

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 stary 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. Includes a take-home mini polish of your choice from our solid colour palette.

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 or mud, and a take-home, and a take-home mini polish from our solid colour palette.

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 a take-home mini polish from our solid colour palette.

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 or rich mud from the Eifel region, as well as an application of your choice of polish and take home mini from our solid colour palette.

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/pedicure is required for a shellac application and designed with a quick buff, file and cuticle care.

Skin Performance Facial BABOR

Your treatment begins with a consultation and assessment of your skin's needs. This customized BABOR experience includes the application of a skin boosting ampule as well as relaxing service touches to nourish your body and skin.

Luxury Facials BABOR

HSR® Anti-Aging & Lifting Facial

Specially designed to improve skin resiliency, HSR® uses a multitude of innovative complexes to firm, tone and lift. The skin becomes firmer and plumper with more elasticity, allowing the face to regain its youthful contours.

ReVersive Anti-Aging Facial

Utilizing the revolutionary time-reversive technology of the Re-Youth complex, this innovative luxury facial treatment retains and extends skin cell lifespan, reactivates the skin's own anti-aging mechanisms and reclaims lost radiance as it visibly smooths fine lines and wrinkles.

Collagen Booster Facial

Plump your skin with ultra-potent hyaluronic acid and collagen to boost the skin from inside out and smooth lines and wrinkles. The effect of this treatment is amplified with a thermo sculpting mask to visibly lift and reshape the facial contour.

Doctor BABOR Vita Detox

Skin detoxification through a blend of potent vitamin C along with other vitamins and minerals is essential for cellular regeneration. This facial will neutralize harmful substances, and induce anti-aging from the inside out. The resulting detoxification will leave skin revitalized and protected.

Cellular Renewal Therapy

A light peel combining glycolic lactic acid to lift dull dead cells and increase cell renewal delivering a smoother, brighter more refined complexion. For skin in need of regeneration.

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.

Fundamental DERMed Facial

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

Advanced DERMed Facial Treatments

Depending on the degree of rejuvenation for aging, dark spots, acne or redness you are seeking, Level 201 Advanced Treatments include: cleansing, polish, peel, deep cell hydrating oil or gel, corrective mask, corrective serum, sun protective moisturizer and relaxing upper body massage.

The 201 Facial may be intensified with a **Level 301** Classic Lifting or Glycolic Peel providing intensive rejuvenation.

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 buffing, correcting, and finishing to reveal healthy revitalized skin using a crystal or crystal-free machine. All treatments include a light hand, arm, décolleté and shoulder massage, and the application of a recovery mask.

Clinical Microderm Facial

This customized facial incorporates the treatment benefits of a fundamental DERMed facial and the resurfacing of micro-dermabrasion, while still providing some blissfully relaxing touches.

Lashes & Brows

Lash and Brow tints use the most recent techniques and products.

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.

Makeup

Enjoy a professional makeup application performed by Bliss YogaSpa's makeup artists. Using Jane Iredale mineral makeup, the finest minerals and purest formulations, we create your desired look.

A consultation service provides a color match and application tips our Jane Iredale mineral make-up. Complementary with the purchase of \$40 of Jane Iredale makeup.

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. Hard wax available upon request.

VelaShape Cellulite Reduction

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.

UltraShape Fat Destruction

UltraShape destroys the fat that, despite your best efforts, is resistant to diet and exercise. It is the first and only FDA-cleared, non-invasive body-shaping procedure to use focused, pulsed ultrasound energy to selectively destroy fat cells.

Unlike liposuction, UltraShape is nonsurgical, so no incisions, no anesthetics and no recovery time. And unlike other fat-reduction procedures that use heat or freeze fat, UltraShape is virtually painless and leaves no unwanted signs of treatment. That means you can hit go from the spa side straight to yoga.

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 which 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 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 anti-wrinkle treatment, acne scar 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 radio frequency 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.

Total Skin Rejuvenation (Triniti)

The Triniti+ is a complete skin program for immediate, visible, and long-lasting results. This is a non-surgical treatment with three steps, performed sequentially during the same visit. With the Triniti+ treatment you can achieve color correction, wrinkle reduction and collagen remodeling in a single session, helping you achieve total facial renewal in just three treatment sessions!

Skin Tightening

Laser skin tightening is a minimally invasive, non-surgical process that uses a laser to tighten skin by heating the collagen under the skin's surface, causing the skin to contract. There is no downtime, making this an increasingly popular procedure.

Spider Vein Treatment

Laser light targets the red blood in the superficial veins which causes blood flow to cease. Your body then naturally absorbs the rest of the unwanted vein without damage surrounding skin.

Massage

Come to unwind and have your sore and tired muscles worked out by a Registered Massage Therapist. Includes your choice of essential oil, a heated positionable bed, take home Epsom salts and all the touches that make a Bliss Massage unlike any other. Enhance the effects of your service by relaxing in the Caldarium and enjoying the benefits of a steam shower.

· 60 min · 90 min · 90 min Hot Stone · Couples ·

Reflexology

A 90 minute service combining the benefits of Massage and Reflexology. Your customized RMT massage is 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.

Cupping

Cupping therapy is an ancient form of alternative medicine in which a local suction is created on the skin; practitioners believe this mobilizes blood flow in order to promote healing. Suction is created using heat with silicone or glass cups

Prenatal

Therapy specifically tailored for the expectant mother's needs; whose body must be properly positioned and supported during the massage, using bolsters to ensure the comfort and safety for mom and baby.

Tranquility Relaxation Massage

A unique 60 minute experience to relax the body, mind and nourish your skin. Performed by an esthetician.

Body Treatments

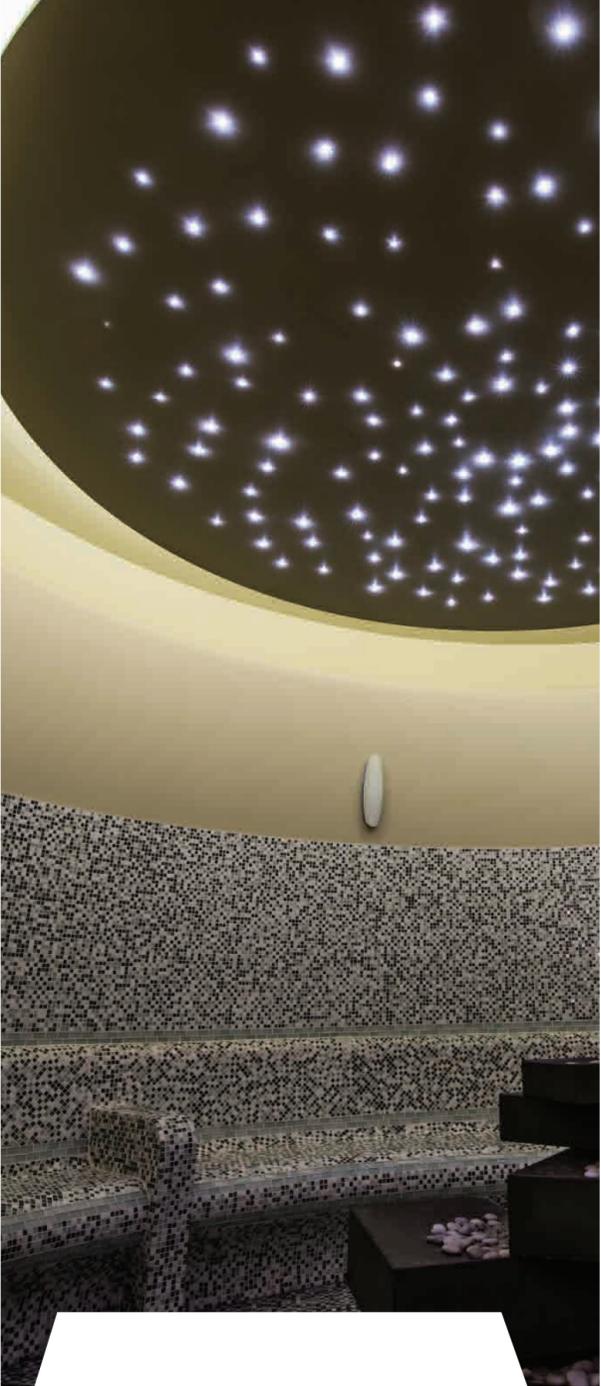
Sacred Nature

A natural organic face and body ritual treatment that is nourishing and protective using Sacred Nature products which are Ecocert certified and beneficial for all skin types. Includes a complete body exfoliation, incorporates replenishing oils in a light relaxing massage, and finishes with a nurturing facial treatment. Performed by a Registered Massage therapist or a qualified esthetician.

Body Wrap Treatment

BABOR body treatments start with a super fine mineral salt scrub to exfoliate dead skin cells, leaving the skin silky and hydrated. The scrub is followed by a thermal mud or algae wrap rich in minerals to detoxify, finishing with the soothing application of a luxurious lotion that will leave your body renewed and revitalized.

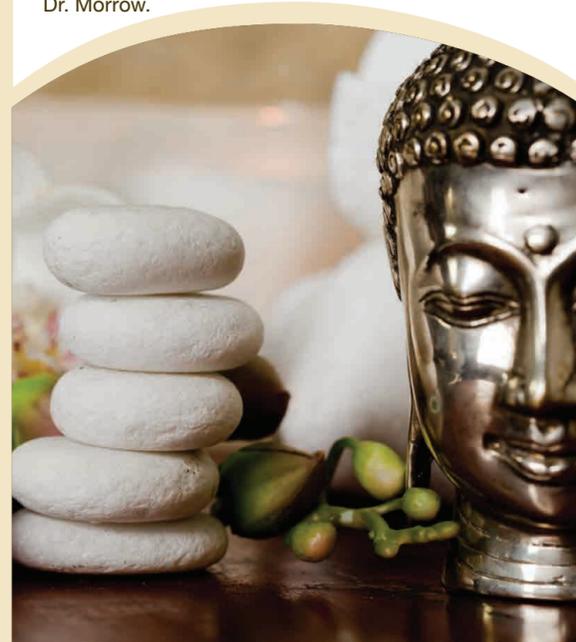
Energizing • Relaxing • Balancing • Shaping





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. We are excited to offer cosmetic injectables by Dr. Morrow.



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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 overcrowd our studios. Registration closes five minutes prior to class to ensure that class always starts on time.

Blissful "Glow" Beginners

If you are new to yoga, or new to heated yoga, this class is the perfect class for you! With the heat a little lower, and the pace slightly slower, expect to learn the fundamentals of the practice, including simple breath techniques to enliven the body while cultivating more focus within the mind, and the importance of foundation and proper alignment of the asana or yoga postures. With more in depth explanations and proper usage of yoga props, this class will help foster a strong foundation from which you then can grow your practice. Beginner Flow is also great for experienced practitioners looking to bring it back to basics and re-strengthen the foundation of their practice.

Blissful "Glow" Flow

A vigorous flow class practiced in a room heated to 38 degrees with added humidity, which helps to increase cardiovascular activity thus allowing for a higher caloric burn. Each teacher will offer their own unique approach to the class with the focus on dynamic movement and physical alignment to optimize the flexibility and toning of muscles, while encouraging greater stability and range of motion through the joints. As with all of our yoga classes you will also gain the benefits of deepening the connection with your breath as we synchronize the flow of the practice with the flow of the breath, while cultivating a deep sense of focus and clarity within the mind. All levels of practice are welcome, come well hydrated and ready to sweat!

Blissful "Warm" Flow

This sister class to our Blissful Glow Flow is a great introduction to students new to practicing in a heated environment, or for those who just prefer a little less heat. With the temperature set to 33 degrees and some added humidity, experience all the benefits of a hot class with a moderate dialing down of the intensity level. Experience the same dynamic flow as you would in our Glow Flow class, mindfully connecting movement with breath, while gaining strength, flexibility and confidence, with the addition of calming the mind and finding an overall sense of balance. All levels of practice are welcome.

Blissful Hips

This class focuses on your hips to release tension stored from being the largest joint in our body, and comprised of the muscles of the buttocks and the thighs, the hips are one of, if not the most common place where we experience tightness and inflexibility. This class will work to release the musculature surrounding the hip joints so that we can experience a greater range of motion and more freedom not just in the hips but also through the legs and the lower back. The hips are also the storehouse for emotions that we are occasionally not able to process in life, and there is an accumulation of cell growth that builds with these suppressed emotions and the tissues around the pelvic area can become dense and stiff. With deep focus and intentional supportive breath, we can access and release these suppressed emotions by ways of the physical body through hip opening postures. Heal your body and bring a greater sense of balance into your life in this essential practice. This class is offered in both a heated and a non-heated environment. All levels of practice are welcome.

Blissful Hatha

The word Hatha embodies the balancing aspects of life, Ha representing the Sun or the masculine qualities, and Tha representing the Moon or the feminine qualities. This practice captures the essence of this equity, offering the opportunity to connect more with your body and your breath, while recognizing and calming the fluctuating tendencies of the mind. Experience an intentional practice with a focus on proper body mechanics and physical alignment paired with mindfulness and harmonization of the body, mind and spirit.

Core Yoga

Most yoga poses, from standing to twists to inversions to balancing a strong core is imperative for the maintenance of stability through the trunk of the body, overall spinal health and support for proper body mechanics when doing any kind of physical activity, whether that be working around the house, carrying groceries from your car, playing sports, or practicing yoga. Expect to work hard, have fun, and create lots of internal heat, while learning how every yoga pose can be a core strengthening pose. This class is offered in both a heated and non-heated environment and is generally a vigorous class but all levels of practice are welcome.

"Glow" Yin Yoga

The Yin practice is a slow and mindful practice that allows for deep internal exploration of not only the joints of the body but of the heart and the mind as well. Each posture is intentionally designed to help access the connective tissue surrounding the major joints in the body, the hips, shoulders, and spine, and held for an extended period of time to apply the stress needed to strengthen the bones and ligaments, while safely opening the tissues within the joint capsule. Mental focus and supportive breath is required to stay present in this style of practice, while committing yourself to long lasting joint health. All levels of practice are welcome.

Peaceful Restoration

This class is designed to guide us into a state of inner peace while relaxing the body, calming the nervous system and slowing the overactive mind. Peaceful Restoration includes supportive postures using blocks, bolsters and blankets to create comfort and warmth as you completely let go of responsibility, stress and worry. A restorative practice has been proven to be one of the most beneficial practices in the Western world, as for one hour we are able to retreat from the bombardment of stimuli that is constantly around us with emails, our jobs, social media, tv, to do lists, radio, traffic, internet, etc. and can fully relax and make our way back to our truest Self.

Sunday Sanctuary & Soundscape

Our Sunday Sanctuary & Soundscape class is the perfect close to the weekend to recharge before returning to routine on Monday. With the melding of hatha, yin and restorative postures you will be guided into deeper states of inner awareness and connection to Self, while sitting in the remembrance to always take time to give back to yourself no matter how busy life seems. After moving and purifying the body you will be serenaded through an extended savasana with the sweet sounds of crystal bowls and other healing instruments to soothe the nervous system and heal the body and mind. All levels of practice are welcome.

Ashtanga Inspired

Ashtanga translates into 8 limbs, and is rooted in the teachings of Pantanjali and the yoga sutras, which weave together 8 aspects of the practice including life observances and disciplines, the postures, breath, concentration, meditation, relaxation or savasana, and total bliss.

In this class we explore the primary series (out of six), that includes postures to strengthen and create flexibility. Designed to detoxify and realign the physical layer of being through intentional breath, movement, drishti (focus), and bandhas (locks), you will purify the body and the mind in what has been described as a moving meditation. When practiced consistently you can witness changes and progression that can be made in this powerful practice!

Yin Yang

The Yin Yang practice truly allows us to explore the duality that is life. Masculine and feminine, hot and cold, strong and soft. With the first half of this class capturing the masculine aspects of the practice, expect a more vigorous flow with poses that strengthen and create heat in the body, then slow things right down moving into longer held postures focusing on deep stretching and joint health. This practice captures the polarities within our being, and will leave you feeling balanced and whole. Offered in a heated and a non-heated environment. All levels of practice are welcome.

Registered Classes & Workshops

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

Intro To Yoga

If you are brand new to yoga, or have experience, but feel the need to reintegrate the foundations of the practice, this class is perfect for you. Focusing on alignment, foundation and simple breath techniques, this class will guide you to a deeper understanding of the practice as a whole, while working progressively to prepare you for other classes offered at Bliss. In the five weeks the instructor will get to know you and any physical limitations you may have, and guide you with personal modifications that you can take for future yoga classes.

Intro to Meditation

In this five week pre-registered course you will learn several techniques to calm and quiet the mind, while gaining tools to begin to invite more mindfulness into your everyday life. Whether you are new to meditation or already have a steady practice, this class will allow for progressive growth in a fully supportive and safe environment.

Prenatal Yoga

This registered class offers expectant mothers the opportunity to learn how the practice of yoga can assist the changes that accompany pregnancy, while preparing for childbirth in a supportive and comfortable environment, with our specially trained teachers. Mothers will be guided through gentle yoga postures, breath work, visualization and meditation to help calm the mind and support the body while deepening the connection with the little life growing within. *This class is designed to support all stages of pregnancy but is specifically tailored for the needs of the expectant mother who is in her second or third trimester. No previous yoga experience is required.*



Spa Services