

# escape Packages

## Swissline

### Collagen Facial & Body Treatment (2.5 HR) 445

Starting with your body micro exfoliation to beautifully remove dead skin and hydrate the skin and then massaged with a light oil infused with gold, offering an antioxidant and healing effect to cocoon, penetrate and nourish the skin.

Following the body treatment, the Swissline Pure Collagen Facial. Customized peeling and ampoule results in a beautiful facial massage, followed by a pure collagen face mask with activator, and finished with serum, neck, and eye cream.

### Head to Toe (4.5 HR) 395

This package includes a wonderful Life Stiles Deluxe Facial that revives the skin, making your skin glow. After your facial, enjoy an Exclusive Deluxe Spa Pedicure and Deluxe Spa Manicure - complete with an exfoliating scrub.

# couples Retreats

### Life Stiles Signature Couples Escape (3 HR) 640

Come into the oasis of our couples' suite and relax with your companion. This package includes an Exclusive Deluxe Spa Pedicure and Deluxe Facial to rejuvenate from head to toe.

### Couples Massage & Deluxe Facial Get-away

60 MIN (2.5 HR) 613 | 90 MIN (3 HR) 667

Unwind in our deluxe double suite while alternating massage and facials to treat the body and the mind. Your choice of massage - from gentle relaxation to deeper work on the areas of tension.

*Our massage therapists are Registered Massage Therapists. Add-on Steam Shower for any package \$15.*

**Prices are subject to updates and include gratuity.**

## Laser Treatments

### IPL Skin Rejuvenation

Face 300  
Face & Neck 425  
Face, Neck  
& Chest 550

### Microneedling

FSR Face & Neck 599  
Intensif Face, Neck  
& Chest 699

### ENDYMED™ Skin Tighten & Body Contouring

(series of 9 treatments per area)

### Full Face Special 899 | Body Areas Special 999

*Consultations are complimentary.*

*Other treatment areas available.*

## Hair Removal

### Laser Hair Removal for Women & Men

Upper lip or chin 60	Regular bikini 95
Upper lip & chin 85	Extended bikini 175
Full face 200	Brazilian bikini 249
Under arms 85	Lower legs 250
Half arms 125	Upper legs 350
Full arms 250	Full legs 550
Chest 250	

### Waxing

Brows 28	Regular bikini 50
Brow wax & tint 50	Extended bikini 60
Lip or chin 25	Brazilian bikini 90
Lip & chin 40	Half arm 39
Lower legs 55	Full arm 49
Upper legs 60	Under arms 35
Full legs 80	Full face
Half leg & regular bikini 75	(brow, lip & chin) 60

## Feet & Hands

Ease tension and stimulate circulation in the hands and feet. These complex mechanisms of bone and soft tissue deserved to be treated to a nourishing exfoliation, massage and nail care.

### Life Stiles Exclusive Pedicures

Pure decadence - performed in private treatment room.

Exclusive Spa Deluxe Pedicure 125

Exclusive Pedicure 105

### Life Stiles Deluxe Spa Manicure or Pedicure

Performed in our Shiatsu Massage Chairs and includes a warm paraffin and exfoliating scrub.

Manicure 80 | Pedicure 105

### Life Stiles Signature Manicure or Pedicure

Performed in our Shiatsu Massage Chairs.

Manicure 60 | Pedicure 85

### Men's Sport Manicure or Pedicure

Manicure 55 | Pedicure 80

### Shellac (Gel Polish) Pedicure 110

(includes any removal)

Add-ons: **Paraffin** 25 | **French** 20

## Body Treatments

### Yon-Ka Hydralessence Aromatic Body Escape

An intense stress relief of the body, mind, and spirit. 165

### Candle Oil Body Treatment with Yon-Ka Facial

Experience the benefits of oceanic elements with this detoxifying treatment. 335

### Yon-Ka Aroma-fusion Exfoliating Body Scrub

A complete body exfoliation (other scrub scents available upon request). 125

10314 124 Street, Edmonton, AB T5N 1R2

Tuesday to Friday 9am - 6pm | Saturday 9am - 5pm

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**Book today at [lifestiles.ca](http://lifestiles.ca)**

**LIFE Stiles**  
SPA on 124<sup>th</sup>

SPA MENU

*Download and click on any service within our interactive brochure to connect directly to our website for more details.*

ENDYMED  
3DEEP SKIN SCIENCE

Lumenis

VISIA  
COMPLEXION ANALYSIS



## LIFE STILES *Facials*

Escape to the world of fragrance, softness and well-being. Our traditional signature facials are a real star treatment that envelopes you from head-to-toe to provide you with a total spa experience.

### Yon-Ka | Swissline | Guinot | GM Collin

Signature facial 165

Deluxe facial 175

Deluxe Premium facial 195

**Microdermabrasion** add-on to facials 65

### SilkPeel™ Facials

SilkPeel™ is a non-invasive skin rejuvenation procedure offering advanced exfoliation and the delivery of condition-specific topical.

Four treatment options are available:

**B Clear** (Clarifying Acne)

**B Even** (Vitamin C, Anti-aging)

**B Calm** (Hydrating, Moisturizing)

**B Bright** (Lumixyl, Pigmentation) Each 195

**Microdermabrasion** by Parisian Peel 165

**Dermaplaning** 130 | **Dermaplaning + Peel** 165

**Chemical Peels** 120 to 175

**Men's Skin Fitness & Age Defense Facial** 165

DERMI *lux*  
Advanced Skin Care



## *Make-up*

Consultation\* 45 | Application 85

\*Complimentary with \$75 Jane Iredale product purchase.

## *Sugar Lash*

### Lifting & Tinting

Lash tint 30

Brow tint 25

Lash & brow tint 50

Brow wax & tint 50

Complete eyes

(lash & brow tint

& shaping) 75

Lash lift 80

Lash lift with tint 99

## *Massage Therapy*

Restore balance, health and wellness with the timeless techniques of massage therapy. Each session begins with a consultation to address your areas of concern and provide focus in the massage. We recommend a return visit once every three weeks for optimal health maintenance.

### Life Stiles Signature Massage

*Relaxation or Therapeutic or Deep Tissue*

40 MIN 90 | 60 MIN 110 | 90 MIN 140

### Reflexology

60 MIN 105 | Add-on to massage 30 MIN 50

### Couples Massage

60 MIN 240 per couple | 90 MIN 310 per couple

### Hot Stone Massage

80 MIN 179 | 100 MIN 209

### Motherhood Massage

40 MIN 90 | 60 MIN 110 | 90 MIN 140

Add-on: **Steam Shower** 15 | **Scalp Massage** 20

**Hot Stone Enhancement** 25



# *escape Packages*

### Serenity Escape

**Solo** 60 MIN (2.5 HR) 306

**Solo** 90 MIN (3 HR) 333

The Serenity Escape package begins with a 60 or 90 minute massage in a luxurious and heated bed and includes a customized Life Stiles Deluxe Facial – the ultimate pampering for your skin.

### Tranquility Escape (4.5 HR) **Solo** 500 | **Duo** 1000

A totally relaxing and pampering experience. Your treatment begins with a 90 minute massage, Deluxe Spa Pedicure, which includes an exfoliating scrub and followed by a customized Deluxe Facial, leaving you in a state of total relaxation. *Meal options available (menu available upon booking).*

### Candle Oil Body Treatment

**+ Yon-Ka Facial** (2.5 HR)

**Solo** 335 | **Duo** 670

A sensual and aromatic face and body treatment. Customized candlelight provides a calming ambiance. This package includes a Yon-Ka Classique Facial, gentle body massage, and exfoliation using a body salt scrub. To finish, warmed essential oils and minerals from the candle wax are trickled on your body and lightly massaged onto your skin. These oils have restorative, hydrating, and anti-aging properties.

### Life Stiles Signature Package (3 HR) 356

Relax and recharge with our wonderful Yon-Ka Hydraessence Aromatic Body Experience and Deluxe Facial. Detox and nourish your body and walk away with healthy, glowing skin.



**Refreshment Options\***: Complimentary drinks are included in all our packages. Choose from champagne, wine, or non-alcoholic beverages upon request.

Add-on Steam Shower for any package \$15.

Package prices are subject to updates and include gratuity.

Welcome to LIFE STILES SPA ON 124th – where skin care and personal well-being are our passion. Life Stiles was created from a desire to bring advanced aesthetics and personal pampering to our clients and their families. Our philosophy combines the highest quality services with natural beauty and health products to ease in living your best life every day.

With over 35 years of experience, we understand the need for care and excellence in order to achieve the most desirable results. These values have been woven into the development of Life Stiles. We take extreme delight in extending to you and your family a devotion to consistency, professionalism and expertise to each of our clients. While in the comfort of our facility, we promise to help you master the art of relaxation and cultivate your own personal passion for beauty. All Life Stiles services are designed to seamlessly wrap around your personal wellness needs.

Relax. Enjoy. Live well.

For full descriptions of each treatment, information on our spa environment and policies, please visit our website at [lifestiles.ca](http://lifestiles.ca).