sante spa

VICTORIA'S MOUNTAIN ESCAPE

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Welcome to Sante Spa Victoria,

where spa therapies inspired by natural elements await, to restore your mind, body and spirit.

LOCATED minutes from downtown - award-winning Sante Spa Victoria draws from the elements of nature to inspire, nurture and empower your wellbeing. Our full array of spa treatments offers endless opportunities for relaxation, discovery, renewal and spiritual awakening.

Here you will experience nature's escape through treatments that harness the therapeutic benefits of locally cultivated ingredients such as coastal sea kelp, northern clay, and lavender. Discover our signature treatments – created by and exclusive to Sante Spa. Botanical ingredients and indigenous elements are woven together to create a sensory journey that awakens one's sense of contentment, self-awareness and wellbeing.

Relax in the contemplative tranquility of our Forest Lounge, or connect with your partner or loved one in one of our private suites. Healthy nutritious spa cuisine is available while enjoying spectacular views from the Terrace on the Mountain, featuring our Therapeutic Mineral Pool and Meditative Labyrinth.

Our full array of spa treatments offers endless opportunities for relaxation.

As the largest spa in the Victoria area, we can accommodate groups for wedding events, corporate retreats and social spa-ing while also catering to individuals, couples and friends. Our location within the Westin Bear Mountain Hotel & Resort allows us to offer meeting and athletic facilities as well as 36 holes of *Nicklaus Design* golf. If your plan includes something a bit more energizing, consider our Wellness + Nature Experiences. Here we combine wellness activities such as hiking, cycling, yoga and garden tours with complementing spa treatments. Experience the best Vancouver Island has to offer.

Discover Sante Spa, Victoria's Mountain Escape - the splendour of ancient arbutus groves amidst expansive views beckon you here - the calm embrace you experience will bring you back.

Planning your Spa Experience

APPOINTMENTS

Walk-ins are always welcome - though we recommend you book your spa treatment in advance in order to ensure your preferred treatment choice and time. If you have a preference for a male or female spa professional, please inform our Spa Concierge at the time of booking. A major credit card or a Sante Spa Victoria Gift Card is required to reserve your appointment.

Please inform our Spa Concierge when scheduling your appointment of any special needs, health concerns, diabetes or pregnancy. Guests under medical care may require a physician's note to proceed with their treatment, as some conditions are contraindicated.

WHEN YOU ARRIVE

Prepare for your spa experience by arriving no later than 20 minutes beforehand to complete your Health History Form and allow ample time to change into a robe. We ask that you leave your valuables at home — Sante Spa Victoria does not accept responsibility for loss of personal property during your spa visit. Please be aware if you are running late, your spa experience will be shortened in order to honour the time reserved for our next Guest.

FOR YOUR ENJOYMENT

Relax in the comfort of our Forest Lounge, with its Vertical Garden and fireplace, before or after your treatment. Here you will find complimentary botanical teas, citrus water and light organic spa snacks. Alternatively take in expansive mountainous views while lounging on our Terrace on the Mountain or soaking in our outdoor Therapeutic Mineral Pool. Separate Ladies' and Gentlemen's changing facilities each feature a cedar sauna, steam room and private showers. A locker is provided for your personal items with a spa robe and slippers for your comfort during your visit.

SPA CUISINE

We have designed a select menu of spa cuisine for your enjoyment, featuring fresh ingredients prepared by the Westin Copper Rock Grill, exclusively for Sante Spa Guests. Spa cuisine must be ordered upon arrival, please refer to our menu for seasonal selections. Please advise our Spa Concierge of any allergies upon ordering. Due to allergy concerns, we regret that outside food is not permitted in the spa. Wine selections are also available.

CHILDREN IN THE SPA

The spa is a place for quiet relaxation and repose. While we hope children and teens grow into the Sante experience, we are unable to accommodate all youth requests. To ensure the calm ambience of the surroundings as well as the comfort and safety of our younger Guests, children may not accompany Guests during their treatment. Guests under the age of 16 must be accompanied by an adult when receiving treatments. Please speak to our Spa Concierge for more information and booking assistance.

CANCELLATIONS

If you need to cancel your appointment, we require 24 hours notice for single spa experiences, 48 hours notice for multiple spa experiences and packages, and seven days notice for the cancellation of group bookings. Cancellations with less than the required notice or no-shows will be charged in full.

INSURANCE RECEIPTS

Insurance receipts can only be issued for our Registered Massage Therapy treatment. Please ensure that you request this specific massage treatment at the time of booking to confirm availability.

PRICING, PROMOTIONS AND GIFT CARDS

Prices are subject to HST. Prices and spa experiences may change without notice. Gratuities are customary and at your discretion. Gratuities are not included in Gift Cards.

Couples treatments in the Crystal Suite and Birch Room are priced per person based on two Guests each receiving the same services at the same time. Our Teen treatments are for Guests aged 16 and under.

Promotions and Gift Cards may be subject to blackout periods and certain promotions or specials cannot be paid by Gift Cards. Discounts and promotions cannot be combined.

Explore the Spa

FOREST LOUNGE

Surround yourself in tranquility. Applauded as a uniquely designed relaxation area, our Forest Lounge has been carefully created to assist you in taking time before and after your treatments.

Our Vertical Garden, containing numerous plants in the form of a living wall, provides a grounding connection to nature and helps filter the air by adding energy-rich oxygen. We invite Guests to surrender their worries and seek solace as they relax by the fireplace amidst this purifying flora.

BIRCH ROOM

Couples or friends can enjoy side-by-side massage and facial treatments while relaxing together.

CRYSTAL SUITE

Ideal for couples seeking increased privacy and relaxation - features a jetted soaking tub for two and fireside lounging area. Grounding the suite is a large Jasper Crystal, known for its nurturing, comforting and protective energies.

THERAPEUTIC MINERAL POOL

Renowned for their therapeutic and medicinal qualities, mineral pools help both soothe and relieve joint and muscle pain. Victoria's sunny summer climate and mild winters makes our Therapeutic Mineral Pool's breathtaking location on the Terrace on the Mountain a sought after experience.

TERRACE ON THE MOUNTAIN

Enjoy one of the most spectacular patios in Victoria. Relax as the fresh air embraces while you explore expansive mountain and forest vistas.

MEDITATIVE LABYRINTH

Walking the Labyrinth is more about the journey than the destination – it is an ancient sacred meditational modality for reflection and spiritual enlightenment, helping clear the mind and calm anxieties.

CEDAR SAUNA

Enjoy the warmth and the gently fragrant quality of the Cedar Sauna as the soft heat soothes and relaxes tired muscles, relieves stress, and promotes a wonderful feeling of satisfaction and well being.

STEAM ROOM

Known for their relaxation and deep skin cleansing benefits, steam rooms help provide relief of muscle soreness and stiff joints.

RETAIL BOUTIQUE

Extend your visit to last long after leaving the spa by purchasing our exclusive skin and body care products to use at home. Our Spa Boutique offers a unique collection of wellness products, spa gifts and apparel. Gift cards and gift baskets are also available.

Our Guest Commitment

QUALITY ASSURANCE APPROVAL BY LEADING SPAS OF CANADA

Sante Spa Victoria and sister spas Santé Spa Calgary and The Spa Ritual are three of only 16 spas in Canada awarded the Quality Assurance Approval designation by the Leading Spas of Canada's pilot program to establish national standards of safety, quality and hygiene.

INTERNATIONAL SPA ASSOCIATION GLOBAL BEST PRACTICES

Sante Spa Victoria provides spa experiences and treatments in accordance with I.S.P.A.'s Global Best Practices.

SANITATION AND STERILIZATION

All tools utilized in nail treatments undergo hospital-grade sterilization and our pedicure footbaths and jetted soaking tub feature pipe-less technology to ensure the highest standards of cleanliness and hygiene.

SANTE SPA VICTORIA PROFESSIONALS

Each of our Team Members are carefully chosen and trained in our therapeutic protocols and procedures to ensure the highest level of care and comfort. We use professional draping techniques for your comfort and ease at all times.

GREEN SPA NETWORK

Sante Spa Victoria is committed to environmental protection and sustainability as a cultivator member of the Green Spa Network. Our indoor Vertical Garden, use of energy efficient lighting and sustainable materials throughout the spa all contribute to Canada Green Building Council LEED credits.

Facial Treatments

SANTE'S experienced Aestheticians will analyse the condition of your skin and recommend a facial treatment and home care program appropriate to your individual needs and skin type. A specialized PhotoPro Skin Analysis is available to provide a complete technical evaluation of your skin's needs.

Our facials feature Uspa skin care products and Medique cosmeceuticals. Uspa products blend herbal elements, essential oils and natural botanical extracts to deliver a high level of functionality. Medique cosmeceuticals are medically based formulations utilizing alpha and beta hydroxy acids, retinol, antioxidants, vitamins and botanicals.

A light touch-up of mineral makeup is complimentary with every facial (available upon request).

QUARTZ CRYSTAL FACIAL EXPERIENCE
1 hr 45 min — $220

Featuring a powerful synergy of botanical extracts and advanced crystal acupressure facial massage. This facial experience utilizes healing quartz crystals, while a soothing and detoxifying back and foot massage melts away stress. This unique balancing treatment gives full body, mind and spirit rejuvenation.

Denotes signature treatment.

MEDIQUE ANTI-AGING FACIAL
1 hr 30 min — $190

Advanced anti-aging products utilize alpha and beta hydroxy acids to remove impurities and provide a deep exfoliation. Skin is toned, hydrated and revitalized, helping to brighten the skin while reducing the appearance of fine lines. Includes an eye and lip treatment.

SANTE CUSTOMIZED FACIAL
1 hr 30 min — $165

This advanced facial uses a high performance mask to help your skin respond to seasonal changes, environmental exposure and aging. The deeply nourishing and moisturizing therapy leaves your skin protected and looking more radiant. Fully customized, we can address normal, sensitive, oily and Rosacea skin with this facial.

REGENERATIVE FACIAL
1 hr 30 min — $185

This regenerative facial helps oxygenate, moisturize and nourish the skin, infusing a revitalized glow. Great for tired, environmentally stressed, sun damaged or aging skin and anyone seeking a more refreshed appearance. Vitamin C serum is a key ingredient.

BALANCING FACIAL
1 hr 15 min — $155

Specifically formulated to help rebalance and sooth the skin, this facial helps calm and hydrate. Ideal during pregnancy, convalescence or for sensitive skin. Reduces redness and hypersensitivity, while nourishing and conditioning the skin.

Facial Complements

MEDIQUE ACNE FACIAL
1 hr 15 min — $145

This concentrated facial provides deep cleansing to help treat acne and blemishes. Alpha and beta hydroxy acids work to exfoliate skin and remove impurities, while a soothing mask calms redness and irritation. A home skin care program is recommended to help manage congestion and breakouts.

BACK TREATMENT
60 min — $115

This back facial provides deep cleansing and purifying exfoliation with refreshing bamboo and ginseng, followed by deep cleansing mud therapy with active botanicals, to restore and nourish this often neglected area.

TEEN FACIAL (age 16 and under)
45 min — $95

Intended particularly for the unique needs of teens. A customized facial with our skin care experts includes a facial exfoliation, massage and purifying mask. Helps gently eliminate impurities and congestion.

In circumstances where a more intense deep cleansing is required, a Medique Acne Facial is more suitable.

EXPRESS FACIAL
45 min — $95

Start with the basics - cleanse, tone, exfoliate and moisturize. The perfect complement to any spa experience or for the time–pressed Guest. Does not include deep cleansing - not suitable for Guests seeking remedial or corrective skin care.

PHOTOPRO SKIN ANALYSIS
60 min — $100

PhotoPro medical photography uses the reflection of UV light to provide a comprehensive portrait of your skin's condition. With this information we can recommend a combination of facial treatments and cosmeceutical skin care products to optimize your skin's functionality and vitality.

COOLING EYE LIFT
For puffy eyes — $40

YOUTHFUL LIP TREATMENT
Smoothes wrinkles and furrows — $40

Massage Treatments

INDULGE your senses with lavender-infused hot towels, heated treatment tables, plush duvets and warm massage oil - our spa therapists will customize your massage experience to your specific requests.

RAIN AND FOREST MASSAGE
1 hr 15 min — $185

This unique massage provides relaxation using indigenous heated yew wood inlaid with healing crystal gemstones. Purifying and protecting essential oils are dropped like rain over the back followed by a hot compress. Swedish massage combined with warmed yew wood kneed, roll, pivot and slide around the body for a uniquely textured treatment. This full-body massage provides a deep grounding experience, relieving built-up tensions in the major muscle groups of the body. It improves circulation, lymphatic drainage and provides an unique sense of well-being.

ELEMENTS MOUNTAIN MASSAGE
1 hr 15 min — $165

Sensory and indigenous ritual techniques are integrated for a rejuvenating relaxation massage experience. Begins with a clearing sage smudge and purifying foot bath. A soothing full body massage commences while B.C. Jade stones are placed on energy pathways. Essential oils ground the spirit as your mind and muscles are relaxed.

Denotes signature treatment.

SANTE HOT STONE MASSAGE

1 hr 10 min — $160

This soothing massage with heated stones and warmed oil melts tension away. Stone placement on your body's energy centres and inhalations of essential oils infuses a deep sense of relaxation, helping draw tension and stress from muscles while improving circulation.

DEEP FLOW MASSAGE

60 min — $130 *or* 1 hr 30 min — $185

Deep flow massage merges relaxation and deep tissue massage techniques. This deep style of massage uses firmer, localized pressure, typically focusing on specific areas of tension in the body. Ideal for relaxing tense muscles and helping relieve muscle strain. Appropriate for anyone looking for deeper and specific muscular work combined with relaxation techniques.

RELAXATION MASSAGE

60 min — $120 *or* 1 hr 30 min — $175

Throughout the ages, relaxation massage has been used to help ease the mind, heal the body and renew the spirit. Using gentle to medium pressure and effleurage movements, this massage will assist in easing tense muscles and increasing circulation – relaxing your body with a sense of overall well-being.

PRENATAL MASSAGE

60 min — $125

Reduce the aches and discomfort of pregnancy with a massage. A supportive pregnancy pillow is used to ensure comfort and relief from the stress and strain experienced by expectant mothers. Skin nourishing Cocoa Butter is applied to the hip and stomach areas.

(Performed only after first trimester)

NEW MOM'S REJUVENATING MASSAGE

60 min — $125

All the benefits of a relaxation massage using Cocoa Butter help improve the skin's natural rejuvenating ability. This treatment can assist in decreasing the appearance of stretch marks.

REGISTERED MASSAGE THERAPY

60 min — $135 *or* 1 hr 30 min — $195

Uses advanced therapeutic massage techniques to target common conditions related to soft tissue and joint dysfunction – such as tension in the back, neck and shoulders – easing pain and increasing mobility. Performed by an accredited Registered Massage Therapist. Insurance receipts must be requested at the time of booking.

Body Scrubs and Wraps

OUR soothing body treatments help renew and regenerate dull skin while harmonizing and balancing both body and mind.

REJUVENATING ARBUTUS WRAP
1 hr 45 min — $195

Inspired by the ancient Arbutus trees that surround our mountain escape - whose bark sheds like skin - rejuvenating from within as the seasons change. Our Arbutus wrap begins with a full body exfoliation to remove dry skin. A mud application is smoothed over the body, which is then cocooned by our special ritual wrap. Enjoy a tension-relieving scalp and face massage while wrapped, enhanced with our signature aromatherapy essential oils. Following the mud rinse, relax with a 45 minute massage of Cocoa Butter Cream to enrich the skin.

Denotes signature treatment.

DETOXIFYING COFFEE & SEA KELP WRAP

1 hr 15 min — $155

Utilizing organic coffee for its stimulating effect on the body, this wrap employs the anti-cellulitic properties found in Coffee and Sea Kelp, while the presence of Pumice provides an invigorating exfoliant. Stimulating Nanah Mentha leaves, Vanilla and Grapefruit awaken the senses, and replenish to leave your skin feeling soft and supple.

Upgrade to a Vichy Shower — $25

BAMBOO AND GINSENG REVIVAL

60 min — $125

Increase circulation and renew your skin with a Bamboo Polish exfoliation. Your skin will be revived with exotic Ginseng and Ginkgo delivered with stimulating Bamboo beads. This treatment helps revitalize the skin, increase healthy blood flow, remove impurities and reveal smooth skin. Completed with a relaxation massage using Citrus massage oil.

CUSTOMIZED RAINSHOWER TREATMENT

45 min — $95

Choose from our signature scrub and moisturizer pairings as your spa therapist guides you through a sensory journey. Renew as we exfoliate the full body to cleanse and invigorate your skin. A gentle rinse beneath the Vichy Shower coaxes tension from your muscles before a generous full body application of warmed moisturizer nourishes the skin.

Manicures and Pedicures

UNWIND and gaze onto the vista from our Mountain View manicure and pedicure room, with the occasional rainbow draped over misty and spectacular scenery, as our trained Aestheticians soothe, nurture and polish your hands and feet. Bring your mom, daughter, friends or bridesmaids. *(Ideal for groups up to 6)*

Manicures

ORGANIC THYME MANICURE
60 min — $75

Enjoy an Organic Thyme exfoliation followed by a luxurious lower arm and hand massage with hydrating Echinacea lotion. This nurturing experience is completed with a warm paraffin mask. Polish of your choice or buffing of the nails to a natural high gloss shine finishes the treatment.

ESSENTIAL MANICURE
45 min — $60

Begins with a softening soak of sea salts and essential oils, then nails and cuticles are groomed. Enjoy a soothing lower arm and hand massage with a hydrating lotion. Finish with your choice of polish or high gloss shine to leave your hands looking their best.

Pedicures

ORGANIC THYME PEDICURE
1 hr 15 min — $98

Put your best foot forward with this invigorating Organic Thyme pumice exfoliating treatment complemented by a relaxing lower leg massage with hydrating Echinacea lotion. A warm Paraffin mask hydrates and nourishes the skin. Nails and cuticles are groomed followed by a natural nail buffing or polish application of your choice.

ESSENTIAL PEDICURE
60 min — $85

Treat your hard-working feet to a cleansing foot soak, followed by nail care essentials and a relaxing lower leg massage using a hydrating lotion. Polish it off with the colour of your choice or a nail buffing for a natural high gloss shine.

Nail Complements

PATIO PEDICURE UPGRADE — $25
FRENCH FINISH — $20
WARM PARAFFIN — $20
POLISH CHANGE — $35
POLISH CHANGE WITH FRENCH FINISH — $45

For Teens

(age 16 and under)

TEEN MANICURE 30 min — $45
TEEN PEDICURE 45 min — $75
TEEN MANI/PEDI 1hr 15 min — $125

Makeup

FEATURING Jane Iredale Mineral Makeup. An extension of every effective skin care program, these micronized mineral products contain an SPF, protecting the skin from sun and other environmental stressors.

MAKEUP APPLICATION

30 min — $55

Look and feel beautiful for day or evening. Your makeup artist will enhance your best features for a natural day look, or create an alluringly glamorous look for those evenings out.

MAKEUP LESSON

60 min — $95

During this hands-on makeup lesson, your makeup artist will advise you on colour selection and provide tips and techniques for an easy and natural look. Learn to apply your makeup with the confidence and skill of a professional.

BRIDAL MAKEUP

2 × 45min — $140

Our Bridal Makeup begins with a consultation with our makeup artist, preferably close to the wedding day, to discuss your desired look. This ensures your peace of mind and a serene makeup application experience, on your wedding day.

(Two visits; 45 minute trial and 45 minute application)

Graduation makeup also available.

Hair Removal & Tinting

Professional and Expert Hair Removal Using Wax

Hair Removal

CHIN OR LIP	$20
LIP & CHIN	$35
FULL FACE	$55
UNDERARM	$30
FOREARM	$40
FULL ARM	$45
BIKINI	$35
FRENCH BIKINI	$50
BRAZILIAN	$90
FULL LEG	$70
FULL LEG & BIKINI	$90
FULL LEG & FRENCH BIKINI	$98
FULL LEG & BRAZILIAN	$140
HALF LEG	$40
HALF LEG & BIKINI	$65
HALF LEG & FRENCH BIKINI	$75
CHEST OR BACK (FULL)	$65
CHEST OR BACK (PARTIAL)	$45

Tinting and Shaping

EYELASH TINTING	$40
EYEBROW TINTING	$22
EYELASH AND BROW TINTING	$55
EYEBROW SHAPING	$25
FALSE EYELASH APPLICATION	$25

For best results, hair should be 5-10mm in length (about ¼ inch). We regret we cannot perform waxing services on Guests who are taking (currently or within the last year) Accutane, Retinol A or any medication that increases skin sensitivity. Waxing is not suitable if you are sunburned or have received a recent laser peel. Waxing is not recommended for Guests who use the mineral pool or sauna/steam room prior to, or after treatment.

Men's Treatments

WHETHER for personal or business, a healthy appearance starts with impeccable preparation.

SPORTS FACIAL
1 hr 15 min — $155

Revitalize for a healthy look with this customized facial, designed to address men's facial skin issues such as dryness, irritation and razor burn. Our skin care professionals will guide you on how to maintain your skin's youthful vigour.

BAMBOO BACK SCRATCH & RELAXATION MASSAGE
60 min — $140

The back scratch you can never get at home using Bamboo Polish with exotic Ginseng and Ginkgo. Helps revitalize skin, increase healthy blood flow and remove impurities. Completed with a relaxation back massage.

SPORTS PEDICURE
60 min — $85

This is the healthy part of foot care, taking care of the basics with attention to the nail and cuticle. Includes an Organic Thyme exfoliation, lower leg and foot massage and warm paraffin mask. Helps alleviate calluses, cracked dry skin and other foot concerns.

SPORTS MANICURE
45 min — $60

The basics for healthy nails begins with the care and conditioning of cuticles and nails. Relax with a lower arm and hand massage and finish with a gentle nail buffing for a natural shine.

Rejuvenation for Golfers

COMPLEMENT your Bear Mountain golf experience with a rejuvenating spa treatment specifically designed to meet your needs after a hard day on the course.

THE MULLIGAN
30 min — $65

Take off those golf shoes and relax after your game with a river rock foot soak, followed by a massage of the feet and lower legs while enjoying a cold beverage of your choice. Bring your golf partner and enjoy this treatment side-by-side. Available outdoors on our Terrace on the Mountain. (weather permitting)

FORE THE FACE
60 min — $130

Too much sun? Do you maintain your golf clubs' faces more often than your own? This facial features Medique skincare products specially formulated to help calm irritation, replenish moisture and enhance the skin's natural ability to repair itself. Improves elasticity and leaves the skin smooth and refined.

THE EAGLE MASSAGE
60 min — $130

Japanese Mint and massage oil combine to relieve aching joints and tight muscles after a day on the golf course. Special attention is paid to the lower back region, tight shoulders and upper arms.

If you don't golf ...

Treat yourself to a half day of total relaxation while your partner is on the course with our Rainforest Retreat or Mountain Escape packages for one. (see next page)

My Sante – Packages for One

COMPLEMENTING treatment combinations for ease of planning your own spa experience or for gift giving.

RAINFOREST RETREAT

4 hr 30 min — $515

with gift of Pure Ritual Lemongrass Body Lotion

- Rain and Forest Massage
- Sante Customized Facial
- Essential Manicure
- Essential Pedicure
- Choice of Spa Cuisine

CUSTOM PACKAGES

Let your imagination soar and create a unique package by choosing your own personalized rejuvenation experience from the many treatments that we offer. Enjoy it yourself or gift it to that special someone. Our Spa Concierge will be pleased to assist you in your selection.

Please note, package times listed are for treatments only. Allow sufficient time to arrive and enjoy our beautiful spa facilities.

MOUNTAIN ESCAPE

3 hr 30 min — $385

with gift of Pure Ritual Balancing Tea

- Quartz Crystal Facial Experience
- Essential Manicure
- Essential Pedicure
- Choice of Spa Cuisine

GOLFER'S 19TH HOLE

2 hr 30 min — $325

with gift of travel sized Medique Sunscreen

- Fore the Face
- The Eagle Massage
- The Mulligan

BRIDE-TO-BE

3 hr 45 min — $325

with gift of Pure Ritual Balancing Tea

- Organic Thyme Manicure
- Organic Thyme Pedicure
- Bridal Makeup Application

SANTE ELEMENTS JOURNEY

2 hr — $260

with gift of Pure Ritual Detoxifying Scrub & Soak

- Customized Rainshower Treatment
- Elements Mountain Massage

Couples Treatments

COUPLES COAST TO CLOUDS ESCAPE
2 hr 30 min — $245 per person

Unwind together with a refreshing foot soak in front of the fireplace in our Crystal Suite. Continue your experience with a rejuvenating full body exfoliation followed by a Lotus Herbal Soak in the jetted soaking tub. After your soak, slip away to the clouds with a full body relaxation massage using a rich Lulur body oil application. Our therapists will complete your journey with a foot massage.

Share your Sante Spa experience with a friend or loved one. Ideal for Couples, Mothers and Daughters, Sisters or Friends.

Choose from the following side-by-side treatments in the Birch Room (pricing per person):

Facials
- Quartz Crystal Experience $220
- Sante Customized $165
- Balancing $155

Massages
- Elements Mountain $165
- Sante Hot Stone $160
- Relaxation Massage
  60 minutes $120
  90 minutes $175

Denotes signature treatment

Crystal Suite

Upgrade your Couples Treatments to our Crystal Suite featuring a jetted soaking tub and fireside lounging area ($25 per person surcharge applies).

Includes:

- 30 minutes of private relaxation time in the Crystal Suite,
- Light spa snacks and mineral water.

Complements available:

- Couples Soak - 30 min — $25 per person ~ Lotus Herbal *or* Romantic Rose Bath
- Spa cuisine and wine selections are available to be served in the Crystal Suite - please order upon check-in.

Group Celebrations (3 or more persons)

Ideal for birthday parties, bridal showers, girls' night out, wellness retreats and corporate events, our Group Packages are a memorable way for friends, family or colleagues to celebrate and connect. Following your treatments, we invite your Group to socialize on the Terrace on the Mountain, or in our Forest Lounge.

All Group Packages include:

- A $25.00 voucher for each member of your party towards the purchase of retail products from our Spa Boutique on day of visit.

PACIFIC TRANQUILITY
2 hr 30 min — $285 per person
- Sante Customized Facial
- Relaxation Massage (60 minute)

NATURE'S RETREAT
2 hr 45 min — $265 per person
- Sante Customized Facial
- Organic Thyme Pedicure

BODY REVITALIZER
2 hr — $245 per person
- Bamboo and Ginseng Revival
- Relaxation Massage (60 min)

ISLAND ESCAPE
2 hr 15 min — $220 per person
- Relaxation Massage (60 min)
- Organic Thyme Pedicure

MANI-PEDI PARTY
2 hr 15 min — $175 per person
- Organic Thyme Manicure
- Organic Thyme Pedicure

TEEN PARTY (ages 16 and under)
1 hr 30 min — $140 per person
- Teen Mani / Pedi
- Light makeup

CUSTOMIZED GROUP PACKAGES
Customize your own Group Package with our Spa Concierge – à la carte treatment pricing plus a 10% Spa Amenities Fee apply to groups of three or more receiving multiple treatments.

sante

Wellness + Nature Experiences

(advanced booking required)

Some of the best outdoor activities anywhere in the world can be found on Vancouver Island – ranked as one of the world's ten best islands by Travel & Leisure magazine – thanks to its spectacular scenery and fantastic hiking trails.

Next to Bear Mountain Resort lies the wonderful wilderness amenity of Goldstream Provincial Park. Centred around a hanging valley, complete with 47 m waterfall, Goldstream Provincial Park features an old growth Douglas-fir and western red cedar forest and 16 km of hiking trails of varying difficulty – ranging from wheelchair accessible to the challenging Mount Finlayson climb. If you are visiting us in late October and November, the park is well known for the annual salmon runs in the Goldstream River, offering good vantage points to view the run and observe the large number of bald eagles that congregate to feast.

GOLDSTREAM HIKERS REPRIEVE

Treatment Time: 1 hr 15 min
Hike Time: approx. 2 hours
(for novice to intermediate hikers)
$225 per person (2-6 people)

Start with a stunning customized guided hike through Goldstream Provincial Park. Return to Sante Spa and enjoy a refreshing drink and light organic snack. Revitalize in our Therapeutic Mineral Pool followed by your choice of a Mountain Elements Massage or Balancing Facial. Relax by the fire and enjoy our lush Forest Lounge with a glass of wine or beverage of your choosing and petit chocolate dish.

FINLAYSON REACH

Treatment Time: 1 hr 15 min
Hike Time: approx. 2 hours
(for intermediate to advanced hikers)
$165 per person (4-8 people)

The perfect group retreat - explore Mount Finlayson with your private guide, enjoy an unobstructed view of the Olympic Mountain range, as well as Mount Baker and descend through old growth forest that crisscross two distinct vegetation zones. A rewarding sense of achievement embraces as you hike back through moss and fern filled trails.

Return to Sante Spa and enjoy a refreshing drink, light organic snack and refreshing soak in our Therapeutic Mineral Pool prior to a 60 minute Relaxation Massage complimented with a relieving foot scrub to release tension. Celebrate your achievement together with a glass of wine and petit chocolate dish.

Denotes signature experience

YOGA + SPA

Treatment Time: 1 hr 15 min
Yoga Time: 60 min
$250 per person (1-2 people)

Customized private one hour yoga session followed by time for personal retreat. Continues with a Therapeutic Mineral Pool soak and Detoxifying Coffee & Sea Kelp Wrap. Afterwards, dwell by the fireplace and enjoy nutritious spa cuisine.

YOGA + SPA FOR GROUPS

Treatment Time: 1 hr 15 min
Yoga Time: 60 min
$195 per person (3-6 people)

A one hour private yoga session for your group, tailored to your abilities or experience, followed by a delicious smoothie, before commencing your Balancing Facial.

CYCLING ON GALLOPING GOOSE TRAIL

Treatment Time: 60 min
Cycling Time: approx. 3 hrs
$235 per person (2-4 people)

The Galloping Goose Trail is named for a noisy gas rail-car which carried passengers between Victoria and Sooke in the 1920's. This 60 km long rails-to-trails conversion is a pleasure to ride – over preserved trestle bridges and through very picturesque countryside (including urban, rural and wilderness settings). "Doing the Goose" is a must for anyone who enjoys cycling on the flat. Your package includes a guided tour, bicycle rental and transfers. Return to Sante Spa and enjoy your choice of spa cuisine, followed by a 60 minute Sports Massage.

GARDEN + SPA

Treatment Time: 2 hr 30 min
Garden Tour Time: approx. 2 hrs
$285 per person (2-4 people)

For green thumb enthusiasts. Indulge your passion for gardening with a self-directed visit to Hatley Park Gardens – Edwardian themed Japanese, Rose and Italian gardens located 20 minutes from Bear Mountain. Reward your endeavour with an Organic Thyme Manicure, Regenerative Facial and your choice of spa cuisine or afternoon tea.

Westin Bear Mountain Hotel & Resort

Set alongside Canada's only 36 hole *Nicklaus Design* golf course, the Westin Bear Mountain Hotel features 156 contemporary Guest rooms with impressive views of Mount Baker and nearby Mount Finlayson.

THE WEDDING CEREMONY CIRCLE

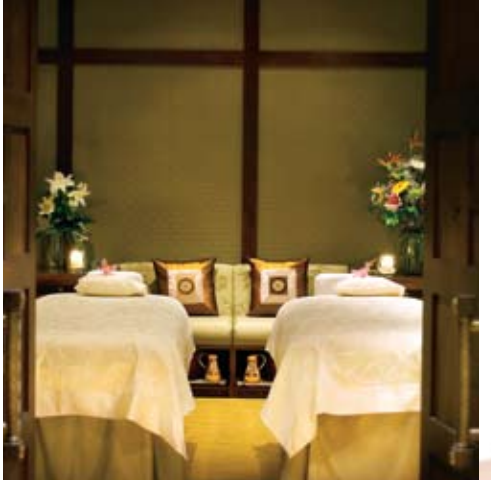
Victoria's premiere wedding location. The Wedding Ceremony Circle is perched on the mountain with expansive views. Everything you could possibly dream for your wedding is right here.

MOUNTAINSIDE ATHLETIC CENTER (MAC)

A healthy lifestyle at your door step. The MAC features tennis courts, fitness room, outdoor heated pool, hot tub, infrared sauna, tanning bed, juice bar, fitness classes and personal trainers.

GROUPS WITH HOTEL

Bear Mountain Resort is the perfect place to hold events, corporate meetings and memorable occasions. With golf, spa, fitness, conference rooms, banquet rooms, catering and four on-site restaurants, the Westin Hotel can plan an event you won't forget. It is the ideal location to host corporate events, golf getaways, stags and stagettes, birthdays, anniversaries or weddings. Talk to our Spa Concierge or a Westin Conference Service Manager to plan your occasion.



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