It is our philosophy that through the combination of unique treatments, the four diamond service experience and serene spa setting, we provide guests an environment in which to achieve complete well-being.

Dedicated to finding the most innovative, results driven solutions available in the industry, the experts at The Spa at White Oaks are proud to present an extensive menu of services and products that enhance your skin, your well-being and your self-confidence.

SCAN CODE OR VISIT WWW.WHITEOAKSRESORT.COM FOR FULL TREATMENT DESCRIPTIONS

FROM HEAD TO TOE, BACK TO FRONT – WHATEVER YOUR BODY NEEDS – THE SPA AT WHITE OAKS PROVIDES A RANGE OF TREATMENT SOLUTIONS FROM TARGETED CARE THROUGH TO ABSOLUTE INDULGENCE.
MASSAGE & RELAXATION

Ease stress, tightness and muscle aches or just melt into the table and drift off under the care of a registered massage therapist. 

If it is pure relaxation you seek, a signature experience will deliver full-on bliss and send you all the way to cloud nine.

NEVER UNDERESTIMATE THE POWER OF A BEAUTIFULLY BUFFED AND POLISHED NAIL

THERAPEUTIC MASSAGE... A HELPING HAND FOR:

- Anxiety and Depression
- Asthma and COPD
- Back, leg, and neck pain
- Cancer
- Carpal tunnel syndrome
- Chronic fatigue syndrome
- Fibromyalgia
- Gastrointestinal disorders
- Headaches
- Inflammatory conditions
- Insomnia
- Muscle tension and spasm
- Post-surgical rehabilitation
- Pregnancy and Labour Support
- Strains and Sprains
- Stress related conditions
- Tendinitis
- Whiplash

Glittering bottles and lovely shades put a spring in your step
LET THE RELAXATION BEGIN...
YOU HAVE REACHED YOUR
DECOMPRESSION DESTINATION!

crisp linens, plush towels
pristine products and
modern everything
SKIN FITNESS
Not just skin care, skin fitness is much deeper than just a slough here or a slather there. It drills deep down to the secrets of your skin. Because no two dermis are alike, a spa facial expert will guide you on your quest for radiant skin!
WAY BEYOND SKIN DEEP, BEAUTY BEGINS AT THE CORE OF YOUR WELLNESS REGIMEN.

pure ingredients plus just-for-you formulations equal fabulous skin
MENSWEAR

We know that guys want in on the amazing effects the spa can have on health, wellness and appearance... and why not? Menswear treatments are for the modern man who wants to look flawless and feel great.

6 EASY WAYS TO SAVE SOME FACE:

01. Wash your face before & after exercise, before bed and first thing in the morning.
02. Use a pH-balanced cleanser / glycerin-based soap.
03. Follow with a toner featuring natural ingredients.
04. Morning and night use an alcohol-perfume-petroleum-free moisturizer.
05. Exfoliate once a week with a facial scrub containing botanical extracts. AND...

06. Have a facial regularly.

LOVE YOUR SKIN
SMOOTH SKIN AND A RELAXED BODY ARE THE ULTIMATE IN MANLINESS

attentive experts and calm environs allow you to breathe deeply
Knowing what to expect in a body wrap is crucial for comfort. All wraps follow a basic pattern:

1. **APPLICATION OF PRODUCT** formulations vary based on the selected treatment and of course, your needs
2. **WRAPPING IN AN INSULATING MATERIAL** a perfectly safe, cozy cocoon to create the requisite heat
3. **RINSING & REMOVAL** your spa attendant will ensure your needs for peace of mind and privacy are “covered”

**WRAPS AND GLOWS**
We all loved being wrapped up as babies so what could be more natural and soothing as an adult. Body exfoliation, scalp massage, hydrotherapy bath and cream application...the full treatment.

**THAT'S A WRAP!**

*SpaBrochure_interior.indd 6*
THERE IS NOTHING QUITE LIKE SHEDDING YOUR SKIN... BOTH LITERALLY AND FIGURATIVELY

Soothing sounds and calming waters to wash it all away
NAIL THERAPY
Some spa classics never go out of style and with our contemporary methods, plus pure ingredients your hands and feet have never looked so good and felt so very pampered.

Cathy C. – Trip Advisor Review

“...My sisters and I along with our daughters recently spent some time at the Spa for some much needed girl time. We all chose different services, and felt completely pampered! The Spa accommodated all of our appointments and we spent some relaxing time together. Our time together as a family is very important and White Oaks has given us irreplaceable memories.
NEVER UNDERESTIMATE THE POWER OF A BEAUTIFULLY BUFFED AND POLISHED NAIL

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WHITE OAKS RESORT & SPA
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253 Taylor Road, SS4 Niagara-on-the-Lake, ON L0S 1J0

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