

Pedicures

Specialty Pedicure (Most Popular)

75 min | \$85

A restorative pedicure including nail and cuticle care, callous smoothing, exfoliation, massage, hot towels, and polish application—designed to soften, refresh, and relax tired feet.

Choose your experience:

- Cherry Almond
- Rosemary Mint
- Stress Relief

Spa Pedicure

60 min | \$75

Nail & cuticle care, callous work, massage + polish

Sports Pedicure

30–45 min | \$65

Nail care, callous work, massage

Lashes & Brows

Brow Tint \$20 | Lash Tint \$28

Lash Lift \$69 | Lash Lift & Tint \$89

Brow Lamination \$69

Manicures

Ultimate Manicure (Most Popular)

60–75 min | \$70

A deeply hydrating manicure including nail shaping, cuticle care, exfoliation, massage, hydrating treatment, and polish application for soft hands and long-lasting results.

Spa Manicure

45–60 min | \$55

Nail care, cuticle work, massage + polish

Sports Manicure

30–45 min | \$50

Nail care, cuticle work, massage



Nail Enhancements

Moisturizing Hand Mask +25

Moisturizing Foot Mask +25

Gel Polish +15

Nail Art +5–25

Gel Nails

Full Set \$90+ | Fill \$75+ | Nail Art \$5 - 15

Waxing

Face, body and bikini waxing available
Please inquire for a full service list

Thank you for choosing

Tranquil Moments
DAY SPA

We look forward to seeing you soon.

*Please allow 24 hours notice
for cancellations*

*Please advise your stylist or esthetician
of any allergies that you may have*

*In consideration of others please turn your
cell phones to silent*

Gratuities not included in prices

*Prices subject to change without notice
All spa times are approximate*

AVEDA

Welcome to

Tranquil Moments
DAY SPA

*Located in the heart of Parksville, Tranquil
Moments Day Spa offers results-driven
treatments in a calm, elevated space.*

*Each treatment is thoughtfully customized
to deliver both deep relaxation and visible
results—leaving you refreshed, renewed,
and glowing.*

AVEDA

Tel: 250.947.9887

101D - 1080 Resort Drive,
Parksville, BC V9P 2E3



www.tranquilmomentsspa.ca

Massage

Customized with Aveda essential oil blend to ease tension, improve circulation and promote deep relaxation.

Relaxation Massage

30 min	45 min	60 min	75 min	90 min
\$75	\$95	\$120	\$155	\$190

Registered Massage Therapy

A treatment in which the soft tissues of the body are kneaded, rubbed, tapped, and stroked. Massage therapy helps promote relaxation, relieve stress and pain, lower blood pressure, and improve circulation. Deep tissue massage should be booked with our RMT.

30 min	45 min	60 min	75 min	90 min
\$85	\$105	\$130	\$165	\$200



Targeted Hot Stone Enhancement

Add to any relaxation or RMT massage +25

Body Treatments

Relax, restore, and renew with nourishing body treatments designed to smooth and hydrate the skin.

Aveda Aroma Body Polish

(60 min) | \$120

Full-body exfoliation for soft, glowing skin.

Purifying Back Facial

(45 min) | \$100

Deep-cleansing treatment for congested skin.

Fresh Mint Cocoon Wrap

(75 min) | \$165

Cooling body wrap to refresh and revitalize.

Detoxifying Cocoon Wrap

(75 min) | \$165

Warming cody wrap to nourish and soften skin.

Spa Packages

A little time for me package

3 1/2 hours | 305.00

30 minute relaxation massage, botanical essential facial, spa manicure and spa pedicure.

Relax me package

2 hours | 185.00

One hour relaxation massage and spa pedicure.

Fingers and Toes

150.00

Ultimate Manicure and Specialty Pedicure.

Facials

Botanical Collagen Radiance Facial

90 min | \$175

A results-driven facial designed to visibly improve skin firmness, hydration, and radiance.

Tulasara Treatment Facial

90 min | \$170

Firms • Brightens • Smooths

Dual Exfoliation Peel

60 min | \$140

Refines texture • Brightens instantly

Botanical Essential Facial

60 min | \$135

Customized, hydrating, and glow-boosting

Men’s Skin Treatment

45 min | \$99

Deep cleanse and restore

Teen Facial

45 min | \$85

Supports clear, balanced skin

Signature Service

Japanese Head Spa Experience

Cherry Blossom Head Spa Ritual

75 min | \$135

A deeply restorative scalp and hair ritual designed to refresh the scalp, nourish the hair, and melt away tension for full body relaxation.

- Personalized scalp analysis
- Detoxifying exfoliation to remove buildup
- Double cleanse + conditioning treatment
- Nourishing hair mask with steam therapy
- Relaxing head, neck & shoulder massage
- Soothing mini facial

Hair feels softer, the scalp is refreshed, and the entire body is left deeply relaxed.

Cherry Blossom Head Spa Reset

60 min | \$110

Refreshing scalp and hair treatment designed to-cleanse, rebalance, and restore softness and shine.

- Scalp analysis + exfoliation
- Double cleanse + conditioning
- Relaxing scalp massage

Enhance Your Experience

Add to any facial, massage, or head spa treatment



Most Loved Enhancements

Dermaplaning +35

Collagen Boost +35

Eye Treatment +25

Targeted Back Massage +35



Relaxation Rituals

Botanical Collagen Hand Treatment +25

Moisturizing Hand Mask +25

Moisturizing Foot Mask +25