



ISLANDCURRENTS

SPA AT SONORA



WELCOME TO

Island Currents Spa

SONORA RESORT

As the ocean currents move around this secluded island – cleansing, renewing, and purifying the waters – the treatments and specialty therapies from Island Currents Spa are certain to revitalize you.

With product lines that use effective marine and plant derivative ingredients, we aim to provide our guests with immediate skin care results, and relaxation for their minds and bodies during their spa experience.

The Water Journey

AT ISLAND CURRENTS SPA

Inspired by Sonora Island's natural wilderness, Island Currents Spa has designed a complimentary Water Journey, which starts with the purification of the body and concludes with the relaxation of the mind.

BEGIN

▼
Shower

▼
Sauna or Steam

▼
Swiss Shower

▼
Warm Mineral Pool

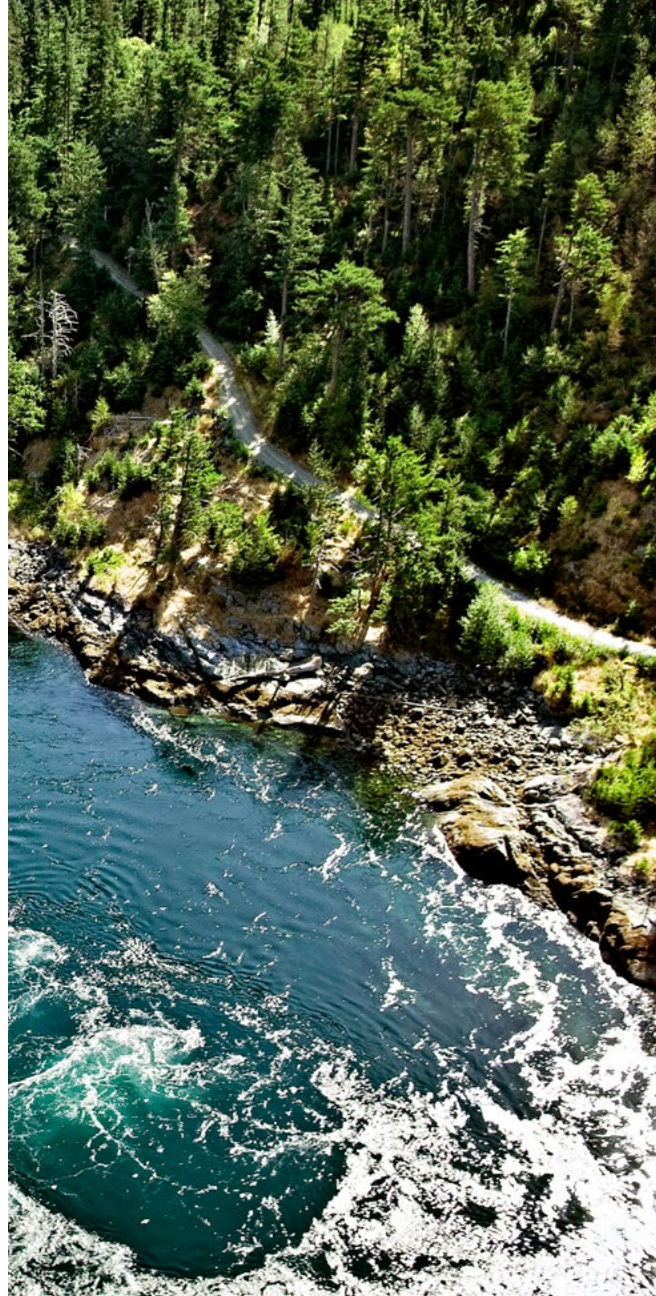
▼
Swiss Shower

▼
Hot Tub

▼
Swiss Shower

▼
Cool Mineral Pool

▼
Rest





G.M. COLLIN®

Sonora Resort's Island Currents Spa is proud to carry skincare products from **G.M. Collin**, a local Canadian company known for their dermo-corrective skin solutions.

G.M. Collin's journey began in 1957, when Dr. Lapinet, a renowned Parisian dermatologist, pioneered the use of collagen pellicles on burn victims to help heal and regain the healthy look of their skin.

For the past 65 years, G.M. Collin has continued their tradition of excellence and innovation by providing the opportunity for everyone to discover their unique beauty and absolute self-confidence. Each formula is the culmination of years of research and development to obtain the most effective skin care solutions on the market, while minimizing the risk of irritation and promoting allergen-free fragrances.

GM Collin develops products that both prevent and combat the first signs of aging, achieving unmatched results for all skin types and conditions, thanks to its recognized expertise and innovative ingredients.

GM Collin Signature Facials

Visible and long lasting results

DIAMOND VITALITY FACIAL 75_{MIN}

Formulated with a synergy of precious diamond powder, peptide complex and snow algae, the luxurious Diamond line combined with our thermo-cooling Algomask, will leave your complexion with an immediate look of radiance.

ANTI-AGING COLLAGEN FACIAL 90_{MIN}

Through an innovative combination of biotechnology using collagen, fruit and plant extracts, this clinical treatment focuses on minimizing fine lines and wrinkles, providing a firmer and more youthful complexion.

EXPRESS GLOW FACIAL 30_{MIN}

A restorative express facial with a cocktail glow mask, a perfect add on to any of our treatments, or for those on the run!

HYDROLIFT FACIAL 60_{MIN}

A unique, specially formulated treatment that will visibly lift and firm your skin, providing you with intense long lasting hydration and improved elasticity.

FISHERMAN'S SEA RADIANCE FACIAL 60_{MIN}

A powerful antioxidant, anti-aging skin treatment to revitalize the skin using marine and vitamin C ingredients. This treatment is exceptional for both pre and post-sun exposure reversing the visible signs of aging and enhancing the skins elasticity.

Couples room available for treatments above.

GM Collin Facial Enhancements

Add to any of our skin care treatments

NUFACE MICROCURRENT EXPERIENCE 15_{MIN}

A perfect enhancement to any of our facials.

The NuFace Microcurrent experience is the ultimate instant gratification treatment. Ideal for anti-aging, this treatment incorporates an FDA-cleared microcurrent device. The low-level relaxing and soothing current is massaged over your face to passively stimulate, improving facial contour, skin tone and reducing wrinkles.

INSTANT RADIANCE EYE PATCH 15_{MIN}

A hydrogel texture treatment providing coolness and immediate radiance to the eye contour.

EYE CONTOUR ENHANCEMENT 30_{MIN}

Stimulating massage techniques along with massage beads will flush the dark circles and lift the delicate area of the under eye area. This treatment finishes with a cooling hydrogel eye mask for a fresh illuminating eye look.

LIP COLLAGEN ENHANCEMENT 15_{MIN}

Stimulating massage techniques with massage beads to soften fine lines, followed by micro-collagen cream to deeply hydrate the lips for a natural fuller look.

Couples room available for treatments above.

Massage

G.M. Collin Facial Treatments, Instant Radiance Patch or Express Glow Facial are available as add-ons to enhance any massage experience.

WEST COAST HEALING MASSAGE 60 OR 90^{MIN}

Inspired by the profound movement of local currents, this massage treatment helps to relieve stress and tension, with light to medium massage pressure, releasing impurities, stimulating the circulation and boosting the immune system.

FISHERMAN'S FIX 60^{MIN}

A firm deep pressure massage that addresses those tired and sore muscles that are used to reel in "the big one." This treatment focuses on the shoulders, neck, back and arms.

DEEP TISSUE RELAXATION MASSAGE 60 OR 90^{MIN}

An overall body relaxation massage with firm to deep pressure, releasing impurities and boosting the immune system. Our spa practitioners incorporate the massage with their forearms and elbows scaled to the guest's desire.

REGENERATING MASSAGE & FACIAL 90^{MIN}

This luxurious treatment begins with a full body relaxation massage to ease tension throughout. The treatment continues with our restorative express glow facial.

COASTAL BEACH STONE MASSAGE 90^{MIN}

A deeply grounding treatment excellent for stress relief and overall relaxation. The deep penetrating heat from the locally sourced stones soothes sore muscles and relaxes the body.

All of the above massages have the option to upgrade your massage oil to CBD oil for an additional charge. Couples room available for treatments above.

Body Treatments

SEA MINERAL WRAP 75_{MIN}

Infuse your body with vital trace elements and minerals from the sea. Starting with exfoliation, followed by an anti-oxidant mineral wrap and concluded with a light, relaxing massage and a mini facial.

SEA SALT & KELP BODY SCRUB 60_{MIN}

An invigorating all over body scrub using wild rockweed and local sea products to revitalize and nourish the skin, finishing with a relaxation mini facial.

SONORA TRANQUILITY MASSAGE & BODY SCRUB 90_{MIN}

A nourishing massage treatment and body scrub that creates an aromatic full body experience, finishing with a mini facial. The tranquility blend of essential oils and creams will leave your skin silky and your mind in a deep state of relaxation.

Waxing & Tinting

WAXING

Brow Shape
Upper Lip
Chin

Underarms

½ Arm

Full Arms

Bikini

- » Regular
- » French
- » Brazilian

Upper Legs

Lower Legs

Full Legs

Back

Back or Chest

Abdomen

TINTING

Eyebrow Tinting

Eyelash Tinting



Hand & Foot Care

SONORA MANICURE 60_{MIN}

This spa manicure will smooth and rejuvenate your hands with a stimulating exfoliation and moisturizing hand and nail treatment. Includes cuticle care, nail shaping and elegant polish finishing.

SONORA PEDICURE 75_{MIN}

We provide essential foot care with a range of treatments that include nail trimming and callous removal. Our customizable lower leg and foot massage is accompanied by a stimulating exfoliation, complete with an elegant polish.

FISHERMAN'S HAND CARE 45_{MIN}

An exfoliating hand treatment followed by nail shaping, cuticle work and a stimulating massage of the hands and lower arms. Nail polish is not included.

FISHERMAN'S FOOT CARE 60_{MIN}

A hydrating foot bath, callus removal, cuticle work, nail shaping and a stimulating foot massage that will leave your feet feeling fresh. Nail polish is not included.

PARAFFIN TREATMENT

Seals in moisture, improves circulation and alleviates joint pain – a great addition to any spa treatment.

HANDS 15_{MIN}

FEET 15_{MIN}

FRENCH POLISH

When added to any manicure/pedicure.

GEL POLISH 15_{MIN}

When added to any manicure/pedicure.

GEL POLISH REMOVAL 45_{MIN}

Spa Packages

SERENITY FOR TWO 2HRS 45MINS

Experience a luxurious self-care treatment side by side. Relax and unwind with our Anti-Aging Collagen Facial and Sonora Pedicures.

SONORA GLOW 2HRS

Relax and unwind with our Tranquility Massage and Scrub, finishing with an Express Glow Facial.

COASTAL RETREAT FOR TWO 3HRS

Indulge with your loved one in our couple's room with a with a Fisherman's Fix massage and Sea Radiance facial, finished with side by side pedicures.

ISLAND CURRENTS RETREAT 3HRS

A true coastal experience to explore. Slip away with our Coastal Beach Stone Massage and Sea Salt Scrub, finishing with our Eye Contour treatment.





Yoga at Sonora

Yoga is the perfect way to start your day for the peace and serenity of Sonora.

Yoga is an ancient practice of connecting the mind and body with the rhythms of the natural world through a series of gentle, restorative poses.

Small, semi-private and private classes are held by certified instructors who will lead you through a relaxing series of postures to the sound of soothing music. You will be encouraged to quiet your mind, breathe deeply, and allow tense muscles to gently release.

For guests with limited flexibility or chronic injuries, our licensed yoga teachers are happy to suggest modifications.

WHERE

Please contact the Spa for daily location details.

WHEN

Every morning from 8:00 am to 9:15 am.

Please arrive 10 minutes early.

WHO

Our classes are appropriate for nearly everyone- from beginners to experienced yogis. We require a **minimum of 2 participants** to proceed with a class. (Private 1-on-1 sessions can be arranged at the same rate as for 2 people.) Classes are **limited to 5 participants each** to allow the instructor to make the necessary accommodations for every participant.

EQUIPMENT

We will provide all equipment required, including mats, bolsters, blocks, straps, and a cozy blanket.

TO REGISTER

Visit Island Currents Spa to book ahead. Please inform us about any medical conditions that might limit your yoga practice.

CANCELLATIONS

Cancellations done within 12 hours prior will be charged in full. Should your booking get cancelled by the Spa, you will be informed at least 12 hours before.



OUR VISION

The Island Currents Spa team aims to create an extraordinary experience inspired by the rejuvenating power and synergy of water, surrounding nature and spa therapies - cultivated and designed to purify, restore and renew our guests.

OUR MISSION

Our intent is to create a space where the body, mind and spirit can be revitalized in concert with nature and to deliver authentic, quality and professional treatments while consciously committing to preserving our natural resources.

BEFORE YOUR SPA EXPERIENCE

Please arrive 20 minutes before your treatment to complete your Health History Form. If time allows, enhance your Island Currents Spa experience by arriving 45 minutes to 1 hour prior and enjoy the complimentary Water Journey, which starts with a purification of the body and concludes with the relaxation of the mind.

If you are late, your treatment will be shortened in order to honour the time reserved for our next guest. We recommend that you avoid the consumption of alcohol or large meals prior to any treatment.

DURING YOUR SPA TREATMENT

Please inform your practitioner of any preferences or requests prior to and throughout the treatment so we can tailor the experience to suit your needs.

ISLAND CURRENTS SPA BOUTIQUE

All of the same great product brands that we use at the spa are here in our Spa Boutique for you to extend and maintain your spa experience at home. Prolong the rejuvenating benefits of your treatment at home with G.M. Collin, Sea Flora and Tranquility spa products for long-lasting results beyond your stay at Sonora. Ask any of our Spa Team members for assistance in selecting the best products for you.

SPA COURTESIES & ETIQUETTE

A locker will be available for your personal effects while at the Spa. We suggest taking off jewellery or accessories prior to your treatments. Please leave any valuables in the safe in your room

You will be provided with spa robes and sandals to relax in in-between treatments. Our lounges include showers, steam room, sauna, and access to the Swiss Shower, mineral pools and hot tub, as part of the Water Journey.

Alcohol is prohibited in the spa and mineral pools.

Children aged under 16 are not permitted in the gym, sauna, steam room or in the mineral pools.

Please have all mobile devices turned off upon entering the spa.

RESERVATIONS & CANCELLATIONS

We recommend booking your spa reservations in advance to guarantee your preferred treatment choice and time. If you need to cancel your appointment, we request 24 hours prior notice. Cancellations with less than the required notice or no-shows will be charged in full.

Please inform your activity guides about your spa appointments and double-check the expected return time of your excursions before booking services to avoid conflicts.

Children aged under 16 must be accompanied by an adult for the duration of their treatment.

Spa services and products are subject to applicable taxes. Gratuities are not included.

SPA HOURS 9:00 AM – 9:00 PM

Fitness Centre and Water Journey Hours 5:30 am – 9:00 pm

(Times subject to change without notice)

FOR RESERVATIONS AND MORE INFORMATION

1.888.576.6672 (604.272.8251) or spa@sonoraresort.com

www.sonoraresort.com

