

MENU OF SERVICES



**The Embodied
Way**



Esthetic Services

All esthetics services are an embodied experience and will include simple somatic methods to attune your body and mind. All facials include a scalp and/or hand-arm massage. For more specific coaching outcomes- please book a 30 or 60 minute coaching add-on. *Please note: no gel polish or gel polish removal available. All esthetic services subject to GST.**

Oxygenating Fundamental Facial: Good old-fashioned self-care right here! Cleanse, exfoliation, effervescent epidermal cleanse, extractions, serum and massage, mask, finishing treatment. 75 minutes \$105

Express Facial with Eye Treatment: When you need a few moments for you! Cleanse, exfoliation, hot towels, serum, face and eye massage, eye mask, finishing treatment. 60 minutes \$85

Harmonizing Facial: When you want peace and tranquility! Relaxing back massage and moor mud back mask in combination with a Fundamental Facial. 90 minutes \$130

Clear Up Teen Facial: Give your teen confidence and self-care skills! Cleanse, tone, deep pore cleanse, hot towel, extractions, epidermal cleanse, mask, moisturize. This is a facial for those suffering with acne. 60 minutes \$80

Optimal Facials

All optimal facials also include a facial massage, hand-arm massage and scalp massage. Ultimate care for you. **Add-on a relaxing back massage and detoxifying mud mask to your optimal facial for \$25. Allow an extra 15 minutes on your facial treatment time.

Pure Optimal Facial: The ultra-nourishing LIFT for a tired body. Visibly smooths out expression lines, improves skin's texture, tonicity, & provides lasting hydration. 75 minutes \$145

Esthetic Services

AHD3 Hydra Science Optimal Facial: When you are crying out for some LOVE and NOURISHMENT! Good for all skin types. Extremely hydrating, minimizes drying effects from the winter and summer elements. Gives you and your skin an incredible sense of well-being. 75 minutes. \$135

Rosa C-3 Optimal Facial: No more seeing RED! Significantly reduces redness in intensity & size. Diminishes inflammation, decongests, soothes and calms the skin. Skin is left comfortable and healthy. 75 minutes \$135

Radiance Optimal Facial: When you want to feel luminescent! A treatment containing vitamins C & E that brightens dull lifeless skin, helps firm and even out the complexion for a radiant, healthy glow. Not suitable for skin which is inclined to rosacea or redness. 90 minutes \$160

Ultra-Moisturizing Collagen Veil Optimal Facial: Bring on feelings of inner contentment! An intensive, highly moisturizing and healthy-aging treatment. For skin that is dehydrated, tired and lacking suppleness and comfort. 75 minutes \$145

Pedicure: Your feet take you everywhere and caring for them says you honour them for the work they do. Herbal foot soak, hydrating exfoliation, nail trim and shaping, cuticle care, callus and corn care, Hot towel wrap, foot and leg massage with specific treatment lotion, OPI Infinite Shine Polish (quick dry and easy to remove!). 75 minutes with polish \$85. 60 minutes no polish \$75

Manicure: Your hands are the means by which you do everything in life- take a moment to care for them so they know you appreciate them. Nail shape, cuticle work, exfoliation, hot towel, nail oil, hand and arm massage, OPI Infinite Shine Polish (quick dry and easy to remove!). Comfort, care and beauty all in one package. 60 minutes with polish \$75. 45 minutes no polish \$65

Products Used at The Embodied Way

Laboratoire Dr. Renaud

OPI Infinite Shine Polish

LuluLife Shea Butter

Gehwol

Coaching Services

Sessions in-person or virtual. For every six sessions completed choose a bonus from Glenda- these can be additional books, journals, gift cards, skincare products or a surprise. All coaching services subject to GST.

High Performance Coaching™: if you want to master your psychology, physiology, productivity, people skills, purpose and presence. Start with the 12 Core sessions and then follow up with The Charge, Declaration or Leadership sessions. Before you purchase this package- book a High Performance™ Strategy Session to determine if this kind of coaching is for you. 12 x 60-minute sessions package plus tools and bonuses \$1499. Strategy Session 60 minutes \$125

Trauma-Informed Coaching: For the person who has done a lot of work with a therapist already and is moving into 'post-traumatic growth'. Do sessions one at a time for specific things you would like to work on or choose the Path to Freedom Sessions. Always included are psycho-education and resources. Sessions options: 60 minutes \$105. 12 X 60 minutes Path to Freedom sessions (includes tools and bonuses) \$1199

Body-Mind Coaching: For the person who likes to take things slowly and wants to work on specific issues in their life. This method of coaching uses somatic tools to create long-lasting change. It is an embodied experience and suitable to add to an esthetics treatment or as a stand-alone session. Body-mind Coaching Esthetics Treatment add-on: \$52.50 (per 30 min). 60-minute stand-alone session: \$105 (no esthetics)

Coaching Explore Call: A free 15-minute call to determine if we are a good fit to work together.

Memberships: Ask Glenda about this unique offer!

***Prices subject to change

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