

# body & salt™

by SPA · UTOPIA

## MASSAGE CENTER

### [ DESIGNED FOR U MASSAGE ] in private treatment room

30 min. /\$73 or \$90 with RMT  
50 min. /\$110 or \$135 with RMT  
75 min. / \$155 or \$185 with RMT

Using specialized massage techniques, our Massage Therapists will design a customized treatment to improve your overall wellness and target areas of concern. Our private treatment rooms are well equipped to ensure a safe and comfortable environment.

### [ CHAIR MASSAGE SESSIONS ] in semi-private Himalayan salt rooms

20 min. /\$37 or \$48 with RMT  
30 min. /\$55 or \$72 with RMT

#### [ BACK, NECK & SHOULDER ]

This chair massage session utilizes manual techniques to help reduce muscular tension and stress. Benefits include increased blood circulation and improved posture helping you to feel better, faster, so you can get on with your busy day.

#### [ FOOT ]

Relax during this chair massage session while we focus on the soles of your feet. The goal of this session is to improve your overall well-being, including eliminating waste and toxins, improving blood circulation and reducing stress levels.

#### [ HAND ]

This chair massage session is designed to offer relief from hand pain, improve range of motion and increase blood circulation. Your hard-working hands deserve a break.

#### [ PARAFFIN ]

A soothing add-on treatment for hands or feet. **\$39**

### [ ESCAPE PACKAGE ] 40 min./\$99 or \$125 with RMT

Sit back and let your mind wander... you deserve this. A soothing Hand & Foot Massage plus a moisturizing paraffin treatment for your hands or feet will lift your spirits and restore your sense of well-being.

RELAX. UNWIND. BREATHE.

## [OUR SALT EXPERIENCE]

*Our semi-private massage rooms are built of Himalayan Salt providing you with a unique experience with many added health benefits at no extra cost.*

Relax, unwind and breathe, take this time to focus on your well-being. Inhale deeply and allow the microscopic salt molecules to travel through the sinus and respiratory systems, absorbing moisture, cleansing and clearing mucus and killing bacteria along the way.

The salt walls surrounding you are harvested from ancient sea salt deposits in the Himalayan Salt range. These bricks are over 200 million years old and were once covered by volcanic lava, protecting them from pollution. For this reason, Himalayan Salt is believed to be the purest salt on Earth.

After your massage you'll feel re-energized and alive and our salt rooms will offer you additional health benefits, such as: improved lung function and respiratory health, relief from allergies and asthma, reduced snoring and enhanced sport performance. Naturally detoxifying and cleansing, Himalayan salt is also known to improve skin conditions such as dermatitis, acne, eczema and psoriasis.

Salt Therapy is 100% natural and safe for adults and children.

RELAX. UNWIND. BREATHE.

**body & salt**™  
by SPA UTOPIA

Find us at Guildford Town Centre  
Unit 2175 – 10355 152nd Street,  
Surrey, BC V3R 7C1

Drop-in, no appointment needed  
but just to be on the safe side  
you can call us:

[ 604-539-2777 ]

or book an appointment online

[ BODYANDSALT.CA ]

DROP IN  
FOR THE BEST  
[20 MIN]  
OF YOUR  
DAY.

GIFT CARDS ARE AVAILABLE IN-STORE OR ONLINE AND MAY  
BE USED AT ALL BODY & SALT™ OR SPA UTOPIA™ LOCATIONS.