

Spa Wellness Retreat –Menu
540 10th Avenue, Hanover, N4N 2P4
Phone 519-364-0466
Toll Free 1-877-868-8883
Email: info@spawellnessretreat.com
Web site: www.spawellnessretreat.com

Wellness Services

For more information on the following services please see the Spa Benefits page under the Bed and Breakfast tab or email/phone us 8am-8pm Monday through Sunday.

Watch our PROMO page for SPECIALS!

Alternative Health Products and Services Established in 1998

Discovery Session 30 Minutes

Investment
Free

Complimentary & informative. Either read over this website or watch a 30 minute film. After you see our no-nonsense approach to wellness you may book your Discovery Session. During the Discovery Session we mutually decide if we're a good fit.

90 Day Wellness Program - Certified Iridologist, SHO-TAI® Practitioner

Easy to follow do's and don'ts tailored specifically to each individual. It takes time to become ill and it will take time to clean up and repair. Allow 3-4 months to see excellent results. Programs are designed to correct the cause of your symptoms; no Band-Aids!

Investment includes several coaching and support sessions. Local \$497 CAD
Online \$497 USD

D.R.E.S.S. Diet Rest Exercise Stress Supplements

One Size Does NOT Fit All. The initial analysis assists us in determining the best course of action related to your diet and supplements to detoxify your body and start the process of cleaning up and repairing organs, glands, and systems. There are several other steps to consider and balance.

Laser Aid by Anne Finlay Established in 1988

Stop Smoking in 1 Treatment!	\$300
Weight Management 1 treatment, effective 30-45 days	\$100
Anxiety, Depression, Pain 1 treatment, effective 30-45 days	\$100

EndlessPool™ & Hot Tub Like swimming in a river!	\$10 per person
Bring towels or Towel Rental \$2.50 ea.	\$7 ea./10 pkg.
Pool Usage 1 hour, Pool Current 30 min, Hot Tub Jets 15 min.	

Sauna Infrared 30 - 40 min	\$25
-----------------------------------	------

MOOR Mud Bath Toxins out-minerals in.	\$25
--	------

Chi or Oscillate Machine Aerobic exercise, stress buster!	\$25
Ion Cleanse & Chi or Oscillate Machine 'Special'	\$45
Ion Cleanse Detoxify	\$40 walk-in, \$25 ea./10 pkg.

Panasonic Massage Chair	16 min	\$20
	32 min	\$30

Healthy, Home-made, home grown Meals

We cater to parties of 1-12 people.

All preserves, pickles and pastries made in house!!

Special diets welcome.

Dinner: \$25.00 per person Hot, delicious, home-made meal including appetizer, entrée, dessert, and beverage

Lunch: \$15.00 per person includes soup, sandwich, dessert, and beverage

Breakfast: \$12.50 includes juice, fruit plate, muffins, toast, hot entrée and bottom-less cup of coffee or tea

All prices do NOT include TAX or gratuities - Prices are subject to change without notice.

GIFT CERTIFICATES