

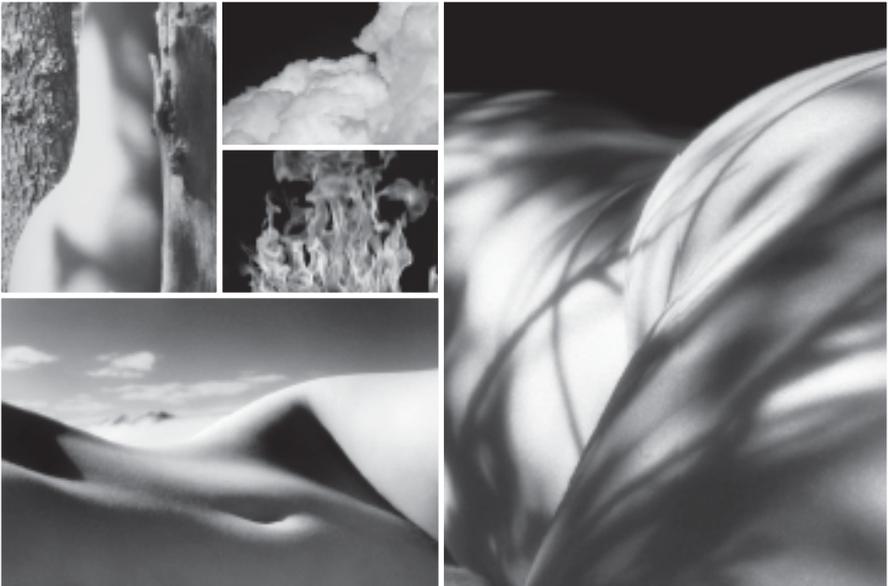


WILLOW STREAM

A FAIRMONT SPA

Brochure

FAIRMONT BANFF SPRINGS





WILLOW STREAM
A FAIRMONT SPA

Willow Stream Spa at Fairmont Banff Springs

Nestled deep in the majestic Rockies, in the heart of Canada's first National Park, Banff feels like the top of the world. Here, sweeping vistas of mountains, sculpted by ice and time, rise to embrace a clear blue sky; rolling green valleys cradle glaciers, rivers and emerald lakes; and pure oxygen floods your lungs, bracing you to the core.

It's in this spectacular setting that you'll find Fairmont Banff Springs (known as "the Castle in the Rockies"), proudly inviting travellers to experience the grandeur and warmth of its regal foyers, stunning halls and elegant guest rooms. And it's here that you'll find Willow Stream Spa at Fairmont Banff Springs: an oasis of well-being unlike any other.

Reminiscent of the hot springs that beckoned travellers over 100 years ago, the spa's pulsating waterfalls and tranquil mineral pool rejuvenate tired muscles and soothe troubled spirits. Steam rooms, saunas and eucalyptus inhalation rooms bring welcome relaxation, while spa terraces and an outdoor whirlpool harness the healing power of the alpine air.

We invite you to explore Willow Stream Spa at Fairmont Banff Springs, reawaken your senses and discover your energy.



About Willow Stream Spa

Willow Stream is energy for life.

The energy emanates from the natural spa environments. It flows from the revitalizing experiences. And it shines in the people who embrace it.

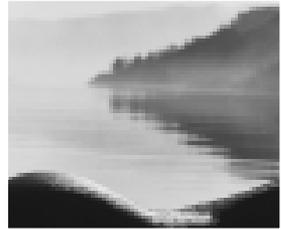
Each spa is completely unique, drawing inspiration from the energy of its distinctive locale. The nature of each location is infused in everything from the spa's design to the specialized facilities to the luxuriously authentic treatments.

Your energy journey begins with the basics: healthy food, refreshing water and restorative rest. Our effective treatments are rooted in science, featuring highest-quality products derived from nature and applied by our talented team of knowledgeable experts. The end results are one-of-a-kind experiences that help you be at your best.

But perhaps the main source of energy is the people who enter our spas. Willow Stream cultivates a fun, social atmosphere, where you can reconnect with yourself and others. These special experiences are often even better when shared.

Whether you're seeking to release the stress of the day, foster an ongoing commitment to healthy living or simply enjoy a fun outing with friends, Willow Stream guides you to find your energy.





Our name: Willow Stream

Our name expresses how we look to nature for inspiration, energy and balance.

Willow: The willow tree is one of the strongest trees, deeply rooted (authentic and connected to the earth) with a strong core and flexible branches. It gains its strength from flexibility.

Stream: The stream represents our energizing journey through life: we bend and change in a peaceful, purposeful manner as we find our way around obstacles. It represents being in the flow of life.

Our logo

Our logo is composed of nature's essential elements: earth, air, fire and water. The willow—wood—is the fifth element. Many of the world's ancient cultures used these elements in some fashion to understand nature's connection to our body and spirit. The proper balance of these elements in nature and in ourselves creates our energy.



Selecting Your Treatments

We have created a simple system to help us guide you in selecting an experience that will provide you with the greatest possible benefit. We want you to say, "That's just what I needed!" after every treatment. Each falls into one of three categories: Relieve, Restore or Results. In addition, beside these indicators, the benefit of each treatment is briefly described (e.g., deep relaxation) to help you decide.

Relieve treatments provide a simple escape from everyday pressures. They are a great pick-me-up, can facilitate relaxation and may involve skin rehydration.

Restore treatments are focused on helping you recover from things like stress, travel, overindulgence or your hectic lifestyle. They are rebalancing in nature, and some even provide you with more radiant skin.

Results treatments are more intense and involve processes like detoxification, cleansing or anti-aging. They are therapeutic, and many of them include the use of cutting-edge technology.

Another great way to select a treatment is to simply let your instincts guide you.

Willow Stream Spa Products

The products we use are essential to an unforgettable spa experience. We have chosen the exceptional spa and skincare lines Kerstin Florian International (our principal partner), Tara Spa Therapy, Jane Iredale Mineral Makeup and Willow Stream Reviving spa products not only for the quality and care that goes into each of their products, but also for these brands' holistic philosophies about well-being.

Find your energy every day: Let our spa professionals customize a home-care program for you, and recreate your Willow Stream Spa experience at home with our products. Or treat a loved one to a special gift, designed to help them find their own energy.



Kerstin Florian International

Kerstin Florian International offers holistic products that combat the skin-damaging effects of stress, age and the environment. We use these products because of their renowned therapeutic quality and the brand's philosophy: Kerstin Florian International is dedicated to spa traditions, authentic approaches and sourcing the finest mineral, herbal and marine ingredients.

Tara Spa Therapy

Tara Spa Therapy, Inc. was the first company to establish Ayurveda treatment programs in spas. Tara's products promote health and harmony in the body by faithfully following Ayurvedic traditions and principles that have been effective for centuries. This aromatherapy collection is distinctive due to the quality of the essential oils.

Jane Iredale Makeup

Combining up-to-the-minute shades for every complexion and skincare benefits that make it the envy of conventional makeup, Jane Iredale Mineral Makeup is recommended by dermatologists worldwide.

Willow Stream Reviving Spa Products

The scents of our Willow Stream Reviving Spa signature aromatherapy products immediately stimulate your spirit with a refreshing and uplifting blend of grapefruit, eucalyptus and palmarosa.

Signature experiences

Ultimate Ascent — 2 hours

Restore - Healing

Experience deep relaxation with a warm, aromatic footbath and foot scrub, followed by a gentle dry-brush exfoliation and a soothing, hydrating massage. A warm wrap and a gentle face and foot massage complete your journey to tranquility — and rediscovered energy.

The Rose Renewal — 90 minutes

Restore - Indulgence

Enjoy a gentle dry-brush exfoliation to stimulate your skin and improve circulation, followed by a bath infused with wildflower essences and rose petals. The experience culminates with a soothing massage and wrap with rose-geranium and rose-flower oil, cultivated in the interior of British Columbia. Pure indulgence for you, your skin and your attitude.

Majestic Blue — 90 minutes

Restore - Invigorating

The colour of glaciers, rivers and the sky, blue carries connotations of peace and tranquility. It also underscores this healing experience: Featuring organic mountain lavender (also known as “blue magic”), the treatment includes an invigorating mineral-salt exfoliation, a luxurious wrap and massage with organic essences, including the scalp and feet.

Destination Rejuvenation — 60/90 minutes

Restore - Recover

A selection of essential oils (to combat jet lag or facilitate altitude adjustment) distinguishes this medium-pressure massage. Focusing on the areas affected by frequent travel — legs, neck, back, shoulders and feet — this treatment helps to regulate sleep, hydrate skin, relieve tension headaches and restore energy.

Glacial Reflections Facial — 90 minutes

Restore - Balancing

Enhance your mountain escape with this locally inspired facial, ideal for all skin types. A rosehip tea and an aromatic pine footbath relax and prepare you for a balancing rosehip facial massage, a moisturizing masque, and a temple and scalp treatment performed with glacial globes. An experience as unforgettable as Banff itself.



Mountain Mint Pedicure — 75 minutes*Restore – Revitalizing*

Cooling mint distinguishes this deluxe aromatherapy pedicure, which beautifies and nourishes feet and legs. Includes a luxurious exfoliating scrub, a relaxing massage, foot work, a paraffin treatment and an application of polish. A sensory delight from the knees down.

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Customized massage experiences

Muscle Recovery Deep Tissue — 60/90 minutes*Results - Muscle recovery*

This strong-pressure massage enhances muscle recovery by targeting areas that are sore from exercise or just the tension of daily life. Deep muscle work is combined with stretching, rocking and circulation-enhancing strokes to move lactic acid out of the system. A mild soreness may result.

Stress Relief-Medium Pressure — 60/90 minutes*Restore - De-stress*

This customized, medium-pressure massage focuses on the areas of your body that are most tense—including your head, neck, shoulders, hands and feet—and involves the use of muscle-melting massage oil. This is a great selection after a stressful day.

Alpine Aromatherapy Massage — 60/90 minutes*Relieve - Calm*

This personalized experience with light to medium pressure massage will help you find energy and balance throughout the day. Customize your massage with one of the following aromatherapy blends: Lavender for calming, Revitalizing for renewal or Ginger for soothing.

Mountain Hot Stone — 60/90 minutes*Results - Deep heat*

This customized massage uses specific techniques to release and relieve deep-seated tension. The use of hot basalt river stones is interspersed with that of healing hands and our warmed balancing oil a blend of lavender, ylang ylang, ginger and eucalyptus. This combination relieves tight muscles and improves mobility, while the aromatic oil uplifts the senses.

Destination Rejuvenation — 60/90 minutes

Restore - Recover

A selection of essential oils (to combat jet lag or facilitate altitude adjustment) distinguishes this medium-pressure massage. Focusing on the areas affected by frequent travel—legs, neck, back, shoulders and feet—this treatment helps to regulate sleep, hydrate skin, relieve tension headaches and restore energy.

Mother-to-Be Massage — 60 minutes

Restore - Pampering

This pampering experience—designed with the safety of the mother and child in mind—involves gentle or unscented oils and support cushions for optimum comfort.

Shiatsu — 60/90 minutes

Relieve - Invigorating

Translated as “finger pressure,” shiatsu is an ancient Japanese technique that uses the thumbs, palms and elbows to manipulate acupuncture points along the body’s meridians—or energy pathways—and enhance the flow of energy.

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Body experiences

Ultimate Ascent — 2 hours

Restore - Healing

Experience deep relaxation with a warm, aromatic footbath and foot scrub, followed by a gentle dry-brush exfoliation and a soothing, hydrating massage. A warm wrap and a gentle face and foot massage complete your journey to tranquility—and rediscovered energy.

Willow Stream Elements — 90 minutes

Results - Grounding

Discover the restorative power of nature’s elements: earth (mud wrap), air (aromatherapy), water (mineral bath) and fire (warm massage). This centuries-old but scientifically beneficial spa experience combines a medicinal moor-mud wrap, a magnesium-rich mineral wellness bath and a massage. Very beneficial for dry or maturing skin.



Energizing Detox — 90 minutes*Results - Purifying*

Awaken your senses with this invigorating and purifying journey. Experience a stimulating dry-brush exfoliation to help detoxify and promote circulation. The body is then wrapped with marine algae for an instant nutrient boost and intensive grounding. An invigorating body massage, for a firmer, more toned appearance, completes the treatment.

The Rose Renewal — 90 minutes*Restore - Indulgence*

Enjoy a gentle dry-brush exfoliation to stimulate your skin and improve circulation, followed by a bath infused with wildflower essences and rose petals. The experience culminates with a soothing massage and wrap with rose-geranium and rose-flower oil, cultivated in the interior of British Columbia. Pure indulgence for you, your skin and your attitude.

Seasonings - Total Adjustment — 90 minutes*Relieve - Ancient wisdom*

This wonderful introduction to Ayurveda combines our spa's six most popular experiences and season-specific essential oils into one divine total-body experience. Includes a footbath and a scrub, a botanical body mask, a herbal exfoliation with dry brush, a massage, a hot-towel wrap and a mini face treatment. Leaves the skin soft, smooth and nourished.

Majestic Blue — 90 minutes*Restore - Invigorating*

The colour of glaciers, rivers and the sky, blue carries connotations of peace and tranquility. It also underscores this healing experience: Featuring organic mountain lavender (also known as "blue magic"), the treatment includes an invigorating mineral-salt exfoliation, a luxurious wrap and massage with organic essences, including the scalp and feet.

Rockies Rehydration — 60 minutes*Restore - Nourishing*

If your time in the Rockies has dehydrated your skin, this experience will replenish it. Following a dry-brush exfoliation, a rich mineral cream—blended with organic essences of revitalizing (fennel, pink grapefruit, mandarin), lavender or ginger oil—is massaged into your skin, absorbed while you are cocooned in warm blankets. Drift peacefully while your face, scalp, neck and feet are treated to a soothing massage.

Seasonings - Feet First — 60 minutes

Relieve - Total relief

Massaging reflex points on the feet and hands relieves tension throughout the body. In this head-to-toe experience, a foot soak and scrub is followed by a foot and hand massage, focusing on vital energy points. While skin absorbs the essential oils, you are pampered with a head, neck and shoulder massage. Great for any season.

Wildflower Body Polish — 60 minutes

Relieve - Smoothing

Begins with a gentle exfoliation with granulated pumice and chamomile to refine and renew the skin. A loofah mitt with chamomile bath gel follows for deep cleansing. A chamomile spray and lotion application completes the experience. An excellent option for sensitive skin.

Banff Brightening Scrub - 60 minutes

Restore - Correcting

Brighten the body with this multi-active treatment incorporates an exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body-buffing techniques to refine texture and brighten the skin. Organic Ginger Oil blended with Multi-Vitamin Firming Creme containing Shea Butter and nutrient-rich algae is applied onto the body using long relaxing strokes with focus on the neck, back and shoulders.

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Companion enhancements

These therapeutic enhancements may be added to any massage or body treatment.

Mineral Wellness Soak — 30 minutes

Relieve - Balancing

Experience transformative wellness with these concentrated, powerful South African salts – a perfect, rare balance of over 60 essential minerals and trace elements that deeply nourish, detoxify and rebalance the body.

Herbal Bath — 30 minutes

Relieve - Calming

Choose one of these baths, which are based on natural remedies and use potent aromatic oils and rich botanicals:

Eucalyptus—relieves colds, and soothes muscles and joints
Wildflower—stimulates immune system



Aromatherapy Wrap — 30 minutes*Relieve - Nurturing*

While you are wrapped in healing essential oils, enjoy a relaxing face and scalp massage.

Turkish Scrub — 30 minutes*Relieve - Invigorating*

Therapeutic mineral salts, rich in trace elements, exfoliate and gently refine the skin. A loofah scrub is followed by an application of rich lotion.

Firm and Tone - 30 minutes*Results - Contouring*

Refine and firm body contours. A dry-brush technique helps to exfoliate the skin, stimulate lymphatic drainage, increase circulation. Followed by an application of lotion of tested firming ingredients that absorbs into the skin for immediate results.

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Facial experiences

The Ultimate Facial — 90 minutes*Results - Luxurious*

Decadent and effective ingredients leave you looking and feeling renewed. Featuring Kerstin Florian's Caviar collection, this treatment includes a peptide-rich serum and ampoule application, multi-acid skin exfoliation, contour-lifting facial massage with stones, and protein-rich marine sheet to improve skin luminosity. This facial repairs, firms and hydrates the skin to deliver the ultimate experience.

Tranqwillow Face and Back — 90 minutes*Restore - Hydrating*

Pure, organic essences; exfoliating fruit enzymes; wild, mineral-rich moor mud; and nourishing whole-plant serums refine and feed the skin while facial muscles are toned with a unique contour-lifting massage. Includes back treatment. Optional hair treatment with organic lavender also available.

Advanced Correcting Facial — 90 minutes*Results - Radiant*

Producing immediate results with the latest advances in skin-care products, this facial—based on a 30% multi-acid exfoliation, and using a state-of-the-art vitamin C essence—is customized to address and correct specific aging concerns, including hyper pigmentation, fine lines, uneven texture and premature aging. It involves a deep-cleansing massage and a hydrating mask that will leave the skin vibrant. A Vitamin C ampoule is included, and an upgrade to an Intensive Repair ampoule is available.

Glacial Reflections Facial — 90 minutes*Restore - Balancing*

Enhance your mountain escape with this locally inspired facial, ideal for all skin types. A rosehip tea and an aromatic pine footbath relax and prepare you for a balancing rosehip facial massage, a moisturizing masque, and a temple and scalp treatment performed with glacial globes. An experience as unforgettable as Banff itself.

Nature's True Indulgence - 90 minutes*Restore - Radiant*

This exclusive ninety minute facial includes a Quadruple - Masque System to act on each level of the skin delivering lifting, hydrating and correcting effects. Advanced muscle-relaxing neuropeptides instantly reduce wrinkles, reinforce collagen and restore the skin's youthful cushion. Enjoy a luxurious Ageless Hand Treatment and signature facial massages to stimulate healthy circulation. Revive your tired eyes with a thermal-eye therapy masque that will reduce signs of fatigue and immediately give you radiant and healthy skin.

Sensitive Skin — 60 minutes*Restore - Soothing*

Sensitive skin is caused by many things—including environmental stress, rosacea, aggressive medical peels and laser treatments. Whatever the cause, this customized, gentle approach improves your skin's tolerance to irritations, reduces inflammation and renews skin's natural defenses.

Brightening Luminescence Facial — 60 minutes*Restore - Glowing*

This results-oriented treatment is specifically designed to address hyper pigmentation and premature aging. Includes an exfoliating multi-acid peel on the face, neck, décolleté and hands to revitalize your appearance, a deep-cleansing massage to promote circulation, and a unique brightening mask to immediately illuminate the skin.



Vitamin Boost Facial — 60 minutes*Restore - Skin nutrition*

Improve skin tone and texture for a look of natural radiance with essential vitamins C and E, and restorative minerals. This treatment delivers superstar antioxidants, fights free radicals, helps to boost collagen, heals and improves overall skin health, and reduces inflammation. Includes a gentle pearl polish, and a vitamin-rich spirulina and CoQ10 ampoule for powerhouse nourishing.

Custom Cleanse — 60 minutes*Relieve - Clean*

Tailored to your specific needs to provide the maximum benefit, this anti-aging facial transforms the skin as it firms, hydrates, refines and tones. It features skin-renewing antioxidant formulas, marine proteins, a contouring and lifting massage technique, and a hydrating mask. Your treatment concludes with a personalized home-care consultation. The whole experience can be customized to address sensitive skin conditions.

Purifying Detox Facial - 60 minutes*Result - Detoxifying*

Just like a juice cleanse for your skin! Created to address all skin types and reverse environmental signs of aging. This treatment is a comprehensive detoxification for your skin featuring unique purifying products, powered by fruit enzymes, purple clay and essential oils. Focused deep cleansing of congested pores.

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Advanced Facials

For the most advanced facial results, Kerstin Florian is proud to present their K-Lift Age Management System. This advanced system integrates the strength of three modalities, each penetrating deep into the transdermal layers of the skin, targeting a specific function to improve overall skin rejuvenation. Benefits include: triggering collagen production which lifts and tones, reducing lines and smoothing wrinkles, and tightening facial contours resulting in younger, healthier-looking skin. Expect to see visible results after your first session or book a series for long-lasting, effective results.

Tighten and Transform Ultra - 90 minutes

Results-Tightening with K-Lift technology

Energize and transform your skin with this high-performance treatment that includes an exfoliating multi-acid peel for the face, neck and décolleté. A Red LED Light and an Impulse Micro-Current help cells rejuvenate, accelerate cell repair, re-educate muscle tone and trigger DNA regeneration. The experience concludes with the infusion of essential nutrients into the skin with cutting-edge Transdermal Delivery technology.

Tighten and Transform - 60 minutes

Results-Tightening with K-Lift technology

Energize and transform your skin with this high-performance treatment that includes an exfoliating multi-acid peel for the face, neck and décolleté. A Red LED Light and an Impulse Micro-Current help cells rejuvenate, accelerate cell repair, re-educate muscle tone and trigger DNA regeneration. The experience concludes with the infusion of essential nutrients into the skin with cutting-edge Transdermal Delivery technology.

"Just for men" experiences

Stress Reliever — 3 1/2 hours

Restore - Take time

Step away from your busy life to relax and re-energize. Arrive early and get acquainted with the spa's facilities. Then, enjoy a 60-minute Stress Relief Massage, a Gentleman's Facial, Executive Foot Grooming Pedicure and a spa lunch.

Gentlemen's Facial — 60 minutes

Relieve - Hydrating

This deep-cleansing and revitalizing facial experience is designed specifically for the special needs of men's skin, including exfoliation and razor-burn relief. To complete the treatment, a face, neck and shoulder massage is performed, making this a traditional barber experience (without the shave). Additional care is taken to analyze the skin for sensitivities and specific conditions.



Executive Hand Grooming — 60 minutes*Restore - Moisturizing*

This deluxe treatment begins with a hand soak, nail oil application to promote healthy nails, hand exfoliation, and finishes with a luxurious hydrating and skin conditioning body butter hand massage and paraffin treatment to relieve dry skin.

Hand Grooming — 45 minutes*Relieve - Clean*

The treatment begins with hand soak, hand exfoliation, nail oil application, followed by a hand massage with hydrating skin conditioning body butter. A healthy approach to the traditional manicure.

Executive Foot Grooming — 60 minutes*Restore - Soft and Smooth*

This foot grooming stimulates circulation and revitalizes weary feet. Our deluxe pedicure includes a foot soak in sea salts and minerals, an exfoliation, a foot massage with hydrating body butter and a paraffin treatment hydrates, warms and relieves dry, cracked skin.

Foot Grooming — 45 minutes*Relieve - Stimulating*

Enjoy a relaxing foot soak followed by an exfoliation, professional grooming of the feet, nails and cuticles. Also includes a foot massage.

Salon services

Mountain Mint Pedicure — 75 minutes

Cooling mint distinguishes this deluxe aromatherapy pedicure, which beautifies and nourishes feet and legs. Includes a luxurious exfoliating scrub, a relaxing massage, foot work, a paraffin treatment and an application of polish. A sensory delight from the knees down.

Reviving Pedicure — 60 minutes

Restore - Recover

An energizing lift for the whole body. Includes a foot soak in sea salts and minerals, an invigorating exfoliation and a hydrating paraffin treatment. A foot massage with hydrating body butter and an application of polish completes the treatment.

Classic Pedicure — 45 minutes

Relieve - Uplifting

Add spring to your step with a foot soak, an exfoliation, a massage, nail shaping and polish application. Features products from our exclusive Willow Stream Spa aromatherapy line.

Reviving Manicure — 60 minutes

Restore - Luxurious

Begins with a hand soak, a myrrh nail-oil application and an invigorating hand exfoliation. Followed by a nourishing paraffin treatment and a hand and arm massage with hydrating and skin-conditioning body butter and an application of polish.

Classic Manicure — 45 minutes

Relieve - Reviving

Includes a hand soak and massage, plus nail shaping and polish. Features products from our Willow Stream Spa aromatherapy line.

Shellac Polish Manicure — 60 minutes

Results - Lasting colour

Nail shaping and preparation of the nail for CND shellac polish. Followed by a myrrh nail-oil application and body butter arm and hand massage.



Hair services

Whether you're looking for the latest hair style, a vivid colour or an elegant updo, stylists at our spa salon help you look your best. We proudly feature L'Oreal Professionnel products, including the breakthrough INOA colour line—ammonia-free and odourless, it leaves your hair vibrant without damaging it or irritating your scalp.

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Makeup services

Our spa salon proudly offers Jane Iredale, The Skin Care Makeup: Non-comedogenic and oil-free, mineral-based Jane Iredale products provide UVB and UVA protection, and are recommended by plastic surgeons, dermatologists and skin-care professionals. This makeup contains pharmaceutical-grade vitamins and antioxidants, ensures instant, weightless coverage, and is perfect even for the most sensitive skin.

Experiences for two

Rockies Healing Retreat for Two — 2 hours

Restore - Ultimate escape

This customized treatment, offered in our deluxe couple's suite, lets you choose from an assortment of locally inspired health and beauty remedies. Enjoy a relaxing footbath, a mineral body scrub, a body mask (selected from local favourites glacial mud, red mineral mud, or native clay and corn), and a pampering bath in our Japanese soaker tub. Side-by-side massages, with your choice of aromatherapy oils, cap the experience.

Mountain Memories — 90 minutes

Restore - Harmonious

This unforgettable mountain experience begins with a dry-brush exfoliation, followed by a bath with your choice of wildflower or eucalyptus. To complete the pampering, choose a 60-minute massage – your choice of oils and customized pressure, light medium or deep.

Hip Honeymooners — 60 minutes

Relieve - True romance

Featuring rose petals, rose water and rosehip oil cultivated in the interior of British Columbia, this sensual experience is the perfect addition to your holiday for two. A side-by-side dry-brush exfoliation is followed by a massage with rosehip oil, a full-body wrap and a facial massage. A wonderful way to give or receive roses at any time of year.

Side-by-Side Couple's Massage — 60/90 minutes

Restore - Togetherness

The perfect gift to give each other is time together. Let the pressures of everyday life melt away with your choice of side-by-side massage: Your choice of oils and customized pressure, light medium or deep.

Energy journeys

Pure Indulgence — 8 hours

Decadent

This full day of treatments is an exquisite way to refresh the body, mind and spirit. Treatments include a Wildflower Body Polish, a 60-minute Alpine Aromatherapy Massage, a Custom Cleanse Facial, a Reviving manicure and pedicure, a hair treatment (shampoo and blow dry) and a nourishing spa lunch.

Take a Break — 4 hours

Indulgent

Allow yourself to unwind. This package includes a selection of traditional spa favourites: a 60-minute Alpine Aromatherapy Massage, a Custom Cleanse Facial, a Reviving manicure and pedicure, and a delicious spa lunch.

Stress Reliever — 3 ½ hours

Take time

Step away from your busy life to relax and re-energize. Arrive early and get acquainted with the spa's facilities. Then, enjoy a 60-minute Stress Relief Massage, a Custom Cleanse Facial, a Reviving pedicure and a spa lunch.

Take a Short Break — 3 hours

Unwind

Escape to the mountains with this enticing package, which includes a Custom Cleanse Facial or a 60-minute Alpine Aromatherapy Massage, as well as a Reviving manicure and pedicure.

Spa Getaway — 2 ½ hours

Relax

Allow yourself to relax and be pampered with a 60-minute Alpine Aromatherapy Massage or a Custom Cleanse Facial. Then enjoy a Reviving pedicure and delicious spa lunch.

Signature Sensations — 2 ½ hours

Luxurious

Arrive early and enjoy the Banff spa ritual, followed by a sensational Reviving manicure and pedicure.



Enhancing your spa experience

Spa experience

Willow Stream spa experiences last at least an hour. We want you to take the time you need to find your energy.

Spa environment

Willow Stream is an adult sanctuary. Guests must be 18 years or older. For your peace and privacy, cell phones, cameras and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know, we'd be happy to assist you.

Reservations

Please call 403 762 1772 (direct) or 800 404 1772 (toll free). While you are at the hotel, please call extension 1772.

To accommodate your preferences, advance reservations are recommended. Our knowledgeable Spa Experience Coordinators are delighted to guide you to the experiences that suit your needs.

Cancellation Policy

If you must reschedule or cancel any spa appointment, please notify the spa four hours in advance to avoid being charged for the service. Cancellation of a package, couples or bridal services requires 24 hours' notice. Missed appointments without proper notice are subject to a 100% charge for reserved services.

Hours of operation

Spa facility: 6:00 am to 10:00 pm **Fitness center:** 24 hours **Aquatic pools:** 6:00 am to 11:00 pm **Spa appointments:** 8:00 am to 9:30 pm **Salon appointments:** 8:00 am to 8:00 pm

Spa arrival and etiquette

We recommend that you arrive 30 minutes before your first scheduled appointment. This gives you time to familiarize yourself with the facilities and relax before your treatments. Please note, all treatments end on time, regardless of start time. Please leave jewelry and valuables in your room safe.



Health matters

Please inform us of any health conditions at the time of booking (e.g., high blood pressure, heart condition, allergies, pregnancy). Consumption of alcohol before, during or directly after spa treatments is not recommended. You will also be asked to complete a medical history form upon arrival, so your spa professional can better customize your experience to your needs.

Spa attire

You will receive a robe and sandals to wear between treatments, and a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments. Swimming attire is required in most pools and areas of the spa.

Making the most of the experience

To further enhance your spa experience, we recommend that you begin with traditional spa hot and cold facilities. To help expel toxins from your body, spend time in the sauna, steam room or whirlpool. This helps to open up your airways and warm your muscles. Following this with a cooling activity—a cold shower or an iced drink—is an invigorating way to bring your body temperature back to normal before your treatment.

Willow Stream Spa gift cards

Willow Stream Spa gift cards are available for purchase for all spa services and packages. Please contact the Willow Stream Spa reception for further information.

Taxes and service charges

For your convenience, a 15% service charge and 5% GST will be added to all spa services and packages. Rates are subject to change. Occasionally, not all services may be available.







WILLOW STREAM

A FAIRMONT SPA

Fairmont Banff Springs

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www.fairmont.com/banff-springs



Fairmont Hotels & Resorts has been a WWF Climate Savers partner since 2009 and has committed to reducing its emissions by 20% below 2006 levels by 2013.

