

ten
certificates make
the perfect gift.

ten gift certificates

Available in any amount, Ten certificates can be redeemed for any in-spa service or retail product. Ten certificates are ready to give, complete with brochure, in our pre-packaged gift envelope.

Ten certificates are available for purchase seven days a week, 24 hours a day from the front desk of The Fort Garry Hotel, on-line with our door-to-door delivery service, or on-site.

spa hours + contact numbers

Weekdays 10 am to 8 pm	Reservations	204.946.6520
Saturday 9 am to 7 pm	Same day bookings	204.946.6518
Sunday 9 am to 6 pm	Group bookings*	204.946.6529

*six or more people



ten spa at the fort garry hotel, toll free 1.866.585.0772
10th floor, 222 broadway, winipeg, R3C 0R3 www.tenspa.ca

ten spa menu

A perfect “ten” is what we strive to deliver to each customer and for every treatment.

Each Ten Spa treatment has been developed from years of research at many of the world’s foremost spas, as well as hard-to-find ethnic parlors. Once each treatment is created, our staff is trained to customize each service to find skin and body care solutions for every situation.

All treatments and services are based on classic techniques infused with a modern edge. There are no fad driven trends here - only results. So, whether it’s a facial, body scrub, massage, body cocoon, pedicure or manicure, our cutting edge treatments will provide unmatched results which soothe and nurture.

Developed in Istanbul
engineered in Germany, and
now available in Winnipeg.

Ask for our separate
hamam
menu, exclusively at Ten.

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best gift
certificate
bets 



skin care

Turbo Charged Ten Facials

Facials are an important part of every smart skin care routine. All Ten Spa facials are customized and designed to thoroughly cleanse, repair and improve skin texture. Our expert aestheticians use only the finest skin care products and equipment.

Ten's Custom Facial All types of skin benefit immensely from this treatment. Whether you have supersensitive skin or are acne prone, we tailor this facial to you. Cleansing, with sonic toning brush, skin analysis, custom micro dermabrasion, pre-extraction oxygenated face mask, hydrating hand treatment, deep pore extractions, post extraction cure, task specific eye and custom-blended face masks, strategic massage, purifying skin-specific ampoule, application of at home skin care regimen. 65 minutes \$115

Purifying Lymphatic Facial For all skin types, this treatment detoxifies and 'depuffs', delivering deep hydration and improved skin texture. Skin-specific cleansing, seaweed exfoliating peel, decongesting lymphatic drainage with purifying youth serum, anti-oxidant vitamin ampoule with customized natural clay face mask, strategic massage, at home skin care regimen. 50 minutes \$95

The Hot Peel Facial An anti-aging treatment that you will love, but not until it's over! The Hot Peel Facial is a powerful enzyme based exfoliation treatment and a non-surgical face lift that improves skin clarity and elasticity. Treatment includes skin specific double cleansing, intense cinnamon enzyme peel, two rejuvenating super firming face masks, calming aloe and skin specific at home regimen. 50 minutes \$95

The Hard Core Peel Facial Skin analysis is required prior to proceeding with treatment, and aesthetician may recommend alternative facial. Cleansing, manual microdermabrasion with magnesium oxide crystals, specially blended medical grade peel, skin-specific nurturing serum with soothing face mask, strategic massage, regenerating caviar ampoule and application of at home skin care regimen. 50 minutes \$95

The Deep Clean Hot Peel Facial Includes all the steps of the Hot Peel Facial with manual microdermabrasion, deep pore extractions and A, C and E vitamin enhanced oxygen infusion to promote healing and tighten pores. 80 minutes \$145

Ten's Signature Deep Detox Facial Includes all the steps of Ten's Custom Facial plus intense exfoliation with a dermatological grade peel, deeper extractions, detoxifying lymphatic drainage, sound wave therapy, and an A, C and E vitamin enhanced oxygen spray to promote healing and tighten pores. This treatment is recommended for all skin types and is especially excellent for acne-prone, oily or congested skin. 80 minutes \$145 *

Oxygen Blast Facial A medical grade cellular regenerating treatment that uses pure oxygen, vitamins, minerals and enzymes to help the skin heal and repair. Treatments include fruit acid wash, crystal free micro dermabrasion, mycellated vitamin massage, a hydrating hot towel and enzyme pack and a vitamin A, C and E filled oxygen blast. 50 minutes \$110 *

Anti-Aging Deep Detox Lymphatic Facial Includes all the steps of the Purifying Lymphatic Facial, with deep pore extractions and three zone-specific essential oil enhanced clay masks, hand treatment with strategic massage, application of at home skin care regimen. 80 minutes \$145

Ultimate Facials

These extraordinary treatments are the types of facials that estheticians like to perform on each other:

The Signature Double Peel Facial Based on Ten's Custom Facial, this ultimate facial treatment includes multi-layered customized exfoliation and facial peels. Oxygenation to boost circulation and fuel your skin cells. Intense rehydrating serum and finishing moisturization. Leaves skin plump, refreshed and rehydrated. 80 minutes \$175

Deep Clean Photo-Microderm Facial Perfect for discoloured acne prone and not so pure complexions. A multi-layered facial treatment that incorporates medical grade microdermabrasion to exfoliate deep into layers of the skin, sono light technology to influence metabolic fusion processes, oxygen face wrap, and deep pore extractions. Then, two facial masks, one probiotic to clear and soothe and a second for skin specific moisturizing. An A, C and E vitamin enhanced oxygen infusion and at home skin care regimen. 80 minutes \$175

The Repairing Anti-Age Microderm Facial This is an extremely effective facial treatment that will tackle superficial skin imperfections and sun-damaged skin. Skin is resurfaced with a fruit enzyme peel and then a medical grade microdermabrasion is performed, skin is stimulated with infrared light energy, ultrasound muscle toning and lymphatic drainage. Calming task mask with neck and shoulder massage, an A, C and E vitamin enhanced oxygen infusion and at home skin care regimen. 80 minutes \$175

Head-to-Toe Fully Loaded Deep Detox Facial An all out head-to-toe beautifying experience. A hydrating full body bliss blended essential oil rub-on and wrap-up combined with Ten's Signature Deep Detox Facial. 100 minutes \$175 *

Ten's Exclusive Facial Programs

Our two facial peel treatment plans are designed to help correct and manage acne prone, rosacea and aging sun damaged skin.

An initial consultation will be required to assess skin condition and to determine your customized treatment plan.

Ten's Clear Skin Facial Peel Program for rosacea, acne prone and acne scarred skin this treatment will help unclog pores, reduce inflammation and redness, eliminate acne and rejuvenate the skin.

Ten's Anti-Aging Facial Peel Program This program will help correct sun damage, pigment discoloration and fine lines providing for more even skin tone and plump hydrated looking skin.

3 Treatments	\$450
6 Treatments	\$650

Included in the initial consultation and first treatment are pre and post at-home skin care products to keep your skin working to achieve the desired results.

The Twelve Pack Boot Camp

This intensive custom tailored program includes twelve weekly, bi-weekly or monthly treatments. Includes a combination of microdermabrasion, lymphatic, and deep cleansing facials. Please bring all currently used skin care products to initial consultation. Sample size supplementary at home skin care regimen provided. \$1,350 (for twelve facials)

Back Facials

Ten's Back Facial Rosemary lave cleanse, herbal back scrub, oxygenated back mask and massage, extractions, purifying volcanic clay mask, protein mist and glycolic peppermint cream application. 50 minutes \$95

Pumpkin Peel Back Facial Our entire Ten's Back Facial plus multi fruit power peel which delivers a true resurfacing effect. A concentrated blend of five extracts: bilberry, sugar cane, sugar maple, orange and lemon. This treatment promotes smoother, younger looking skin by increasing the rate of cell renewal. Suitable for all skin types, especially sun damaged and discoloured. 50 minutes \$115

Ten's Signature Deep Detox Back Facial For more congested back refining and best booked one week prior to donning that bathing suit or low slung dress. An enhanced Ten's Back Facial with glycolic wash, manual tri-crystal microderm scrub, deeper extractions and toning sound-wave therapy. 80 minutes \$135

All Ten Spa treatments are designed for men and women.

Ten's Signature Make-up

Our professional make-up artists use air brushing and traditional application techniques to ensure that you will look great all day and well into the evening. Skin is prepped with oxygen mist cleanser and oxygen enhanced moisturizing primer. Custom blended colours applied with airbrush for the most natural and healthy appearance. \$65

Add-on Spa Services

LamProbe Skin Imperfection Removal The LamProbe works on the principle of high frequency/radio frequency current. This technology enables rapid and precise removal of minor epidermal irregularities such as broken capillaries, skin tags, and cholesterol deposits.

10 minutes	\$35
20 minutes	\$55
30 minutes	\$85

Facial Add-Ons

Brow/ Lash Tinting	\$10
Hot Paraffin Pack for Hands	\$15
Vitamin Oxygen Infusion	\$15
Collagen Eye Treatment	\$20



add-on hair
removal

Waxing We perform quick, expert and painless-as-possible waxing to remove unwanted hair from (practically) anywhere. For best results, hair should be at least 1/4 inch in length. You must refrain from using waxing as a hair removal method if you are using Retin-A (currently or in the last 3 months), Accutane (currently or in the past 6 months), other keratolytic medications (that increase exfoliation) or are sun-burned or recovering from a recent laser peel.

Prices for hair removal apply only when booking in conjunction with another spa service.

Lip	\$10	Chest	from \$40	Full Leg + Bikini	\$.75
Cheeks or Chin	\$15	Back	from \$50	Full Leg with	
Eyebrow	\$15	Basic Bikini	\$25	Brazilian	\$110
Underarm	\$20	Lower Leg	\$45	Stomach ...	from \$20
Half Arm	\$25	Upper Leg	\$30		
Full Arm	\$40	Full Leg	\$65		

Betweenie Brazilian Bikini Not quite full but more than basic. \$40

Brazilian Bikini (The Full Monty) Includes a 2 oz bottle of soothing Pure 100% aloe Vera gel by Epicuren for home use. \$80

A \$25 facility access fee will apply to all hair removal services not booked in conjunction with another Ten Spa service.



massage

Massage Treatments

Ten's Relaxation Massage The most traditional relaxation massage. Movements include gentle to firm pressure with long relaxing and rolling strokes, using our specially blended soothing massage oil. Relaxation massage increases circulation and lymphatic flow, aiding the body in cleansing itself of toxins. 50 minutes \$95 ✨

Ten's Signature Full Body Massage A full body massage workout! Therapist will adapt an eclectic variety of techniques, including Swedish, deep tissue, shiatsu, and oriental type stretches to rejuvenate your body. The treatment may be enhanced with hot pack, muscle balm, essential oils and body spray moisturizers to reduce stress and tension. 80 minutes \$125 ✨

Ten's Head, Neck, Shoulders and Back Massage Deep tissue work concentrated from your head and down your back. Great treatment when tight neck and shoulders and a sore back needs all the attention. (not a full body massage) 50 minutes \$95

Ten's Leg and Buttocks Massage A concentrated massage from your toes to the tight joint at your butt. Our therapists will use a variety of massage techniques and stretches to reduce muscle tension. (not a full body massage) 50 minutes \$95

Ten's Signature Hot Rock and Polar Stone Body Massage This ancient healing art will take you on a journey with hot basalt and cold marble stones. Thermotherapy stimulates your circulatory system and assists your body in self-healing and relaxation. This treatment helps heal aching muscles and promotes relaxation as energy is exchanged between the stones and the tension in your body. 70 minutes \$145 ✨

Alternative Massage Therapies

Ten's Signature Lymphatic Treatment This is an advanced lymphatic drainage treatment that targets stress, bloating, swelling and aids in the fight against cellulite. Treatment begins with an application of a zone specific energy balancing lotion, microcirculation-stimulating essential oil serum, combined with our toxin-blasting bio drainer, helps to depuff and decongest. Consider booking in a package of four weekly treatments for best results.

50 minutes \$95
Session of four weekly treatments . \$340

Ten's Signature Lymphatic and Ultimate Toning Body Treatment Includes Ten's Signature Lymphatic Treatment and our specially formulated super firming cellulite fighting targeted peel-off body mask with relaxing scalp massage. 80 minutes \$145

Ten's Barefoot Massage In a private treatment room, this deeply relaxing treatment starts with warm towel cleansing and exfoliation, and is followed by a reflexology style massage of your feet. 50 minutes \$85 *

Ten's Head-to-Toe Massage Combo Ten's Barefoot Massage, combined with Ten's Relaxation Massage, and a scalp massage. 110 minutes \$185

packages

Metro Spa Ten's Metro Pedicure and Manicure. 1.5 hours \$100 *

Spa 101 Ten's Signature Pedicure and Hot Cream Manicure. 2.5 hours \$125 *

I Don't Do the Spa Thing... But Hamam Intro to Hamam, Rose Oil Massage with Essential Oil Toning Facial. 3 hours \$219 *

Before the Red Carpet... Hot Peel Facial, Signature Pedicure with Hot Cream Manicure, and Make-up Application. 4 hours \$259 *

I Need More... Ten's Custom Facial, Signature Pedicure, Hot Cream Manicure, and Ten's Relaxation Massage. 5 hours \$319 *

I Have All Day... Ten's Custom Facial, Signature Pedicure, Hot Cream Manicure, Mini Body Scrub, Cleopatra Milk and Oil Cocoon, and Ten's Relaxation Massage. 6 hours \$429 *

Retreat for Two Hamam 101+ for two. Each guest receives a Rose Oil Massage and Essential Oil Toning Facial. 3.5 hours with relaxation \$529

Add a spa
lunch and glass
of champagne.

\$26

A 15% gratuity will be added to all packages.
When booking your package, all treatments must be enjoyed on the same day.
Refer to our Hamam brochure for Hamam service descriptions.



body
care

Scrubs and Rubs

Stimulating Essential Oil Salt Scrub This right-on rubdown drives away dry skin with our secret sinus-clearing, mind-melting rosemary, lavender and eucalyptus oil, sea salt and sugar scrub blend. Do not shave before or schedule same day waxing services. \$95 * ✨

Microderm Body Scrub State-of-the-art manual scrub with the effect of a true full body microdermabrasion. By combining razor sharp magnesium oxide crystals with dead sea salt and granulated cane sugar, you will receive an extraordinarily effective exfoliation. Great for dry, dull or sun damaged skin. Followed by an application of Rosemary Body Lotion and Protein Body Mist to fully stimulate the senses. \$95 *

Grape Seed Body Buff and Rub Down An all natural, cleansing body scrub packed with antioxidants. Ideal for congested, dehydrated skin it balances out oil production and improves blood flow. Treatment includes shower rinse followed by herbal blend tonic mist to help reduce muscle inflammation before our special stretch routine. Completed with lymphatic drainage stimulating, cellular rejuvenating geranium lotion rub. \$105 *

Scrub and Rub Combo Includes a warm essential oil and dead sea salt rubdown to remove every last patch of rough skin, a soothing shower and a 50 minutes body –melting massage. 80 minutes \$145

All Ten Spa
treatments are
designed for men
and women.

* Treatment about an hour

Body Cocoons

These treatments are administered on a heated Soft Pack envelopment bed which adds a unique dimension to the traditional body wrap.

Herbal Mud Body Cocoon Excellent for tired muscles and dull skin. Your body is wrapped in a unique mixture of mineralized muds that nourish, detoxify and rejuvenate aching muscles.

Cleopatra Milk and Oil Cocoon This deep moisturizing treatment guarantees velvety smooth skin and a new level of relaxation. It provides an essential oil and goat milk based moisturizing wrap which includes a cooling hydrating cucumber facial mask. ✨

Detoxifying Algae Cocoon Tighten and revitalizes skin. Your body is coated with a layer of high-grade algae. While your body is cocooning, a skin smoothing and tightening algae treatment is applied to your face and neck.

All Cocoons \$95 *
All Cocoons with Refreshing Old World Sea Salt Scrub . . \$125 **

Body Scrub, Cocoon and Massage Combination Package
Old World Body Scrub, and your choice of one of our body cocoons, followed by Ten's Relaxation Massage. This customized combination of treatments is an excellent way to fast forward your beauty routine.
2 hours \$215

* Treatment about an hour ** Treatment over an hour.

hand and foot care

Ten's Hot Cream Hand and Arm Treatment For your nails, hands, and arms up to your elbows. Starts with hot cream soak, filing and shaping with diamond chip files, cuticle cure, followed by hand and arm exfoliation, violet clay moisture mask, hot paraffin wrap, strategic aromatic massage, and detailed painting. 55 minutes \$65 ✨

Ten's Signature Pedicure and Leg Treatment Warm towel cleansing, toe cure, customized techno exfoliation, half leg tri-crystal microderm scrub, individualized task mask, hot paraffin wrap, strategic aromatic massage, and detailed painting. 75 minutes \$75 ✨

The Metro Manicure Rosemary misting, herbal scrub hand exfoliation, warm towel cleansing, clipping and cure, sanding, massage, nail buffing or painting. 40 minutes \$50 ✨

The Metro Pedicure Rosemary misting, herbal scrub exfoliation, warm towel cleansing, toe clipping and cure, foot sanding, sandblasting if required, pummeling, massage, nail buffing or painting. 60 minutes \$60 ✨

Callus Buster Pedicure The ultimate callus eliminator treatment with AHA foot peel that breaks down tough dry skin in minutes. Includes steam towel cleansing, Dead Sea Salt Scrub, toe cure, hydrating ampoule with peel away foot mask. Completed with vitamin C healing cream foot massage. 80 minutes \$85

spa etiquette

Guest Timeline

We ask that you arrive 30 minutes prior to your scheduled appointment to change, steam, shower, and enjoy complimentary treats while you relax in our waiting lounge. Arriving late may interfere with your treatment time, resulting in a less effective treatment. We request that all guests shower prior to their treatment.

Health Problems and Comfort Level

Please notify a spa receptionist before booking if you are pregnant, have allergies, high blood pressure, any physical ailments or disabilities. This will prepare our staff in advance so we can provide the best spa therapy for you. And do not hesitate to tell us how you are feeling during your service. You may want to avoid treatments using hot stone or body cocoons if you are pregnant.

Tour Philosophy

To protect the privacy of our guests, we limit the number of people that tour our facility. Tours must be arranged in advance.

Tipping

Tipping is graciously accepted for work well done. Therapists as well as attendants will share in your generosity.

Cancellation Policy

We request the courtesy of a 24 hour notice in the event a service appointment needs to be cancelled. A 50% no-show fee will apply in the event advance cancellation notice is not given. Appointments booked same day of service will be assessed a no-show fee should cancellation become necessary. A credit card is required to hold all appointments.

what to expect...

ten spa encompasses the entire tenth floor of the hotel. At reception you will be given Italian spa slippers, a plush Turkish robe and a locker to use during your stay.

change rooms Our luxurious men's and women's change rooms feature state-of-the-art steam rooms from a leading German manufacturer complete with aroma and light therapy. Experiential showers provide cold fog and tropical mist sprays. Facial and body care products, hair dryers and the appropriate sundries are available for your use.

lounging You will unwind before and after your treatment in our lounge. Relax on our comfortable couches and loungers, while you enjoy a complimentary beverage and light snack. Browse through a magazine, visit with friends or just relax.

my treatment Your treatment may be performed by a male or female therapist. Please specify at time of booking if you have a preference and we will endeavor to fulfill your request. Please keep in mind, however, that all spa employees are trained to respect the privacy of our guests.

during my treatment Ten Spa does not require a dress code during treatment. All treatments can be enjoyed without clothing; however, undergarments can be worn if preferred. For your privacy, professional draping is performed during all services.