



**SPA MENU**

Reservations | 819.425.8551 #5050  
[HotelQuintessence.com](http://HotelQuintessence.com)

3004, chemin de la Chapelle  
Mont-Tremblant, Québec H8E 1E1

**LES MASSAGES**

Swedish*	60 min.   \$135 90 min.   \$190
Swedish – modified for pregnancy*	60 min.   \$135 90 min.   \$190
Four-hand Swedish massage*	60 min.   \$260 90 min.   \$325
Swedish and hot stone back massage	60 min.   \$155
Hot stone massage	90 min.   \$230
Sans Sabots foot pampering	60 min.   \$135
Sans Sabots foot pampering and Swedish massage	90 min.   \$195
« Deep tissue » OR Shiatsu*	60 min.   \$150 90 min.   \$200
Quintessence Signature <i>(YonKa Exfoliation, duo Swedish massage and foot pampering)</i>	150 min.   \$300
Chair massage*	15 min.   \$30 30 min.   \$55

Enjoy a massage in the comfort of your suite at no extra cost.  
\*Lakeside massages are offered in summer.

**SPA FACILITIES ACCESS (OUTSIDE GUESTS)**

Without treatments	\$45
With a 60 minute treatment	\$25
With a 90 minute (or more) treatment	FREE

Spa Sans Sabots reserves the right to limit access depending on the occupancy.

**YOGA**

Hatha-yoga balances, harmonizes purifies and strengthens the body.

Private sessions in your suite or classes of three to ten persons in summer. (By reservation)

**FACIALS & BODY TREATMENTS**

**BABOR**

**FACIAL TREATMENTS**

Performance Extra (10 to 35 y.o.)	90 min.   \$169
Vita Detox therapy (25 to 40 y.o.)	60 min.   \$140
Collagene Booster therapy (35 y.o. and over)	90 min.   \$199
Global Anti-Aging ReVersive (50 y.o. and over)	60 min.   \$155

**BODY TREATMENTS**

Shaping Orange Mimosa	90 min.   \$225
Balancing Bois Cachemire	90 min.   \$225

**YONKA**

**FACIAL TREATMENTS**

Grand Classic (for all ages)	60 min.   \$110 90 min.   \$139
Alpha Vital (35 y.o. and over)	90 min.   \$139
Time Resist (45 y.o. and over)	60 min.   \$120
Anti-Aging for Men (50 y.o. and over)	60 min.   \$110

**BODY TREATMENTS**

Yonka Algo salt	60 min.   \$139
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**MANICURES | PEDICURES**

**30 MINUTES**

Express manicure	\$35
Express French manicure	\$40

**60 MINUTES**

Manicure	\$60
French manicure	\$65
Pedicure	\$75
French pedicure	\$80

**120 MINUTES**

Manicure-pedicure duo	\$120
French manicure-pedicure duo	\$130

\*Taxes and service extra. Prices are in Canadian dollars and may be changed without prior notice.