



THE  
ELMWOOD  
18 ELM STREET

## For a Trend-Setting Group Experience!

Call Pamela Brohm, Groups Sales Manager  
at 416.323.4276, or email [pbrohm@elmwoodspa.com](mailto:pbrohm@elmwoodspa.com)

Elmwood Spa  
Canada's Favourite Urban Oasis 



## Welcome to Elmwood Spa

Elmwood Spa is the largest stand alone day spa in Canada with 40,000 square feet of beautiful space. We have 34 treatment rooms, 2 restaurants, a juice bar and many other unique facilities. As a founding member of Premier Spas of Ontario, we have helped set the standards and define what a spa should be.

Located in a designated historical building first opened in 1889 and created by Edward James Lennox, the architect known as the “man who built Toronto”, we stand in good company! Lennox also designed Old City Hall, Casa Loma and the west wing of the Legislative Building at Queen’s Park. A recognized landmark in the city, 18 Elm Street initially opened its doors as the first home of the YWCA in Toronto. Sixty years later it became the Elmwood Women’s Hotel complete with curfew. Always a welcoming place for women, that tradition is carried on in Elmwood Spa. Men are equally welcome in today’s world and represent one of our fastest growing markets. Undergoing a complete renovation and renewal in 2007 – 2008 following the principles of Feng Shui, come experience the ambience and warmth of the West coupled with the serenity of the East.



LEADING SPAS OF CANADA





## Package with Lunch

### Monday through Thursday

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With a minimum of 10 people your package will include:

- 3-course Lunch in the Terrace Restaurant. [See Menu](#)
- ElmLine Essential Manicure
- Unlimited access to our Water Therapies™ including whirl pools, swimming pool and steam rooms
- Flavoured water, green and herbal teas and fresh apples during your visit
- Gift of ElmLine Essential Hand Cream and ElmLine Nail Polish of their choice

**Price per person, including taxes and gratuities: \$109**

(Approximately 4 hours)

#### Proposed Itinerary

|                   |                    |
|-------------------|--------------------|
| 1:00 pm - 1:30 pm | Check - in         |
| 1:30 pm - 3:00 pm | Three-course Lunch |
| 3:00 pm - 4:00 pm | Water Therapies    |
| 4:00 pm - 4:40 pm | Manicure           |
| 4:40 pm           | Depart at Leisure  |



## Package with Dinner

Monday through Thursday

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With a minimum of 10 people your package will include:

- Unlimited access to our Water Therapies™ including whirl pools, swimming pool and steam rooms
- Flavoured water, green and herbal teas and fresh apples during your visit
- ElmLine Quick Fix Combo – Essential manicure with a Quick Foot Fix
- Gift of ElmLine Essential Hand Cream and ElmLine Nail Polish of their choice
- Followed by Dinner in Bangkok Garden. [See Menu](#)

**Price per person, including taxes and gratuities: \$129**

(Approximately 4 hours. Allow 50 minutes for Service)

### Proposed Itinerary

|                    |                          |
|--------------------|--------------------------|
| 5:30 pm - 6:00 pm  | Check-in                 |
| 6:00 pm - 6:30 pm  | Water Therapies          |
| 6:30 pm - 7:30 pm  | ElmLine Quick Fix Combo  |
| 8:00 pm - 10:00 pm | Dinner in Bangkok Garden |



# Corporate Spa Retreat

Monday through Thursday - For groups of 20 to 200

With a minimum of 40 people your corporate package will include:

- Exclusive use of our Terrace Restaurant and the 4th Floor of Elmwood Spa
- Unlimited access to our Water Therapies™, including whirl pools, swimming pool and steam rooms
- Flavoured water, green and herbal teas and fresh apples during your visit
- Private room (the Greenhouse) off the Terrace available as a breakout for 12 to 14 people.

**Price per person, including taxes and gratuities: \$320**  
(Approximately 5 1/2 hours)

| Choose One  |                   |             |
|---|-------------------|-------------|
| Elmline Essential Facial                                  |                   | 50 minutes  |
| Swedish Massage   |                   | 50 minutes  |
| Choose Two  |                   |             |
| Elmline Essential Manicure                                |                   | 35 minutes  |
| Elmline Essential Pedicure                                |                   | 50 minutes  |
| Upgrade Swedish Massage to Li'Tya Kodo Massage            |                   | 60 minutes  |
| Upgrade ElmLine Essential Facial + Masque + Eye Treatment |                   | 75 minutes  |
| Choose One  |                   |             |
| Buffet Breakfast and Lunch Buffet                         | 8:30 am - 2:00 pm | (5 ½ hours) |
| Lunch Buffet and Cocktail Reception                       | 1:00 pm - 6:30 pm | (5 ½ hours) |

Please visit [www.elmwoodspa.com](http://www.elmwoodspa.com) for treatment details.

## BOOKING POLICIES

Groups are a guaranteed minimum of 10 people.

A deposit will be required along with a signed contract to confirm your booking.

The deposit amount will be processed upon receipt and will be credited to your final bill. The deposit is non-refundable. Spa services spots will be held a maximum of 10 days.

## CANCELLATIONS

If a groups booking is cancelled within 21 to 15 days prior to scheduled date, deposit will be returned in the form of a Gift Card for Elmwood Spa. If cancellation occurs less than 15 days prior to booking, full payment (100%) for services booked will be required.

## RECEIPTS

Receipts are available for individual massage services which are being paid for by the guest for reimbursement under many benefit plans. If the charges go to a master bill, no receipt can be issued.

## SPA ETIQUETTE

**Check In:** Please check in at least 30 minutes before your appointment. If using our Water Therapies allow additional time before your treatment.

**Medical Questionnaire:** all guests are required to complete a general medical questionnaire as per provincial law.

**Late Arrival:** Please be on time. Late arrival will result in a shortened appointment.

**Environment:** Please help us to preserve a tranquil environment by lowering your voice and turning off all electronic devices.

**What to Wear:** A robe, footwear a secure place to store your belongings is provided. If you will be enjoying our Water Therapies, please bring a swimsuit. Swimsuits and/or robes are worn in common areas outside of change and treatment rooms.

**What to Bring:** Almost everything that you need is here. Please remember to bring your hairbrush, cosmetics and any other toiletries you may need.

## PARKING

Parking available at

- Minto Plaza,
- Atrium on Bay\*
- Delta Chelsea\*
- Outside lots.

\*Preferred rates at Atrium on Bay and Delta Chelsea for Elmwood Spa guests.