \$370 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
\$380 RMT | \$330 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 Retreats

Only performed by relaxation therapists

SpaZen Signature Retreat
5.5 HRS | \$510 RMT | \$480

Includes: 90 min SpaZen Signature Massage • 75 min SpaZen Signature Facial • SpaZen Signature Manicure + Pedicure • Healthy Spa Lunch

Friends Bring Benefits!
2.5 HRS | \$195 RMT / per person | \$165 / per person

Includes: 30 min Relaxation Massage • Custom Manicure + Pedicure • Healthy Spa Lunch, Glass of Bubbles

Tranquility Retreat
1.45 HRS | \$230 RMT | \$200

Includes: 45 min Body Scrub plus Stress Relieving Body Wrap & Scalp Massage • 60 min Signature Massage with Hot Stone Ritual.

*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 - Tuesday – Closed

Wednesday – Thursday – 10AM – 7PM

Friday – Saturday – 10AM – 8PM

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

spazen.ca



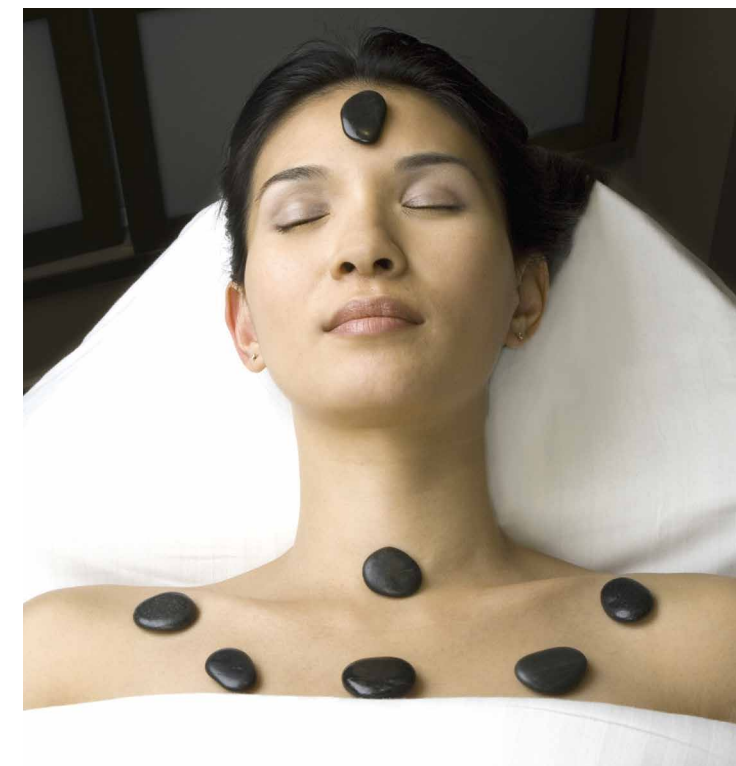
EXECUTIVE
HOTEL COSMOPOLITAN®

DOWNTOWN TORONTO

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
105 MIN | \$190 (Non-RMT)
105 MIN | \$220 (RMT)

This luxurious 105 – minute treatment begins with our Signature SpaZen Jasmine & Green Tea Foot Bathing Ritual, followed by a classic 90 – minute massage with our essential oil blend and hot stone ritual. Our signature aromatherapy blend complements the massage to induce relaxation across the whole body. A restorative pressure point head and scalp massage concludes this signature treatment.

Therapeutic Massage
30 MIN | \$85 (RMT)
60 MIN | \$145 (RMT)
90 MIN | \$195 (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 | \$65 (Non-RMT)
60 MIN | \$115 (Non-RMT)
90 MIN | \$165 (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.

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
90 MIN | \$165

This luxurious 90 – minute treatment begins with our Signature SpaZen Jasmine & Green Tea Foot Bath, followed by our signature facial which works to re-educate and refine your skin. Collagen masque included. A restorative pressure point head and scalp massage concludes this lavish treatment.

Guinot Hydradermie Facial
75 MIN | \$150

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.

Guinot Time Reversal Facial
60 min | \$150

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.

Guinot Hollywood Peel
60 MIN | \$120

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 | \$99

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.

Oxygen Infusion Facial
60 MIN | \$170 Single Serum
75 MIN | \$200 Dual Serum

A powerful combination of vitamins and antioxidants is delivered to achieve instant and dramatic results.

Rejuvenate – Single Serum – Anti – Aging
Opulence – Single Serum – Hyperpigmentation & Radiance
Atoxylene – Dual Serum – Deeper Lines

SpaZen Skin Care Rituals & Enhancements

- Collagen Masque – \$40, 15 minutes
- Lifting Enhancement – \$40, 15 minutes
- Oxygen Infusion \$40, 15 minutes
- Brow & Lash Tinting \$40, 15 minutes
- Jasmine & Green Tea Footbath – \$15, 15 minutes
- Collagen Eye Treatment – \$25, 15mins

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 treatment begins with our Signature SpaZen Jasmine & Green Tea Foot Bath, followed by our 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.

Firming Body Wrap
75 MIN | \$140

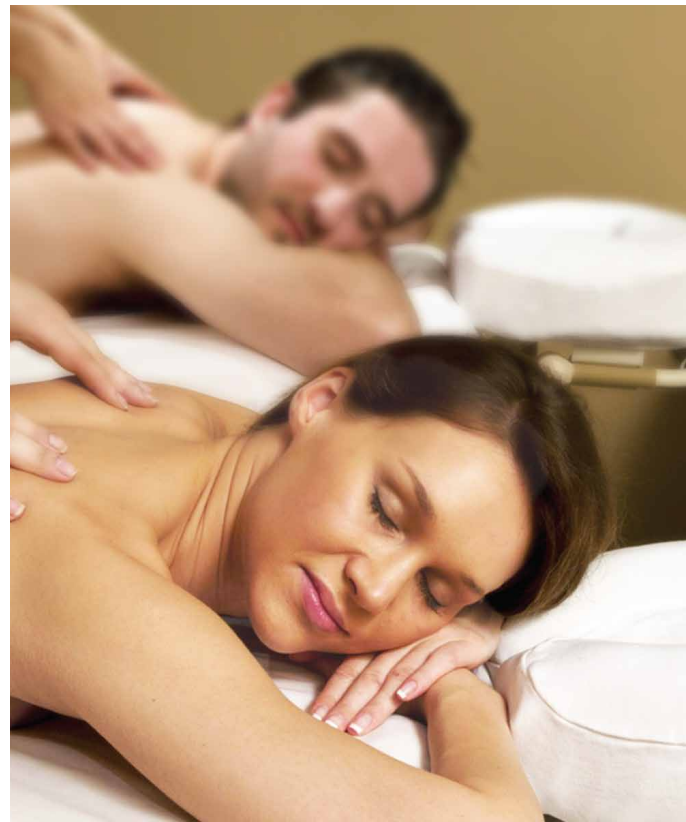
A refreshing gel is generously applied to the whole body before it is wrapped to assist with the diffusion of marine ingredients. A total body massage provides a pleasant, refreshing finale to this experience.

Satin 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 minutes
- Jasmine & Green Tea Footbath – \$15, 15 minutes



Nail Therapies

Therapy for the hands and feet.

 SpaZen Signature Manicure & Pedicure
60 MIN | \$55 Manicure
75 MIN | \$75 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 | \$45 Manicure
45 MIN | \$60 Pedicure

Choose an aromatherapy soak and lotion as well as your standard 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
\$30 | 20 min Fingers or Toes

Standard polish is removed and reapplied. Nails will be filed and refreshed.

SpaZen Nail Therapy Rituals & Enhancements

- Jasmine & Green Tea Footbath – \$15, 15 minutes
- Shellac Polish – \$15
- Shellac Removal – \$10, 15 minutes

SpaZen Waxing

- Back - \$50, 30 minutes
- Bikini - \$25, 15 minutes
- Brazilian - \$50, 30 minutes
- Chest - \$50, 30 minutes
- Eyebrow - \$15, 15 minutes
- Full Arm - \$30, 30 minutes
- Full Leg - \$60, 45 minutes
- Half Arm - \$20, 15 minutes
- Half Leg - \$35, 30 minutes
- Shoulder - \$25, 30 minutes
- Stomach - \$30, 15 minutes
- Under Arm - \$15, 15 minutes
- Upper Leg - \$40, 30 minutes
- Upper Lip - \$15, 15 minutes

