

ten

A perfect “ten” is what we strive to deliver to each customer for every treatment.

Each Ten Spa treatment has been developed from years of research at many of the world's foremost spas, as well as hard-to-find ethnic parlors around the globe. Once each treatment is created, our staff is trained to customize each service to find skin and body care solutions for every situation.

All treatments and services are based on traditional techniques infused with the most advanced training therapy. There are no fad-driven trends here - only tried and tested results. So, whether it's a facial, body scrub, massage, body cocoon, pedicure or manicure, our cutting-edge treatments will provide unmatched results which nurture and soothe.

Developed in Istanbul,
engineered in Germany and
available in Winnipeg

hamam

exclusively at Ten

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facials

ten's signature facials

Transformative facial treatments that incorporate premium, hard to obtain ingredients, and exclusive high-end equipment that, in the hands of our aestheticians, will deliver healthy glowing skin.

ten's custom facial Whether you have super sensitive or acne-prone skin, we tailor this facial to you. Treatment includes double sonic cleansing, micro diamond exfoliation, detoxifying oxygen face mask, hydrating hand treatment, custom-blended face and eye masks, purifying skin-specific ampoule finished off with a skin protecting SPF moisturizer.

ten's hot peel facial Sagging got you (and your skin) down? Pick up the slack with this advanced anti-aging facial which firms and lifts your skin with a combination of a powerful cinnamon enzyme exfoliation, two rejuvenating super firming face masks and a gentle micro-current lift for a non-surgical face lift. Expect to be asked where you got your 'work' done.

ten's lymphatic facial This turn-back-time treatment detoxifies and 'depuffs'. It targets tone, elasticity, volume, fine lines and wrinkles - all the way to your décolletage. It includes a gentle yet effective seaweed peel, decongesting lymphatic drainage and customized natural clay face mask. Expect to fall asleep during and be amazed after.

50 minutes without extractions

65 minutes with deep pore extractions and
post-extraction cure

These customizable facials incorporate the latest anti-aging modalities and glow-on-demand peels. They include microdermabrasion, LED therapy and an A, C, and E vitamin-enhanced oxygen infusion to promote healing and pore tightening. These facials are recommended for wrinkle prevention and the treatment of mild-to-moderate acne.

ten's deep detox facial Originally designed for those who need a glowing complexion on demand. This facial treatment has been perfected over the years. The facial includes deep sonic cleansing, diamond microdermabrasion, oxygen wrap, deep pore extractions and a dermatological grade multi-fruit peel. It is followed by detoxifying lymphatic drainage and is recommended for all skin types, especially for the not 'so pure' complexion. 80 minutes

ten's signature microderm facial This action-packed treatment is like cross-training for your complexion. Ten's famous multi-layered Microderm Facial is perfect for special occasions, or monthly maintenance. The secret is in the proprietary formula applied after a thorough microdermabrasion which combines lactic and amino acids. This creates a uniquely intelligent exfoliating system that steam cleans the pores, dissolves impurities and evens skin tone. Excellent for all skin types. 80 minutes

ten's lymphatic head-to-toe combo This total body detoxifying, thermal wrap and lymph clearing massage is unlike anything else you've experienced. We use European vacuum technology to drain toxins from head-to-toe, while you relax in a Far-Infrared light. This cellulite-fighting treatment includes a task-specific marine seaweed body mask and wrap to promote drainage, replenish minerals, relax and hydrate. 110 minutes

ten's "HiiT" high intensity interval treatments

These super active, action packed facials are designed to treat skin specific conditions. Like high intensity interval training, these treatments provide a powerful skin maintenance strategy. These treatments can also be combined and layered as needed to correct skin imperfections.

HiiT purge This treatment starts with a double sonic cleanse in preparation for our signature pore opening warm paraffin face mask. The mask primes your skin for purging impurities so that black heads and white heads can be expertly removed. The treatment is finished with a post-extraction high frequency cure, skin purifying ampoule and soothing UVA and UVB total protection.

HiiT peel This complexion correcting treatment is a combination of a no-nonsense probiotic power peel, brightness-boosting Collagen face mask and is completed with UVA and UVB total protection.

HiiT lift This advanced anti-aging facial is like a facelift without plastic surgery. The key component of this treatment is the pharmaceutical protein enzyme exfoliation which leaves your face tight and instantly lifted.

25 minutes

Add-on to any facial

head-to-toe clay wrap

An all-out head-to-toe beautifying experience. This hydrating full-body violet clay mask and body wrap complements ALL Signature facials

20 minutes

ten skin_{rx} - mini medi

These are medical grade mini treatments that incorporate high and radio frequency, deep oscillation and/or LED light technology that can be added to any of our face or body treatments.

power light For red, blotchy, tired, stressed out skin, a serotonin boosting LED light treatment that delivers instant clarity.

lampprobe Using radio and high frequency current, we will rapidly and effectively treat a broad range of minor skin irregularities. With each treatment there is little to no downtime and results are immediate!

Red: Dilated (broken) capillaries, Cherry Angiomas

Yellow: Cholesterol deposits, Milia, Cysts

Brown: Skin tags, Fibromas, Keratoses

15 minutes

30 minutes

waxing + sugaring

Waxing or Sugaring is an effective way to exfoliate, leaving behind velvety-smooth skin. We perform a quick, expert, and nearly painless treatment to remove unwanted hair from almost anywhere. Continuous waxing/sugaring will permanently reduce the amount of hair in any area.

wax club **Buy Three, Get One Free.** With a Pre-Paid Wax Club Card, you get access to our facilities each time you have your waxing done. You receive a complimentary 2 oz of Aloe Vera with your purchase pass and a glass of champagne per service.

the full monty We will remove hair from the tip of your toes (literally) to the tip of your brow arch and everything in between. 110min

Full Leg
Full Leg + Basic Bikini
Full Leg + Brazilian
Brazilian Bikini

All other hair removal services can be added to most spa treatments. Please inquire when booking.

essential TRIO

Enjoy an instant transformation to your eye area with our **lash tint, brow tint and brow maintenance package**, finished off with a soothing **cucumber eye mask** to hydrate the skin.

50 minutes



massage

All massages are performed by licensed and registered massage therapists. We recommend the use of our aroma and light therapy steam room prior to all massage treatments.

ten's custom massage What your body needs changes from time to time. This fully customized treatment will leave you feeling completely relaxed. Choose between a full shoulder-to-toe rubdown, or upper or lower body targeted treatment for specific spots with knots. Treatment is enhanced with hot towels, muscle balm, essential oils and body spray moisturizers to reduce stress and tension. 50 minutes

ten's signature full body massage Your therapist will adapt an eclectic variety of techniques designed to loosen you up and target aching muscles. Treatment is enhanced with hot towels, muscle balm, essential oils and body spray moisturizers to reduce stress and tension. 80 minutes

ten's ultimate massage This is a full body massage workout! Your therapist will combine an array of massage techniques including deep tissue, myofascial release, acupressure, assisted stretching and deep rhythmic compressions. Treatment is enhanced with hot towels, muscle balm, essential oils and body spray moisturizers to reduce stress and tension. 110 minutes

ten's prenatal massage Performed with prenatal-approved products, this bump-friendly version of our Ten's Custom Massage relieves tired muscles, swelling and sluggish circulation to leave maxed-out moms-to-be feeling practically 'reborn'. 50 / 80 minutes

ten's signature hot + cold stone body massage This ancient healing art will take you on a journey with hot basalt and cold marble stones. Thermotherapy stimulates your circulatory system and assists your body in self-healing and relaxation. This treatment helps heal aching muscles and promotes relaxation as energy is exchanged between the stones and the tension in your body.. 75 minutes

ten's couple's massage This fully customized massage in our luxurious Couples' room is performed by a Registered Massage Therapist designed for relaxation! This treatment is enhanced with hot towels, muscle balm, essential oils and body spray moisturizers to reduce stress and tension. Enjoy it with your other half whoever that might be. 50 minutes

ten's head-to-toe massage combo This tension-melting head-to-toe massage on a perfectly-warmed massage table starts with warm rosemary towel cleansing and exfoliation, followed by a foot and scalp massage, as well as Ten's Custom Massage. 110 minutes

Rose Oil Massage Complete your Hamam journey with a rose oil massage performed in a spa treatment room with our own blend of rose oil. Once reserved for royalty, the very exclusive and rare oil is heated and massaged into your skin to give you the deepest hydration. 15 minutes

scrub and rub combo This combo includes a warm essential oil and Dead Sea Salt rubdown to remove every last patch of rough skin. It is followed by a soothing shower and a body-melting Custom Massage. Our Massages are performed by our Registered Massage Therapists. 80 minutes



body therapy

body cocoons

Experience a truly unique dimension of the traditional body wrap with a full body exfoliation to prepare for absorption of one of three skin-specific masks. These treatments are performed on a heated Soft Pack Envelopment Bed. Your mask will be applied to the body before you are wrapped and cocooned while floating weightless on a warm cushion of water.

herbal mud body cocoon This treatment is excellent for tired muscles and dull skin. Your body is exfoliated with a refreshing 'Old World Sea Salt Scrub' before it is wrapped in an unique mixture of mineralized mud to nourish, detoxify and rejuvenate aching muscles. While your body is cocooning, an enzyme-enriched organic chai soy mud is applied to your face.
75 minutes

cleopatra milk + oil cocoon This deep moisturizing treatment guarantees velvety smooth skin and a new level of relaxation. It starts off with our refreshing 'Old World Sea Salt Scrub' followed by an essential oil and goat milk based moisturizing wrap as well as a cooling, hydrating cucumber facial mask. 75 minutes

detoxifying algae cocoon This treatment tightens and revitalizes skin. Your body is being exfoliated with our refreshing 'Old World Sea Salt Scrub' before it is coated with a layer of high-grade algae. While your body is cocooning, a skin smoothing and tightening algae treatment is applied to your face and neck. This treatment is excellent for cellulite zones.
75 minutes



body scrub, cocoon + massage combination package Old-vcocoons, followed by Ten's Custom Massage. This customized combo treat- ment is an excellent way to fast-forward your beauty routine. Our massages are performed by our Registered Massage Therapists. 2.5 hours

scrubs + rubs

stimulating essential oil salt scrub This right-on rubdown drives away dry skin with our secret sinus-clearing, mind-melting rosemary, lavender, eucalyptus, sea salt and sugar scrub blend. The scrub is completed with Epicuren Body Moisturizing Lotion. 50 minutes

microderm body buff This state-of-the-art manual scrub is a true full body microdermabrasion. The combination of magnesium oxide crystals, Dead Sea salt and granulated cane sugar, provides you with an extraordinarily effective exfoliation. Great for dry, dull or sun-damaged skin. The scrub is followed by an application of Rosemary Body Lotion and Protein Body Mist to fully stimulate the senses. 50 minutes



ten's ultimate day pass

Plush Turkish robe Italian sandals

European Thermal Suite Experiential
showers Healthy bites Relaxation lounge

Self-detox hamam

manicures + pedicures

These European-inspired treatments are performed in complete comfort while you are reclined and wrapped in a down duvet.

ten's metro manicure This manicure includes rosemary misting, organic scrub exfoliation, warm towel cleansing, nail clipping and cure, hand sanding, massage and nail buffing or painting.

ten's bio gel polish manicure This hybrid oxygenating nail color brushes on like polish, but holds up like a gel so its natural, glossy 'wet look' finish can stay smudge and chip-free for up to three weeks (and doesn't require power tools for removal). Metro manicure included.

ten's metro pedicure This pedicure includes rosemary misting, baking soda scrub exfoliation, warm towel cleansing, nail clipping and cure, custom techno exfoliation, pummeling, massage and nail buffing or painting.

ten's signature manicure This treatment is for your nails, hands and arms up to your elbows. It starts with a hot cream soak, nail filing and shaping with diamond chip files, cuticle cure, followed by hand and arm exfoliation, mineral moisture mask, hot paraffin wrap, strategic aromatic massage and nail buffing or painting.

hand + foot

ten's signature pedicure This treatment is for your toes, feet and legs up to your knees. It starts with warm towel cleansing, nail clipping and cure, customized techno exfoliation, half leg tri-crystal microderm scrub, individualized knee mask, hot paraffin wrap, strategic moisturizing massage and nail buffing or painting.

ten's ultimate pedicure

This pedicure provides the ultimate callus eliminator treatment with an AHA foot peel that breaks down tough dry skin in minutes. It includes steam towel cleansing, sea salt scrub, toe cure, hydrating ampoule with peel-away foot mask and nail buffing or painting. It is finished with a vitamin C healing-cream foot massage and paraffin hand treatment.



ten^{spa}
treatments

are ALL designed
for men and
women.

“the hottest,
steamiest,
most exotic
place in Canada



the hamam...

The hamam hot air bathing ritual was one of the most important pillars of the social life of the Ottoman Empire. Far more than a simple place of bathing, the hamam was a sanctuary where men and women gathered to be renewed.

On a day-to-day basis pilgrimages to the hamam would take place. The Turkish hamam is home to the tradition of physical and spiritual purification. As the body and skin are cleansed and purified from toxins, blood circulation increases and the immune system is stimulated, hereby supporting one, both physically and mentally.

The hamam at Ten Spa reawakens this ancient cleansing and rejuvenating ritual. Ten's hamam rituals are performed by expert attendants trained in the secrets of hamam. You'll be thinking about returning before you even leave.

what to expect...

Upon arrival you will be guided into our luxurious change rooms where you will change into spa sandals, a pestemal wrap and a plush Turkish robe. You are encouraged to take a warm shower prior to your treatment. The hamam attendant will bring mint tea to the hamam lounge where you will begin to warm up in preparation for your ritual. You will also be served house-made Turkish delight as a way of preparing and sustaining you during your time in the hamam.

You will then be guided by your attendant through the [Intro to Hamam](#), [Hamam 101](#) or [Hamam Fully Loaded](#) rituals...

As your treatment draws to a close you will be escorted to our quiet lounge to rest. Ayran, a salty yogurt beverage, will be provided to help your body rehydrate.



the hamam at ten is the inner sanctum of Ten Spa surrounded by heated marble and ambient steam. Your body is guided through the cleansing ritual designed to leave you feeling refreshed and renewed, as it has been done since ancient times.

the rituals

intro to hamam... All hamams begin with this introductory ritual. Moroccan Mint tea and Turkish delight are served in a dry warm room to prepare you for your journey. A self-administered salt rub and traditional rinse is followed by a head, scalp and foot massage on a heated marble slab. About an hour

hamam 101 Starts with the 'Intro to Hamam' followed by the full body gommage and olive oil wash and hair shampoo. The most traditional of the rituals. About an hour and a half

hamam fully loaded Starts with 'Hamam 101' with an extended gommage and olive oil wash and traditional stretching the treatment of the Sultans! About two hours

warm mud party... FOR GROUPS Gather your friends for an unforgettable Hamam experience! After the tea and Turkish Delight, the salt rub and steam, your host will guide you as you apply five therapeutic mud and clays to your body and face. Your rest on the heated marble slab with soft steam allows the mud to work their magic on your skin.

About an hour

hamam glossary...

pestemal The large fringed cotton wrap you will be given upon check-in. Women wear it wrapped around their torso and men wear it around their waist. The pestemal is the dress code for the hamam at **ten**.

tas The bowl used to pour water over the body. Warm, cool and cold water may be used.

marble slab The central focus of the hamam at **ten** is the heated marble slab where massage and gommage is performed.

gommage A full body exfoliation with a kese performed by our hamam attendants.

kese The rough cloth mitt that is used to scour and exfoliate your skin during the gommage.

sabun The pure olive oil soap that, in addition to its curative properties, delivers an abundant lather that will be used to cleanse and massage the skin.

ayran A salty yogurt drink that is served as your treatment draws to a close. The beverage helps to hydrate your body and restore electrolytes lost during your treatment.

for you or someone special

metro spa Ten's Metro Pedicure and Manicure. 1.5 hours

spa 101 Ten's Signature Pedicure and Manicure. 2.5 hours

before the red carpet... Hot Peel Facial, Ten's Metro Pedicure and Manicure. 3 hours

I don't do the spa thing... but hamam Intro to Hamam, Rose Oil Massage and Rose Oil Toning Facial. 3 hours

I need more Ten's Custom Massage, Ten's Custom Facial, Ten's Signature Pedicure and Manicure. 4.5 hours

perfect ten Ten's Signature Full Body Massage, Ten's Deep Detox Facial, Ten's Signature Pedicure and Manicure. 5.5 hours

I have all day Stimulating Essential Oil Salt Scrub, Ten's Custom Massage, Ten's Custom Facial, Ten's Signature Pedicure and Manicure. 6.5 hours

For your convenience a 15% gratuity will be added to your services.

spa packages

packages for couples, friends or groups

fully unloaded for two Intro to Hamam, Custom Facial with Head-to-Toe Clay Wrap and Lunch. 3 hours

retreat for two Hamam 101, Rose Oil Massage, Rose Oil Toning Facial and Lunch. 4 hours

“hot and steamy” for two Intro to Hamam, Ten’s Hot Peel Facial, Ten’s Ultimate Pedicure, Lunch and a bottle of Champagne. 5 hours

cosmopolitan for two Intro to Hamam, Rose Oil Massage, Ten’s Metro Pedicure and Manicure and Lunch. 4 hours

mud party for six... or up to 12 All guests receive an exclusive Hamam experience with self-administered aromatic salt scrub, followed by self-application of five specially selected body and face mud and clays, soft steam on heated marble slab, warm, cool and cold-water rinse.

Mud Party

Mud Party with foot wash and foot massage

All treatments in the spa package must be enjoyed on the same day.

guest timeline We ask that you arrive 30 minutes prior to your scheduled appointment to change, steam, shower and enjoy complimentary treats while you relax in our waiting lounge. Arriving late may interfere with your treatment time, resulting in a less effective treatment. We request that all guests shower prior to their treatment.

health problems + comfort level Please notify a spa receptionist before booking if you are pregnant, have allergies, high blood pressure, or any other physical ailments or disabilities. This will prepare our staff to provide the best spa therapy for you. Please do not hesitate to tell us how you are feeling during your treatment. You may want to avoid treatments using hot stone, body cocoons, hamam or any foot massage if you are pregnant.

tipping For your convenience, a 15% gratuity will be added to your services.

spa etiquette + policies

cancellation policy To cancel any spa appointment we require at least 24 hours' notice and, for groups of six or more, we require 72 hours' notice. A credit card number is needed to hold your reservation. Please note that once an appointment is booked - unless we hear otherwise - we'll expect you to be there. 'Skipped' appointments will be charged in full to the card number with which they were held. Confirmation emails will be sent at the time of booking and 48 hours before hand.

valuables To receive the full benefit from our services, jewelry must be removed prior to entering the treatment room. Please do not leave valuable items unattended. Ten Spa is not responsible for lost or stolen items.

our philosophy To protect the privacy of our guests, we limit the number of people that tour our facility. Tours must be arranged in advance.

52
tuesdays +
wednesdays
10% off

all products + services @ ten

* certain restrictions apply.

what to expect...

ten spa The Spa encompasses the entire tenth floor of The Fort Garry Hotel. At reception you will be given spa slippers, a plush bathrobe and a locker to use during your stay.

change rooms Our luxurious men's and women's change rooms feature state-of-the-art steam rooms from a leading German manufacturer complete with aroma and light therapy. Experiential showers provide a refreshing cold shower or cool mist. Facial and body care products, hair dryers and the appropriate sundries are available for your use.

lounging Unwind before and after your treatment in our lounge. Relax on our comfortable couches and loungers while you enjoy a complimentary beverage and light snack. Browse through a magazine, visit with friends or just relax.

my treatment Your treatment may be performed by a male or female therapist. Please specify at time of booking if you have a preference and we will endeavor to fulfill your request. Please keep in mind, however, that all spa employees are trained to respect the privacy of our guests.

during my treatment Ten Spa does not require a dress code during treatment. All treatments can be enjoyed without clothing; however, undergarments can be worn if preferred. For your privacy professional draping is performed during all services.



ten's
certificates make
the perfect gift.

ten gift certificates

Available in any amount, Ten's Gift Cards and eGift Cards can be redeemed for any in-spa service or retail product. Gift Cards are available for purchase seven days a week, 24 hours a day from the front desk of The Fort Garry Hotel, online with our door-to-door delivery service, or on-site. Our eGift Cards are sent out immediately via email.

spa hours + contact numbers

Weekdays	9 am to 9 pm	Reservations	204.946.6520
Saturday	9 am to 9 pm	Group bookings*	204.946.6529
Sunday	9 am to 6 pm		*six or more people

ten spa at the fort garry hotel, toll free 1.866.585.0772
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