W E L C O M E to Quartz Crystal Spa™ at Trump International Hotel & Tower Toronto®. We invite you to discover an extraordinary sanctuary of world-class services for both men and women, providing the only total spa experience in Toronto. Designed with passion and discernment, Quartz Crystal Spa™ will transport you to a timeless world of calm, balance and revitalization.

Rising 31 floors above the city, and consumed by an abundance of natural light, this meticulously designed oasis juxtaposes classic Hollywood glamour with the transformative healing properties of the Quartz mineral – meeting your unique needs as we enhance your mind, body and soul.

I looked to my own Russian heritage to create this concept. The 19th century Russian quartz baths were a healing ritual for generations of people. I’ve brought the essence of this restorative mineral to the worldwide spa market, and use it as the foundation for an unparalleled spa experience.

Welcome to the height of luxury.

Yours in Hospitality,

INNA LEVITAN
CEO & Managing Partner
RENAISSANCE | Approx. 5 hours
Enjoy a full day of head-to-toe Quartz Crystal Signature treatments, offering unparalleled luxury and relaxation. A Spa Concierge assists you in selecting a Signature Facial and Body Treatment tailored to your specific needs complemented by a VIP reception and orientation upon your arrival. Our Signature Cinque Stelle Diamond Manicure and Crystal Mosaic Pedicure provides meticulously sculpted nails. A healthy gourmet lunch in the elegant Relaxation Lounge completes your remarkable day.

LA DOLCE VITA FOR TWO | Approx. 5-1/2 hours
Take time to reconnect and luxuriate together in our Private Spa Suite where you will experience a Harmonizing Thermal Crystal Massage Therapy, Cinque Stelle Diamond Manicure, Crystal Mosaic Pedicure and Crystal Radiance Signature Facial. Enjoy an intimate lunch and emerge picture perfect together, ready for a special event, honeymoon, or any occasion when a little pampering is required.

AROMA SANTÉ | Approx. 2 hours
This ultimate aromatherapy treatment offers total relaxation. Precious therapeutic essential oils are applied during a Euphoric Aroma Massage. The relaxation continues with a tension taming Swiss Relaxing Anti-Stress Facial, to enhance and deepen this highly restorative experience. A sojourn in our luxurious Relaxation Lounge creates the perfect ending to a blissful day.

REVIVAL RITUAL | Approx. 2-1/2 hours
Our Signature Adriatic Contour Treatment uses massage and exfoliation to stimulate, balance and tone body contours. The rejuvenating Bamboo Massage awakens muscles and optimizes circulation while warming oils target areas of fluid retention, cellulite and uneven tone. A naturally detoxifying wrap warms the body in a cocoon of circulation-enhancing mud, stimulating metabolism and muscle tone.

SKIN THERAPIES

SIGNATURE FACIALS

Our Signature Facials use precious minerals and exquisite skin-quenching nutrients for unrivalled opulence and results. Energy awakening Quartz Thermal Waters deliver extraordinary clarity and radiance for your skin.

QUARTZ IRIESCENCE | 60 minutes
This intensive anti-aging treatment uses precious gold leaf to stimulate your skin’s collagen and elastin. Silver and gold Liposome capsules deliver age-reversing peptides to reduce the appearance of fine lines. Phyto Stem Cells immersed in anti-oxidants and powerful peptides smooth and refine skin’s texture and natural contour.

QUARTZ OPULENCE | 60 minutes
This marine-based hydration facial harnesses the healing power of the sea to brighten and illuminate skin tone and texture. Precious mother-of-pearl, sea minerals, water-derived humectants, plant-derived collagen, and dynamic peptides aid in the recovery of your skin’s natural beauty through highly active exfoliation and treatment processes.

QUARTZ PLATINUM SILK | 60 minutes
Luxurious Silk Amino Acids, soothing Botanicals, and Cosmeceuticals bring equilibrium to dry or sensitive skin. Blue Azulene and Mushroom BioComplex promote comfort and healing, further enhancing penetration of line-smoothing and lifting multi peptides.

QUARTZ CRYSTAL RADIANCE | 60 minutes
This detoxifying facial incorporates our Quartz Crystal Signature MicroPeel™ and Beta Hydroxy Acid to improve pore size and regulate excessive sebum production, transforming skin from rough to refined. This treatment offers intensive, immediate improvement in the clarity of skin by stimulating collagen production and skin density through Coenzyme Q10, Apple Stem Cells, and peptide stabilized Vitamin C.

HEALING QUARTZ THERAPY | 15 minutes
This Signature Facial massage add-on focuses on the healing benefits of mystic quartz crystals. A series of cool and warm stones are strategically placed to promote relaxation and a deep sense of calm, while a relaxing massage of the neck, shoulders and hands further enhance balance and well-being.
Luzern ingredients, all cultivated at high altitude in the Alps, are rich in anti-oxidants, all organic and free from chemicals, using oxygen to boost cellular reparation and collagen production.

**Purifying Oxygen | 60 minutes**
Deep clean, clarify and calm problem skin using the powerful benefits of pure oxygen. Double cleansing prepares skin for a fermented pumpkin enzyme to effectively exfoliate and brighten the complexion. Pore-cleansing extractions, a targeted balancing mask, and a customized vitamin and mineral-packed oxygen infusion leaves your skin looking clear and radiant.

**Age-Defying Oxygen | 60 minutes**
With organic Bio-Swiss certified extracts and the latest advanced age-fighting actives, this Oxygen facial delivers instant results. Thorough cleansing, followed by cell-renewing Alpha Hydroxy Acids, extracted from chardonnay grapes, rejuvenates and refines the skin. A decadent massage, energizing mask, and a personalized nutrient infusion with pure oxygen helps stimulate collagen production, improves elasticity, and restores the skin’s youthful glow.

**Ultimate Oxygen | 90 minutes**
Instantly boost skin vitality with this next generation, age-fighting facial. Medical grade ingredients combined with rare Alpine organics deliver unparalleled cell renewal, damage repair, and nourishment. Two specialty masks are applied to energize the cells and supply the skin with intense moisture. This is followed by our pure oxygen infusion, which delivers powerful benefits to help minimize fine lines and restore resiliency.

**Carita Artisans**
Carita Artisans create tailor-made treatments with proven results. First they identify your specific skincare needs, then they develop the perfect blend of products and techniques to ensure your skin’s balance is restored and maintained.

**Carita Artisan Facial | 90 minutes**
Gentle manual techniques are an essential element of Carita Artisan Facials. A relaxation massage is followed by the renowned Le Rénovateur to refine the skin and remove toxins. Skin is relieved of stress with a facial massage and mask adapted to the skin’s needs, providing a hydrated, nourished, firm and relaxed appearance. This tailor-made treatment refines the skin’s texture and reveals a radiant glow.

**Carita High-Performance Facial | 105 minutes**
This firming and revitalizing treatment uses a combination of high-performance anti-aging products and Le Rénovateur to gently exfoliate, regenerate, soften and smooth the skin. The Ideal Pro-Lift device is used in synergy with products to deeply cleanse the skin, facilitate absorption of active ingredients, and stimulate cells and muscle fibres. Skin is firmed and toned, and wrinkles are smoothed out.

**Cellcosmet**
Cellcosmet clinical line represents a new era of high performance products designed exclusively to give immediate, visible and lasting results.

**Swiss Relaxing Anti-Stress | 60 minutes**
Luxuriously moisturizing, this facial rebalances and restores your skin’s equilibrium. A specific skin pre-treatment and relaxing massage offer a true moment of peace for your skin.

**Swiss Lightening Elasto Collagen | 90 minutes**
Targets hyperpigmentation with specific pre-treatment and stimulating massage. A highly moisturizing, firming and toning facial that diminishes visible signs of aging and restores skin balance, providing a healthy, luminous glow.

**Swiss Anti-Aging Ultra Vital Non-Surgical Facelift | 90 minutes**
This luxurious customized cellular treatment enhances and revitalizes the complexion. This leading edge skincare cosmeceutical treatment addresses the physiological age and sensitivity of your skin. While recommended for all skin types (for those aged 30+), this highly moisturizing and firming facial is not suitable for acne-prone skin. Targets hyperpigmentation through specific pre-treatment and stimulating massage to diminish visible signs of aging and provide a healthy and luminous glow.

**Cellular Eye Treatment | 45 minutes**
The delicate eye contour deserves special care. This unique cellular eye treatment visibly reduces wrinkles, fine lines, dark circles and puffiness.

*Our Express Cellular Eye Treatment is an excellent add-on to any facial.*

**Microdermabrasion**
Microdermabrasion uses sophisticated technology to reduce the appearance of fine lines, wrinkles, dark spots, blemishes and thickened skin texture. Equally effective for men and women, this treatment stimulates collagen to smooth away fine lines, and reduce enlarged pores and the appearance of scars.

**Micro Facial | 30 minutes**
Enhance the effectiveness of any facial by adding the Micro Facial.
A FULLY PERSONALIZED SPA EXPERIENCE
UNLIKE ANY OTHER

A METICULOUSLY DESIGNED OASIS
INSPIRED BY CLASSIC HOLLYWOOD GLAMOUR
M A S S A G E

RELIEVE MUSCLE TENSION

SWEDISH MASSAGE
A light pressure relaxing massage that calms the body, offering a reprieve from the chaos of daily life.

SPORTS MASSAGE
A traditional massage with medium to firm pressure, light stretching, and compression. Longer, deeper strokes aid flexibility, enhance circulation, and improve muscle recovery.

DEEP TISSUE MASSAGE
For those who require focus on specific muscle groups or areas of tightness, deep tissue methodology offers a more intensive stroke and compression that lengthens and separates muscle fibers.

EUPHORIC AROMA MASSAGE
A massage offering exceptional healing and relaxation from an infusion of essential oils and herbs in combination with a trilogy of massage techniques. Varying depth and pressure ensures each muscle is relaxed and pampered.

CUSTOMIZED MASSAGE
A variety of techniques are used to relieve everyday stress embedded deep in layers of muscle tissue. This approach is custom tailored in consultation with your personal therapist to pinpoint specific areas of focus to meet your needs.

HARMONIZING THERMAL CRYSTAL MASSAGE THERAPY
Experience the remedial energy-balancing and stimulating benefits of quartz crystals. This rejuvenating body treatment offers a therapeutic massage with deep thermal healing through quartz crystals heated to varying temperatures. The experience is simultaneously relaxing and invigorating, offering wellness benefits for emotional, mental and physical energies.

BAMBOO MASSAGE | 75 minutes
Using freshly cut bamboo of varying diameters and lengths, this deep tissue massage reduces tension, relieves tightness in muscles and tendons, and stimulates circulation.

PRENATAL MASSAGE*
A light massage recommended for expectant mothers during the second or third trimester. Modified massage positions and use of support cushions offer enhanced relaxation, with a focus on lower back pain, water retention and sciatica.

*Prenatal guests must have completed their first trimester prior to booking.

All massages are available in 50 or 80 minute sessions.

B O D Y  C A R E

PERSONAL WELL-BEING

ADRIATIC CONTOUR TREATMENT | 75 minutes
An exquisite blend of aromatic Dalmatian Coast Oils and French Sea Salts set the stage for an energy boosting treatment targeting areas of fluid retention, cellulite and uneven tone. It begins with an invigorating exfoliation and massage to elevate cellular interaction and is followed by a natural Adriatic Seaweed Compression Wrap that envelopes the body, encouraging circulation and enhancing metabolism and muscle tone.

ULTRA LUXE SEA PEARL WRAP | 60 minutes
This lavish body-smoothing treatment uplifts the senses and restores moisture, suppleness and skin elasticity. A magnesium-rich Mediterranean Sea Salt scrub infused with soothing botanical extracts sweeps away dull looking skin. An expert massage is preceded by a nourishing wrap of French Montmorillonite Clay, Sea Pearl, Silver and Thermal Plankton – all powerful natural moisturizers that build and strengthen skin.

OBSIDIAN DETOXIFYING TREATMENT | 75 minutes
Pure, rare and revitalizing – this remarkable detoxifying treatment reveals the beauty secrets of the Mediterranean. Anti-oxidant rich grapes and organic oils nourished by Azure sea waters burst from this rich pumice derived therapy. A nutrient-rich volcanic ash exfoliates and offers health restoring benefits that clarify and illuminate the skin. This ancient spa ritual concludes with a Fire and Ice Massage resulting in a remarkable sense of well-being and natural radiance.

PERSONAL TRAINING | Available in 60 and 90 minutes sessions

SUNLESS TAN

BACIO DEL SOL – KISS OF THE SUN | 50 minutes
Achieve a rich Mediterranean inspired sunless “Abbronzato” with a dual treatment that results in a radiant natural glow. A Spa Body Peel of Tuscan Rosemary and Croatian Lavender prepares you for an artfully applied total body bronzer.

SAN TROPEZ MINI BRONZER | 25 minutes
For those who have recently enjoyed a body exfoliation, the Mini Bronzer offers exceptional results in just 25 minutes. Recommended as a refresher treatment for those who already enjoy a sunless tan.
Cellmen was the first cellular-based skincare line with bio-integral active cells, developed solely for the specific needs of the male skin.

**SWISS EXECUTIVE ANTI-AGING CELL LIFT | 60 minutes**
With specific skin pre-treatment and revitalizing massage, luminous takes on a new meaning. This anti-aging cell lift firms and brightens the complexion, visibly diminishing fine lines and wrinkles.

**SWISS RELAXING ANTI STRESS | 60 minutes**
A relaxing massage and pre-treatment specific for your skincare provides an impressive and immediate moisturizing effect. True calming for your skin, this treatment relaxes, soothes and chases away the signs of fatigue.

**CELLULAR EYE TREATMENT | 45 minutes**
The delicate eye contour deserves special care. This unique cellular eye treatment visibly reduces wrinkles, fine lines, dark circles and puffiness.

**CINQUE STELLE DIAMOND MANICURE | 60 minutes**
Our Signature Manicure uses an enzyme peel infused with real quartz crystals and diamond powder to expose younger looking skin. This anti-aging hand treatment offers immaculately sculpted nails and concludes with a precision natural buff or nail lacquer.

**QUARTZ MANICURE | 50 minutes**
**CLASSIC MANICURE | 30 minutes**
Also see Express Services in the Essentials Section if time is of the essence.

**DEEP TISSUE MASSAGE | 50 minutes**
For those who require focus on specific muscle groups or areas of tightness, deep tissue methodology offers a more intensive stroke and compression that lengths and separates muscle fibers.

**EXECUTIVE MASSAGE & WRAP | 75 minutes**
A therapeutic sports treatment incorporating natural oils and herbs that accelerate healing and relaxation. Thyme, traditionally used by warriors to aid in muscle recovery, is applied to invigorate tired muscles. Anti-inflammatory Austrian Moor Mud is used to smooth away rough skin and promote detoxification and revitalization. A deeply relaxing back massage concludes this executive treatment.

**EXECUTIVE MANICURE | 45 minutes**
A male grooming essential, this traditional manicure offers a hand tune-up tailored to a man's needs. Nails and hands are revitalized with a mineral soak, cuticle conditioning and trimming, a luxurious hand massage, nail filing, buffing and optional matte lacquer.

**EXECUTIVE PEDICURE | 60 minutes**
This classic pedicure offers complete foot care designed specifically for men. Feet are revitalized with a mineral soak and a luxurious foot massage. Nails are cared for with cuticle conditioning, nail trimming, filing, buffing and optional matte lacquer.
**HAIR CARE**

Our hairstylists are innovative, creative and deliver a red-carpet, polished look.

**KERASTASE HAIR CARE RITUALS | 50 minutes**

Enjoy an expert scalp massage and hair texturizing treatment when you indulge in one of our Signature Rituals – Relaxing, Intense or Luxury.

**STYLE, CUT AND COLOUR**

Discover the best aspects of your personal style.

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**MEDI SPA**

Sharplight Technology combines advanced Dynamic Pulse Control, Radio Frequency and Infrared for facial, body and hair removal medaesthetic treatments.

- Hair Reduction
- Skin Rejuvenation, Vascular & Pigmentation
- Acne Treatments
- Radio Frequency – Cellulite & Stretch Marks
- Infrared – Skin Laxity/Skin Tightening

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**PERSONAL WELL-BEING**

**PERSONAL TRAINING | 60 or 90 minutes**

Experience the most exclusive fitness retreat in the city. Our Movement Studio offers superior facilities and programs such as yoga, pilates, zumba®, personal training and boot camps for jet lag, insomnia and stress. Our elite team of fitness experts will create a custom wellness experience for every guest.

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**ESSENTIALS**

When time is of the essence and grooming is essential...

- Brow and Lash Shaping and Tinting
- Waxing
- Teeth Whitening
- Make-up Application
- Express Service Manicure
- Express Service Pedicure
- Express Service Shampoo & Style