

KurSpa

Time Stops...

## WHOLE BODY HEALTH AND WELLNESS

### Welcome to Sparkling Hill KurSpa

I invite you to begin your personal journey to whole body health and wellness here at Sparkling Hill Resort. KurSpa is a rare place of timeless beauty and serenity, where your senses will tingle with anticipation of the spa experience that awaits your body, mind and spirit. The Swarovski crystal elements and natural elements create a calming ambiance. Earthly gifts are found in the myriad of European inspired and transformative treatments and therapies. Himalayan salts, volcanic dust and essential oils from plants and flowers endow your body with whole body wellness. Visit our refined, open and airy space—you will find urbane style and design complimented by the natural beauty of the landscapes viewed through the floor to ceiling windows. With abundant natural light, the atmosphere in our KurSpa treatment and therapy rooms is uplifting and soothing. Our goal is to welcome you to an oasis of calm and tranquility. KurSpa has become the iconic spa in North America, underlining the belief that wellness within radiates beauty. Rejuvenate, revitalize, renew ... and relax at this unforgettable place—KurSpa. You will come away feeling beautiful and peaceful, with a renewed sense of well-being, vigour and vitality.

My team and I look forward to welcoming you to KurSpa.

Silvia Groicher

Spa Manager



## Complimentary KurSpa With Your Hotel Stay

Exclusive access to the 7 unique aromatherapy saunas and steam rooms plus experience showers | igloo 10°C | indoor pool complete with underwater music and starry Swarovski crystal sky | hot pool | outdoor infinity pool | Kneipp water therapy | state-of-the-art Keiser-equipped fitness studio | Tea and Serenity Relaxation Rooms

A stay at Sparkling Hill Resort is more than just a rest. It's a complete renewal. Sparkling Hill is committed to providing a whole body health and wellness experience to every guest, with every night's stay, by offering exclusive access to a multitude of complimentary health and wellness therapies. Immerse in the splendour of KurSpa and give yourself the gift of synergy, balance and beauty.



### AQUA MEDITATION 30°C

Escape to a blissful state. The sound of water gently dripping into a Swarovski Crystal basin, subdued light, cushioned seating, calming music and Orange essence create a restful environment. Step into the Aqua Meditation before or after your steam or sauna.



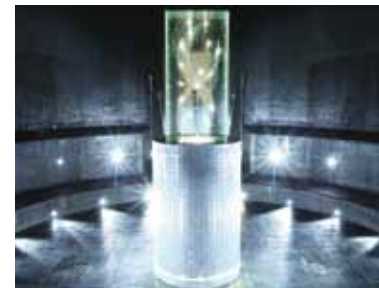
### ROSE (STEAM) 38°C

Rose's sweet scents surround you in this fragrant steam, heated wall tiles embedded with rose petals gently release their aromas. This luxurious sauna creates a romantic ambiance that lifts spirits and balances moods.



### SALT (STEAM) 40°C

Enhance concentration, slow aging, and smooth wrinkles in this serene salt cavern. Brine-infused water droplets fill the air, simulating a pure natural salt cave. The high salt content cleanses and significantly reduces stress. Herbal-scents create a comfortable and soothing environment. Drift away into a state of serenity.



### CRYSTAL (STEAM) 42°C

Discover an alluring and mystical atmosphere in this softly-lit crystal steam sauna. Swarovski crystal elements create an effect of infinite time and space as eucalyptus aromatics energize and uplift.

COMPLIMENTARY WITH YOUR HOTEL STAY

MASSAGE AND BODY TREATMENTS

BEAUTY

PACKAGES

IMPORTANT INFORMATION AND ETIQUETTE

### EXPERIENCE SHOWERS

Slip within shell-like showers and surround yourself with the primal pleasure of falling water. Conical shower heads stimulate skin from many angles leaving you with a new-found surge of sensory and whole body awareness. Individual shower heads soothe your body while the starry Swarovski crystal elements above are relaxing. Shower element options include: tropic and thunder rain, spray and side massage nozzles, side and overhead shower, colour exchange lighting, plus fragrant eucalyptus, orange and mandarin scents.



### AQUA AREA

#### KNEIPP WATER THERAPY

Healing with water is one of the ancient touch stones of creating whole body wellness. Father Sebastian Kneipp (1821-1897) documented the benefits of hydrotherapy for healing and curing during his 19th century research. KurSpa's Kneipp Water Therapy or 'water-stepping' is based on Kneipp's theory which remains popular in Europe to this day. This simple and effective treatment uses thermo-therapy to cause blood vessels to expand and contract, giving "nature a helping hand", stimulating and invigorating the circulatory and lymphatic systems, relaxing the nervous system, reducing swelling, increasing the body's defence against varicose veins, and relaxing aching muscles.



The Kneipp pool is recessed into the floor, effortlessly step down knee-deep into the meandering channels alternating between warm and cold water every 20 or 30 steps. The Kneipp Water Therapy room is suitably framed by stunning views of Lake Okanagan!

### HERBAL (SAUNA) 60°C

Traditional beams of imported European wood combine with the pine aromatics creating a sensation of being in the great outdoors. A basket filled with stones is heated and effortlessly manoeuvred into a copper basin of water, creating an impressive burst of steam and sizzle. The resulting humidity and heat promotes the cleansing of lungs and provides a moisture surge for your skin.



### PANORAMA (SAUNA) 80°C

Colour and light take a new form. Look out on panoramic views of green forested hills plunging into deep blue Lake Okanagan. Beginning with a mild temperature, the dry heat calms the body while promoting balance and harmony of mind and spirit. Moderate temperatures assist the body in releasing tension and stimulating the glandular system. Higher temperatures stimulate your body's circulatory system.



### FINNISH-CLASSIC (SAUNA) 90°C

This sauna is true to the European spa tradition with walls and benches of gently polished wood. With the temperature between 80oC and 110oC and a low 10% humidity, it is ideal for cleansing your skin and lungs. Once you are comfortably seated, allow your eyes to draw upwards to the ceiling to appreciate beautiful art inspired by Michelangelo.



### IGLOO 10°C

Recommended after a sauna or steam to reduce body temperature. Chilled white marble tiles and floor are glazed with Swarovski crystal lacquer, reflecting a simple elegance in this refreshing environment. Crackling ice sounds fill the air, while peppermint and eucalyptus scents invigorate the senses. A fountain releases crushed ice, rubbing the ice onto your skin exhilarates, stimulates circulation and revitalizes your spirit.



## REST AND REJUVENATE

### SERENITY ROOM

A quiet, peaceful retreat, where you may be still after or in-between treatments. Simple and elegant European-inspired spa furnishings and an awe-inspiring view of the Monashee Mountains and Lake Okanagan impart a calm ambiance.



### TEA ROOM

Sipping herbal tea after a wellness treatment delivers health benefits and enhances your journey to wellness. Socialize and relax over a cup of your favourite herbal tea, or water.



### FITNESS STUDIO

The fitness studio offers FunFit, state-of-the-art Keiser equipment. All equipment works on air pressure to increase or decrease resistance. Its non-intimidating style provides a safe, effective way for users to lose weight, increase bone density, strength and power, improve stability, and mobility.



### INDOOR POOL

Visions of the great Roman baths come to mind when viewing the magnificent pool area. Swimming is a full sensory experience—be captivated by soft underwater music and Swarovski crystals glittering above as you slip through the warm clear water. The KurSpa pools are naturally treated with salt water.



### HOT POOL

Just steps from the indoor pool, discover a spacious retreat to relax and soak.



### OUTDOOR INFINITY POOL

From here to infinity. That's the view from KurSpa's spectacular outdoor infinity pool with panoramic views of Lake Okanagan and its surrounding vistas. Like the indoor pool, salt water is used as a natural water treatment. The sounds of nature are all around you, birds softly call as a breeze gently rustles nearby stands of Douglas-fir. Delight in the ever-changing beauty of nature from any vantage point in the outdoor infinity pool.

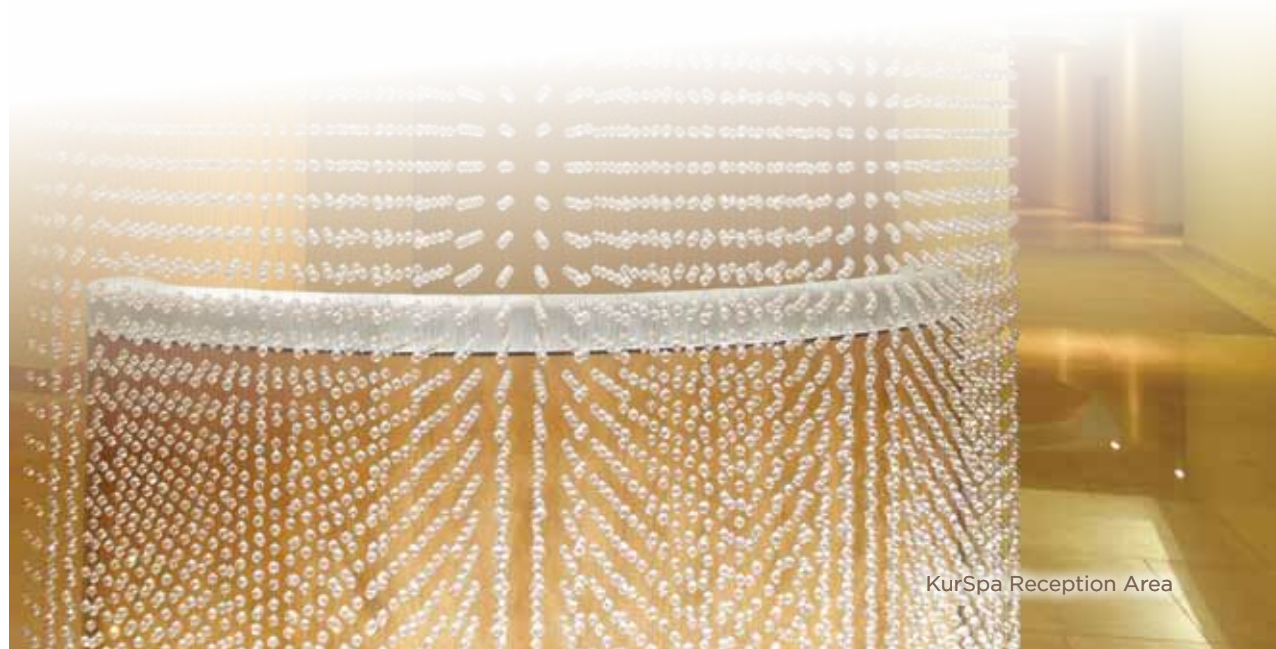


View from the Outdoor Infinity Pool Deck

## KurSpa Whole Body Health and Wellness Treatments

Sparkling Hill Resort celebrates whole body health and wellness inside and out. We are proud to introduce some of the best traditional European treatments and transformative therapies to North America for a happier, healthier you.

Our health and wellness services team is lead by professionals who embrace the holistic approach to health, and can tailor a plan to fit your individual needs. Working together, we are dedicated to guiding and assisting you in your journey to health and wellness—so you will depart Sparkling Hill with a renewed sense of well-being, vigour and vitality.



KurSpa Reception Area

## KURSPA SPECIALISTS

### NATUROPATHIC PHYSICIAN

Naturopathic medicine is a unique and comprehensive approach to improving health and treating illness. It focuses on prevention using natural substances and treatments that stimulate the body's ability to heal itself.

Our naturopathic physician will take the physical, mental, emotional and spiritual dimensions into account when developing a treatment plan.

### HEALTH CONSULTATION 50 MINUTES | \$110

Consultation includes medical history, relevant physical examination, health assessment and treatment plan.

### ACUPUNCTURE 45 MINUTES | \$90

Acupuncture is part of traditional Chinese medicine and has been used as a natural therapy for approximately 3000 years. Based on a holistic philosophy which believes the body has a network of energy channels called meridians, acupuncture needles influence the movement of energy called Qi, returning the body to a state of balance and optimum health.

Acupuncture benefits a wide range of medical concerns including:

- Digestive disorders
- Respiratory disorders
- Neurological and muscular disorders

### NUTRITIONAL COUNSELLING 50 MINUTES | \$110

Nutrition is one of the pillars of naturopathic medicine. What we eat provides the basic building blocks required for every single function in our bodies.

But nutrition is about much more than what we eat. Our relationship with food has a mental and emotional component, a social component, and perhaps an ethical or environmental component. All aspects need to be considered in your diet assessment and nutritional plan for you.

Our physician will create an individual plan for your specific requirements.

### INJECTION TREATMENTS 15 MINUTES | \$45

**Allya:** Safe and effective, this medicine is directed at pain and inflammation, especially back pain, disc injury, scar pain, sprained muscles, arthritis and knee injuries. Allya is a homeopathic medicine which contains only plant and mineral preparations. It is injected into muscles or joints to relieve pain and inflammation.

**B Vitamins:** Vitamin B complex consists of eight water soluble vitamins. The B vitamins work together to boost energy, increase metabolism, enhance the immune and nervous system, keep the skin and muscles healthy and encourage cell growth and division, providing many benefits to your mind and body.

### HOMEOPATHIC FLU PREVENTION KIT 15 MINUTES | \$75

The natural flu shot is a combination of homeopathic medicines which activate the immune system against cold and flu viruses. Thymuline and Influenzium are both homeopathic preparations which help to eliminate invading microbes like viruses and prevent infections.

### ADDITIONAL HEALTH CONSULTATIONS

25 MINUTES | \$50  
15 MINUTES | \$35

### PRESCRIPTION MEDICATION

Naturopathic physicians in British Columbia now have prescribing authority. If you require a new prescription or a refill for a medication you are currently taking, our naturopathic physician can provide this service for you.

Please check with KurSpa reception for Naturopathic Physician availability.

### COLD SAUNA (-110°C) 10 x TREATMENTS | \$300 INTRODUCTORY EXPERIENCE | \$40

Popular in Europe and the first in North America, Sparkling Hill's cold sauna is KurSpa's signature health treatment. The cold sauna provides a treatment called cryotherapy, which involves spending up to three minutes in a room set at -110°C. The room is a dry cold, which makes it comfortable. Clients are asked to wear light clothing and socks. Protective head bands, face masks and gloves are provided. Please note, all jewelry must be removed prior to entering the sauna.

Whilst in the fully-monitored chamber, the skin temperature drops to 5°C. The blood vessels quickly build a protection zone while the core body temperature is maintained. The effect of this whole-body treatment is systemic, whereby during and after cold treatment, biochemical, hormonal and immune modulatory processes are activated, giving the nervous and circulatory systems a boost.

Cold sauna treatment is known to alleviate pain and assist with inflammation, reduce the hypertonicity of muscles, improve joint and muscle function, reduce and relieve skin irritation, cutaneous lesions with neurodermatitis and psoriasis. Guests report a pleasant warm sensation throughout the whole body, feeling happy, strong, and full of energy. For longer-lasting results, subsequent treatments are suggested.



## KURSPA MASSAGE

Celebrate whole body health and wellness through a wide range of ultimate tension-relieving massages provided by our practitioners. Feel the release of stress from daily living as you decompress and detach from your worries.

Massage therapy feels good and is good for you. Not only does it offer stress relief, but it also encourages relaxation, which eliminates the presence of cortisol, the primary stress hormone, linked to weight gain and the incidence of cardiovascular disease. A massage also improves posture and circulation, lowers blood pressure, helps manage pain, relaxes muscles, promotes deeper and more effective breathing, strengthens the immune system, improves rehabilitation after injury, improves flexibility and range of motion, alleviates discomfort, and promotes an overall sense of well-being.

### SIGNATURE MASSAGE

60 MINUTES | \$130

Create your own signature massage with your practitioner for your body and mind to come alive with vibrant new energy. Using elixirs of aromatic flowers, plant essences and therapeutic grade essential oils, you will emerge feeling positively radiant and rejuvenated.

### SPORT MASSAGE

60 MINUTES | \$125

A sport massage is typically used before, during and after athletic endurance. The purpose of the massage is to prepare the athlete for peak performance, drain away fatigue, relieve swelling, reduce muscle tension, promote flexibility, and prevent injuries.

### SPARKLE MASSAGE

60 MINUTES | \$120

Enhance your state of mind and body!

Using custom blended essential oils, practitioners use gentle strokes to stimulate the body's energy centres, while your mind centers on reflection and discovery of a deeper you.

### GENTLE BABY MASSAGE

60 MINUTES | \$120

The expecting mother massage is a soothing treatment for women during their pregnancy. Gentle baby blend essential oils are used to comfort, soothe, relax and enhance skin elasticity.

## HEAD, NECK AND SHOULDER MASSAGE

30 MINUTES | \$70

For many people, the neck and shoulders are common areas of soreness and tension, which commonly cause stress, headaches and even fatigue.

## CRYSTAL CRANIUM

30 MINUTES | \$70

Deep relief and stress-away facial, scalp and neck massage. Essential oil blends have been formulated to help relieve everyday stress, ease tension and uplift the spirit.

## COUPLES MASSAGE

60 MINUTES | \$260

Relax together as you enjoy a side-by-side Signature Massage with your loved one or friend.

## STONE MASSAGE

75 MINUTES | \$145

Velvety warm stones applied to your back and spinal meridians melt away muscle tension and awaken your nervous system. The stone massage provides comfort, warmth and a totally relaxing experience.

MASSAGE AND BODY TREATMENTS

BEAUTY

PACKAGES

IMPORTANT INFORMATION AND ETIQUETTE



### REFLEXOLOGY

30 MINUTES | \$70

Discover how areas of the feet are related to the body's anatomy. Balanced pressure is applied to the "organ points" activating the body's self-healing forces.

### REFLEXOLOGY—IMMUNE BOOSTER

60 MINUTES | \$115

Therapeutic grade essential oils applied before reflexology will help stimulate the immune system and rejuvenate your wellbeing.

### HONEY DETOX TREATMENT

45 MINUTES | \$90

Honey contains a wide variety of vitamins, minerals, amino acids and antioxidants. Using a special fascia technique, honey is worked into the deeper tissue to help detoxify and stimulate the immune system. The skin is left looking rejuvenated and feeling velvety soft. A final massage of the stomach kick starts the digestive tract and aids detoxification.

### RAIN DROP TECHNIQUE

60 MINUTES | \$145

Raindrop technique helps to balance energy, release toxins, and facilitate open energy flow throughout the body along with deep muscle and pain relief. 9 essential oils are used in sequence along the feet and spine to help detoxify and restore your body to a balanced state of well-being.

### THAI MASSAGE

60 MINUTES | \$125

Thai massage has been practised for thousands of years, focusing on the energy lines flowing through the body. It is a blend of massage, acupressure, energy work and gentle yoga stretches. The massage is performed over top of comfortable clothing, while lying on a mat. No oil or lotions are used. Benefits include releasing tight joints, stretching muscles, increased range of motion, increase in lymphatic circulation, reducing stress levels, and unblocking congested energy lines.

### ACUPUNCTURE MERIDIAN TREATMENT

45 MINUTES | \$90

The balance of the Qi is the very foundation of being alive and functioning in traditional Chinese medicine. If there is a blockage or poor flow of Qi, there can be pain or illness. The goal of the treatment is to balance your energy flow, accomplished by softly massaging your meridians or by treating specific acupuncture points.

## MASSAGE THERAPY TREATMENTS

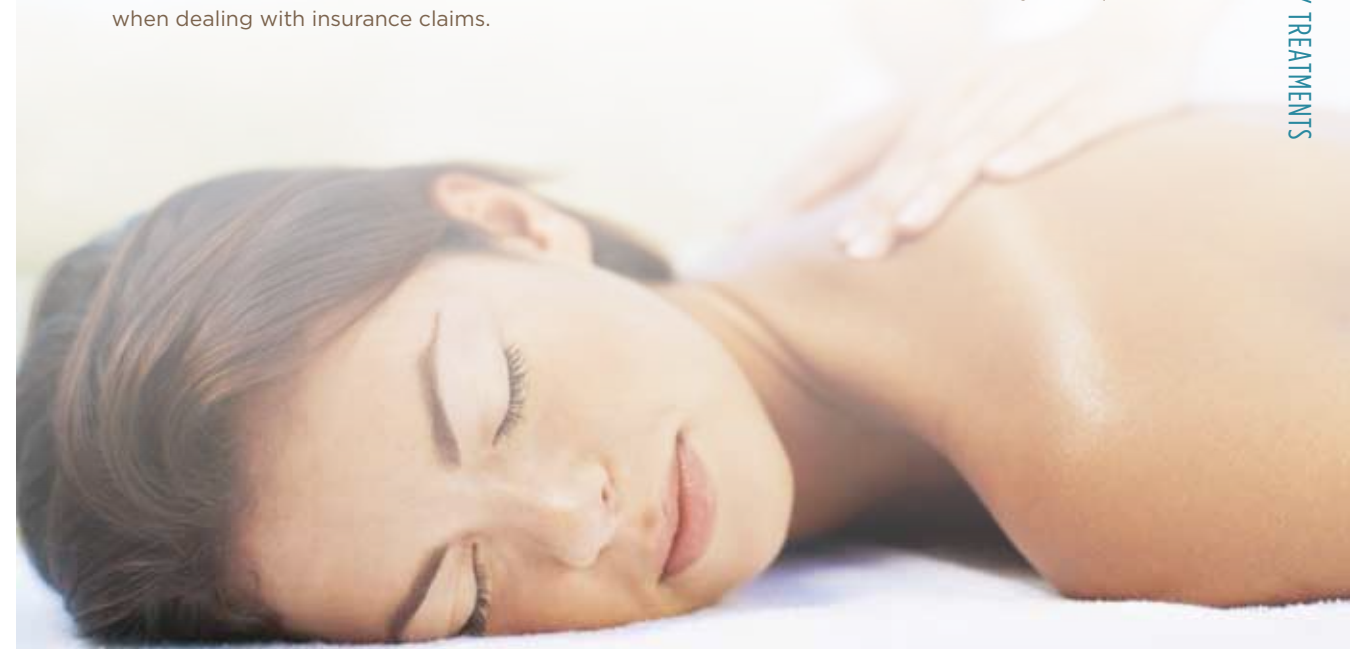
Registered Massage Therapists (RMT's) in BC work to remedy specific body pains and dysfunctions such as headaches, back, neck, and shoulder pain.

Our RMT's at Sparkling Hill work with you to design and specifically tailor your treatments to make them effective and personalized to your needs. Choose to receive one treatment or a progressive series of treatments. During these treatment sessions your RMT may use a combination of specialized massage techniques, hydrotherapy and strengthening and stretching exercises.

### SIGNATURE THERAPEUTIC TREATMENT MASSAGE

60 MINUTES | \$140

Designed to target painful, injured muscles and body tissue in all stages: acute, sub-acute and chronic. Orthopedic testing may be used to identify or eliminate possible injuries or conditions. Hydrotherapy, such as heat and ice is often used in these sessions. \*Please note: doctor's referral may be required when dealing with insurance claims.



MASSAGE AND BODY TREATMENTS

BEAUTY

PACKAGES

IMPORTANT INFORMATION AND ETIQUETTE

### HEADACHE TREATMENT MASSAGE

60 MINUTES | \$140

Do you spend long hours behind a desk? This therapy treatment is geared towards relieving pressure and tension from the upper back, neck, head, scalp, shoulders and jaw. Cooling hydrotherapy may be used intermittently to the neck while heat is applied to the legs or feet to draw circulation to the lower extremities.

### LOWER BACK PAIN MANAGEMENT THERAPY RELIEF

60 MINUTES | \$140

Decrease chronic lower back pain by relieving trigger points in muscles that strain and refer pain into the lower back. Your RMT may also work with you to realign the pelvis, hips, and sacroiliac joints to decrease pain and dysfunction. This session would also be appropriate for conditions such as sciatica and piriformis syndrome.

### SPORTS INJURY REHABILITATION AND PREVENTION

60 MINUTES | \$140

This therapy treatment focuses on your individual needs as an athlete. It is specifically designed to your sport and activity level. Your RMT will work with you to improve posture and prevent injuries as well as aid in your healing process if you are recovering from injury. This therapy treatment promotes circulation, speeding up your post-exercise recovery so that you can resume optimal performance.

TO COMPLETE YOUR KURSPA MASSAGE EXPERIENCE,  
ADD THE FOLLOWING TO YOUR SERVICE

### YIN/YANG BRUSH

15 MINUTES | \$30

Dry skin brushing through the body's energetic meridian system stimulates the Qi, increases Lymphatic drainage and lightly exfoliates the body.

### HEALTH BATH

20 MINUTES | \$40

Emerge from a KurSpa bath with an overall glow—a sensational feeling of health and energy! KurSpa offers custom bath treatments which feature nourishing natural ingredients. Experience a warm soothing health bath prior to your massage for total muscle relaxation. Choose from Moor Mud, Himalayan Sea Salt or therapeutic essential oils.



### RELIEVE YOUR FEET

15 MINUTES | \$30

Complete your body treatment with a tension-relieving foot experience. Warm towels and a moisturizing massage will relieve your feet of daily stress.

### REVITALIZING SCALP

15 MINUTES | \$35

This deep conditioning treatment is massaged into the hair and scalp, restoring health and shine.

### FACE MASSAGE

15 MINUTES | \$30

Complete your body massage by adding a massage to your face. Feel the total relaxation sensation and let your mind drift.

### ELECTRO

15 MINUTES | \$45

Electro is a treatment designed to stimulate your body's nervous system by activating impulses in the muscular system where circulation will benefit.

### ESSENTIAL OILS

\$7

Therapeutic grade essential oils are custom chosen for your own specific needs to enhance your wellbeing experience.

MASSAGE AND BODY TREATMENTS

BEAUTY

PACKAGES

IMPORTANT INFORMATION AND ETIQUETTE



## OASIS FOR TWO

Share an exclusive, private experience, choose from three sensational rooms perfect for couples or any two people enjoying a treatment together.

### EMPRESS SISSI

90 MINUTES | \$370

Named after Austrian Empress Sissi, a luxurious bath surrounded by golden marble awaits your arrival. Relax in a royal bath infused with milk & honey and enjoy champagne during your soak. After bathing, a relaxing side-by-side massage completes this blissful experience.

### ORIENT

90 MINUTES | \$360

The Hammam massage has evolved from the Eastern tradition of ritual steam bath cleansing. KurSpa combines this body cleanse style with a massage, truly awakening the senses. Your Hammam journey begins with the intense warmth of a steam sauna. Skin pores are opened to penetrating heat, felt deeply in the muscles. The treatment is performed on a wet Hammam-bed, an exfoliating “Sisal” glove stimulates your skin and connective tissues. A fragrant warm foaming soap massage is followed by water gently rinsing your entire body, washing away tension. Natural products cleanse and condition your hair, completing this lavish head to toe experience.

### THE RHASSOUL

75 MINUTES | \$290

An exotic ancient Oriental skin care ceremony inspired by Berber traditions. Ground coconut exfoliation prepares your skin for the Rhassoul treatment. Enjoy the rejuvenating effects of steam while applying our signature clay to your body, delivering essential minerals to the deepest layers of your skin. Steam releases toxins and the mud allows minerals to seep into the skin. Feel relieved of stress and tension as the mud is rinsed away. A hydrating application completes the treatment leaving you feeling completely refreshed, renewed and rejuvenated.

## FANGO

### FANGO

30 MINUTES | \$50

Fango (an Italian word for mud) consists of pure volcanic dust and water blended into a warm, buttery composition to detoxify skin and reinvigorate muscles. After being applied to your back, you will be wrapped to allow your skin to absorb the minerals of this earthly natural substance. Once unwrapped, you are rinsed, feeling the soothing heat from the mud on your muscle.

### MUD AND MUSCLE

60 MINUTES | \$115

Here are two complementing treatments designed to relieve tension and stress from the back. Combining the Fango treatment and a massage, the heat from the mud penetrates deep into the muscles, preparing your body for the best results.

## BODY TREATMENTS

### NATURES DIVINITY

60 MINUTES | \$115

Indulge in a luxury chocolate infused bath while sipping on champagne. Feel the stress melt away before embracing a relaxing massage.

### HEALTH BATH

60 MINUTES | \$40

Emerge from a KurSpa bath with an overall glow—a sensational feeling of health and energy! KurSpa offers custom bath treatments which feature nourishing natural ingredients. Experience a warm soothing health bath prior to your massage for total muscle relaxation. Choose from Moor Mud, Himalayan Sea Salt or therapeutic essential oils.

### HIMALAYAN DETOX IMMERSION

60 MINUTES | \$110

Out with your everyday cares and worries – in with relaxation and well-being. Himalayan Salt grains wash away dead skin cells, leaving your skin feeling more supple and receptive. This treatment accelerates body cleansing and detoxification, while stimulating the metabolism. Finish off in a relaxing specialty bath steeped with salts and local wild crafted herbs.



### SPARKLE SCRUB

45 MINUTES | \$90

Smooth, soothe and moisturize your skin to perfection. Himalayan Salt mixed with ginger, citrus and essential oils will gently exfoliate your skin. Your body is polished velvety soft, and left with an energizing fresh feeling. Our signature massage blend crème will nourish your body and complete you with a sense of balance.

### CANADIAN MAPLE SUGAR BODY SCRUB

45 MINUTES | \$90

A mixture of Himalayan Salt and maple sugar, enriched with coco, shea butter, jojoba oil and essential oils. This invigorating treatment helps stimulate blood circulation and promote skin regeneration by reducing dead skin. Energy is re-balanced with a finishing application of our signature massage cream.

### REJUVINATING MOOR MUD BODY WRAP

60 MINUTES | \$125

Moor mud has been known for its therapeutic properties from ancient times. Yin/Yang brushing will stimulate Qi and gently polishes the tissue. Moor mud body wrap detoxifies the body and helps to mobilize toxins stored in fat so they can be eliminated from the body naturally. It assists the healing of skin conditions, tones and tightens the tissues, helps to reduce cellulite, improves circulation, alleviates joint and muscle pain and increases your overall immune response.

### CANADIAN GLACIAL CLAY WRAP

75 MINUTES | \$145

Dull, dry skin is gently polished before your body is enveloped in aromatic infused clay. This exclusive treatment with the synergy of pure essential oils combined with Colloidal Glacial Clay, hydrates and nourishes the skin, relieving stress and anxiety. Leaving you with long lasting, visible results in the elasticity and tone of the skin to complete your sense of wellbeing.

### SHOCK WAVE CELLULITE TREATMENT

60 MINUTES | \$125

Treatment of cellulite by radial shockwave is performed by the transmission of mechanical pressure waves into the tissue. Improves blood circulation in tissues, tightens skin and stimulates collagen expression. An application of carnitine and caffeine toning gel applied to the affected areas will have an exceptional effect on eliminating fatty deposits and smoothing skins appearance.

### BODY BRONZING SELF-TANNING TREATMENT

75 MINUTES | \$145

The simple way to a fast and flawless tan. With a wide range of tanning products for face and body, a beautiful glow is now possible throughout the year even in the chilliest of Canadian winters!

## Beauty

### SKIN TREATMENTS

Both men and women will benefit from the splendid skin treatments at Sparkling Hill Resort. Our certified estheticians will assess your needs and create an individualized skin care plan that will help you achieve a more youthful, finished appearance.

Sparkling Hill's KurSpa endorses our own line of products that have been formulated, tested and used by leading physicians. Considered a breakthrough in skin rejuvenation, the products are used extensively to correct dehydration, aging pigmentation and oily or acne-prone skin.

These exceptional products are natural, free from synthetic chemicals and fragrances and contain active ingredients of the highest quality, in the purest form to give you the result you desire—clear, bright and smooth skin.

## SPARKLING FACIALS

### SPARKLING FACIAL

90 MINUTES | \$190

Defy time and age with cutting-edge skin care products to restore texture, tone and ultimately D-Age the appearance of the skin. Sparkling Hill's skin care line is bursting with scientifically proven anti-oxidants, amino acids, collagen enhancers, peptides and essential natural actives. To stimulate the skin on a cellular level, indulge yourself in a European style lymphatic drainage massage. The skin is instantly radiant and revitalized.

### VITAMIN-ENRICHED FACIAL

75 MINUTES | \$170

Heightened with antioxidants, this refreshing treatment gives your skin a deep moisturizing surge while repairing damage from sun and daily living. Impurities are gently removed from the skin, followed by the free/radical fighting agents of Vitamin C, CoQ10, Red Tea and Vitamin E. The end result: noticeably brighter skin tone and improved skin texture.

### FRESH GLOW FACIAL

60 MINUTES | \$120

A quick and efficient way to soothe and nourish your skin. Exfoliators will slough off dead skin cells to brighten the skin, keep pores clean, and optimize your skin's natural ability to absorb nutrients. Our fresh glow facial will help to improve your skin's health and overall appearance.

### NEW YOU FACIAL

90 MINUTES | \$160

Immerse yourself in beauty starting with our fresh glow facial followed by a light mineral makeup application to enhance your natural beauty. The makeup will accentuate your outstanding beauty and you leave KurSpa looking radiant and prepared for your special occasion.

### REFRESH FOR MEN

60 MINUTES | \$120

Get your skin into shape every season with this natural deep cleansing facial. It's soothing moisturizing and anti-inflammatory effect on the skin replenishes natural nutrients to support your daily grooming regimen.

### BACK FACIAL

45 MINUTES | \$90

Ensure that your back is as gorgeous as your face. This deep cleansing treatment will aid in maintaining healthy back skin.

All of our Sparkling Facials include brow shaping if desired.

## WHILE YOU ARE ENJOYING YOUR FACIAL, SPOIL YOURSELF WITH AN ADDITIONAL TREATMENT:

### RELIEVE YOUR FEET

15 MINUTES | \$30

Complete your facial with a tension-relieving foot experience. Warm towels and a moisturizing massage will relieve your feet of daily stress.

### REFRESH YOUR TIRED EYES

15 MINUTES | \$30

Revitalize the eye area by gentle massage with our hydrating eye cream that will decrease puffiness and dark circles.

### SPARKLING EYES

30 MINUTES | \$50

Eyelash and eyebrow tinting, eyebrow correction, eye-care finishing lotion.

### EYEBROW TINTING

15 MINUTES | \$15

### EYELASH TINTING

15 MINUTES | \$20

### EYELASH APPLICATION

15 MINUTES | \$20

### MAKEUP APPLICATION

45 MINUTES | \$60

### SHAMPOO AND PERSONAL STYLE

30 MINUTES | \$50

BEAUTY

PACKAGES

IMPORTANT INFORMATION AND ETIQUETTE

Springtime at Sparkling Hill Resort - Saskatoon Flower

## CARE FOR HANDS AND FEET

### CLASSIC MANICURE

45 MINUTES | \$60

Meticulously groomed hands—beautiful to behold! Receive all the basics of nail treatment. KurSpa's classic manicure looks after cuticle trimming, hand scrub, and finishes with a moisturizing cream massage. Nail polish is included, if desired.

### SPARKLING PEDICURE FOR WOMEN

75 MINUTES | \$105

Hard-working feet deserve the pleasure of a pedicure to keep feet healthy and happy. A rejuvenating foot soak and scrub is followed by nail, cuticle and callus therapy. A stimulating massage and a dip in paraffin wax complete the treatment of your beautiful feet.

### CLASSIC PEDICURE

60 MINUTES | \$80

Restore beauty and suppleness to your feet with exquisite pampering. KurSpa's Classic Pedicure looks after all the details - nail treatment, cuticle trimming, sole treatment, a foot scrub and a moisturizing cream massage. Regular nail polish is included if desired.

### POWER PEDICURE FOR MEN

45 MINUTES | \$70

Sports, work shoes, long days: energize your entire body by taking care of your feet. The Power Pedicure includes a rejuvenating foot soak and scrub, followed by filing, nail grooming, buffing and finishing.

### MANICURE AND PEDICURE PACKAGE

105 MINUTES | \$120

Combine the two for beautiful hands and feet.

### ADD A FRENCH FINISH TO ANY MANICURE OR PEDICURE

15 MINUTES | \$15

### TO COMPLETE YOUR BEAUTY EXPERIENCE, ADD THE FOLLOWING TO YOUR SERVICE:

Moisturizing paraffin hand bath (add 15 minutes) | \$15

Moisturizing paraffin foot bath (add 15 minutes) | \$18

Polish change (add 15 minutes) | \$15

### HAIR REMOVAL - WAXING

A delicate waxing treatment, leaving your skin soft and smooth.

Brow waxing 15 minutes | \$20

Upper lip or chin starting from \$15

Full leg 60 minutes | \$70

Half leg 30 minutes | \$40

Full arm 30 minutes | \$40

Half arm (upper or lower) 15 minutes | \$25

Bikini starting from \$35

Back or chest 45 minutes | \$60



## HAIR DESIGN

Enhance your eyes, skin, and cheekbones... enhance your natural beauty with a hair style, cut and colour that's designed just for you.

### HAIR

Woman's haircut and blow dry | \$70

Shampoo and blow dry | \$50

Add on curl or straightened | \$25

Hair and scalp | \$60

Shampoo and set | \$50

Curl or straightened | \$50

Formal up do | \$60

Wedding style | \$110

### COLOUR

Global colour | from \$80

Cap highlights | from \$80

Foil highlights | from \$125

Interest highlights | \$10/per folio

T-Zone colour | \$30

### RETEXTURIZING (CUT INCLUDED)

Permanent waving | from \$80

Straightening | from \$100

### MEN

Hair cut | \$40

Beard trim | \$15

Global colour | \$50

Highlights | \$50

## FITNESS

Led by experienced, enthusiastic, certified trainers and practitioners, we offer tailored fitness programs to suit your lifestyle. You will feel inspired and energized the moment you walk in the door, as you set eyes on the glorious view of the natural world outside the studio.

Our fitness studio is designed with the newest and most advanced Keiser fitness equipment. It is completely versatile, and able to accommodate a wide range of users from the orthopedic to the professional athlete.

### ONE-TO-ONE COACHING WITH OUR HEALTH INSTRUCTOR

60 MINUTES | \$85

### POWER PLATE SESSION

15 MINUTES | \$30

### MOVEMENT STUDIO

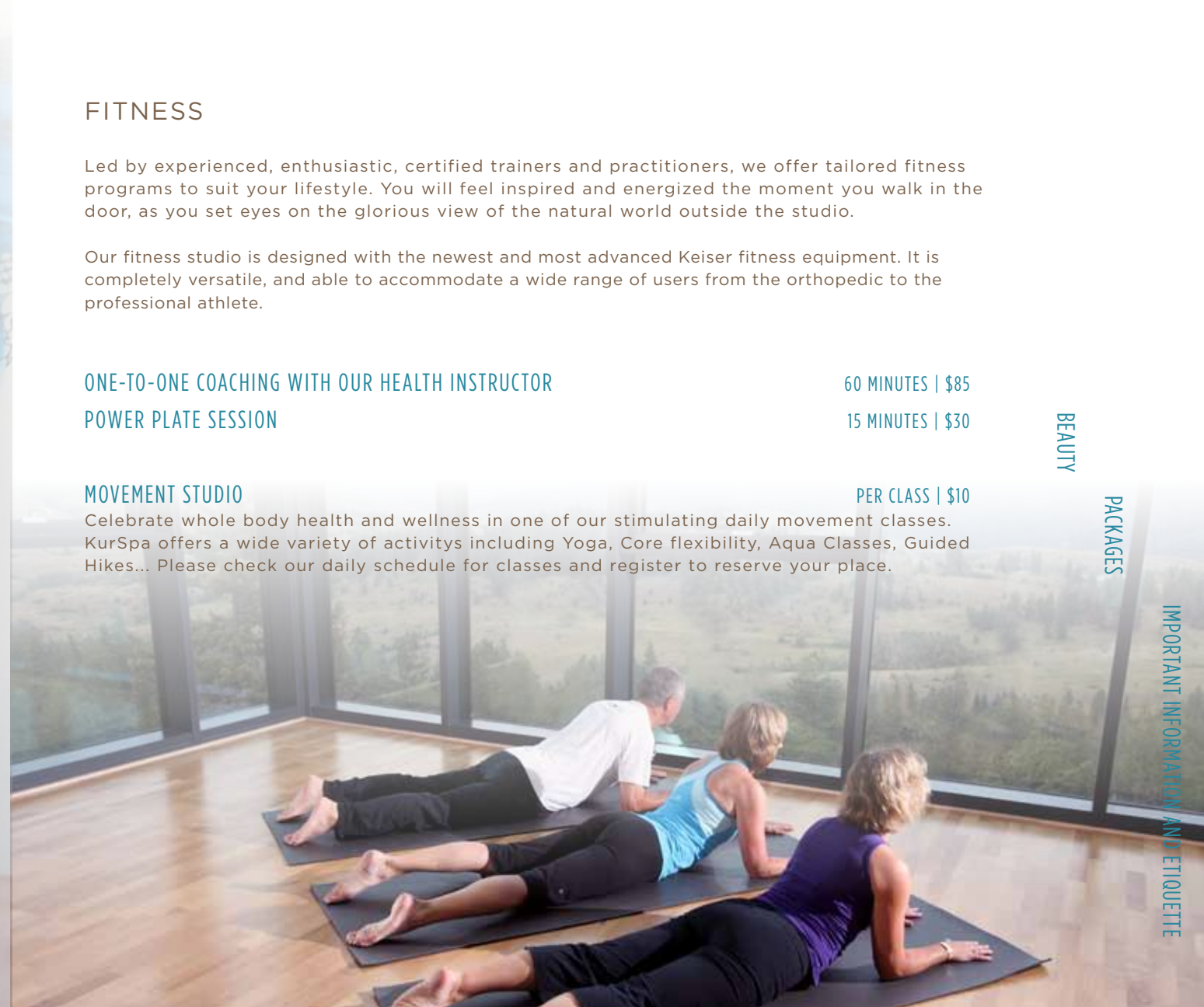
PER CLASS | \$10

Celebrate whole body health and wellness in one of our stimulating daily movement classes. KurSpa offers a wide variety of activities including Yoga, Core flexibility, Aqua Classes, Guided Hikes... Please check our daily schedule for classes and register to reserve your place.

BEAUTY

PACKAGES

IMPORTANT INFORMATION AND ETIQUETTE



**FOR THE OUTDOOR ENTHUSIAST (MINIMUM 4 PEOPLE)**  
**60 MINUTES | \$10 PER PERSON**

Let nature be a part of your journey to whole body health and wellness. Our Sparkling Hill Wellness Program offers various outdoor experiences that will benefit your body and soul. Our experienced nature guides will assist you with pole walking to increase your cardio and improve muscle tone. The simple yet essential activity of walking is good too; a very meditative and health-giving experience. Deeply breathe the fresh clean air as you explore the many nature trails and interpretive walks.

Sparkling Hill Resort is surrounded by an abundance of flora and fauna. From the first glorious balsam root sunflower in the springtime to the last wild berry in the autumn, the plants of this area are a fascinating study for the careful observer. Deer, bald eagles and hawks are common sightings all around Sparkling Hill Resort. Landscaped by nature's own design, with awe-inspiring views from its spectacular location high on a ridge above legendary Lake Okanagan; indeed this is a very special place to discover.

Walking Trails Surrounding Sparkling Hill



## FULL TREATMENT PACKAGES

### DEEP RELAXING SAPPHIRE PACKAGE | \$340

The heavenly royal blue of a sapphire crystal has been prized by royalty for centuries. You will feel like a prince or princess as you experience the Deep Relaxing Sapphire Package at KurSpa.

This package includes:

- Sparkle scrub
- Raindrop treatment
- Fresh glow facial
- Crystal Cranium

Please note, this package can be completed within an overnight stay at Sparkling Hill Resort.

---

### DIAMOND IN THE ROUGH PACKAGE | \$440

The hidden beauty of a “diamond in the rough” is intriguing, indeed. Discover your radiance and splendour within—experience the Diamond in the Rough Package at KurSpa.

This package includes:

- Canadian Maple Sugar Body Scrub
- Sparkling Massage
- Manicure-Pedicure
- Vitamin enriched facial
- Shampoo and Set

Please allow a minimum of a 2 day stay for this package.

## DESERT ROSE CELLULITE PACKAGE | \$336

The rare beauty of a crystal rose in a desert garden is legendary. The Desert Rose Cellulite Package is a step-by-step program that will firm and smooth your skin from deep within during a carefully planned three-day regimen.

This package includes:

- Himalayan immersion detox
- Moor Mud Body Wrap
- Cellulite Shock Wave Treatment
- Power Plate 2x

Please allow a minimum of a 2 day stay for this package.

## ONYX MEN'S PACKAGE | \$324

Since ancient times, the banded black onyx has been valued for its power to provide steadfastness and grounding. The Onyx Men's Package at KurSpa pays homage to the stabilizing attributes of the onyx through treatments designed to enhance your focus and feeling of well-being.

This package includes:

- Fango
- Sports massage
- Power Pedicure
- Refresh for men
- Cold Sauna

Please allow a minimum of a 2 day stay for this package.

Please book your spa package in advance.

## CLEANSE PROGRAM | A COMPREHENSIVE DETOXIFICATION \$2500 PER PERSON\*

Sparkling Hill introduces its new cleanse detoxification program for guests looking to take the next step in good health and wellness.

Led by the hotel's Naturopathic Physician, this program consists of 7 days of guided treatment and nutrition with option to extend to a 2 or 3 week program.

This unique package includes:

- 6 nights accommodation in a deluxe suite
- 7 day detoxification program to decrease the body's toxic burden
- 3 appointments with Naturopathic Physician
- Specific personalized program designed by the KurSpa Manager and the Naturopathic Physician. Your program will include 12 KurSpa treatments - 6 health oriented treatments of 60 minutes each, 4 health oriented treatments 30 minutes each and 2 beauty treatments
- Unlimited movement classes
- Private dining room for program participants
- Exclusive access to the 7 uniquely themed steam and sauna rooms, indoor pool complete with underwater music, stary Swarovski crystal sky, hot pool and outdoor infinity pool. Kneipp water therapy, Keiser-equipped fitness studio, Tea and Serenity Relaxation Rooms
- Wireless internet
- Underground valet parking

PLEASE NOTE THIS PROGRAM STARTS ON SATURDAY ONLY

\*Prices do not include taxes and gratuity and are subject to change without notice, based on double occupancy. Single occupancy price - \$2900.

## IMPORTANT INFORMATION

Our Mission is to offer guests a caring, friendly and health-giving experience of the highest professional standards.

- To ensure a safe and relaxing treatment experience, we require that you complete a client consultation form upon check-in. If you have certain medical conditions such as asthma, allergies, high blood pressure or are pregnant; certain treatment services may have to be modified or may not be appropriate. Please note all service, session and treatment times include consultation and/or assessment procedures.
- It is important to let us know when you are making your reservation if you have a gender preference for your practitioner or if you have any specific needs or limitations.
- Please check in with KurSpa reception 20 minutes prior to treatment in order to prepare for your services. Late arrivals will end as scheduled, in consideration of the next guest.
- We require all changes or cancellations to be received the day prior to your appointment during our business hours (8.30am-6.30pm). Cancellations made 4 hours or less prior to your appointment time will be charged 50%. No shows will be charged the full price of service.
- Please do not bring your valuables to the KurSpa. Sparkling Hill Resort will not be responsible for lost or stolen items.
- A 12 % HST will be added to services. Prices do not include gratuities. Tipping is appreciated for exceptional service.
- Prices are subject to change without prior notice.
- KurSpa is open to guests 16 years of age and older.
- No Lifeguard is on duty at any of the pool areas. No diving or unnecessary splashing of water.

## ETIQUETTE

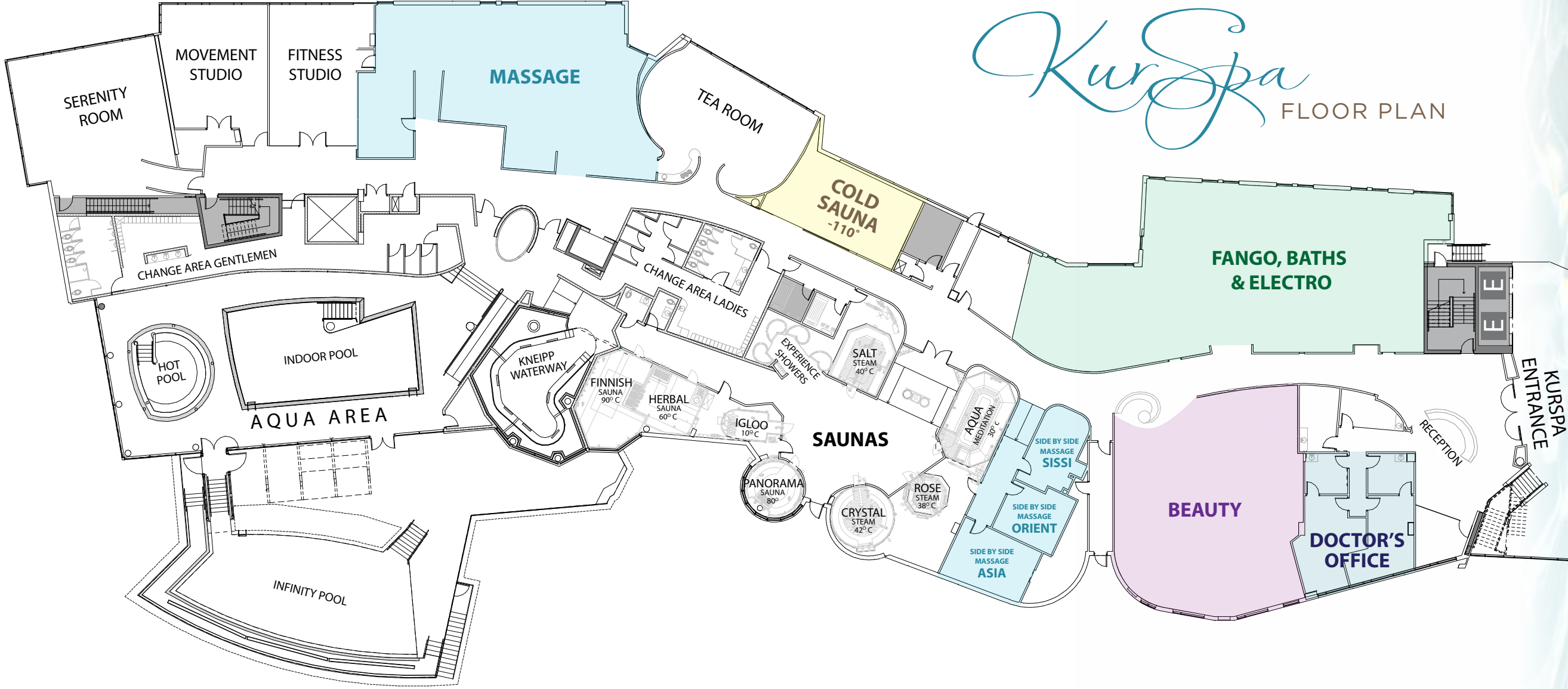
KurSpa is a quiet and still environment to help you relax and rejuvenate.

In consideration of other guests we ask that:

- No mobile phones, pagers, cameras, video cameras or any other recording device be used.
- You refrain from bringing food or drink into the aqua area, saunas or steam rooms, and therapy rooms. Designated areas are provided for beverages.
- Guests bring their Spa towel with them and arrive at KurSpa dressed in their robe and slippers.
- If you are staying after check out please bring your robe, slippers and Spa towel with you to use for the day.
- Please shower before using any of the KurSpa facilities.
- Jewelry is not worn while visiting the KurSpa.

Photo Credits: Ema Peter Photography - Interior Design by SSDG Interiors Inc.  
Don Weixl Photography  
Style Photography

# KurSpa FLOOR PLAN





## HOURS OF OPERATION

### SPARKLING HILL RESORT KURSPA – 7 DAYS A WEEK

Hours of Operation 7:00 am – 10:00 pm  
(Pools, Kneipp, Movement Studio, Fitness Studio, Serenity Room)

Saunas and Steam Rooms 2:00 pm – 10:00 pm  
European Hour (clothes free) 9:00 pm – 10:00 pm

Tea Room 7:00 am – 10:00 pm  
Beverages Available 9:00 am – 6:00 pm

Reception 8:30 am – 6:30 pm

Treatments 9:00 am – 6:00 pm

## CONTACT INFORMATION

**KURSPA** DIRECT LINE 250.541.2155  
EMAIL [kurspa@sparklinghill.com](mailto:kurspa@sparklinghill.com)

**HOTEL** Toll Free 1.877.275.1556  
Main Phone 250.275.1556  
Fax 250.275.1610  
Email [reservations@sparklinghill.com](mailto:reservations@sparklinghill.com)

Sparkling Hill Resort - 888 Sparkling Place, Vernon, British Columbia, Canada, V1H 2K7

[www.sparklinghill.com](http://www.sparklinghill.com)



[www.sparklinghill.com](http://www.sparklinghill.com)