

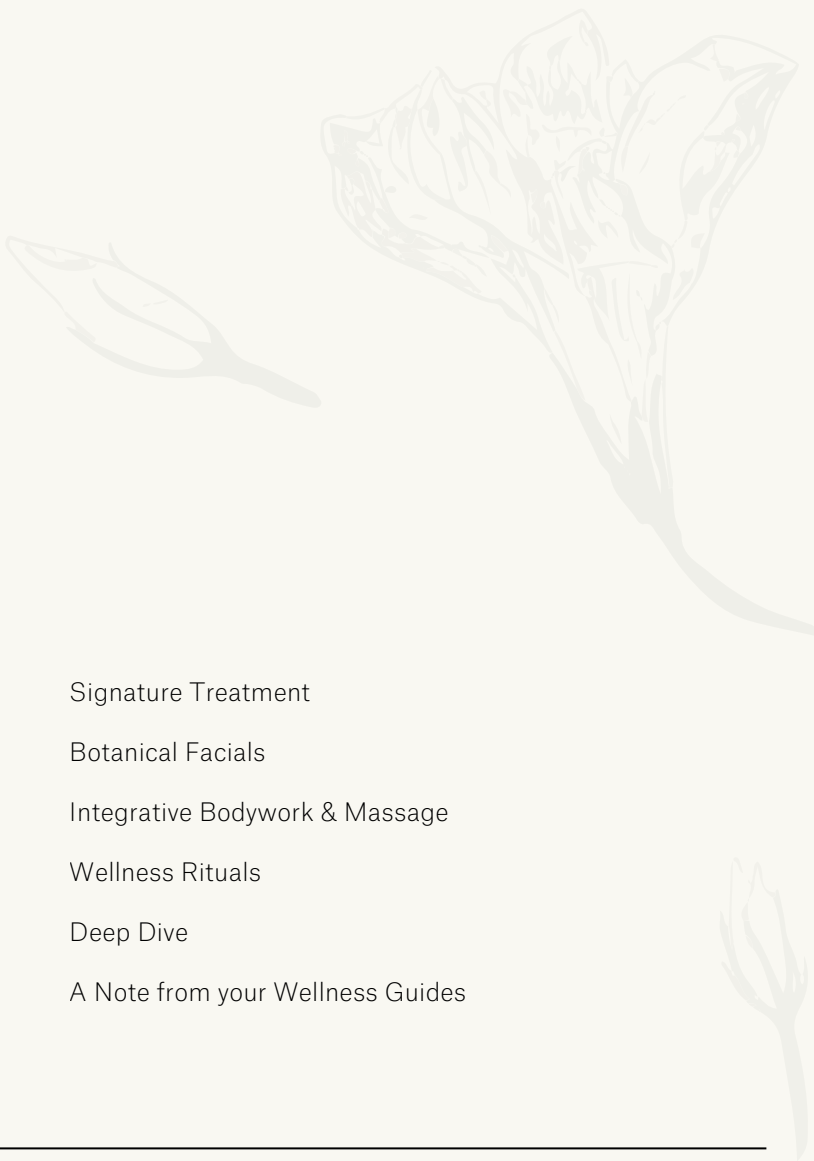
NIMMO BAY



Wellness Menu

find your wellness within

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01 | Signature Treatment

RHYTHMS OF NATURE

Immerse yourself in complete wild indulgence.

Start with a Forest Bathing Meditation, followed by an Intertidal Scrub and an outdoor rain shower. Finish with a tailored massage designed to fit your needs and rehydrate with a refreshing local elixir.

This treatment can also be shared with a loved one. Ask us about experiencing this treatment in tandem.

3 hours - \$750





02 | Botanical Facials

BOTANICAL GLOW FACIAL

Enjoy our intentional application of thoughtfully curated products inspired by botanicals of the coast in this thirty minute facial. This treatment is suitable for most skin types and will leave you feeling fresh and nourished. If you are looking for the ultimate indulgence, pair this treatment with a massage offering of your choice.

40 min - \$200

THE NIMMO RESTORATIVE FACIAL

A uniquely Nimmo facial experience. Our wellness team has worked together to create their dream facial and are excited to share it with you. Using thoughtfully curated products, experience a facial like no other. This treatment will include a facial treatment, as well as elements of sound healing, mindfulness, and massage, lulling you into a dreamlike state. We can't wait to share this new offering with you.

60 min - \$260

03 | Integrative Bodywork & Massage



THE THERAPEUTIC MASSAGE

Light to Deep Pressure

A tailored approach to bodywork. This treatment will be customized to your individual needs. The use of tools may be included to increase the therapeutic nature of this work.

60 min - \$260 | 75 min - \$320 | 90 min - \$385

THE INTUITIVE MASSAGE

Light to Deep Pressure

An experience that includes both the body and mind, designed to relieve tension and invite a deeper sense of well-being. This treatment will be customized to fit your individual needs.

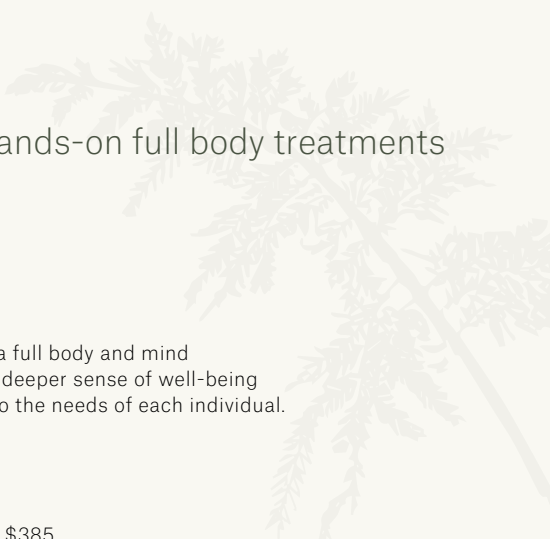
60 min - \$260 | 75 min - \$320 | 90 min - \$385

THE AROMATHERAPY MASSAGE

Light to Deep Pressure

The intention of this massage is to help you dive deeper into your senses. Choose from our beautiful curation of naturally scented massage oils which will guide you into a profound state of bliss.

60 min - \$260 | 75 min - \$320 | 90 min - \$385



Hands-on full body treatments

ESCAPE TOGETHER

Enjoy a side-by-side massage. Embrace a full body and mind experience to relieve tension and invite a deeper sense of well-being together. Treatment will be customized to the needs of each individual.

**price per person*

60 min - \$260 | 75 min - \$320 | 90 min - \$385

PRENATAL MASSAGE

An individualized treatment to support women at the most sacred of times. Massage during pregnancy can help the mother-to-be focus inward, increase her ability to relax and increase well-being, as well as build a stronger connection to her baby. Our highly trained practitioners will take great care to ensure you feel supported and nourished during your time with us.

75 min - \$320 | 90 min - \$385

THE SAPLING MESSAGE

Massage can be beneficial for everyone. This introductory massage can help settle our nervous system and improve sleep.

Our Sapling Massage is for those under 13-years-old. Guardian must be present for intake.

45 min - \$175

COASTAL BLISS FACIAL & MASSAGE

Escape in the tranquillity of the Great Bear Rainforest with this locally-inspired treatment. Enjoy a tailored massage with natural botanical oils, followed by a facial using forest-derived extracts from the beautiful handmade Forest Etiquette skincare line. Allow the essence of the rainforest to envelop you as you embark on a journey of relaxation and renewal. Leave feeling refreshed and revitalized from head to toe.

90 min - \$400

DRY BRUSH & MASSAGE

Dry brushing helps to detoxify the skin and stimulate lymphatic drainage. This full body dry brush experience is followed by an Intuitive Massage, sure to leave you glowing.

90 min - \$385 | 2 hours - \$480





04 | Wellness Rituals



THE INTERTIDAL SCRUB

In this full-body treatment, invigorating plant oils blend harmoniously with Pacific Sea salts, crafted exclusively for this indulgent experience at Nimmo Bay. This scrub will renew your skin and restore your senses, leaving you and your skin glowing. After the scrub, you will be given a full body lotion application to leave you feeling nourished and refreshed.

50 min - \$260

THE INTERTIDAL SCRUB & INTUITIVE MASSAGE

The power of solar evaporated sea salt combines with the healing power of touch to create the ultimate indulgence. Enjoy our favourite combination of the Intertidal Scrub and a full body massage to help both the body and mind glow from the inside out.

90 min - \$385 | 2 hours - \$480

INTERTIDAL RENEWAL

Immerse yourself in a restorative ritual that blends our intertidal scrub, massage, and signature facial. Begin with a mineral-rich exfoliation to stimulate circulation, and renew the skin. A refreshing outdoor rain shower follows, preparing the body for a nourishing custom massage. Incorporating sound and breath your ritual concludes with a curated botanical facial leaving your skin radiant and your body and mind renewed from within.

2 hours - \$500

SHIATSU

Shiatsu has its roots in traditional Chinese medicine, which applies pressure to points along the body, helping to promote the flow of vital energy (often known as 'qi'). This treatment is delivered on the ground and practiced fully clothed to allow for gentle stretching alongside pressure point therapy. This treatment combines a fusion of techniques, including assisted stretching found in Thai Massage.

60 min - \$260 | 90 min - \$320

RESTORATIVE BODYWORK

This treatment merges the fields of restorative yoga and myofascial release to help nudge the body toward a neutral alignment. Benefits also include settling an overworked nervous system. This option is fully clothed and helpful when you are feeling the call to slow down and be still.

90 min - \$320

SOUND BATH BLISS

Experience a combination of skilled and customized massage which harnesses the power of sound and vibration with our crystal singing bowls. Help bring the body into a state of deeper relaxation and move stagnant energy from our physical and emotional bodies.

90 min - \$385 | 2 hours - \$480



AYURVEDIC HEAD MASSAGE

AHM has a deeply relaxing and rejuvenating effect. For this treatment, you will be seated as the therapist uses flowing strokes and 'marma' or pressure point therapy to induce a deep state of relaxation.

35 mins - \$135

YIN IN THE WILD

Join us for a location yin yoga experience complemented by a soothing sound bath. Postures are held for 5-10 minutes to allow connective tissues to unwind while the healing vibrations of sound deepen your relaxation and release. A mindful elixir tasting inspired by Ayurveda will follow the session to help you settle even further.

One-on-One session - \$200

Each additional person in private group - \$50

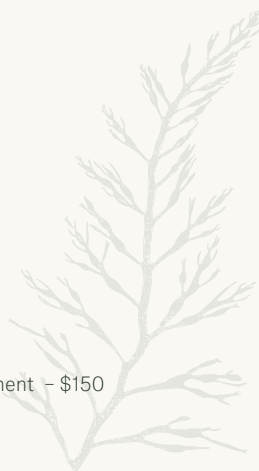
PRIVATE YOGA & MEDITATION

If you are new to Yoga Asana practice, are working with an injury, or would like to move deeper into your personal practice, book a private class with one of our skilled yoga teachers.

One-on-One private session - \$100

Each additional person in a private group - \$50

Add Forest Bathing Meditation as an add-on option to any treatment - \$150





05 | Deep Dive



WELLNESS WITHIN THE WILD | ENHANCEMENT

The Wellness Within the Wild package turns any of our Inclusive Experience bookings into a personally curated wellness retreat. Wellness experiences are woven gracefully into each day of the stay to maximize the healing power of the Great Bear Rainforest without pulling you away from any of our adventure excursions. Our dedicated wellness guides curate experiences to meet your unique needs. The flexible format allows the Nimmo Bay team to personalize treatments and excursions that deepen the wellness journey.

3 night stay, per person - \$1,650

4 night stay, per person - \$1,950

**Pre booked Enhancement or based on availability*

06 | A Note From Your Wellness Guides

Thank you for slowing down with us. Our Wellness Program is deeply inspired by the land we have the privilege to operate on and by the healing powers of nature. We strive to show that wellness can be made simple and that everyone can benefit from embracing the cyclical rhythm of nature. We take pride in the fact that our treatments are customized to the individual that arrives. This means we can support you to the best of our abilities. The value of connection is deeply important to our team. We hope you walk back into your life feeling a greater sense of connection to yourself, to your community, and to the wild spaces around you.

Yours in Wellness,

Emiline, Rocio & Kate

