

LEADING SPAS OF CANADA SPA COMPONENT CHECKLIST

Lifestyle Enhancement

Programs and Services

- Adventure Retreats
- Diet and Nutrition
- Holistic Health
- Life Enhancement
- Luxury Pampering
- Nutritional Analysis
- Prevention Medicine
- Spiritual Awareness
- Sports Conditioning
- Stress Management
- Taking the Waters
- Weight Management
- Non-Program Facility

Stretching Techniques

- Tai Chi
- Yoga
- Pilates
- Resist-a-ball

Fitness & Sports

- Aerobics & Fitness Classes
- Cardio Fitness Equipment
- Consulting and Counseling
- Posture and Alignment
- Water Sports
- Weight Training Equipment
- Fitness Testing
- Personal Trainers
- Daily Guided Hikes
- Aquafit
- Guided Mountain Biking
- Guided Canoeing/Kayaking
- Snowshoeing
- Winter Skiing
- Tennis
- Golf

Mind & Body

- Reflection
- Breathing Exercises
- Gardening
- Meditation
- Nature Walks
- Relaxation Classes

Monthly Workshops

- Astrology
- Emotional Health
- Lifestyle Interview
- Relationships/Couples
- Smoking Addiction
- Stress Management
- Other, please specify

Body & Beauty Treatments

- Beauty/Cosmetic Treatments
- Beauty Salon
- Cellulite Treatment
- Facial
- Image Consultation
- Makeover
- Manicure/Pedicure
- Waxing

Body Wraps

- Herbal Wrap
- Salt Glow
- Seaweed Wrap

Body Scrubs/Skin Care

- Brush and Tone
- Dulse Scrub
- Loofah Scrub
- Paraffin Treatment
- Microdermabrasion
- Mud Baths
- Repaichage
- Vichy Shower

Massage

- Acupressure
- Athletic Massage
- Polarity Massage
- Rolfing
- Shiatsu
- Sports Massage
- Swedish Massage
- Traeger Massage

Sauna/Whirlpool

- Mineral Pools/Baths
- Roman Baths
- Sauna
- Steam Room
- Whirlpool

Hydrotherapy

- Balneotherapy
- Iodine-Brine Therapy
- Scotch Hose
- Swiss Shower
- Thalassotherapy

Health & Medical

- M.D.
- Nutritionist
- Behavioral Consultant
- Kinesiologist
- Physiotherapist
- Medical Esthetics

Food Service

- Breakfast
- Lunch
- High Tea
- Dinner
- Room Service
- Social Hour/Reception

Restaurants

- Public Restaurant
- Spa Guests Only
- Alcohol Served

Cuisine

- Casual Dining
- Fine Dining
- Gourmet Spa Cuisine
- Nutritionally Managed Menu

Menu Options

- Heart Healthy
- Low Fat
- Organically Grown Food
- Spa Organic Garden
- Vegetarian
- Vegetarian-Modified

Alternative Therapies

- Acupuncture
- Aromatherapy
- Ayurveda Treatment
- Cathiodermie
- Colonic
- Cranio-Sacral Therapy
- Electro Therapy
- Energy Balancing
- Fango
- Flotation
- Gerovital
- Gommages
- Homeopathy
- Light Treatment
- Lymph Drainage
- Mud Therapies
- Music Therapies
- Panchakarma
- Phytotherapy
- Primordial Sound
- Reiki
- Spinal Release
- Ultrasound
- Watsu