Massage

Registered Massage Therapy
(Available on site, call for details)
Relaxation Massage
1 Hour $60 • 1/2 Hour $30
Hot Stone Massage *(Certified Therapist)*
1 Hour $70 • 1/2 Hour $40

Extras

Tooth Diamond $40
Tanning: Stand up SunDome
(Max tanning time 10 minutes;
equivalent to 20 minutes in a lay down bed)
50min $35 • l00min $55 • Unlimited $75/month
*Tanning lotions & goggles available. *Must be 18+*

Fitness & Nutrition

Drop in, monthly or yearly memberships available. Call or visit for details. Group fitness classes available with certified fitness instructors. Private class setting. Personal training and nutrition available.

Gym Passes
Drop in $12 • Junior $8
1 Month $60 • Junior $30 / 1 Year $600 • Junior $300

Spa Packages

Pure Bliss
Spa Manicures / Spa Pedicure
An essential reconditioning of the hands and feet. We provide precise and thorough expertise to address your specific needs. Ease muscle tension with expert massaging of the hands and feet. This package will uplift you.
$108

Couples Retreat
Hot Stone Massage
Enjoy some alone time together as we leave you both feeling relaxed and rejuvenated.
$135

Ultimate Indulgence
Spa Manicure / Spa Pedicure / Facial /
Plus
1 Hour Relaxation Massage
It's healthy to indulge yourself once in a while. Decrease tension and feel yourself unwind as we soothe you from head to toe. Embrace this luxury indulgence.
$235

(Group bookings available)

	SPA HOURS	GYM HOURS
Monday	9:00am-5:30pm	6:00am-9:00pm
Tuesday	9:00am-9:00pm	6:00am-9:00pm
Wednesday	9:00am-5:30pm	6:00am-9:00pm
Thursday	9:00am-9:00pm	6:00am-9:00pm
Friday	9:00am-5:30pm	6:00am-8:00pm
Saturday	10:00am-5:00pm	9:00am-5:00pm
Sunday	CLOSED	9:00am-12:00pm

Spa fit BY LINDA

115 Burrows Ave E • Melfort, SK
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spafitbylinda.com

Design & Layout by Nelson Graphic Design 210521

Spa fit BY LINDA

MELFORT SK

Hand Care

Full New Set $75
Nail Biters $78
(Extensions or tips included in new set price)
Gel Overlay
Clear $45 • Color $55 • French $60
(No extensions or tips included)
Gel Nail Fill
2 Weeks: Clear $35 • Color $40 • French $42
3 Weeks: Clear $45 • Color $50 • French $52
4 Weeks: Clear $55 • Color $60 • French $62
(Anything after 4 weeks is considered a new set)
Gel Nail Fix $8 • Gel Nail Removal $35
Free Hand Designed Nail Art $25 or $4 *(Per finger)*
Gem Stones or Decals $1 *(Each)*
Classic Manicure* $40
Spa Manicures* $50
In addition to the classic manicure, your spa manicure includes a complete exfoliation of your hands and forearms, finishing with a soothing and moisturizing massage.
Shellac Gel Color & Manicure* $60 *(New set)*
Shellac Gel Removal $30 • Shellac Fill $50
**Additional $5 added to manicure to remove existing shellac*

Foot Care

Quick Fix Pedicure $40 *(Soak, cuticles, trim)*
Classic Pedicure $58
Spa Pedicure $68
Along with your classic pedicure ritual, experience the spa pedicure by having your swollen tired feet and lower legs exfoliated and moisturized, followed by soothing paraffin for the ultimate rejuvenation.
Shellac Gel Color & Classic Pedicure $82 Shellac Toe Fix $4
Shellac Toe Removal $30
Mini Pedicure & Shellac
Color $45 • French $55
(Includes soak, cuticles & maintenance)
Paraffin Treatments*
$10 extra on any hand or foot service
Polish Applications *(Hands and feet • Soak Mandatory)*
Color or French $25
**Additional $5 added to pedicure to remove existing shellac*

Waxing

Chin $12 • Lip $12 • Cheeks $20
Chin, Lips & Cheek $40
Eyebrows $20 • Bikini $30
Full Arm $50 • 1/2 Arm $40 • Underarms $25
Leg 1/2 $50 • Leg Full $70
Full Legs & Bikini $95
Chest $50 • Back Wax $60

Skin Care

Facials $65
We address a variety of skin concerns such as premature aging, sun damage, loss of vitality, tone and radiance. These special skin care treatments will leave you glowing.
Dermaplaning $110
Facial with Dermaplaning $160
(Book 3 sessions get the 4th half price)
Facial Appointment Add Ons
Scalp Massage $10 • Foot Massage $10

Henna Brows, Tinting, Eyelashes

Classic Lashes
New Set $99 • 2 Week Fill $40
3 Week Fill $50 • 4 Week Fill $60

Volume Lashes
New Set $150 • 2 Week Fill $65
3 Week Fill $75 • 4 Week Fill $85

(Fills are based on amount of extensions required to do the fill & anything after 3 weeks is a new set)

Eyelash Removal $40
Eyelash Perm/Lift $50 • Brow Tinting $20
Eyelash Tinting $25 • Lash & Brow Tinting $35
Henna Brows $35 *(Includes Shaping)*
Wax & Tint $35