



## **BODY TREATMENTS**

### **NEPTUNE SIGNATURE MASSAGE**

90/60/30 MIN

This fully customized massage will lull you into a deep state of relaxation. You will depart refreshed, reawakened, and ready to re-renter the world.

### **MERCURY SPORTS MASSAGE**

90/60/30 MIN

This is a deep tissue treatment that uses trigger point therapy to improve circulation, promote flexibility, prevent injury, and help muscle recovery.

### **LAPIS MASSAGE**

90/60 MIN

Using warm, hand-carved salt stones from the Himalaya Mountains, this massage balances the central nervous system and nourishes depleted cells leaving the body in a deep state of relaxation. This treatment stimulates specific meridians on the body, improving sleep and reducing inflammation.

### **MOTHER OF THE SEA MASSAGE**

90/60 MIN

A magical stage of your life is about to begin. This pampering experience is designed with the safety of the mother and child in mind. This treatment uses unscented oils and support cushions for optimum comfort.

### **CBD INFUSED MASSAGE**

90/60 MIN

If you're seeking relief from tight muscles, injuries, extra stress, or maybe just chasing that post-yoga high, take your massage to the next level with a deeply moisturizing, CBD-enhanced treatment. CBD is one of many compounds called cannabinoids found in the natural hemp or cannabis plant. CBD does not produce a euphoric "high" or psychoactive effect.

### **AROMATHERAPY MASSAGE**

90/60 MIN

Experience the ancient art of combining the sense of smell with touch. Essential oils of plants and flowers are used in a gentle, effective massage to reduce stress, increase energy and induce relaxation.

### **COUPLES MASSAGE**

90/60 MIN

Harmonizing and uniting aromas set the intention for a truly romantic couple's massage. Created for just the two of you, this tailored-massage allows you to enjoy quality time together during a side-by-side massage as you relax and renew. (Prices are based on the massages service selected)

## **MASSAGE ENHANCEMENTS**

### **HIMALAYAN HOT STONES**

Upgrade to a new level of relaxation as your therapist uses warm, hand-carved salt stones from the Himalaya Mountains for your massage. With 84 essential nutrients and minerals, the 100 percent pure salt will re-mineralize your skin to deliver an increased level of wellness and nourish and replenish you with benefits that go beyond skin deep.

### **HOT OIL SCALP TREATMENT**

Treat yourself to this scalp massage using organic cranberry, lemon, jasmine, and avocado oils that have been warmed to the perfect temperature to relax your senses. This treatment promotes emotional well-being and relaxation of the mind and nervous system.

### **CBD OIL**

This enhancement reduces inflammation, suppresses muscle spasms, alleviates chronic pain, and stimulates the release of endorphins. CBD is one of many compounds called cannabinoids found in the natural hemp or cannabis plant. CBD does not produce a euphoric "high" or psychoactive effect.

### **REFLEXOLOGY**

Reflexology not only enhances deep relaxation, it also increases blood flow which helps reduce pain.

### **FOOT SCRUB**

This massage soothes the feet on the arch, heel, and between the toes.

### **AROMATHERAPY**

Essential oils of plants and flowers are used in this gentle massage to reduce stress, increase energy, and induce relaxation.



## **FACIALS**

### **NEPTUNE SIGNATURE FACIAL**

90/60 MIN

Treat yourself to a pampering experience that's customized to you. After analyzing your complexion, it's on to a deep exfoliation, and revitalizing massage.

### **AGE CORRECTING COLLAGEN FACIAL**

90/60 MIN

A cell-targeting collagen penetrates the dermis to speed skin metabolism, rejuvenate the skin's moisture, and increase elasticity. This facial includes extractions and a relaxing massage of the hands, neck, and feet.

### **BRIGHTENING FACIAL**

60 MIN

Designed to address hyperpigmentation, this facial uses revolutionary technology and products with vitamins and antioxidants to unveil your brightest and most radiant skin.

### **AGE DEFYING FACIAL**

90 MIN

Utilizing revolutionary research into time-reverse technology, this luxury facial treatment features the innovative age prevention complex. Four unique ingredients reactivate the skin's own anti-aging mechanisms and restores youthful radiance. The skin is left hydrated and luxuriously glowing.

### **BACK FACIAL**

60 MIN

Good skin care shouldn't end with the face. Perfect for brides and bathing suit season, our Back Facial treatment prevents flare ups of breakouts and imperfections.

## **GENTLEMEN FACIAL**

90/60 min

This cleansing facial treatment clears your face of grime, extracts blackheads as well as soothes irritated skin caused from shaving, razor burn, and ingrown hairs. This treatment includes a facial massage, a skin-specific mask, toning, and moisture protection. Your skin will be restored to its natural and healthy state.

## **FACIAL ENHANCEMENTS**

### **AGE CORRECTING FACE MASK**

### **AGE CORRECTING NECK AND DÉCOLLETÉ MASK**

### **LIP AND EYE MASK**

### **MICRO-CURRENT**

### **EYEBROWS WAXING**

### **LIP WAXING**

### **FULL FACE WAXING**

### **UNDERARM WAXING**



## **HIMALAYAN SALT SUITE**

### **HALO THERAPY**

45 MIN

### **YOGA/MEDITATION**

45 MIN

This room contains 100% pure Himalayan crystal salt. Himalayan salt balances and neutralizes the ill effects of the toxicities in our world. It is particularly beneficial for the lungs and immune system and is recommended for athletes.

### **BENEFITS OF HIMALAYAN SALT**

Exposure to the salt can support a healthy respiratory system and opens the sinuses. Studies show it can boost bone health, prevent muscle cramps, improve circulation and digestion, and relieve anxiety.

## **NAIL SALON**

For the first time in its 140 year history, the LAAC now has a nail salon. From our gentlemen's manicure/pedicure to wild nail art, there is something on our menu for everyone.

**LAAC SIGNATURE MANICURE**

**LAAC SIGNATURE PEDICURE**

**LAAC GEL MANICURE**

**LAAC PEDICURE**

**GENTLEMEN'S MANICURE**

**GENTLEMEN'S PEDICURE**

**POLISH CHANGE HANDS**

**GEL POLISH CHANGE HANDS**

**POLISH CHANGE FEET**

**GEL POLISH CHANGE FEET**

## **ENHANCEMENTS**

**AMERICAN/FRENCH**

**DESIGNS**

**CALLOUS TREATMENT**

**HAND/FEET PARAFFIN**





## **JD'S LA BARBERSHOP**

JD's Barbershop hails from one of LAAC's international reciprocal Clubs, The Vancouver Club, and is thrilled to now partner with LAAC. JD's not only provides first-rate service but also fosters an intimate community. Come take a seat in the chair, sip a whiskey if you'd like, and experience exceptional grooming.

### **MEN'S CUT OR FADE**

30/45 MIN

JD's welcomes you into the chair for our signature service. Enjoy a complimentary hair wash, then relax as our skilled staff recreates your favourite cut, or works with you to create a whole new look. All haircuts include optional styling with JD's own line of hair products.

### **BUZZ CUT**

15/30 MIN

A barbershop staple, and the king of low-maintenance haircuts.

### **HOT SHAVE**

30/45 MIN

The hot shave is an iconic affair—a straight-razor, a hot towel, shaving oils, and the steady hand of a professional create something greater than the sum of its parts. It's more therapy than grooming (but you'll still leave looking better than ever).

### **HAIRCUT & HOT SHAVE COMBO**

60 MIN

Invite a friend and share a beverage as you're treated to the full range of JD's services, or book some time for yourself and enjoy the process in ritualistic bliss. This package includes all the perks of a signature haircut, as well as a classic hot shave.

### **BEARD TRIM**

15/30 MIN

We know the power of a great beard. Keep it uniform and magnificent with regular sessions under the clippers.

**HAIRCUT & BEARD TRIM COMBO**

60 MIN

This package includes a signature haircut, and a careful session under the clippers.

**CLEAN UPS/LINE UPS**

15 MIN

Need a quick tidy before a meeting or dinner? Pop in for a little shave, and we'll make sure that neckline stays immaculate.

**LADIES CUT**

60 MIN

Whether you're ready for a new hairstyle or refreshing an already gorgeous look, our staff is pleased to accommodate. This service includes a wash, haircut, and blow-dry.

**BLOW DRY**

30/45 MIN

After a relaxing wash, a stylist will carefully blow-dry and brush your hair to achieve a smooth and voluptuous finish.

**COLOR AND HIGHLIGHTS**

JD's offers a range of services for color and highlights. As your needs may vary, please visit the shop or call to book a complimentary fifteen minute consultation.

**KIDS CUT**

30 MIN

We're family friendly! Children up to 12 years old are welcome to discounted haircuts, in whatever style they (or you) wish.

**SPA ETIQUETTE:**

Neptune Spa is an environment of tranquility and relaxation. In respectful consideration of all guests, we ask you to please turn off all cellphones. Speak softly and simply enjoy the silence.

**HOURS OF OPERATION:**

Monday-Friday 9:00AM-9:00PM

Saturday-Sunday 10:00AM-5:00PM

**RESERVATIONS:**

213.625.2211

**SPA AMENITIES:**

Robes, spa sandals, hair dryers, razors, deodorant, various lotions, shampoo, conditioner and hair products.

**CHECK-IN:**

Please arrive 30 minutes prior to your scheduled appointment.

**LATE ARRIVALS:**

All treatments will end as scheduled to avoid delay for the next guest.

**AGE REQUIREMENTS:**

Massages and body treatments are available to adults 18 years of age and over. For ages 16 to 18 the guest needs to be accompanied by an adult in the same treatment room.

Facials services are available to guests 16 years of age or older.

**HEALTH CONSIDERATIONS:**

Many treatments are contraindicated for pregnant women. If you are pregnant, or have high blood pressure, allergies or other physical ailments, please notify the spa coordinator before booking so we may better guide you.

**CANCELLATION POLICY:**

In the interest of your health in consideration of others, please contact a spa coordinator 24 hours prior to your appointment time to cancel or reschedule your spa treatment. All "no shows," cancellations or changes made without a 24 hour notice will be billed 100% for their scheduled services.

**PAYMENT FOR SERVICES:**

Major credit cards and gift certificates are accepted.

Please do not bring valuables to the spa. We will provide you with a robe and slippers. Most massage and body treatments are enjoyed without clothing and our spa staff is trained to provide privacy using professional and comfortable draping techniques.

