

# Hand

## Hand Care Treatments

Manicured hands make a beautiful statement. Hand treatments include **Tuscan Organic Farm Gardens** purest essential oil formulas for Men and Women

### Tuscan Gardeners Manicure

1 hour

Starts with a Tuscan Farm Gardens liquid soak (organic extracts of echinacea, calendula, comfrey, yarrow, cucumber and chamomile work to soften, cleanse and heal), file, cuticle work, BAMBOO EXFOLIATION (combination of sugar and bamboo powder produces a peeling effect, vitamin E to protect sensitive skin, jojoba wax to supply the skin with nutrients and avocado oil to nourish the skin), massage with a choice from our Tuscan Farm Gardens lotions (lavender, lemongrass or gardeners hand lotion), finish with your choice of polished nails or buffed natural. A must for hardworking gardeners or anyone who wants their hands to look and feel refreshed.

**\$45**

with French +\$8 with Paraffin +\$10

### Re-Energizing Hand and Arm Massage

35 mins

We begin this treatment with a BAMBOO EXFOLIATION (combination of sugar and bamboo powder produces a peeling effect, vitamin E to protect sensitive skin, jojoba wax to supply the skin with nutrients and avocado oil to nourish the skin), hot towels, followed with our Tuscan Farm Gardens LEMONGRASS LOTION (rich in vitamins, calendula softens and rehydrates skin, moisturizing power of avocado oil, grapeseed oil, shea butter, beeswax, cocoa butter, shea butter and essential oil of lemongrass). Your hands and arms leave feeling refreshed and energized.

**\$45**

# Foot

## Foot Care Treatments

Your feet deserve special care and attention for Men and Women

We use the highest quality, efficient German footline - **Gehwol**. Our pedicures help preserve and maintain the beauty and well being of your feet

### Pedicure

1 hour

Starts with our German HERBAL FOOT SOAK (softens calluses, intensive cleansing properties, effective against rough and brittle skin, foot odour and foot perspiration, the active ingredients include essential oils of rosemary, pine oils, lavender and camphor), file, cuticle work, BAMBOO EXFOLIATION (combination of sugar and bamboo powder produces a peeling effect, vitamin E to protect sensitive skin, jojoba wax to supply the skin with nutrients and avocado oil to nourish the skin), hot towels, then massage with one of our GEHWOL personalized formulas chosen based on your footcare needs. Finish with your choice of polished nails or buffed natural. Leave with your feet rejuvenated.

**\$55**

with French +\$8 with Paraffin +\$10

### Energizing Foot Massage

35 mins

We begin this treatment with an HERBAL FOOT SOAK (softens calluses, intensive cleansing properties, effective against rough and brittle skin, foot odour and foot perspiration, the active ingredients include essential oils of rosemary, pine oils, camphor and lavender), then BAMBOO EXFOLIATION (combination of bamboo powder and sugar produces a peeling effect, vitamin E to protect sensitive skin, jojoba wax to supply the skin with nutrients and avocado oil to nourish the skin), hot towels and then followed with a LEMONGRASS LOTION MASSAGE (rich in vitamins, calendula softens and rehydrates skin, moisturizing power of avocado oil, grapeseed oil, shea butter, beeswax, cocoa butter, shea butter and essential oil of lemongrass). Your feet will leave feeling stimulated, fresh and smooth.

**\$45**

Polish change on hands or feet **\$15**

# Sauna

## First Day Spa in Nanaimo to Use a Far-Infrared Sauna

*The European Secret for Youthful Vitality*

1 person **\$40** • 2 persons **\$75**

Cure package includes four treatments **\$120** per person

**There are many benefits from Far-Infrared heat: it helps burn calories, helps reduce cellulite, increases blood circulation, eases joint pain and stiffness, helps alleviate pain associated with arthritis and fibromyalgia pain, improves immune system, removes toxins and mineral wastes, enhances skin tone, helps reduce fatigue and stress.**

Visit our website to discover all the amazing benefits of a high quality HealthMate Sauna

**BELLA DONNA IS AN AUTHORIZED DEALER**

Talk to us about purchasing a HealthMate Sauna 2, 3, 4 and 5 person models available

## Make-Up Artistry

Enhance your beauty with **Super Naturals** make-up by Bodyography. This high quality line is super pigmented producing rich, lush colours

**Make-Up Application \$45 Bridal/Grad Make-Up \$50**

### Make-Up Lesson

Designed to give you confidence with your daily make-up application. Includes lipstick of your choice. **\$80**

### Teen Make-Up Application and Skin Care Lesson

Designed to teach the importance of proper skin care (samples included) and a personalized make-up lesson. **\$50**

*"True beauty comes from within"*

## Tinting

Excellent for the busy woman tired of the daily use of mascara

*A relaxing procedure using a natural dye specifically designed for the eye area.*

*Results can last 4 weeks for eyelashes and 3 to 6 weeks for eyebrow area*

**Eyelash \$27 Eyebrow \$17 Eyelash & Eyebrow \$38**

**24 HOUR CANCELLATION POLICY - CHECK WEBSITE PRICES SHOWN MAY BE SUBJECT TO CHANGE WITHOUT NOTICE**

# Experience

## Experience the Essence of Bella Donna

- A unique boutique spa with a European ambiance.
- A small intimate team of caring, nurturing individuals, dedicated to making a difference in people's lives.
- A quiet, hidden sanctuary where you are the only one who matters.
- Feel whole and balanced.
- Natural plant extracts and essential oils are custom blended for you.
- Spa treatments in the Tuscan garden. (weather permitting)

891 Millstone Avenue  
Nanaimo, BC V9S 5B4



**Tuesday** 9:00 am to 6:00 pm  
**Wednesday** 9:00 am to 8:30 pm  
**Thursday** 9:00 am to 8:30 pm  
**Friday** 9:00 am to 6:00 pm  
**Saturday** by appointment only

*Closed Sunday and Monday*

### Gift Certificates Available

*Note: for those concerned with allergies, we can custom blend your treatment*

# Bella Donna

*Esthetics by Lisa*

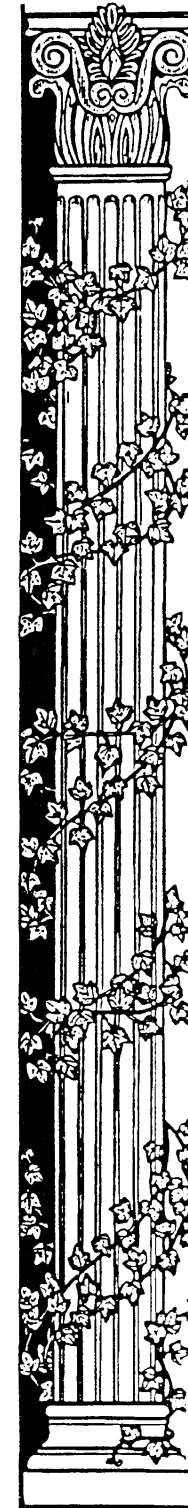
**Relax ...  
Rejuvenate ...  
Renew ...**

*A Holistic Day Spa  
for  
Men and Women*

**250.754.1113**

*Your Experience  
is just a  
Phone Call Away*

www.belladonnaesthetics.com  
email: info@belladonnaesthetics.com



# Skin

## Specialized Skin Therapy Treatments

for Men and Women

### Treatment for Dry/Dehydrated Skin

Designed to restore essential moisture and replenish skin lipids while improving the skin's innate defences against external elements

### Treatment for Sensitive/Reactive/Stressed Couperose Skin

Helps strengthen sensitive skin and reduces irritation and redness. Soothing and restoring skin beauty

### Treatment for Loss of Skin Tone

Designed to improve skin tone and firmness while protecting the skin from environmental pollutants

### Clinical Treatments for Aging Skin

Designed to invigorate, nourish and protect the skin and give a youthful appearance

### Treatment for Hyper Pigmentation

Designed to reduce the appearance of hyper pigmentation while nourishing and protecting the skin from environmental pollutants

### Deluxe Personalized Phyto-Aromatic Facial Treatment

1 hour 15 mins

For all your skin's individual needs revealing smoother, brighter, fresher looking skin. Includes cleanse, exfoliate with gentle exfoliant made with jojoba or a phyto deep cleansing peel with plant enzymes, extractions if needed, concentrate for nourishment, specialized eye treatment, personalized massage cream and mask to treat the individual skin needs. Created from a selection of 12 plant extracts and 4 essential oil blends, revealing revitalized and nourished skin. Includes your choice of hand or scalp massage during treatment. **\$90**

### Teen Facial

1 hour

Includes education on how to care for the skin. Cleansing, lotions, exfoliation, creams and mask. **\$70**

### Fruit Acid Skin Therapy or Biostrat Glycolic Treatment

This specialized facial uses products designed to refine the texture of the skin. The peel and mask used is very healing, soothing, hydrating and leaves the skin smooth and vibrant. Excellent for aging skin, scarred acne prone skin and hyperkeratinized skin.

### Cure Package of 4 Treatments \$250

45 minutes per treatment \$70

# Skin

## Specialized Skin Therapy Treatments

for Men and Women

### Specialized Eye Treatment Facial

30 mins

Includes cleanse, exfoliate, hydro-balancing lotion, eye treatment concentrate, mask for eye area and shoulder massage. This treatment ends with a protection cream for hydrating the face and eye area. **\$55**

### Deep Cleansing Back Treatment

1 hour 15 mins

Includes cleanse, exfoliate, massage and mask. Excellent for acne prone skin. **\$90**

### Skin Consultation with Samples \$15.00

## Waxing

### Removal of superfluous hair from the body using warm tree resin wax and hard wax

for Men and Women

Eyebrow	\$18	Half Leg (lower)	\$32	(upper)	\$37
Lip	\$10	Full Leg			\$60
Chin	\$10	Bikini	\$27	with hard wax	\$32
Cheeks	\$15	Extended Bikini	\$37	with hard wax	\$42
Foot	\$17	G-String Bikini	\$47	with hard wax	\$52
Underarms	\$20	Brazilian or Hawaiian			\$57
Half Arm	\$20				
Full Arm	\$35				
Back	\$40+				

Facial waxing with hard wax add \$2

## Microdermabrasion

This exfoliation technique removes the top most layer of the skin.

This treatment treats sun damage, age spots, reduces fine lines, acne scarring, blackheads and whiteheads resulting in smoother, softer, more vibrant skin

### Deluxe Phyto-Aromatic Facial Treatment with Microdermabrasion

Includes cleanse, microdermabrasion, hydro-balancing lotion, concentrate, personalized cream, personalized double mask and eye treatment. We pamper the face, neck and décolleté. Includes choice of hand or scalp massage. **1 hour 15 mins \$100**

### Added Extra Hand and Arm Treatment

Cleanse, lotion, microdermabrasion, massage. **\$35**

### Back Treatment with Microdermabrasion

Cleanse, lotion, concentrate, massage, mask. **\$100**

# Body

## Body Treatments

for Men and Women

Stress and strain accumulate in the body

### ESSENTIAL AURA AROMA THERAPY SYNERGIES

are custom blended for their exquisite fragrance, active properties and profound effect on the mind body and spirit.

Your choice of organic custom blends:

MUSCLE RELEASE - let this warming, anti-inflammatory blend work its releasing magic on your muscles

MOON BALANCE - women will love this blend, it helps regulate menstrual cycle and balance hormones

MEDITATE - this is a powerful grounding and centering combination

IMMUNITY - this blend protects against virus and flu, assisting the immune system, useful during winter months for prevention

TUSCAN FARM GARDENS - ORGANIC LAVENDER BLEND - excellent for calming the nervous system and promoting deep relaxation

### Back Massage with Dry Brushing Technique

30 mins

This treatment begins with a stimulating Dry Brushing Technique designed to stimulate, exercise and detoxify the skin, followed by a hot towel then massage with your choice of an Essential Aura Aromatherapy Synergy Blend. Leave feeling completely calm, relaxed and re-energized. **\$55**

### Full Body Massage with Dry Brushing Technique

1 hour

To calm, de-stress and nurture the individual. This treatment begins with a hot towel herbal cleanse for the feet, followed by a dry brush technique for the full body, full body massage with your choice of an Essential Aura Aromatherapy Synergy Blend. Leave feeling completely nurtured and in a peaceful state. **\$95**

### Lomi Lomi Hawaiian Body Massage

1 hour 15 mins

This treatment begins with a hot towel herbal cleanse for the feet, it is then followed with the traditional lomi lomi full body massage. This unique treatment involves massage and gentle stretching of the body combined. Leaving the body feeling calm, peaceful and completely nurtured. Nothing like a sweet "aloha" experience. **\$100**

### Lomi Lomi Hawaiian Body Massage with Dry Brushing Technique

1 hour 30 mins

This treatment begins with a hot towel herbal cleanse for the feet, followed with a stimulating Dry Brush Technique designed to detoxify the skin, followed with the traditional lomi lomi full body massage. Simply exquisite "aloha". **\$135**

### Soothing Scalp Massage

30 mins

This treatment includes a neck and shoulder massage using a soothing essential oil blend of your choice Meditate or Lavender. Excellent for relief of headaches, insomnia and to promote deep relaxation. **\$45**

# Body

## Body Treatments

for Men and Women

### Indian Head Massage

This is a holistic, stress reducing and improves mental clarity. Designed for anyone with aching shoulders, tension headaches, eye strain, insomnia, anxiety, depression or sinus congestion.

15 mins **\$25** 30 mins **\$45** 60 mins **\$80**

### Lymphatic Massage for Face and Neck Areas

35 mins

Very effective in helping remove toxins through the lymphatic system. Clarifying for the skin and promotes a healthier glow. Excellent for acne prone skin, sinus congestion, puffiness and stress. **\$55**

### Hot Rock Massage

An ancient healing art using heated river rocks known for their healing benefits. These heated rocks help balance and re-energize the body. A beautiful treatment leaving you feeling calm, balanced and rejuvenated.

### Hot Rock Therapy for Back

45 mins **\$85**

### Hot Rock Therapy for Full Body Treatment

1 hour 15 mins **\$105**

### Reiki Treatment (pronounced Ray-Key)

"Reiki" or energy, flows through the practitioner and is directed with hands to the body, focusing on the chakra energy centres and the parts of your body that are in need of balancing and healing. Reiki helps you experience more of what you want such as energy, joy, love, vibrancy and enthusiasm. This is very relaxing and gentle, a nice addition to a facial or massage treatment.

30 mins **\$45** 60 mins **\$75**

### Raindrop Therapy

The purpose of this treatment is to stimulate every organ, muscle and bone on a cellular level through the hand movements and vibration of the essential oils. This boosts the body's various systems to bring it into structural and electrical balance assisting in the release of toxins on all levels. The Vita-Flex technique used in this treatment is an ancient Tibetan healing modality using gentle pressure along points of the body to create balance and assist the body to heal itself.

1 hour 30 mins **\$100**

## Detox Foot Spa

### Platinum Energy Systems™ Detox Foot Spa

This is one of the easiest and pleasant ways to detoxify, restore energy levels and return to a natural state of being. The foot spa combines the principles of optimizing toxin elimination with the healing properties of hydrotherapy and reflexology.

Everyone can benefit from detoxification treatments!

1 Platinum Detox Foot Spa Treatment 1 hour **\$60**

Cure Package of 4 Treatments

1 hour per treatment **\$220**