



HOTELS & RESORTS

[skylinehotelsandresorts.com](http://skylinehotelsandresorts.com)



SHIZEN

SPA & SALON



HORSESHOE RESORT  
1101 Horseshoe Valley Road  
Barrie, ON L4M 4Y8  
705-835-2790  
1-800-461-5627  
[horseshoeresort.com](http://horseshoeresort.com)

*At Shizen Spa we care about  
sustainability and print on paper that reflects  
that commitment to good stewardship.*



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horseshoe resort

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SHIZEN  
SPA

## The Shizen Spa Collection at Skyline Hotels & Resorts

### DEERHURST RESORT

1235 Deerhurst Drive, Huntsville (just off Highway 60)  
705-789-6411 | 1-800-461-4393  
thespa@deerhurstresort.com

### HORSESHOE RESORT

1101 Horseshoe Valley Road, Barrie (just off Highway 400)  
705-835-2790 | 1-800-461-5627  
spahvr@horseshoeresort.com

### COSMOPOLITAN HOTEL TORONTO

8 Colborne Street, Toronto (Yonge & King)  
416-350-2000 | 1-800-958-3488  
shizenspa@cosmоторonto.com

### PANTAGES HOTEL TORONTO CENTRE

200 Victoria Street, Toronto (Yonge & Dundas)  
416-362-1777 | 1-866-852-1777  
shizenspa@pantageshotel.com

[shizen.ca](http://shizen.ca)



## SHIZEN

Inspired by the Japanese word for nature, the Shizen Spa collection brings you results-oriented treatments and proven techniques hand-picked from around the globe. We have balanced these therapies together in a carefully designed selection of Shizen retreats, rituals and signature treatments, each created to target a specific goal. And we share them with you in settings as diverse and inspiring as our Canadian landscape.

Our experts are here to provide you with worthwhile experiences, plus the tips, know-how, advice and products to extend those spa benefits at home. From real stress-relief to stylish finishing touches, it's all about you.

Simple, pure, polished. Welcome to the Shizen Moment™

## AT HORSESHOE

An energetic ski, golf and adventure playground like Horseshoe Resort puts its relaxing retreat, the Shizen Spa, to great use when it's time to unwind and reboot. Handily located in the Inn, the guest room hub of Horseshoe, this unexpected oasis is known for its hands-on approach and super-friendly, helpful spa team. Plus the salon with woodland views is an ideal place to find a new style or complete that special occasion look.

## SHIZEN RETREATS

*Find your ultimate spa break, each designed with a specific goal in mind*

### **Nature** 4 hours | \$345

Go organic and natural and get “the works” with this top-to-toe treatment, starting with a stimulating dry brush exfoliation followed by a Sacred Nature body wrap. Now you’re all smoothed out, it’s time for a muscle-melting full body massage. Then complete your retreat with the advanced skincare of a Sacred Nature facial and a Custom manicure and pedicure. *(Dry brush provided for continued home care.)*

### **Nurture** 2.5 hours | \$235

Target your hardest hit areas while restoring your sense of wellbeing. An “aah-inducing” full body massage and scalp energizer are matched with a tension-relief leg treatment. Complete your retreat putting your best face forward with an organic Sacred Nature facial.

### **Relaxation** 2.5 hours | \$195

Take time to really unwind. At Shizen, relaxation starts with a tension-taming, full body massage and gets completed with a Custom manicure and pedicure.

### **Rejuvenation** 2.5 hours | \$190

Turn back the clock and restore that fresh, well rested look with a purely organic Sacred Nature facial. Then get detailed with a Custom manicure and pedicure.



### **DRINK WATER**

Hydrating before and after your spa treatment and throughout every day helps flush toxins from your body and is always good for your skin and energy level.



## SHIZEN RITUALS

*Enjoy the best we have to offer, bundled together*

### **Sacred Nature** 90 min | \$175

Get a truly natural glow with a dry brush exfoliation to improve blood circulation and an organic anti-aging body wrap to nourish your skin. A full body relaxation massage works out any kinks. *(Dry brush provided for continued home care.)*

### **Tranquility** 90 min | \$165

Calm down with a gentle, fruit-based body exfoliation followed by a stress-relieving body wrap. Then feel the last of your tension melt away with a full body hot stone massage.

### **Anti-Aging** 90 min | \$165

Rediscover a fresh, vibrant you with a nourishing body wrap and anti-oxidant facial to renew skin's elasticity and fight signs of aging, diminishing and preventing fine lines.

## FOR COUPLES

*Spend quality time together at the spa (men don't miss this)*

### **Couples' Escape** 90 min | \$160 per person

Escape the stressors of your jam-packed daily routine and bond over a full body massage and an anti-oxidant facial.

### **Couples' Ritual** 90 min | \$160 per person

Bring the warmth back with a hydrating body wrap followed by a perfectly relaxing full body massage.

### **Couples' Suite Massage** 60 min or 90 min

Price depends on type and length of massage performed. Choose from the following selection of massages to be performed in the couples' suite – Shizen Signature, Deep Tissue, Hot Stone, Swedish and Recovery massages or Reflexology.

## BODY TREATMENTS

We've got you covered with a body-and-mind unwinding collection of wraps and scrubs

### Shizen Signature Wrap 60 min | \$100

Let go of your stress and sooth your skin with a detoxifying and hydrating body wrap featuring your choice of two aromatic essential oil blends.

### Nutritional Wrap 60 min | \$100

Feed your outside with a veggie powerhouse of pumpkin, tomato, artichoke and beet extracts to help even skin tone, restore elasticity and increase that natural moisture balance.

### D-Age Skin Repair 75 min | \$135

Firm up and fight the appearance of stretch marks with this nourishing treatment that restores elasticity. Includes a dry brush exfoliation followed by a moisture-rich wrap and a full body relaxation massage. *(Dry brush provided for continued home care.)*

### Monticelli Mud Therapy 75 min | \$135

Getting down in the mud takes on a whole new meaning when it's this warm, creamy, conditioning wrap enriched with active ingredients from the mineral-rich river banks of Monticelli, Italy. Take care of tension and get sleek, toned skin with this detoxifying treatment finished with a full body massage.

### Dead Sea Salt Scrub 60 min | \$100

Purify your skin with the healing power of genuine Dead Sea salts. This traditional cure is renowned for stimulating the lymph system to eliminate toxins, relieving muscular stress and encouraging the body's natural production of moisturizers, for noticeably refreshed, refined skin.



## BODY TREATMENT ENHANCEMENTS

Add a targeted boost to your body treatment for even greater benefits

### Scalp Energizer 15 min | \$30

Get a head start and de-stress with an application of scalp-soothing essential oils and a stimulating massage mix, without any oily residue.

### Vitality Massage 30 min | \$60

Ease muscle tension using firm pressure. Massage is customized to meet your specific needs.

### Reflexology 30 min | \$60

Reduce stress and conditions like back pain and sleep issues using this ancient pressure point technique that restores energy flow.

### Anti-Oxidant Facial 30 min | \$55

Neutralize free-radicals and nourish your skin, leaving it supple and hydrated. This is the ideal quick fix for any skin type.

### Tension-Relief Leg Treatment 30 min | \$60

Soothe sore stems and overtired soles with this tension-relieving treat featuring natural extracts and essential oil. From knees to toes, feel the heaviness go and strut out ready for the dance floor and so much more. *Not recommended for expectant mothers.*



### EXFOLIATE

Keep a gentle body scrub in the shower and apply, in circular motions, from your shoulders to the soles of your feet, two or three times a week.

## MASSAGE

*Pick the specialty that works for you*

### Shizen Signature

90 min | \$155

Count on this relaxation massage that incorporates the healing therapy of hot stone placement for deep relaxation, massage movements to address tension and rain drop therapy to promote vitality.

### Hot Stone

75 min | \$145

Rebalance your mind and body with a massage using the warmth of heated stones to improve circulation and calm the nervous system, encouraging lasting relaxation.

### Deep Tissue

60 min | \$115, 90 min | \$155

Relieve stubborn knots and areas of chronic tension with this intensive, deeper pressure massage that loosens muscles, releases toxins and improves blood and oxygen circulation.

### Swedish

60 min | \$105, 90 min | \$145

Melt your muscles with this traditional favourite massage therapy that can combine a variety of beneficial techniques including gliding, kneading, and cross-fibre friction to ease muscle tension using firm pressure.

### Recovery

60 min | \$105, 90 min | \$145

Active or work-out weary? This massage can incorporate compression, friction, pressure point and stretching to increase mobility and flexibility, shortening recovery time between exercise sessions.

### Mom-to-Be

60 min | \$105

Book this bump-friendly massage to relieve tired muscles, tension, swelling, pain, pressure and sluggish circulation before the big arrival.

### Reiki

60 min | \$105

Find your Zen via this spiritual Japanese healing technique which uses the therapist's hands laid on various areas of the body to channel energy, promoting deep relaxation, stress reduction and wellbeing.



### Reflexology

60 min | \$105

Channel this ancient Chinese technique of pressure-point massage to restore the flow of energy throughout the body, stimulate circulation, untangle sports-tortured tendons and ease conditions like back pain and sleep issues.

## MASSAGE ENHANCEMENTS

*Get more out of your massage time with these beneficial additions*

### Scalp Energizer

15 min | \$30

Get a head start and de-stress with an application of scalp-soothing essential oils and a stimulating massage mix, without any oily residue.

### Renewing Scrub

30 min | \$55

Reveal a fresh, smooth you with dual action gentle body exfoliation using a fruit-based enzymatic scrub blended with AHA and jojoba spheres.

### Aromatic Wrap

30 min | \$55

Release toxins and moisturize your body deeply with this hydrating body wrap featuring your choice of two aromatic essential oil blends.

### Anti-Oxidant Facial

30 min | \$55

Neutralize free-radicals and nourish your skin, leaving it supple and hydrated. This is the ideal quick fix for any skin type.

### Tension-Relief Leg Treatment

30 min | \$60

Soothe sore stems and overtired soles with this tension-relieving treat featuring natural extracts and essential oil. From knees to toes, feel the heaviness go and strut out ready for the dance floor and so much more. *Not recommended for expectant mothers.*

## FACIALS

*Get super-effective skincare*

### **Shizen Signature Action Sublime** 75 min | \$145

Rediscover healthy, vibrant skin with this anti-aging and restructuring treatment that combats free radicals, sun exposure, environmental pollution and biological aging. A three-part massage enhances effectiveness with profound relaxation, plus eyes and lips receive extra TLC. *Add collagen mask for \$35.*

### **Hydradermie** 75 min | \$115

Tone your skin and firm your facial muscles with this circulation boosting and toxin eliminating facial. The application of low frequency current leaves your face looking visibly younger.

### **Liftosome** 75 min | \$115

Restore your skin's elasticity, tone and texture using this treatment with powerful pro collagen concentrate for a truly rejuvenated look and feel.

### **Absolute Pearl** 60 min | \$100, 90 min | \$135

Look absolutely luminous and glowing after this facial's oxygenating and anti-oxidant action. A long-term program will progressively lighten hyper-pigmented areas and restore even skin tone. *Add collagen mask for \$35.*

### **Skin Resonance** 60 min | \$100, 90 min | \$135

Rebalance and protect reactive skin that is prone to redness, couperose and fragile capillaries. The post-treatment result, a firm, nourished, toned and healthy face.

### **Active Pureness** 60 min | \$100, 90 min | \$135

Stamp out spots and super-soothe with this deep cleansing facial for acne-prone skin that also addresses irritation and dehydration. Skin impurities vanish and pores are minimized to reveal a refreshed complexion. *Not recommended for sensitivities to iodine or seafood.*



### **Manspace** 60 min | \$100, 90 min | \$135

Take care of your face with this absolutely masculine treatment to remove impurities, rebalance excessive oil production, and leave the skin with a clarified, matte finish. A must for any well-groomed guy.

### **Sacred Nature** 60 min | \$100

Get the best of both worlds – organic and anti-aging – in a single deeply relaxing and stress relieving treatment. The result, skin that is instantly more supple and radiant as well as nourished with all-natural anti-oxidants.

### **AHA Time Reverser** 30 min | \$70

Stimulate cellular regeneration. This anti-ager improves the appearance of fine lines and wrinkles, pigmentation and superficial acne scars.

*Add collagen mask for \$50, 15 min.*

### **Teen Time** 30 min | \$55

Balance things out with this treatment custom designed for younger skin and the changes it faces. This is a great way to introduce positive skin care habits for a lifetime of healthy skin. *Suitable for 12 years old and up.*

#### **YOU ASK:** Why add a collagen mask?

Collagen is a type of protein that is produced naturally in our skin and connective tissue. It plays a key role in keeping skin firm and giving it shape. But it breaks down as we age resulting in increasingly tired, droopy and wrinkled skin. This super-effective add-on boosts the collagen on the surface of your face to improve appearance while stimulating your skin's own natural collagen production.



#### **SOAK**

Taking an Epsom salt bath helps eliminate lactic acid build-up in your muscles, hit the tub between massage appointments or after exercising.

## FACIAL ENHANCEMENTS

*Make the most of your face time with these effective additions*

### Scalp Energizer \$20

Get a head start and de-stress with an application of scalp-soothing essential oils and a stimulating massage mix, without any oily residue.

### Eye Lifting 15 min | \$45

Address dark circles, puffiness and expression lines with this multi-active rejuvenating eye zone treatment packed with deep nourishment and protection against free radicals.

### Renewing Scrub 30 min | \$55

Reveal a fresh, smooth you with dual action gentle body exfoliation using a fruit-based enzymatic scrub blended with AHA and jojoba spheres.

### Aromatic Wrap 30 min | \$55

Release toxins and moisturize your body deeply with this hydrating body wrap featuring your choice of two aromatic essential oil blends.

### Vitality Massage 30 min | \$60

Ease muscle tension using firm pressure. Massage is customized to address your needs.

### Hands On \$20

Treat your busiest, hardest working body parts to an anti-aging treatment that will leave them nourished, hydrated and younger looking.

### Tension-Relief Leg Treatment 30 min | \$60

Soothe sore stems and overtired soles with this tension-relieving treat featuring natural extracts and essential oil. From knees to toes, feel the heaviness go and strut out ready for the dance floor and so much more. *Not recommended for expectant mothers.*



## HAIR REMOVAL

*Don't miss our solutions for fast, lasting de-fuzzing*

Eye Brow Clean-up .....	\$15
Brow Shaping.....	\$20
Lip .....	\$10
Brow, Lip & Chin .....	\$20 + up
Chest.....	\$50 + up
Back .....	\$50 + up
Underarm .....	\$15
Full Arm .....	\$30
Half Arm .....	\$20
Traditional Bikini .....	\$25
Brazilian.....	\$50 + up
Full Leg .....	\$60
Half Leg.....	\$40
Full Leg & Traditional Bikini .....	\$85
Toes.....	\$10

## NAIL CARE

*Take care of your fingers and toes*

### Shizen Signature Pedicure

75 min | \$80

Reward feet that are beat with this luxurious treatment that includes a Custom pedicure enhanced with a warm stone massage and nourishing mask to put the spring back in your step.

### Shizen Signature Manicure

60 min | \$60

Nurture your hands with a Custom manicure enhanced with a relaxing warm stone massage and an anti-aging hand treatment.

### Custom Pedicure

45 min | \$60

Pick your scrub, lotion and polish; we'll take care of total nail care with foot soak, nail trim and file, cuticle nourishment, callus abrasion, exfoliation and relaxing foot massage. *Complete with nail polish application.*

### Custom Manicure

45 min | \$45

Pick your scrub, lotion and polish; we'll take care of total nail care with hand soak, nail trim and file, cuticle nourishment, scrub and relaxing hand massage. *Complete with nail polish application.*

### Natural Pedicure

35 min | \$45

Total nail care with foot soak, nail trim and file, cuticle nourishment, callus abrasion, exfoliation and relaxing foot massage. *No nail polish application.*

### Natural Manicure

30 min | \$30

Total nail care with hand soak, nail trim and file, cuticle nourishment, scrub and relaxing hand massage. *No nail polish application.*

### Quick Fix

20 min | \$25

Choose between your hands or feet and make a fresh start with cleanse, cuticle nourishment, nail file and polish application. *This service does not include soak.*

### Ionic Cleanse

30 min | \$40

Purify your system with this cleanse that attracts negatively charged ions in the system and brings them out through the pores of the feet. Flushing those toxins out improves overall body function and health.



## NAIL CARE ENHANCEMENTS

*Extend the impact of your mani or pedi  
(must be booked with nail care service)*

### Tension-Relief Leg Treatment

30 min | \$60

Soothe sore stems and overtired soles with this tension-relieving treat featuring natural extracts and essential oil. From knees to toes, feel the heaviness go and strut out ready for the dance floor and so much more. *Not recommended for expectant mothers.*

### Foot Rescue

\$15

Save your soles with an intense treatment that addresses the hardened tissue caused by excess pressure and friction.

French Polish Enhancement..... \$10

Paraffin Treatment – Feet..... \$15

Paraffin Treatment – Hands..... \$15

Paraffin Treatment – Combo..... \$25

## SALON SERVICES

*Highlights of our beauty services*

Ladies' wash and style .....	\$30
Ladies' wash, cut and style .....	\$55
Men's wash, cut and style .....	\$25
Boy's wash and cut (under 12) .....	\$15
Girl's wash and cut (under 12) .....	\$20
Fashion up dos .....	\$55 + up
Add hair treatment .....	\$30
Full hair colour* .....	\$90 + up
Half head foils* .....	\$110 + up
Full head foils* .....	\$130 + up
Men's colour* .....	\$55 + up
Creative perm* .....	\$100 + up

\*For colour and perm services, additional charge is applied for cut and style. Prices may vary based on hair texture and length and are subject to change without notice.



### EAT REAL

Fresh vegetables and fruit, whole grains and nuts all help reduce inflammation, replenish your body and give you that youthful glow from the inside



## FINISHING TOUCHES

*Make your eyes pop with these specialty services*

Lash Tinting, 20 min .....	\$25
Brow Tinting, 15 min .....	\$15
Lash Extensions, 75 min .....	\$75
Lash Touch-Up, 20 min .....	\$25
Make-Up Application, 30 min .....	\$40 + up
Make-Up & Hair Consultation, 90 min .....	\$85

## MORE SHIZEN MOMENTS™

*Ask about our:*

Getaway Packages

Wedding & Celebration Guide

Group Workshops (stress-relief, home spa care...)



### STRETCH OUT

Doing regular stretches and flexibility movements and exercises helps keeps muscles loose and improves mobility.



SHIZEN  
SPA

## SPA FYI

**ARRIVAL** Please arrive at least 20 minutes before your appointment to prepare for your spa experience and avoid any disappointment. Unfortunately, scheduled treatment time may not be able to be extended for late arrivals.

**BOOKINGS** A credit card number is required to secure your reservation. Your card will not be charged until your service. No shows and cancellations made within 24-hours before the scheduled time will be charged 100% for the reservation.

**COMFORT** Your privacy and relaxation is key. Feel free to ask any questions or make requests to ensure your own comfort level. For massages, guests can de-robe to their comfort level. During all services, guests are fully draped with the exception of the area that is being worked on. Please note, Shizen Spa cannot be responsible for lost items or valuables so please leave them at home or in your guest room.

**GIFT CERTIFICATES** Available for any amount, Shizen Spa gift certificates make the perfect present and are redeemable for Shizen Spa services and retail products. You can purchase them by phone, at any Shizen Spa location or by contacting us by email: [spahvr@horseshoeresort.com](mailto:spahvr@horseshoeresort.com)

[shizen.ca](http://shizen.ca)



Shizen Spa



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**PAYMENT** Prices do not include applicable resort amenity fee, taxes or gratuities. Insurance receipts are provided if RMT services are requested at time of booking. Gratuities for your service provider may be left at your discretion. If you have any questions, please ask the spa concierge when you book your appointment.

**QUIET ZONE** We strive to keep our spa tranquil and make sure all our guests are at ease. Please help by keeping your cell phone set on vibrate and speaking quietly.

**REMINDERS** Guests receiving body treatments must avoid shaving at least 24 hours prior to receiving this service. Men receiving facials must not shave at least 6-8 hours prior to their service. For guests receiving pedicures, we recommend bringing a pair of opened-toed sandals to wear after your service to ensure your polish does not chip or smudge.

**'TWEENS & TEENS'** All Spa guests under the age of 16 must be accompanied by an adult to receive massage, facial and nail care.



## WEAR IT

Apply sunscreen liberally, especially to face, neck and hands, whenever you go outside, every day of the year, not just in summer.