

॥ सविषां स्वस्तिर्भवतु ॥ ॐ ॥ सविषां शान्तिर्भवतु ॥ ॐ ॥ सविषां मंगलं भवतु ॥ ॐ ॥ सविषां पूर्णं भवतु ॥

Welcome to THE BODY MANTRA - an Asian-inspired Day Spa based on the Mantra of Shaanti (Peace).  
It's all about feelings, a delicate fusion of mind and body.  
"The first thing in our life is peace - only then we can enjoy the charms of life."

Harmeet, certified esthetician and reflexologist, blends all the essential factors that you need to achieve that perfect harmony at THE BODY MANTRA. The spa is housed in a bungalow in Delta to make you feel at home.  
(It is licensed by the Corporation of Delta and approved by the Fraser Health Authority and the Local Fire Department).

Drop in at this little slice of heaven for a relaxing, rejuvenating experience in your hectic world. Guest services are by appointment only. Designed to accommodate your busy schedule, the appointments are available till late evening. From simple to exotic, we offer a wide range of ancient Ayurvedic and modern esthetics services for your beauty, as well as Reflexology that will revitalize and rejuvenate your mind, body and spirit, delivering you to that delicate state of peace.

Slip into a plush robe and signature massage slippers, enjoy a refreshing India Chai tea or mineral water as you unwind from the day's stresses; choose from a range of options, including a royal facial in our serene spa; experience Internationally famous Indian Head Massage, or stress-relieving massage. At The Body Mantra, we ensure that only the best hands touch your skin.

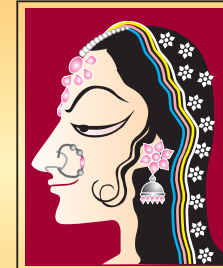
We love to make you feel good, nurturing you inside and outside with peace and good feelings.



ALUM Shaanti, Shaanti, Shaanti!

www.thebodymantra.com

... we believe in healthy beauty  
ayurveda :: beauty  
reflexology



THE BODY MANTRA

an asian-inspired Day Spa

604-724-4212

(for Ladies by appointment only)

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## FACIAL TREATMENTS

**The Body Mantra Royal Facial \$85**  
Delight the senses and let your skin be renewed with this unique facial treatment, which begins with a relaxing back massage and concludes with a foot massage.  
Your skin will feel soft, refreshed and detoxified.  
Relax your soul, mind and body.

**Cold Therapy Facial \$55**  
For sensitive to hyper sensitive skin, allergic reaction, photo-dermatitis, sunburn or superficial skin injuries.

**Hot Therapy Facial \$70**  
Heating effect of thermo mask increases blood circulation, firm the skin, opens and cleans pores as a result the skin looks fresh & clean.  
Good for reducing post-acne spots.

**Acne Treatment \$75**  
This treatment can improve oily or blemished skin and it is also effective as a post acne treatment in order to reduce pigmentation spots.  
(All facials include skin analysis)

**5 Element Facial (Customized) \$65**  
PHYTO 5 products are based on the 5 Elements of traditional Chinese medicine: Wood, Fire, Earth, Metal and Water. They are designed to restore and maintain the body's holistic balance of nature. They also are in harmony with the energy of each energetic season.

**Anti Ageing Treatment \$85**  
This intensive care treatment for mature, dry, dehydrated skin. It effectively protects the skin from free radicals, improve the skin's natural renewal process rendering a more radiant complexion. It hydrates and moisturize the skin as a result help to reduce the appearance of fine lines and stimulates the skin's internal mechanism.

**Wrinkle Reduction Treatment \$85**  
The Forty+ Filling System is a revolutionary anti-wrinkle treatment therapy which relaxes facial muscles and reduces the appearance and depth of wrinkles over time.

**Mineral Mud Mask Treatment \$70**  
The positive effects of healing mud have been known for hundreds of years. The mineral mud mask has soothing and healing property. Stimulates blood circulation, relaxes the muscular apparatus. Good for all skin types.  
(All facials include skin analysis)

**Lightening Treatment \$85**  
Peel-off mask with lightening plant extracts and vitamin C reduces the pigmentation, protects skin against free radicals.

**Neck and Décolleté Treatment \$35**  
Add this treatment with any of our facials.

**Eye Treatment \$35**  
Add this treatment with any of our facials.  
(All facials include skin analysis)

## EYE CARE

**Eyelash Tinting \$10**

**Eyebrow Tinting \$8**

**Eyelash/Brow Tinting with Brow Shaping \$22**

**Eye Treatment \$35**

## THREADING

**Eyebrow / Upper Lips / Chin \$5**

**Full Face \$20**



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### HAND CARE

Manicure \$25

It consists of filing, shaping of the free edge, nail and cuticle care, massage of the hand that will relax your hands and relieve tension. Ends with the application of polish.

The Body Mantra Royal Manicure \$40

Get the royal treatment when you indulge in this exclusive treatment, which starts with nail and cuticle care, an exfoliation of skin cells, followed by rich hand massage and skin pampering hand mask ritual and finally moisture application to seal the goodness well into the skin. A true pampering experience that ends with the application of polish.

Hand Treatment \$18

An exfoliation of skin cells, an intensive hand massage and a hand mask application

Paraffin Treatment \$15

French Manicure \$15

Polish Change \$10

Nail Art \$1 & up

### FOOT CARE

Pedicure \$35

This experience starts with a foot soak in a jetted tub followed by nail and a cuticle care. Dead skin cells on the bottom of feet are rubbed off then receive a relaxing foot massage. Ends with a nail polish application.

The Body Mantra Royal Pedicure \$55

This is true surrender. A complete spa therapy features a foot soak in a jetted tub followed by nail and a cuticle care. dead skin cells on the bottom of feet are rubbed off then receive a relaxing foot massage. Follows skin exfoliation and paraffin wax. Ends with a nail polish application. Heaven!

Heavy Leg Treatment \$25

A foot soak in a jetted tub, luxurious foot and half leg massage. So go on, and choose your indulgence.

Paraffin Treatment \$15

French Pedicure \$15

Polish Change \$10

### WAXING

Face (not brow) \$12 & up

Underarms \$8 & up

Sideburns \$10 & up

Full Arm \$20 & up

Fore Arm \$12 & up

Bikini \$10 & up

French Bikini \$30 & up

Full Leg with Bikini \$45 & up

Half Leg with Bikini \$29 & up

Brazilian (reg.) \$35 & up

Brazilian (full) \$45 & up

Shoulder \$15 & up

Full Back \$30 & up

Half Back \$19 & up

Full Leg \$35 & up

Half Leg \$19 & up

Full Body \$150 & up

Stomach \$15 & up

Brow \$5 & up

Upperlip / Chin \$5 & up

Toes \$5

### BODY CARE

Aromatherapy

Body Scrub \$55

Bust Treatment \$55

### TEENS

Pedicure \$28

Manicure \$20

Facial \$38

### KIDS

Pedicure \$20

Manicure \$15



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### CHAMPI

(Traditional Indian Head Massage)

Internationally famous Indian therapy with its deep penetrating technique releases muscular tension from the head, neck and shoulders. Head massage is said to promote hair growth, and maintain the gloss and shine of hair.

\$45

### VISHRAMA

(Relaxation Back Massage)

This treatment has been created to eliminate tension in the back brought on by incorrect posture, which includes gentle pampering massage on back and shoulder.

\$35

### FOOT REFLEXOLOGY

Reflexology is a widespread practice in Asia, stimulating points on the feet, hands, or ears (termed reflex zones). Reflexology opens pathways to renew ourselves and boost our energy level, immediately after treatment and for several days afterwards.

It could keep us free from the feeling of lacking motivation, tiredness, and inability to concentrate.

\$45 :: 30 min

\$60 :: 45 min

\$75 :: 60 min

with Pedicure \$85 :: 90 min

### DETOX

Toxins hamper our bodies ability to heal itself and leave us prone to illness and disease. Through proper detoxification, we can significantly reduce the load of toxins on our system, slow down the aging process and prevent illnesses and disease. Immediate benefits after just one session with the Ion Detox Foot Spa session, increased levels of energy, a better quality of sleep and improved mental clarity and alertness.

\$35

### MANUAL DERMABRASION

A revolutionary new skin resurfacing treatment that involves manually applying a micro magnesium oxide treatment to the skin that will improve the appearance of fine lines, wrinkles, skin tone, black heads, surface scarring, acneic scarring and conditions, super facial pigmentation, aging and sun damaged skin. The best results are achieved with a series of 6 treatments spaced one week apart. Maintenance should be done every 2 months.

\$65

### Back Facial

Get rid of the stress and toxins that build up in your back. Using facial-quality products, starting from the nape of your neck till the waist, the entire area is indulged with a superfine Scrub to eliminate dead skin, followed by a smoothening and toning massage. As the final step, a hydrating lotion is luxuriated all over to leave you feeling wonderfully refreshed.

\$65



10% discount for students and seniors.  
GIFT CERTIFICATES are available.  
Services and prices are subject to change without notice.

