



## AN EVENT TO REMEMBER

Call Nikki Kaposvari, Groups Coordinator  
at 416.964.4517 or email [nkaposvari@elmwoodspa.com](mailto:nkaposvari@elmwoodspa.com)

Elmwood Spa  
Canada's Favourite Urban Oasis

terrace  
RESTAURANT

BANGKOK  
GARDEN

elm spa



**Elmwood Spa**  
Canada's Favourite Urban Oasis

**terrace**  
RESTAURANT

18 Elm Street  
Toronto, Ontario M5G 1G7  
416.977.6751  
elmwoodspa.com

**Nikki Kaposvari**  
Groups Coordinator  
416.964.4517  
nkaposvari@elmwoodspa.com



## Elmwood Spa Events

Where creativity meets wellness.

Elmwood Spa is the largest stand-alone day spa in Canada catering to women and men who seek stress relief and relaxation in a serene atmosphere. Located in a landmark historic five-story building in downtown Toronto, with 40,000 square feet of elegant space, our Group Event Programs offer engaging opportunities for innovation and creativity.

Groups of up to 200 have used Elmwood Spa for team building events, new product launches, press conferences, networking events and seasonal parties.

- 34 treatment rooms
- Two licensed restaurants: Terrace Restaurant for Gourmet cuisine and Bangkok Garden for Thai cuisine.
- Water Therapies™ (co-ed swimming pool, whirlpool, steam rooms and pool-side lounge); women's and men's change room feature a steam room with an additional whirlpool in the women's change room.
- Steps from Yonge & Dundas Square; parking and subway nearby.
- Juice Bar
- Licensed Mani/Pedi Lounge
- Wide array of services including massage, all performed by Registered Massage Therapists, Facials, Manicures, Pedicures, Body Treatments and more.



Gift Cards are the perfect choice to show your thanks and appreciation to employees, clients and friends. Purchase 10 Gift Cards of the same à la carte spa services(s) or equal dollar value and receive **one complimentary Gift Card** of the same value.



LEADING SPAS OF CANADA



## Popular Group Packages

The more, the merrier. Our group packages are designed to invigorate, rejuvenate and relax groups of 10 or more. These packages not only put your mind, body and spirit to rest, but also bring peers and loved ones closer together through the Elmwood Spa experience.

### GROUP BOOKING INCENTIVE

A specialty spa gift is also offered complimentary with many of our spa packages. Ask for details.

**PERKS:** All guests receive complimentary access to our Water Therapies™ (swimming pool, whirlpool & steam rooms) with any massage, facial, body treatment or services over \$100.

**RMT:** Elmwood Spa employs an outstanding team of over 60 Registered Massage Therapists to perform therapeutic massage services. Insurance receipts can be provided.

### RENEW & RECHARGE

4.5 hrs (Mon to Thurs)

Massage Package • \$215 value \$238

Facial Package • \$199 value \$223

- Water Therapies™
- 50 min Swedish Massage or ElmLine Essential Facial
- 3 course lunch at the Terrace Restaurant
- ElmLine Essential Pedicure

### PAMPER & POLISH RETREAT

3.5 hrs • \$225 value \$245

with lunch \$263 value \$283

- Water Therapies™
- Essential Enhanced Facial or 50 min Swedish Massage
- ElmLine Essential Manicure
- ElmLine Essential Pedicure

### ELMWOOD ESCAPE

4.5 hours • \$335 value \$365

with lunch • \$373 value \$403

- Water Therapies™
- 50 min Swedish Massage
- ElmLine Essential Facial
- ElmLine Essential Manicure & Pedicure

\* All group promotions and packages apply to a minimum of 10 guests. Cannot be combined with any other offers, certificates or discounts. 15% gratuity for all spa services and food & beverage services and all applicable taxes will be automatically added to your bill.



## Mani Pedi Group Packages

Our newly renovated space is perfect for group events. This newly licensed space offers 12 manicure and 12 pedicure chairs, plus a small hair salon.

Packages include complimentary Water Therapies™ (swimming pool, whirlpool, steam rooms) and pool-side lounge.

Tax + gratuity not included.

### ELMLINE ESSENTIALS

\$99 value \$110

- ElmLine Essential Manicure
- ElmLine Essential Pedicure

**For groups of 10 or more. Mon - Thurs only.**

### SERENITY PACKAGE

4 hrs • \$135

- Water Therapies™
- ElmLine Essential Manicure & Essential Pedicure
- 3 course lunch at the Terrace Restaurant

### ADD-ONS (per person)

- Mimosas 9
- Smoothie 7
- Cheese Platter 9
- Mediterranean plate 8
- 3 Course Lunch 38



PRESENTATION SET-UP



TERRACE RESTAURANT MAIN DINING ROOM

## Terrace Restaurant & Greenhouse Room

Dine in our licensed fourth floor Terrace Restaurant with outdoor patio where guests can dine in their spa robe. Available for lunch daily and privately for group meetings, breakfasts, dinners, cocktail receptions and more. With its own kitchen, food is fresh, prepared à la minute, and the menu serves up healthy (and decadent) choices to suit every taste. Ideal for cocktail receptions and for use as a meeting room. Depending on the size and objectives for your group, the following Monday to Thursday options are most favoured by our guests:

- A 3 course lunch for \$38, menus can be customized to suit your needs.
- Bangkok Garden dinner is available in the Terrace Restaurant for private group bookings
- Book out the entire spa for your organization for an evening.
- Use the entire 4th floor for service samplers combined with a cocktail party or business networking event in the Terrace Restaurant (and patio weather permitting).
- Host your meeting at the Terrace Restaurant; seats 30 - 40 theatre style, and have lunch downstairs at Bangkok Garden, preceded or followed by spa services.
- Enjoy private dining (for 12) in the Greenhouse Room, preceded or followed by spa services. Perfect for board meetings.

	SQ. FT.	TABLES	RECEPTION	CLASSROOM	THEATRE
PATIO (SEASONAL)	286	16	20	N/A	N/A
GREENHOUSE	207	8	20	12	20
DINING ROOM	384	40	80	30	65

### REWARD YOUR EMPLOYEES

Purchase 10 Elmwood Spa or Bangkok Garden Gift Cards and receive 1 Free\* of equal value.



## BANGKOK GARDEN AUTHENTIC THAI BUFFET SERVED IN THE TERRACE RESTAURANT

Enjoy an assortment of appetizers, soup or salad, curries, phad thai, noodle dishes and stir-fries. Includes a selection of Passed Hors D'oeuvres.

- Starting at \$49 per person
- Accommodates 60 people (*minimum spend applies*)
- Menu can be tailored to your groups culinary preferences



## \$49 PER PERSON

### APPETIZERS

Chicken Satay  
Shrimp Rolls  
Spring Rolls  
Fresh Rolls  
Chicken Wings

### SOUP OR SALAD

Mango Salad  
Bean Salad  
Thai Vegetable Soup

### ENTRÉES

Chicken Phad Thai  
Anytime Noodle  
Palace Garden Stir-Fry  
Spicy Tofu  
Mango Chicken  
Shrimp & Cashew Stir-Fry  
Spicy Fish  
Red Curry Chicken  
Yellow Chicken Curry  
Emerald Curry

### DESSERT

Assorted Fresh Fruit and Home-made Thai Desserts

### APPETIZERS | 9

#### Shrimp Tostada

Smokey guajillo pepper and lime vinaigrette, lettuce, crema

#### Kale Caesar

Focaccia croutons, shaved parmesan, roasted garlic vinaigrette (gluten-free without croutons)

#### Chef's Daily Soup Creation

#### Winter Harvest Slaw • •

Charred broccoli and heirloom carrots, soya maple vinaigrette, sesame seeds

### ENTRÉE | 22

#### Chicken Supreme

Baby potatoes, pumpkin seed romesco sauce, brussel sprout leaves

#### Roasted Haddock

Braised bok choy, puffed wild rice, smoked tomato beurre blanc

#### Grilled Ribeye •

Basil-cilantro infused rice, calvados pepper jus, spicy pickles

#### Curried Eggplant • •

Tomato caponata, quinoa

### DESSERT | 9

#### Flourless Chocolate Torte

Berry preserve and whipped cream

#### Apple Crisp •

Coconut ice cream, reduced cider

#### Cheesecake in a Jar

Fresh cheesecake in a jar with chocolate chip cookie crust

### SIDES

#### Fries • 5

Herbed seasonal vegetables • 5

Cup of soup 5

Daily artisanal poutine 7

Fried brussel sprouts & chevre 6

Cheese plate with preserves • 10

### WINE & COCKTAILS

Ruffino Pinot Grigio, Italy 9

Six Rows Shiraz, Australia 9

Elmwood Caesar 8

Stella 7

Food is my artistic expression and passion. I have created this menu to showcase the best seasonal offerings for an exceptional dining experience. Enjoy!



Chef Jordan Carr

• Contains Nuts • Dairy-free • Vegan

All menu items are gluten-free

Please inform your server of any allergies and we will do our best to accommodate them, however we are unable to guarantee an allergen free environment. **Additional charges apply for side orders, substitutions and beverages.** Please refrain from speaking on your mobile device to ensure a tranquil environment.



# Policies & FAQ's

## BOOKING POLICIES

Groups are a guaranteed minimum of 10 people, unless otherwise noted in the Event Contract.

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.

## INSURANCE 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, insurance receipts will not be issued as per CMTO regulations.

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

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

**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 and a secure place to store your belongings are 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 swim suit, hairbrush, cosmetics and any other toiletries you may need.

## CANCELLATIONS

We require 3 weeks (21 days) notice to cancel any group booking without penalty. Cancellations made 15–20 days prior to the scheduled event date will receive their deposit in the form of an Elmwood Spa gift card. If cancellation occurs within 14 days prior to your event, full payment (100%) for services, food and beverage will be required.

## FREQUENTLY ASKED QUESTIONS

### Is there a charge to use the space?

There is no charge, provided the minimum food and beverage expenditure is met.

### Do you supply audio-visual equipment?

We have a screen and projector on site, which can be used at a minimal fee. We also have a preferred supplier for any audio visual requirements.

### What items are included?

Candles, white linens (Terrace Restaurant), tables, chairs, printed menus.

### How are beverage costs managed?

All beverages are charged based on consumption, plus gratuities and applicable taxes. We do not offer any bar packages.

### Can menus be customized for my event?

Yes, we are happy to work with you to customize food & beverage offerings.

### Is parking available?

Yes, parking is available at the Chelsea Hotel\*, Atrium on Bay, outside lots.

*\*Preferred rates available for Elmwood Spa guests*

Nikki Kaposvari, Groups Coordinator  
416.964.4517  
nkaposvari@elmwoodspa.com

