

Elemental Nature Facials

Following a brief consultation, our skincare specialists will address concerns ranging from acne and aging to dryness and sensitivity. Your treatment will include Stress Relieving Rituals with customized aroma and facial massage techniques particular to your needs. Choose from the following options and with the power of pure plant essences your skin will feel rejuvenated and restored.

PURE BALANCE **\$90**
Relax and let your skin enjoy the attention it deserves. During this experience you will receive two customized masks, a face and neck massage and steam treatment based on the needs of your skin.
Allow 60 minutes

SELF RENEWAL **\$130**
The ultimate facial experience! Your whole body is nurtured while your skin is revitalized. Enjoy a hand, foot, face, neck and scalp massage during this personalized facial treatment.
Allow 90 minutes

BOTANICAL SKIN RESURFACING **\$110**
The Aveda alternative to micro-dermabrasion, we combine the power of tourmaline with a hands-on approach that results in skin that is proven to have smoother texture, fewer fine lines and maturing skin, decreased pore size, significantly more radiance — and all without irritation and inflammation.
Allow 60 minutes

Treatment Enhancements
Choose any of the following options to enhance your experience.

EYE ZONE TREATMENT **\$30**
The Eye Zone Treatment focuses on the special needs of the delicate eye area. Reduce puffiness, dark circles and fine lines. This treatment is perfect to hydrate, refresh and relax stressed eyes.

FACE AND DÉCOLLETÉ FINISH **\$20**
Protect and treat your skin from environmental aggression with an infusion of vitamins and minerals. Your skin will be brightened, firmed, and nourished.

BRIGHTENING TREATMENT **\$20**
Treat and prevent the appearance of skin discoloration caused by aging and sun exposure. A glowing and even complexion will be yours without any bleaching or invasive procedures.

Relaxation Massage

Stress and daily environmental aggressors, even diet can trigger imbalances such as sensitivity, premature aging and quite often pain. Our approach encourages your body and skin to activate its own repair mechanism.

ELEMENTAL NATURE MASSAGE
Recovery for your skin and body starts with a consultation. Your spa therapist will design a treatment based on your needs utilizing the Aveda Elemental Nature philosophy. Using pure aromas that de-stress, products that produce results and techniques that focus on the power of touch, we will bring you back towards balance.
60 MINUTES **\$90** 90 MINUTES **\$130**

MESSAGE DUET
Designed for your personal needs in synergy with the Aveda Elemental Nature philosophy, enjoy an Elemental Nature Massage along side a friend or loved one.
60 MINUTES **\$170** 90 MINUTES **\$250**

We regret that registered massage therapy is not currently available.

Found Etiquette

Operating Hours: Vary by season, please contact Found.

Reservations: Reservations for services are highly recommended. Please call Found at 686-1100 or dial 1100 from your chalet.

Cancellation Policy: A credit card or chalet number is required at time of booking. Cancellations with less than 24 hours notice will be charged 100% of the treatment price.

Communication Devices: We respectfully request that you do not bring cell phones, BlackBerries, pagers, or digital audio players to Found.

Noise: In keeping with the serenity of Found, please assist us to protect the peaceful atmosphere that we have created. Please remove outdoor shoes to keep noise levels down, and floors pristine. As treatments are ongoing, lowering your voice will respect the serenity of the Spa.

Arrival Time: We would like to suggest you arrive at least 15 minutes before your appointment in order to check in, change, and prepare for your treatment.

What to Wear: Robes, spa sandals and towels are provided for your convenience. If you wish, a personal locker to store your belongings can be issued for your use. We do not advise storing any valuables in your locker, as we can not be responsible for lost items. If you plan to enjoy Found's outdoor hot tub, please bring a bathing suit.

Health Issues: Please be sure to inform us if you are pregnant, have high blood pressure, heart ailments, diabetes or any other condition, as heat therapies, massage or skin care is inadvisable in such cases.

Gift Certificates

Share a Found Spa experience by giving a Found gift certificate.



10 Lakeside Drive, Humber Valley Resort Telephone: +1 709 686 1100

All prices exclude HST (14% at time of printing)



Welcome to the unspoiled forests of the Humber Valley, where a million trees replace a million people and the crystal clear waters of Deer Lake, teeming with life, gently mingle with the Humber River. A place where the air is pure and peace and tranquility are far from the hectic pace of daily life. At the heart of Humber Valley Resort, the epitome of all this is Found.

Our mission is simple: to allow you to escape and indulge yourself completely, rejuvenate your spirit, and return refreshed and revitalized.

To complement your mood our treatment rooms, inspired by the elements of earth, air, fire, and water, are tastefully decorated to enhance the sensory experience. With our perfect location on the lake, our spa goes far beyond four walls. Extending from the deck is a secluded glade which meets the water's edge at a sandy beach. Our gardens contain areas to spend quiet time after or between treatments and all Found guests can enjoy complimentary use of the outdoor hot tub.

We have created a menu of treatments and services to appeal equally to both men and women and we extend a warm welcome whether you come alone or with friends. Our spacious rooms can accommodate duet treatments should you wish to share the experience.

Accredited as an Aveda Concept Spa we have aligned values in synergy with the environment and sustainability of resources. As such all treatments and products use natural ingredients and recycled packaging.

Our professional staff is available to assist you in the appropriate choice of the services on offer. In addition to a full explanation of the treatments this brochure also covers spa etiquette and we request that guests take a few moments to read this before a visit.

menu of services

Body Treatments

Designed to bring purity and balance to the skin, our body treatments focus on cleansing, exfoliation, massage and masque therapy. Ideal if you have skin challenges, seasonal skin changes or just want to treat yourself.

ROSEMARY MINT BODY TREATMENT **\$90**

Renew your body and mind with this stimulating yet nurturing body treatment. The skin is smoothed and softened while essences of Rosemary and Peppermint awaken the senses. A scalp and foot massage round out the treatment and balance the body. Allow 45 minutes

CARIBBEAN THERAPY™ BODY TREATMENT **\$140**

A rejuvenating, nurturing body treatment that uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew the body and senses. Treatment begins with a dry exfoliation followed by a smoothing, detoxifying seaweed masque, a comforting body wrap and a scalp and face massage. After a refreshing shower, a restorative body massage completes this Caribbean inspired experience. Allow 90 minutes

CHOCOLATE BLISS BODY TREATMENT **\$150**

A luxurious and deliciously decadent experience, indulge your chocolate craving with none of the calories. After a gentle exfoliation your skin is smoothed and toned with our chocolate body mask, containing pure cocoa. After a relaxing shower, your skin is lavished with rich emollients and the nurturing essence of pure vanilla. Allow 90 minutes

CARIBBEAN THERAPY™ BODY SCRUB **\$150**

This stimulating exfoliation treatment uses the healing touch and plant ingredients of the Caribbean to rejuvenate the skin and senses. The experience is completed with Caribbean inspired massage techniques to leave you feeling renewed. Allow 90 minutes

HIMALAYAN REJUVENATION TREATMENT **\$210**

This purifying yet nurturing treatment is based in the science of Ayurveda, the ancient healing art of India. Experience a series of innovative exfoliation and massage techniques to relax the body, calm the mind, and relieve tension. Your body will then be warmed using a special aroma blend in a Plant Pure-Fume™ Steam Tent and finally, a deep relaxation is created by a warm plant-based product called Tranquillescence™ which is directed in a continuous stream onto the forehead. This is an amazing mind and body experience. Allow 120 minutes

NETI INHALATION **\$70**

This aromatic steam inhalation is combined with relaxation facial massage techniques to relieve facial pressure. Allow 45 minutes

TRANQUILLESSENCE **\$70**

Based on Ayurvedic Shirodhara, a warmed botanical concentrate streams between your brows and flows gently off the back of your head for profound relaxation. Allow 45 minutes

PLANT PURE-FUME™ STEAM TENT **\$70**

A purifying aromatic steam envelops your body as a steam tent is placed over you. This is a great relaxation and detoxification treatment. Allow 45 minutes



Hands and Feet

Experience customized care for your hands and feet. This rejuvenating service includes proper maintenance and grooming of nails and cuticles, personalized massage, customized exfoliation and masque. A necessary spa experience to bring your hands and feet back in to balance.

HAND RELIEVING TREATMENT **\$50**

Pure Flower and Plant Essences nurture healthy hands and nails. Nail and cuticle care combined with a relaxing hand massage and a moisturizing treatment will rejuvenate your hands. Allow 30 minutes plus drying time

CARIBBEAN THERAPY™ HAND TREATMENT **\$60**

This rejuvenating and nurturing hand treatment uses the healing touch and plant ingredients of the Caribbean to improve condition of nails, cuticles and hands. An exfoliating paste and warm seaweed masque combined with Caribbean massage techniques smooth and soften, relax and renew your hands. Allow 45 minutes plus drying time

FOOT RELIEVING TREATMENT **\$65**

Pure Flower and Plant Essences nurture healthy feet. Enjoy a soothing foot soak and exfoliation. Nail and cuticle care combined with a relaxing foot massage will leave your feet soft and smooth. Allow 45 minutes plus drying time

CARIBBEAN THERAPY™ FOOT TREATMENT **\$75**

The healing touch and plant ingredients of the Caribbean improve the condition of your feet during this rejuvenating and nurturing treatment. The feet are immersed in a luxurious foot bath before the nails and cuticles are groomed. An exfoliating paste alleviates dry skin, followed by a warming mask to moisturize feet while your neck and shoulders are massaged. A foot and leg massage using a lush, hydrating body crème leaves you feeling like you've been on a mini tropical vacation. Allow 60 minutes plus drying time

The treatments above include complimentary polish and file for maintenance.

MEN'S HAND TREATMENT **\$45**

A handshake makes a pivotal first impression. Dry skin is relieved and nails and cuticles groomed in this essential treatment. Allow 30 minutes

MEN'S FOOT TREATMENT **\$60**

Foot care is essential for good health. In this relaxing treatment your feet are massaged, smoothed and moisturized, while nails and cuticles are trimmed and groomed. Allow 45 minutes

Waxing

Our waxing rituals promote comfort in balance with results. Please ensure to advise your therapist if you are using doctor prescribed skin care products or taking any related medications which may affect your treatment.

Eyebrows	\$25	Half Arms	\$30	Full Arms	\$40
Underarms	\$25	Bikini	\$30	Half Legs	\$40
Full Legs	\$60	Back	\$50	Chest	\$50



Combination Experiences

Go on, spoil yourself because you deserve it. Enjoy a few hours or even a day of luxurious pampering on your own or with friends. The Found Combination Experiences will take you to a new level of well being. They are designed to nourish the skin, reawaken the senses, rejuvenate the body and rest the mind. Our therapists will be on hand to offer advice on your choice of treatments or choose from one of our creations.

Lunch: All treatments are accompanied by a light spa lunch. At time of booking, you will be asked for your lunch preference from our delicious and nutritious Spa menu.

Outdoor Hot Tub: Complimentary use of the outdoor hot tub is available with all combination experiences.

APRÈS ADVENTURE **\$210**

The perfect way to relax and recover after time in the sun and snow! Whether you golf or ski, hike or snowshoe, let us soothe your skin and knead away the elements. Prepare for another day full of adventure with a revitalized body and protected nourished skin. (60 minute facial, 90 minute massage). Allow 3 hours

CARIBBEAN CARESS **\$275**

This island-inspired experience uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew the body and senses. Your Caribbean Caress will pamper you from head to toe. Enjoy both a Caribbean Therapy™ Hand Treatment and Foot Treatment using techniques that improve the condition of nails, cuticles, hands and feet. Your island-inspired body treatment will detoxify and restore body and soul. Allow 4-5 hours

FULL DAY MELT AWAY **\$275**

Pamper yourself and melt away with Found. Enjoy both a hand relieving treatment, and foot relieving treatment using Pure Flower and Plant Essences to nurture your hands and feet. Then, savor your elemental nature facial which is designed for your personal needs to sooth both your skin and your soul. Finish with a Rosemary Mint body treatment which will smooth and soften your skin while awakening your senses. Allow 4-5 hours



Frequently Asked Questions

Can I go alone?

Absolutely, but we also welcome couples and small groups.

What about my comfort?

Your comfort is our business. Our therapists are here to ensure that your visit to Found is very comfortable, so please do not hesitate to inform them of any help you need in this regard.

Do I need to take off my clothes?

Although some treatments are best performed with minimal clothing, every action is taken to ensure discretion. Your therapist is trained in draping techniques and will usually leave the room while you disrobe and position yourself.

How old do I have to be?

We wish to create an atmosphere conducive to relaxation and regret that children under 12 are not permitted.

Is there a dress code?

No we simply suggest that you dress comfortably. In the winter we recommend warm outer clothing to ensure your comfort when leaving. Should you wish to avail of the hot tub please bring a bathing suit.

Do you welcome men?

Absolutely! While a few treatments are aimed at a specific gender, most of our treatments can be personalized to your own taste and requirements.

What if I am pregnant?

Found is the perfect place to relax when pregnant, however, it is vital that you inform us when booking. There are a few treatments that we do not recommend at certain times of pregnancy.

Questions about a treatment?

Open communication will aid your comfort allowing you to receive the full benefits of your treatment. We encourage you to ask your therapist any questions you may have and to let them know how you feel during your treatment.

Who can help me decide which treatments will best suit my needs?

Our therapists will be more than happy to recommend and help you select the best treatments for you.

Does waxing hurt?

Many people are surprised to find that waxing does not hurt as much as expected. The sensation tends to be more noticeable in sensitive areas but each person reacts differently. Your therapist will do their utmost to make the experience as comfortable as possible. Skin may remain slightly red for a few hours after waxing.