



your place *to be.*



arú  
spa · salon



**ARU: (ah'roo) - Japanese - 'to be' or 'live'.**

Inspired by traditional healing philosophies, Aru is dedicated to educating you on how to take care of your well-being. Our treatments are founded upon eastern philosophies that focus on restoring balance and harmony to your mind and body. Aru Spa and Salon, your place "to be".

Our unique environment of relaxation, combined with professional advice for total care of your skin and hair, provides you with optimum benefits from every Aru experience. In order for you to continue reaping the benefits of your Aru visit, we have carefully selected high quality products available for your home use.

**Mission Statement**

The Aru Spa and Salon team collectively believes that in order to restore balance from the effects of our modern fast paced lives it is essential to take time to reconnect the mind, body and spirit with therapeutic treatments that renew and restore.

**Before Your Visit to Aru, Please Be Mindful of the Following:**

- Valet service is complimentary. Please leave your vehicle in the designated area and allow our valet to park your car for you.
- Please turn off your cellular phone when entering the spa and salon.
- Prepare for your spa experience by arriving 30 minutes beforehand to fill out our Health History Form and enjoy our therapeutic steam rooms. Steam therapy is complimentary with massage, facials and body treatments only.
- Please note - if you are running late, your appointment will be shortened or rescheduled in order to honour the time reserved for our next client.
- During your spa experience a locker is provided for your personal effects while in the spa. Please leave your valuables at home; Aru Spa and Salon does not accept responsibility for loss of valuables during your visit.
- Throughout each treatment you will be professionally and discreetly draped with linens and for multiple services, between treatments, we invite you to unwind in our relaxation area.
- Spa and salon service prices are subject to 5% GST; all retail products are subject to 5% GST plus 7% PST; may change without notice. Prices may change without notice.

**Our Cancellation Policy:**

- Walk-ins are welcome, however we recommend you book your spa or salon treatment in advance - a major credit card is required to reserve your appointment.
- Cancellations for single treatments must be received 24 hours prior to the appointment time or you will be charged in full.
- Multiple services and packages require 48 hours notice for cancellation or services will be charged in full. Group bookings require 14 days notice for cancellation.



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## OTHER FACIALS

**Customized Face Treatment** • A face mapping skin analysis and treatment customized for your individual skin needs. 60 mins \$95

**Power Regeneration Facial** • This treatment is a powerful antidote for prematurely aging, dry, devitalized skin helping to firm, smooth and refine. 75 mins \$105

**Teen Facial** • Educates teens on their daily skin routine with a deep cleansing and purifying facial. 45 mins \$75

## FACIALS

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**Aru Signature Facial** • A glorious skin lifting treatment helps reduce expression lines and promote a radiant glow. 60 mins \$130

Couples Facials 60 mins \$260

**Multi-Active Eye Contour Treatment Add-on** **\$35**

**Alphatherapy and Collagen** • Anti-aging collagen treatment to diminish fine lines and wrinkles, firms and promotes younger looking skin. 75 mins \$175

**Algae Remineralizing Facial** • A deep cleansing purifying treatment which will leave the skin fresh and hydrated. An ideal treatment for sensitive and/or dehydrated, oily skin.

60 mins \$105

**Aru Man** • A de-stressing, cleansing and exfoliating treatment followed by a therapeutic mask.

60 mins \$105

## ADDITIONAL TREATMENTS FOR ALL FACIALS

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**Supreme Multi-Active Eye Contour Treatment** • This concentrated eye contour treatments helps reduce dark circles and puffiness and restores skin tone. \$35

**Aru Hand Treatment** • Instant hydration and repair for dry, chapped or prematurely aged hands. Includes exfoliation, massage and intensive moisturizing. 20 mins \$25

**Aru Foot Treatment** • Smooths and softens feet. Includes exfoliation, massage and moisturizing. 20 mins \$25



## BODY TREATMENTS

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**Aru Anti-Aging Firming Body Treatment** • A full body skin treatment helps detoxify and improve the appearance of the skin leaving the body silky smooth. 60 mins \$110

**Aru Signature Body Wrap** • A warm creamy mud, infused with healing thermal waters and essential oils, embalms the skin to help drain and detoxify. 60 mins \$98

**Body Wraps for Couples** 60 mins \$196

**Body Exfoliation** • An exfoliating Sea Salt Glow with our signature Essential Oil complexes. 45 mins \$75

## MASSAGE TREATMENTS

**Aru Japanese Experience** • Begin with an invigorating Full-Body Exfoliation, then relax for a soothing soak in our private Japanese Bath, finally return to a heated massage table for a 60-minute energy balancing relaxation massage. 2 hours \$275

**Herbal Thai Stem Massage** • Massage incorporating traditional Thai massage techniques and the added benefits of herbal compress massage. Helps release toxins, increase circulation and relieve muscular aches and pains. 90 mins \$175

**Warm Stone Massage** • Warm stones emit healing heat therapy and soothing essential oils help draw tension and stress from muscles while improving circulation and infusing a deep sense of relaxation. 75 mins \$135  
90 mins \$150

**Relaxation Massage** • A relaxing massage using customized soothing complexes of Essential Oils. 60 mins \$95  
90 mins \$135

**Deep Pressure Massage** • A Relaxation Massage for those who enjoy deep pressure. 60 mins \$105  
90 mins \$145

**RMT Massage** • A therapeutic massage with our Registered Massage Therapist addressing specific areas of the body. This treatment can be covered by most health care plans. 60 mins \$105  
90 mins \$145



### **MANI - PEDI PACKAGE**

**1.5 hours \$109**

Our Manicure includes nail care, hand massage and polish application, followed by an Aru Pedicure... A true spa pedicure beginning with an aromatic foot soak, followed by nail care, foot exfoliation, lower leg & arm massage, and polish application.

## ARU PEDICURES

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**Aru Pedicure** • An aromatic foot soak begins your experience, followed by nail care, foot exfoliation, lower leg & arm massage, and polish application. 60 mins \$70

**Couples Aru Pedicures** 60 mins \$140

**Aru Express Pedicure** • Includes nail care, massage and polish application. 50 mins \$57

## MANICURES

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**Aru Manicure** • A customized manicure. Includes nail care, exfoliation, massage of the hands and arms and polish application. 60 mins \$65

**Couples Aru Manicures** 60 mins \$130

**Aru Express Manicure** • Includes nail care, hand massage and polish application 30 mins \$45

French Polish Upgrade	\$7	File & Polish	20 mins \$19
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Nail Art	\$3 ea	File & French Polish	25 mins \$25
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## GEL NAILS

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Natural Overlay	\$55	Natural Fill	\$50
French Overlay	\$62	French Fill	\$55
Gel Extensions	\$70	Gel Nail Removal	\$20
French Extensions	\$77	French Upgrade	\$10
Single Extension	\$7	Color Upgrade	\$10
Gel Pedicure	\$70	Nail Repair	\$7 ea
Gel French Pedicure	\$77		



## COUPLES PACKAGES

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**Aru Japanese Experience for Couples** • Bring out the romance in our exclusive Couples' Room where you and your partner will cozy up on side-by-side heated massage tables for soothing Full-Body Exfoliations. Then follow a path of rose petals to our private and very romantic Japanese Bath, filled with essential oils and aromatic red rose petals. Then return to the heated massage tables for side-by-side Relaxation Massages. Retire to our Eastern inspired Relaxation Lounge and relax with a cup of green tea.

2 hours \$375

**Aru Thai Experience for Couples** • Your package begins with side-by-side Full-Body Exfoliations to eliminate dead skin cells, leaving your body silky smooth. Follow a path of rose petals to our exclusive Japanese Bath and enjoy an aromatherapy soak. Then return to our heated massage tables for a 90-minute Massage incorporating traditional Thai massage techniques and the added benefits of Thai stem herbal compresses to help release toxins, increase circulation and relieve muscular aches and pains. You will feel amazing!

2 1/2 hours \$560

**Executive Package for Couples** • This premier spa day starts in our luxury Couples' Room where you and your partner will be treated to Full-Body Exfoliations, that will leave your skin completely renewed before you enter our custom Japanese Bath. Enjoy a private and very romantic soak in a rose petal and aromatherapy filled bath. Following the soak, return to side-by-side heated massage tables for 90-minute Warm Stone Massages to release any lingering stresses and toxins. To complete this package, you and your partner will be treated to 60-minute Signature Facials that repair damaged cells and leave you with healthy, glowing skin. Continue to relax in our Eastern-inspired Relaxation Lounge with a soothing cup of green tea. True pampering!

4 hours \$710

**Optional Spa Lunch** \$25 per person



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**Aru Japanese Experience** • Begin with an invigorating Full-Body Exfoliation, then relax for a soothing soak in our private Japanese Bath, finally return to a heated massage table for a 60-minute energy balancing relaxation massage. 2 hours \$275

**Teen Makeover** • Everyone desires to be pampered! Includes a Teen Facial, Eyebrow Shaping, Make-up Touch up and an Express Pedicure. 2 hours \$149

**Aru Mum-To-Be** • Calm and soothe the body and mind with an Aru Signature Facial, Aru Manicure and Pedicure. 3 hours \$240

**Aru Man Package** • Includes an Aru Man Facial, Relaxation Massage and Express Pedicure. 2 3/4 hours \$245



## SPA PACKAGES

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**Aru Renewal** • A relaxation massage and customized Face treatment, followed by an Aru Manicure and Pedicure, restores and renews. 4 hours \$299

**Aru Makeover** • Rejuvenate, revitalize and relax with an Aru Makeover. Includes Eyebrow Shaping, a 60-min Aru Signature Facial, a 60-min Relaxation Massage, an Aru Manicure and Pedicure, Hair Cut and Style and a Professional Makeup Application. 5 1/2 hours \$450

**Aru Luxury Spa Package** • This luxurious package begins with a Full-Body Exfoliation, that will leave your body silky-smooth, before you follow a path of rose petals to our exclusive Japanese Bath and enjoy an aromatherapy soak. Then return to your heated massage table for a 90-minute Thai Stem Massage incorporating traditional Thai Massage techniques with the added benefit of herbal compress massage to help release toxins, increase circulation and relieve muscular aches and pains. Next you will be treated to our Signature Facial to repair damaged cells and leave you with healthy, glowing skin. Your spa day will complete with our Signature Manicure & Pedicure. You will be fully revived from head to toe! 6 hours \$615

**Optional Spa Lunch** \$25 per person

## PROFESSIONAL WAXING

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Facial (Upper Lip, Chin and Cheek)	\$33	Full Leg and Classic Bikini	\$75
Facial and Eyebrows	\$45	Half Leg and Classic Bikini	\$55
Eye Brow	\$18	Half Leg	\$35
Upper Lip	\$15	Full Leg	\$60
Chin	\$15		
Upper Lip and Chin	\$25	Chest	From \$45
		Back	From \$35
Underarm	\$24	Back and Shoulders	From \$55
Full Arm	\$32	Abdomen	From \$30
Half Arm	\$25		
Classic Bikini	\$27		
French Bikini	\$45		
Brazilian	\$65		

## LASHES & TINTING

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Eyelash Tinting	\$25
Eyebrow and Eyelash tinting	\$35
Eyebrow Tinting	\$18
Eyebrow and Eyelash Tint, plus Brow Shaping	\$48
Eyelash Extensions	\$60
Eyelash Fill	\$40



## MAKE UP APPLICATION

**Jane Iredale Makeup Application** • Enhance your features, while protecting your skin from the environment with our mineral makeup line by Jane Iredale. 20 mins \$38

**Evening Makeup Application** • Prepare for an evening on the town and have one of our professional makeup artists enhance your beauty with a glamorous evening look. 45 mins \$55

**Bridal Makeup Application** • Includes pre-consultation & makeup application prior to the wedding day and makeup application on the wedding day. 2 Sessions \$110

**Grad Makeup Application** • One of our professional makeup artists will enhance your beauty with a Graduation specific makeup application. \$55

**Makeup Application Lesson** • Designed to teach you how to apply your makeup in a natural and easy to follow method. An ideal way to update your look. \$68



## HAIR SERVICES

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### LADIES

Hair Cut and Style	\$55 and up
Shampoo and Blow Dry	\$35 and up
Upstyle - Updo	\$65 and up
Flat Iron Styling	\$45 and up
Children's Hair Cuts (under 12 years)	\$25
Flat Iron Styling	\$55 and up
Bridal Updo's	Call for Information
Hair Extensions	upon quotation

### GENTLEMEN

Hair Cut and Style	\$35
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### COLOUR

Root Colour	\$65 and up
All Over Colour	\$85 and up
Foils Half Head	\$90 and up
Foils Full Head	\$125 and up
Single Foils	\$7 each
Colour Correction	upon quotation

## TREATMENTS

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**Deep Conditioning Hair and Scalp Treatment** • Enjoy a relaxing scalp massage using highly advanced deep conditioning agents that will return moisture deep into the hair and scalp, leaving your hair light and healthy, restoring its natural beauty. 60 mins \$55

### Aru Add on Treatment

Signature Head Massage	15 mins \$20
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## **SPA PARTIES & EVENTS**

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A birthday, stagette, mom-to-be, corporate party, girl's getaway; Aru Spa and Salon is the perfect retreat.

Let Aru help you create an event that everyone will be talking about. Our warm and professional staff are here to help you plan your party and pamper your guests in our unique Zen inspired surroundings.

We have a great selection of spa and salon services to suit all needs and budgets. You may also choose to delight your guests with our selection of catered fine cuisine and beverages.

Call an Aru Concierge for more details. (604) 536-0788



## WEDDINGS

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Exciting as it may be, planning your wedding can be quite stressful! Let us help eliminate some of the stress and get you relaxed & looking more beautiful on the big day.

Our professional Concierge are here to help work within your budget and plan for your wedding.

Choose from a selection of services created to ensure you will be looking your best. Facials for flawless skin, Manicures & Pedicures, Massage to release tension, plus the latest styles of Bridal Updo's and weightless Makeup to make you picture perfect on you wedding day! Our staff will have you feeling completely pampered and ready for your walk down the aisle.

Call our Concierge to see how we can assist you and your bridal party. (604) 536-0788



### Hours of Operation

Monday	9.00 am – 9.00 pm
Tuesday	9.00 am – 9.00 pm
Wednesday	9.00 am – 9.00 pm
Thursday	9.00 am – 9.00 pm
Friday	9.00 am – 9.00 pm
Saturday	8.00 am – 8.00 pm
Sunday	9.00 am – 6.00 pm

• subject to change •

### Aru Spa and Salon (604) 536-0788

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LEADING SPAS OF CANADA