

# SAINT-ANTOINE

## FACE AND BODY TREATMENTS

*Welcome to the Auberge Saint-Antoine's health club and spa, an intimate space designed to calm the mind and provide daily relief for our guests, offering a full range of treatments, massages, facials and nail care from our highly trained staff.*

### **SKIN CARE | LUMI**

#### **Lumi Facial | \$160 - 75 minutes**

The Lumi ritual provides radiance and brightness to the skin. The combination of active ingredients, such as the powerful antioxidant rich lingonberry and vitamin C, guide the skin in reclaiming its even complexion. Begin the treatment with a velvety and air whipped cleansing system before receiving a vitamin beverage for the epidermal layer followed by active serums and creams. Improve the luster of the skin all while respecting its integrity. Illuminate your skin with Lumi!

### **SKIN CARE | PEONI**

#### **Peoni Facial | \$160 - 75 minutes**

The Peoni facial will delicately wash away impurities, reduce redness and sensitivity, all while deeply repairing, plumping and hydrating your complexion. Encourage cellular turnover and improve your skin's health with natural and organic ingredients designed to replenish the epidermis with essential vitamins and nutrients. Let the star ingredient, the white peony root extract, work on inflammation as well as the structure of your skin. A luxurious experience that will get you glowing!

### **SKIN CARE | GM Collin**

#### **Peeling | \$65 - 30 minutes**

Deep exfoliation treatment to even and moisturize skin, reduce wrinkles and fine lines, to achieve an instant radiance.

#### **Algomask | \$110 - 60 minutes**

This treatment provides a soothing and refreshing effect. It brightens the complexion while diminishing redness. Perfect for sensitive, dry, or reactive skin types.

#### **Hydro Lifting | \$120 - 60 minutes**

An ideal moisturizing and toning treatment to prepare for that special event. A luxurious four-step clinical treatment for all skin types and conditions.

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## **Spa Sea C | \$130 - 60 minutes**

A revitalizing and anti-aging treatment designed to reverse the visible signs of aging. This treatment, rich in vitamin C, vegetal and marine nutrients, is ideal to counteract the effects of sun exposure, and for people living in an urban environment.

## **Oxygenating Treatment | \$110 - 60 minutes**

A revolutionary treatment to purify and revitalize dull and stressed skin that is especially beneficial for oily or acneprone skin. You can expect luminous, hydrated, and younger-looking skin.

## **Phyto Stern Sell Treatment | \$145 - 60 minutes**

An algomask anti-aging treatment that promotes cellular vitality and helps to delay the visible signs of aging.

## **Botinol | \$170 - 60 minutes**

This innovative peptide treatment envelops the skin leaving it with feeling balanced and refreshed.

## **Collagen | \$190 - 90 minutes**

This intensely regenerative treatment dramatically reduces the appearance of fine lines and wrinkles. It visibly strengthens the skin for an unparalleled rejuvenating result. Ideal for mature skins, it makes the skin look plumped and radiant. It is the signature treatment of the Auberge Saint-Antoine.

## **Collagen eye contour | Alone: \$60 – Incorporated: \$30**

This collagen treatment sublime and illuminates your eye contour and helps skin to look younger and smoother. It is a new radiance boosting anti-aging which minimize the signs of aging. Visibly improve the appearance of dark circles, help decrease puffy under eye bags to reveal a more youthful hydrated look. Can be done alone or incorporated into another facial treatment

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## **NAIL CARE**

### **Manicure | \$60 - 45 minutes**

Nail care with massage and application of nail polish. (Shellac or regular color)

### **Deluxe manicure | \$70 - 90 minutes**

Complete hand treatment followed by a massage, exfoliation, paraffin and application of nail polish.

### **Pedicure | \$80 - 75 minutes**

Foot and nails treatment including a massage and application of nail polish.

### **Deluxe pedicure | \$90 - 105 minutes**

A foot and nails treatment including a massage, an exfoliation, paraffin and application of nail polish.

### **Gentleman's manicure | \$50 - 45 minutes**

Complete hand treatment followed by a massage and buffing.

### **Gentleman's pedicure | \$70 - 50 minutes**

Foot and nail care followed by a massage and buffing.

## **SAINT-ANTOINE RELAXATION PACKAGE**

### **Facial, pedicure and manicure | \$200 - 120 minutes**

Facial care, foot care, hand and nail care (Regular color application)

### **Back treatment I \$120 - 60 minutes**

For a unique moment of relaxation and deeply cleansed skin. Back care is recommended for those who have problems with small pimples (papules, pustules or acne), blackheads (comedones), accumulation of dead cells or dehydration. It is also suitable for those who have no problem, but who want to display healthy back skin and treat themselves to a unique moment of relaxation.

AUBERGE

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## MASSAGES

Aim at offering an outstanding massage therapy experience, we are proud of our collaboration with Mr. Michel Van Waeyenberge, founder of ATTITUDE, the only massage therapy school in Quebec City who's graduating massage therapists are certified by the Quebec Federation of Massage Therapy.

### Attentive and experienced massage therapists

The massage therapists chosen for our guests at l'Auberge Saint-Antoine are passionate and highly skilled, their intervention is directed towards the respect and the needs of their customers. They will be able to offer you a wide range of specialized therapeutic massages such as:

### **AMMA \*\***

This approach, the precursor of shiatsu, is the traditional Japanese massage. Performed without oil, it is carried out by handling the various specific points on the body using rhythmic pressure of the thumbs and hands, stretching, rocking, tapping and energetic sweeps. This massage, in addition to being relaxing, stimulates, releases and circulates energy and gives renewed vitality.

### **CALIFORNIAN**

This massage is a tactile experience that reconciles the body, mind and emotions. Combined with oil, it is characterized by its enveloping through long massage movements and deep kneading. It sculpts the body and helps to reconnect with oneself. Blood circulation is improved as well as the drainage of toxins and the released energy flows better. The sensation of oil on the skin, the soothing atmosphere and the attentive ear of the massage therapist make this experience a great occasion to reconnect with oneself and to give oneself well-being.

### **MOMENTUM**

Combined with oil, with no set sequence, the Momentum massage is an intuitive approach, slow and deep with long, flowing movements, stretching, bending and wide twisting. All these movements are performed slowly and adapted to the needs of the recipient. Momentum massage is an experience that refocuses the body and provides deep relaxation of the being in its entirety.

### **SWEDISH**

A physical approach with oil combining firmness and softness. This technique includes a series of manoeuvres applied briefly on all body parts in a precise application and order. Swedish massage is performed mainly on the muscles and affects the nervous system.

The benefits of massage are many and affect all facets of the person, on both a sensory and psychomotor (awakening to the senses and perceptions) as well as on a psychological and emotional level (emotional awareness and resistance to stress).

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Whether you are looking for a relaxing massage or a therapeutic one, our therapists have mastered different approaches to offer you a complete massage experience.

Choose the date and time that best suit you and we will take care of your reservation. The massage therapist available at that time will offer his or her specialties.

For information or to make a reservation, you can contact our concierge service by dialling 1-888-692-2211 ext. 6166 or by email at [concierge@saint-antoine.com](mailto:concierge@saint-antoine.com).

## **RATES**

60 minutes: 135\$ + taxes

90 minutes: 175\$ + taxes

\*\*This massage's style is offered with an extra of \$ 10 + taxes.

## **GENERAL INFORMATION**

### Treatment Duration

We encourage you to arrive around 10 minutes prior to your treatment time in order to fully enjoy your experience. All treatments include time for a personal consultation.

### A Relaxing Interlude

Our health club is a place dedicated to well-being and relaxation. In order to fully enjoy this experience and respect our guests' tranquility, we kindly ask you to turn off your cellphone.

### Health Club Etiquette

Should you wish to have a shower before your treatment, kindly do so before your arrival. For an optimal experience, inform your therapist of any existing medical conditions.

### Reservations & Cancellation

Should you need to cancel or reschedule your appointment, we ask you to give 24-hour notice to avoid incurring the full therapy fee. Cancellations made within 24 hours will incur a charge of 50% of the treatment price. All above indicated prices do not include taxes and are subject to change without notice. Tipping is at your discretion.

Massage therapy receipts for insurance purposes are handed over when asked for.