

Spa

Bliss offers the best spa experience in Edmonton. Our facility features insulated treatment rooms equipped to provide relaxation and massage services, a heated caldarium where you can enjoy relaxation under the starry lights and the soothing sounds of a fountain, a state-of-the-art manicure/pedicure room with four pedicure chairs, and a spa lounge where you can enjoy tea and light snacks between your treatments. Our product lines come from natural sources and are paraben free. Customized therapies include manicures and pedicures, massage, facials, microdermabrasion enhanced with peels and infusions, skin laxity, body firming and skin rejuvenation laser treatments. We also provide full body waxing and laser hair removal services.

Hand & Foot Treatments

Blissful Manicure

Pamper your hands while we shape and file your nails, clean up your cuticles and relieve any unwanted tension with an invigorating hand and arm massage. Complete with your choice of a finishing polish from our solid colour palette collection.

Extreme Bliss Manicure

This treatment includes nail filing and shaping, a clean up of the cuticles along with a stimulating exfoliation. Rehydrate your skin with an invigorating hand and arm massage, a paraffin dip, and your choice of a finishing polish from our solid colour palette collection.

Blissful Pedicure

Treat yourself to a relaxing soak, shaping of the nails and overall smoothing and softening of the feet including a revitalizing scrub. Includes an invigorating foot and leg massage, as well as an application of your choice of a finishing polish and take home mini from our solid colour palette collection.

Extreme Bliss Pedicure

This restorative treatment includes exfoliation, nail filing and shaping, cuticle work, callus softening and removal therapy, smoothing foot filing, a salt scrub, a revitalizing massage, a paraffin application, as well as an application of your choice of a finishing polish and take home mini from our solid colour palette collection.

Any hand and foot treatment can have the following enhancements:

- French finishing
- Shellac gel polish, solid colour palette
- Shellac gel french finishing
- Callus Peel

Follow Up Bliss Spa Service

Removal of shellac gel polish that we applied is complimentary during your next manicure/pedicure appointment. Removal of shellac gel polish includes a hand soak and buff.

Express manicure and pedicure are designed to prepare your nail for shellac with a quick buff, file and cuticle care.

Customized Rebalancing Facials [comfort zone]

Based on your skin analysis and consultaion, you and your aesthetician will determine the most appropriate treatment for your skin concerns. Our Rebalancing facials include steam, extractions (if required), a specialized brightening under eye treatment, extremity massage and hot towel applications.

Skin Resonance Facial

This equalizing and strengthening treatment includes decongesting, rebalancing, and protective restoration. It is ideal for sensitive and delicate skin that is prone to redness and irritation.

Hydrmemory Facial

A deep hydrating and nourishing facial to enhance the overall health of skin and a collagen mask finishing application. Ideal for dryer skin types.

Active Piness Facial

A deep cleansing treatment designed to fight blemishes and congestion, and create balance for both oily and depleted skin. Ideal for acne-prone or mature skin with hormonal breakouts.

Recovery Touch Facial

This refreshing treatment is rich in antioxidants and vitamins which provide intense nourishment for skin. Ideal for skin lacking in natural oils.

Absolute Pearl

A brightening antioxidant treatment for immediate freshness, vitality and luminosity. Ideal for concerns with dark spots and uneven skin tone.

Indulgence Facials [comfort zone]

Chrono-Reverser Collagen Anti-Aging

Using Collagen and AHA's the skin is resurfaced, revitalized and deeply hydrated. Collagen production is stimulated in the skin and fine lines are plumped up for a supple long lasting glow.

Glorious Skin

Instantly see visible results on expression lines for a younger, toned more radiant looking skin with alpha hydroxy acids (AHA).

Skin Regimen

A new anti-aging facial with an innovative holistic approach, designed to renew, restore and tone the skin for a youthful, healthier appearance.

Enhance any treatment with:

- Paraffin soothing heat and hydration treatment for hands
- Microdermabrasion - double pass

Clinical Facials DERMED

The Institut' DERMED Skin ID Program is designed for a gradual progression of treatment intensity which allows time to properly prepare your skin to receive advanced professional cosmeceutical skin care for safe and effective treatment of aging, hyper-pigmentation, acne and sensitive skin conditions. Your esthetician will determine an appropriate treatment plan for your skin, to achieve optimal results.

Fundamental DERMED Facial

Designed for first time clients who have concerns about their skin. You will receive a thorough skin analysis to discuss your concerns, a facial treatment personally customized to your needs, and dramatic results from DERMED's exclusive clinical products and techniques.

Advanced DERMED Facial Treatments

For those clients who are on a regime of Institut' DERMED Clinical Skin Care products at home and are committed to regular facials, the Level 201 Advanced Facials offer a re-evaluation of your skin for appropriate product selection and adjustment of your home care plan. Depending on the degree of rejuvenation for aging, dark spots, acne or redness you are seeking, Level 201 Advanced Treatments are recommended bi-monthly or monthly and include: cleansing, polish, peel, deep cell hydrating oil or gel, corrective mask, corrective serum, sun protective moisturizer and relaxing upper body massage.

The Advanced 201 Facial may be intensified with a **Level 301** Classic Lifting or Glycolic Peel. These professional level treatments are recommended for highly motivated clients who desire intensive rejuvenation. This level works with a peel solution formulated with a blend of natural acids for deep epidermal exfoliation to correct wrinkles, stubborn hyper-pigmentation and acne scarring.

Peel treatments

Individual treatments or as an add-on to an existing facial:

- Herbal Peel
- Pumpkin Peel
- Clay AFA Peel
- Retinol + Peel
- Lactic + Peel
- Glycolic + Peel
- Classic Lifting Peel

Microdermabrasion

This non-invasive skin resurfacing includes a three-phase process incorporating a buffing phase, corrective phase, and finishing phase to reveal healthy revitalized skin. All treatments include a light hand, arm, décolleté and shoulder massage and the application of a recovery mask.

- Hands
- Face, Neck and Décolleté
- Arms and Back

Clinical Microderm Facial

This customized facial incorporates the treatment benefits of a fundamental DERMED facial and the resurfacing of microdermabrasion, while still providing some blissfully relaxing touches.

Makeup

Enjoy a professional makeup application performed by Bliss YogaSpa's makeup artists. Using Jane Iredale mineral makeup we will create your desired look for any special occasion. Jane Iredale offers the finest minerals, the purest formulations and the most beautiful results.

For a guided introduction to our Jane Iredale mineral makeup, a consultation service will provide you with a color match and application tips. Service will be complimentary with the purchase of \$40 in Jane Iredale product.

Laser Hair Removal

Bliss YogaSpa's permanent hair reduction laser treatments use the latest technology to offer shorter per-treatment time in comparison to older technologies with two laser options. The GentleMax Laser treatments are the gold standard in hair removal and contains two lasers: The Alexandrite, for lighter skin and The Yag for darker skin. We also utilize an elos Plus hair removal laser for finer, lighter hair types amd also offers a pain-free option. Multiple treatment sessions are required for the most satisfactory results. Initial laser treatment appointments are preceded by a personal consultation with one of our trained laser technicians.

Laser Skin Enhancement

Photo Rejuvenation

The combined bi-polar radio frequency and light energies work to combat pigmentary damage, fine lines, refine large pores and improve the overall texture and appearance of the skin. Treats hyper pigmentation, vascular damage and leg veins.

Sublative

Sublative Rejuvenation™uses fractional bi-polar radio frequency to penetrate the skin, causing only mild ablation on the surface of the skin, to maximize collagen production, while keeping the top layer of the skin intact. As a result, fine lines, wrinkles and superficial skin discolorations are reduced, while the texture of your skin improves becoming smoother and more elastic. In 3-5 customized treatments, see results for acne scar treatment, anti-wrinkle treatment and overall rejuvenation of the skin.

Sublime

Ideal for targeting those telltale signs of aging, including sagging under the eyes, brow, and nasolabial folds by combining safe and effective levels of infrared light and bipolar radiofrequency energies, stimulating new collagen growth. Sublime™ provides ideal treatment outcomes with a very low risk of side effects and virtually no down-time. Treatment can be done on the face, neck, or other areas of the body.

Skin Tightening

Our multiple wavelength workstation provides significant results in skin tightening throughout the body. By working beneath the epidermis, GentleMax promotes collagen production thus reducing the appearance of lax skin due to the natural aging process, weight loss, or child birth. After treatment, the skin will feel tighter, firmer, and more elastic for months, even years.

VelaShape

VelaShape III is the first FDA-cleared non-invasive medical solution for circumferential reduction and cellulite reduction. Using laser technology, VelaShape treats the deeper tissue, offering a measurable reduction in fat layers, circumference and the upper layers of the skin, resulting in cellulite reduction. It is an easy non-invasive, no downtime, comfortable deep therapeutic treatment.

VelaShape has three sizes of tips to target the neck, upper arms, tummy, thighs, buttocks and more. Visible results can be achieved in a single treatment, but most will go back for a series of three or more to reshape additional areas of their body.

Spray Tan

Our spray tanning system offers you the ultimate glowing tan without any harmful UV rays with the St. Tropez product line.

Please exfoliate prior to receiving this treatment, but do not be use lotions or deodorant before the service.

Waxing Services

Waxing services for hair removal are performed by our qualified staff using the most advanced zinc oxide wax product available to ensure your comfort and safety.

Lashes & Brows

Lash and Brow tints are available using the most recent techniques and product.

Our high quality mink eyelash extensions ceate long luxurious lashes. To maintain results regular fills are required. Looking for a short term solution? We provide a custom sizing and application of our reusable mink lash strips with an invigorating eye treatment.

Lash Lifts maximize the potential of your natural lashes. Using a three step solution process, we curl and increase the appearance of your lashes. Included is a brightening under eye treatment and sugar lip scrub.

Massage

Come to unwind and get your sore and tired muscles worked out by a Registered Massage Therapist. Service includes choice of essential oil, a heated positionable bed, take home Epsom salts and all of the customized touches that make a Bliss Massage unlike any other. Make the most of our facility to enhance the effects of your service by relaxing on our heated benches in the Caldarium and enjoying the benefits of a steam shower.

- 60 min
- 90 min
- 90 min Hot Stone
- Couples
- PreNatal

Sacred Nature

A natural organic face and body ritual treatment which is nourishing and protective using Sacred Nature products formulated according to ecocert guidelines and is beneficial for all skin types, including even the most sensitive. This treatment includes a complete body exfoliation, incorporates replenishing oils in a light relaxing massage, and finishes with a nurturing facial treatment. This service can be performed by either a Registered Massage therapist or a qualified esthetician.

Reflexology

A 90 minute service combining the benefits of our Registered Massage therapy and reflexology. Your customized massage will be enhanced as the pressure techniques applied to the feet or hands interact with your body's nervous system creating relaxation, improved circulation and the benefits of touch.

Tranquility Relaxation Massage

A unique experience to relax the body, mind and nourish your skin. Performed by an esthetician.



Yoga Services

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Bliss YogaSpa's mission is to provide the best spa and yoga experience by offering the highest quality products and services from a remarkably attentive staff. We will support the health and wellness of our clientele and our team members in an environment that encompasses well-being, responsiveness and respect.

Through our premier facility, we will transport you to a place that hasn't existed in Edmonton before—one that provides a unique sense of peace, harmony, and well-being. Our 8,000-square-foot facility is designed to flow from our two hot yoga studios to our eight treatment rooms, which include a couples massage room and two laser rooms. Rejuvenate your soul and invigorate your senses in any of these rooms or relax in our manicure/pedicure room, which features vibrating massage chairs that envelope you in soothing warmth. Refresh yourself with a visit to our stocked lounges and locker rooms, which offer amenities for both yoga and spa patrons, as well as a complete retail offering.



Yoga

Balance your mind and body in a rejuvenating yoga experience at Bliss YogaSpa. From our comfortable studios to our heated and non-heated yoga classes, we have brought together all the elements necessary for achieving harmony and well-being.

We offer digital locks in the change rooms, access to your instructor 15 minutes before and after a class and we don't over-crowd our studios. Registration closes five minutes prior to class to ensure that class always starts on time.

Blissful "Glow" Beginners

This class offers brand new yogis, or yogis new to a hot room, the chance to learn and build the foundation of their flowing yoga practice. In this class, you'll learn the names of the physical postures and how to get into and out of these postures safely. You'll also learn modifications and overall etiquette that you can take with you to any yoga class. This class is beneficial if you're looking to re-examine the roots of your practice, and for anyone with limitations/injuries that may need special attention.

Blissful "Glow" Flow

Glow is a dynamic class that links breath and movement in a heated environment. Sweat out the stress from your day as you gain flexibility, balance, endurance, strength, and tone. Improve your concentration and move beyond the limitations of your body and mind. All levels of yogis are welcome, however a basic knowledge of yoga is recommended (available from our foundational classes).

Blissful "Warm" Flow

Warm Flow is the sister class to Glow Flow. Here you'll link breath and movement together in a warm environment. Our "warm" flow delivers the same benefits as our hotter "glow flow," but in a milder temperature. It's the ideal environment for those who wish to acclimatize to our hot class. All levels of yogis are welcome, however some basic knowledge of yoga is recommended.

Blissful Hatha

This class is based on traditional hatha yoga and held in a room-temperature environment. The foundations of this alignment-based class will help you hold your physical postures in correct alignment while incorporating breath work and a mind-body connection. Expect to improve your flexibility, core strength, balance, concentration, and mindfulness.

Blissful Hips

This class focuses on your hips to release tension stored from lengthy sitting, sports activities, and tight muscles. Supple hips can ease back pain, give you a more agile gait, and may improve circulation in your legs. Like the junk drawer in your house, the hips are where negative emotions, such as stress, fear, and sadness are energetically held. By doing hip opening poses you free up that space for prana (life force) to move through your pelvis and to clear out the emotional junk. This class is also offered in a warm environment; please see the schedule to meet your needs.

Freestyle "Glow" Friday

A hot flowing class lead with the intention of having some fun on a Friday! Each week will be a teacher's choice theme set to great tunes. Be prepared to move, sweat and enjoy! Designed for all levels of yogi's, however some basic knowledge of yoga would be suggested that you can learn from any of our foundational classes.

Core Yoga

A strong core could hold the secret to helping you obtain optimum levels of physical and emotional health. Just about all yoga poses, from standing to twists to inversions to balancing poses, require abdominal strength and stability. Core work adds up to much more than a firm, flat belly. Because your abdominal muscles support the proper curves of the spine, a strong core can both improve posture and reduce back pain. This class will consist of a short yoga flow (designed for all levels to warm up), an invigorating core workout, and a chance to re-balance your body and mind. Core Yoga is an all levels class that is offered in a room-temperature environment.

Advanced "Glow" Flow (Level 2)

An advanced hot flowing class that will take your practice to the next level. Expect the pace to be a little faster than regular Glow Flow and be prepared for a set of new and challenging postures. You're always welcome to modify the practice to suit your needs, but due to the advanced nature of this class, we suggest you have a strong hot yoga skill set developed. Available in warm or glow format depending upon the season.

Gentle Yogi Bliss

A room-temperature yoga class designed for those who enjoy a gentler pace, beginners, or those with health concerns. Emphasis will be placed on finding proper alignment in the poses while synchronizing movement with breath, opening us up to greater mind-body awareness. Designed to build strength, stamina and flexibility in a gentle, supportive manner. A fantastic class for stress reduction.

"Glow" Yin Yoga

All Levels - Aaaaaah.....it feels so good to slow down and stretch your muscles deeply. This class takes place in a heated environment to gently and safely stretch the connective tissues surrounding your joints. Postures are performed from a laying or sitting position and held for an extended period of time (3-5 minutes per posture). Yin will harmonize your body's energy flow by unblocking energetic pathways and helps to promote deep relaxation, flexibility, and healing. This class is suitable for all levels with no experience required. Yin Yoga is a great balance to any practice. Come to find bliss, open your body and calm your mind.

Inversion & Arm Strength Yoga

This non-heated class will get you moving upside down and help find and build strength in your arms. This class is for students looking to deepen their practice and explore more challenging poses. Expect to be challenged on many different levels. See your world at a different angle and experience the benefits inversions and arm balances can bring. This class is recommended for students with previous yoga experience.

Peaceful Restoration

This is a calming and tranquil practice designed to soothe and regenerate the body and mind. Take a break from your hectic world and enjoy a therapeutic relaxing breath as you bring balance back into your life. Peaceful Restoration uses props to support the body in gentle postures that are held for an extended period of time. This class is beneficial for yogis of all levels and abilities.

Strong & Soft

A mixture of strength and softness, the "yin" and "yang" aspect of yoga has been combined to create this balanced and complete class. Through the first half of the class you'll challenge yourself with postures that contain muscular energy. Next you'll expand your awareness through more passive and organic postures. New yogis

can use this time to explore yoga, while experienced yogis can tune into the needs of their own internal practice. This class is offered in a "warm" room-temperature environment, and is suitable for all levels.

Sunday Sanctuary

The Sunday Sanctuary is a soft, gentle class with elements of traditional Hatha yoga melded with the softness of yin yoga. This class will be a safe haven and make space for an inward journey. On the cusp of starting a busy week, prepare yourself by going deep within and leave feeling nourished and renewed. All levels are welcome. This class is in a room temperature environment.

Pre-Registered Classes & Workshops

Outside of our drop-in schedule, we are offering several one-day workshops as well as pre-registered classes available over a series of weeks. Our schedule will vary as teachers offer different workshops, but we continually run the following Pre-Registered classes.

Intro To Yoga

Are you brand new to yoga or thinking of trying out a yoga class for the first time? This 5 week program is just for you! Learn the fundamentals of yoga, including alignment of the body and breath work in a safe and comfortable environment. Each session is specifically designed for someone with minimal-to-no yoga experience. Lack of flexibility is not an issue! This program is also perfect for someone who has some yoga experience and wants to deepen their foundation of yoga and allow for consistent insight to the postures and breath.

Intro to Meditation

In this 5 week pre-registered meditation class, we'll explore techniques to quiet and calm the mind, as well as refine full body awareness. Whether you're a regular meditator, or even just flirted with the idea before, this class welcomes all levels. It's not required to bring a journal, but it might be a nice accompaniment to your experiences week to week. The theme we'll be working with each week will be the koshas, or the five energetic layers of the body. Get to know the quiet of your mind.

Prenatal Yoga

This registered class offers expectant mothers the opportunity to learn and prepare for childbirth in a safe and comfortable environment. Mothers will be guided through gentle yoga postures, breath work, visualization and meditation. Any trimester is welcome and there is no previous yoga experience required.

50+ Yoga

With age comes wisdom and beauty, but also the accumulation of injuries over a lifetime. 50+ yoga offers relaxed pacing, individualized adjustments, and precise alignment cues with an emphasis on re-aligning the body and learning how to breathe. Beginners are welcome!



Spa Services