

## Willow Stream Spa at Fairmont Southampton

Imagine an island oasis in the middle of the Atlantic, where limestone cliffs emerge from the sea and intersect the endless sky, creating a home for vibrant, lush flora. Now imagine a retreat in the midst of this paradise—one that gives you the space you need to relax, unwind and discover energy you never knew you had.

Welcome to Willow Stream Spa at Fairmont Southampton. Here, you'll experience pampering treatments that combine natural elements with local Bermudian traditions, from an indulgent bath in essential oil of royal poinciana to a nourishing body wrap of algae and aloe vera. Our facilities feature 15 luxurious treatment rooms—including a deluxe couples' suite with breathtaking views of the Atlantic Ocean—and men's and women's relaxation areas with sauna, steam rooms and showers. Our indoor pool offers stunning panoramas of the golf course and ocean, rivalling the view from our state-of-the-art fitness facilities. And our well-appointed hair and nail salon is the perfect final stop on your spa journey.

Willow Stream Spa at Fairmont Southampton is a sanctuary where you are always welcomed with friendly Bermudian hospitality. We are pleased to have you join us.

## About Willow Stream Spa

Willow Stream Spas are acclaimed around the world for our focus on finding innovative ways to help guests discover their own energy. Energy makes the difference between living and living well; recharging our energy allows us to flow, rather than fight, through life. That is why energy renewal is our mission.

Each of our spas is designed to reflect the beauty and ambience of its location and of the hotel in which it is located, so no two are alike. But all of our spas have this in common: they deliver an outstanding experience. Simply being here—away from the chaos of everyday life—relaxes our guests and starts them on their energy journey.

Our spa experiences combine authentic and effective treatments with a place for you to spend time alone or with your friends. Social spaces by the pool, relaxation lounges and steam rooms, yoga and fitness areas—all are designed to stir our passion for living with abundant energy.



### Our name: Willow Stream

We believe these two words reflect our philosophy and our connection to nature's elements.

**Willow:** The willow represents our deep-rooted authenticity, strong centre and flexible spirit.

**Stream:** The stream represents our energizing journey through life—bending and changing in a peaceful, purposeful manner as it finds its way around obstacles.

### Our logo

Our logo is composed of ancient symbols for the world's essential elements: earth, air, fire and water. The willow—wood—is the fifth element. Balancing these elements puts us in sync with nature's equilibrium.

## Willow Stream Spa Product Philosophy

When choosing products for each of our spas around the world, Willow Stream keeps luxury in mind. We select the highest-quality brands and results-driven treatments, which are personalized to suit the needs of our valued guests. Environmental sustainability is considered whenever and wherever possible. We also invest in relationships with the product houses, ensuring that we have premium spa products available for every encounter with our guests.

### Kerstin Florian

Kerstin Florian is a luxury skin-care company that focuses on results. Guided by a philosophy of “outer beauty, inner health”, Kerstin Florian inspires a sense of well-being through powerful plant, marine and technically advanced ingredients, as well as professionally designed spa services.

### HydroPeptide

HydroPeptide is a revolutionary skin-care line that utilizes the power of peptides, which work on a cellular level to increase hydration, visibly reduce lines and wrinkles, and enhance skin’s natural luminosity. With over 60 peptides, antioxidant-rich botanical stem cells, growth factors and hyaluronic acid, HydroPeptide offers targeted, customizable and results-driven regimens for all skin types.

### Lotus Wei

In Chinese, *wei* means transformative action or awakening — perfectly capturing the effects of Lotus Wei products. Lotus Wei essential oils are 95% organic and made with flower essences from all over the world. These not only delight your senses with luxurious textures and aromas, but also work to actively transform your mind and body from within.

### Organic Male OM4

Organic Male OM4 is a complete type-specific skin-care system for men that addresses concerns specific to male skin. Formulated with natural food-grade and organic biodynamic botanicals, OM4 yields distinctive results. OM4 does not use harmful chemicals, parabens, sodium or preservatives.



## Willow Stream Wellness Facilities

We know that physical activity is a vital component of daily life, especially for travellers on the go, and we appreciate their desire for high-quality, well-equipped fitness facilities. Restore your energy at Willow Stream Spa, which is accessible to hotel guests as well as local members, and offers the following facilities and services:

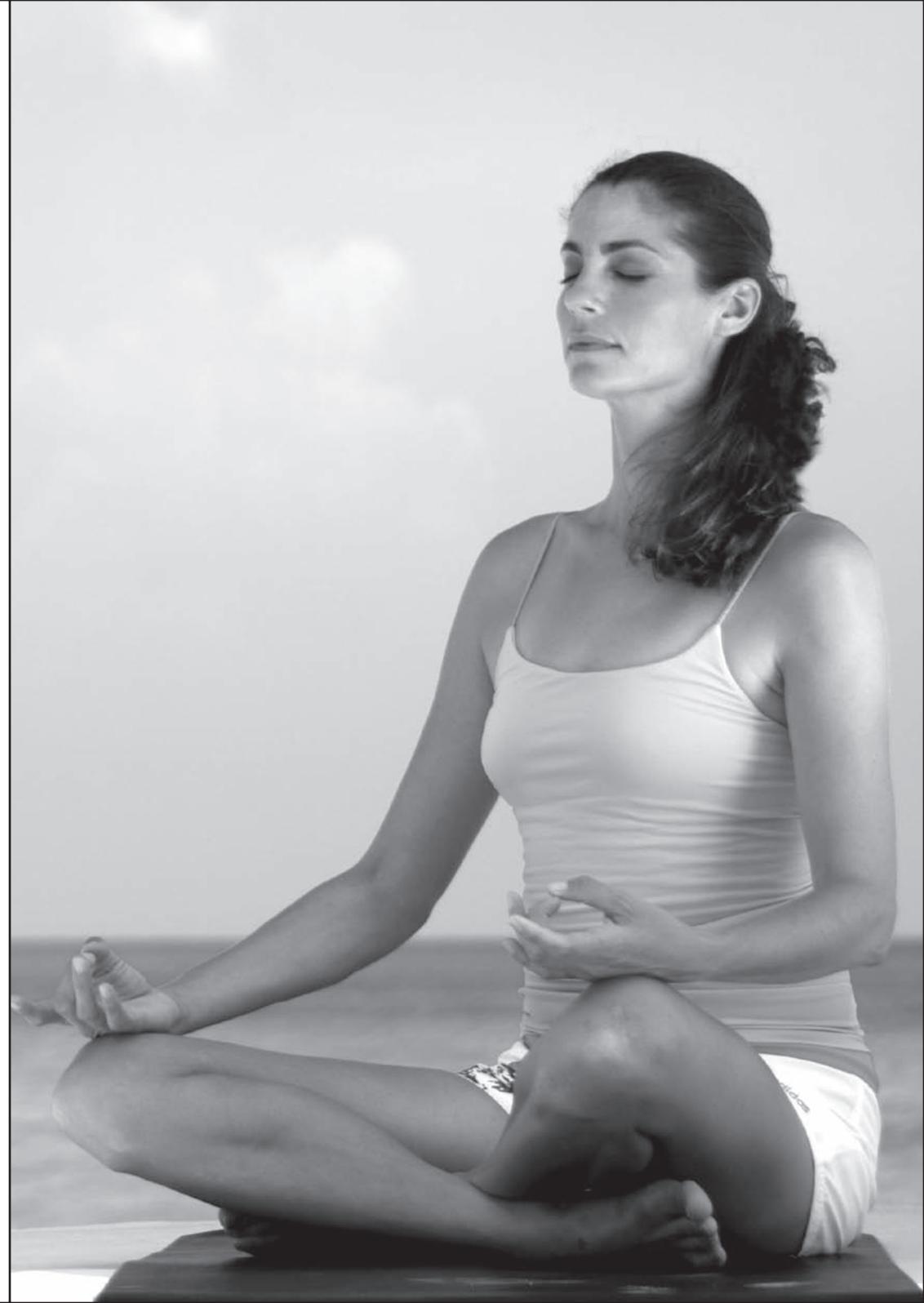
- Personal training
- Group and private yoga classes
- Indoor swimming pool and Jacuzzi
- Wet areas, complete with sauna and steam room
- Relaxation areas
- Shower and locker area
- Heart-healthy cuisine.

### **Personal training, nutrition and lifestyle**

Attain peak performance while achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions. Allow our personal trainers to help you create a customized programme, aimed at balancing physical activity with relaxation.

### **Yoga**

The word *yoga* translates as the union or discipline of breath control, simple meditation and the adoption of specific bodily postures, performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels, and energize and restore the mind. Our certified instructors offer a variety of different yoga techniques, available in personal or group classes.



### Fitness and memberships

We understand the importance of daily exercise. Our fitness centre is built to ensure that our guests are able to use the best fitness equipment in a comfortable environment. Our dedicated personal trainers are available to assist with all your fitness goals, catering to your fitness level, ability and age — and supporting you every step of the way.

Fairmont Southampton offers exclusive memberships, which give you access to a comprehensive spa and wellness facility. As a valued member, you will enjoy the following benefits:

- Introductory personal-training session
- Priority in all group classes (advance booking is required)
- Use of facilities, including fitness and wet areas
- Use of indoor pool, outdoor deck and Jacuzzi
- Two complimentary daily spa-access passes per month (not cumulative)
- One complimentary round of golf for four at Turtle Hill Golf Club
- Special member pricing on spa, salon, retail and personal-training services
- Special member pricing for hotel accommodations and in restaurants
- Automatic enrolment in the Fairmont President's Club loyalty programme.

The fitness centre is located on the mezzanine level, and is open daily from 6:30 AM to 9:00 PM.

## Hydrotherapy Experiences

Our hydrotherapy facilities set the stage for a memorable wellness experience, from a healing steam session to a few invigorating laps in our indoor pool.

### Steam room

Maintained between 42°C and 45°C, our steam room's humid, aromatic heat is highly therapeutic for those suffering from asthma and bronchitis, as the steam opens up the breathing passages and alleviates congestion. We recommend that each session last 10 to 15 minutes and that you keep your body well hydrated afterwards. Humid heat is especially beneficial before or after a massage treatment, as it increases circulation.

### Sauna

Maintained between 29°C and 45°C, our sauna's dry heat soothes and warms the muscles, relieving body tension and minimizing joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines and headaches; it is also a great way to warm the body after an intense workout or when you have the common cold. Dry heat is recommended for 10 to 15 minutes daily, and it is important to keep your body well hydrated afterwards.

### Indoor swimming pool

Bathed in natural light and kept at 28°C, the 18-metre indoor pool is the ideal spot for rest and relaxation, as well as year-round swimming.

## Willow Stream Signature Treatments

Our signature treatments provide unparalleled pampering for your face and body, leaving you feeling revived. We strive to help our guests feel connected to the destination while encouraging the restoration of their energy.

### **Pearls and Caviar Ultimate Anti-Aging Rejuvenation — 2 hours**

This ultimate anti-aging face and body experience promises total rejuvenation of body and mind. Your experience begins with a full-body dry-brush exfoliation, followed by a bamboo and ginger massage to invigorate the senses and soothe aching muscles. The treatment is finished with a caviar anti-aging facial, resulting in a youthful, radiant glow.

### **Lavender Dreams — 2 hours**

Breathe in the calming and balancing aromas of lavender and minerals. This head-to-toe experience begins with an energizing full-body exfoliation. Feel yourself drift away as you enjoy a massage with organic lavender oil and chakra-balancing crystals; then, relax inside a warm, nourishing cocoon while you receive an energy-awakening face and scalp treatment.

### **Royal Poinciana Sensation — 2 hours**

Clear your mental clutter and escape from your busy lifestyle. First, bathe in essential oil of royal poinciana, harvested from the Bermuda Botanical Gardens. Then, delight the senses and revitalize the body with a full-body massage with white magnolia and ylang-ylang oil. The experience is completed with a calming body wrap — accompanied by a hand and foot massage — to seal in the nourishing effects of these exquisite flowers.

## Facial Treatments

Kerstin Florian is proud to present the K-Lift Age Management System, which delivers the most advanced facial results. The system penetrates deep into the transdermal layers of the skin, triggering collagen production, reducing lines and smoothing wrinkles, and tightening facial contours—all resulting in younger, healthier-looking skin. Just one session yields visible improvements; you can also book a series for long-lasting, effective results.

### **Radiance Facelift (Using the K- Lift System) — 90 minutes**

This decadent facial, featuring Kerstin Florian's signature Caviar collection, infuses essential nutrients into the deep layers of the skin for immediate anti-aging results. This non-invasive therapy uses Kerstin Florian's patented K-Lift machine and three high-performance energy technologies: red LED therapy, impulse microcurrents and Kerstin Florian active ingredients. The Radiance Facelift improves dermal density while triggering collagen production, resulting in smoother lines and a more youthful, radiant complexion.

### **Vitamin C Luminescence Facial\* — 90 minutes**

This results-oriented experience is specifically designed to address hyperpigmentation and premature aging. Using the powers of multi-acids, vitamin C and marine extracts, this facial will leave your skin luminous and shining.

### **Customized Solutions by HydroPeptide\* — 60 minutes**

Revolutionize your skin with the power of peptides. In this customized facial, HydroPeptide's unique encapsulated peptides and effective anti-aging ingredients delivers flawless results for all skin types and concerns — including hyperpigmentation, dehydration, congested skin and signs of aging.

### **Organics 4 Men Facial — 60 minutes**

Designed especially for men by men, this targeted, solution-based, deep-cleaning and exfoliating treatment will leave skin feeling soft, protected and prepared for a day in the boardroom or out on the beach.

\*This facial can be upgraded to the K-Lift Management System

### **K-Lift Express add-ons**

Any of the facials above can be upgraded to accommodate the K-Lift technology. Please ask one of our spa specialists how we can provide you with this upgrade.

#### *Express Lift*

A preventive treatment designed to maintain energy in the cells, strengthen muscle tone and delay the aging process.

#### *Express Eyes*

Designed to help strengthen the muscles, brighten the eye area and increase circulation, Express Eyes also diminishes the appearance of fine lines and wrinkles.

#### *Express Lips*

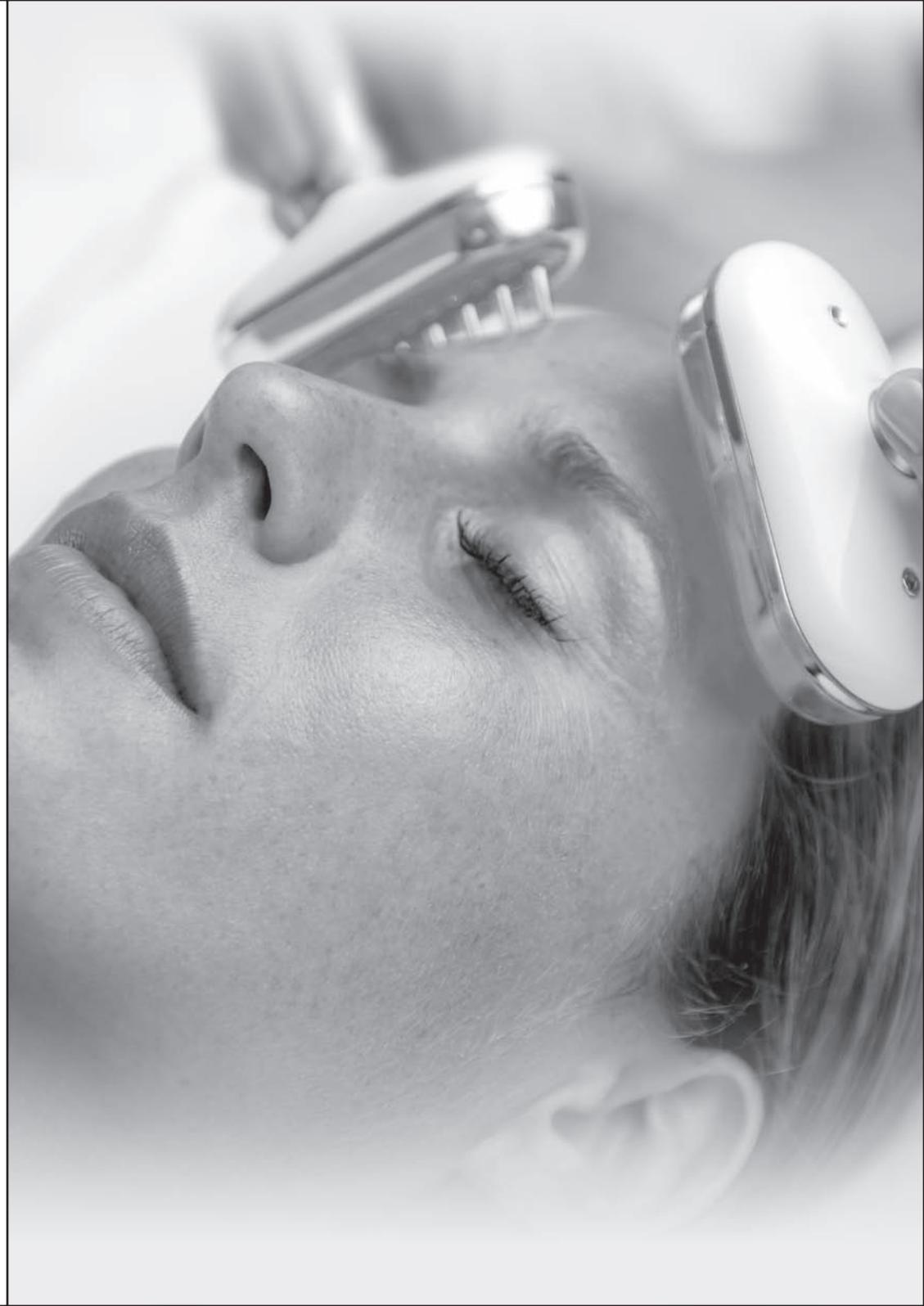
This treatment, which targets the lip and lower portion of the face, smooths fine, feathery lines around the lips and lifts jaw muscles to achieve a more youthful appearance.

#### *Express Congestion*

Specifically designed for oily skin, this treatment helps eliminate excess sebum, increases lymphatic drainage and enhances circulation. It also helps reduce puffiness and inflammation.

### **Facial Enhancements**

- Eye or lip rescue
- Ampoule therapy
- Hair and scalp treatment
- Paraffin for hands or feet



## Body Treatments

### Healing Elements — 90 minutes

Experience the healing benefits of the earth's elements. First, your body is cocooned in a heated medicinal moor-mud wrap while you enjoy a deeply relaxing scalp massage and mini facial. Then, your tired, aching muscles are soothed in a hot mineral bath. This sensory experience is completed with a nourishing full-body oil and crème application that will leave you feeling balanced — calm, peaceful and humming with island energy.

### Brightening Body Bliss — 90 minutes

Reveal glowing, youthful skin with this brightening and anti-aging body treatment. Treat your body to the benefits of vitamin-C peel polishing crystals: invigorate your senses while collagen-supporting peptides go to work nourishing, strengthening and rebuilding firmer, healthier skin.

### Energizing Detox Body Wrap — 90 minutes

Re-energize, detoxify, and refine and firm body contours. An exclusive dry-brush technique exfoliates the skin, stimulates lymphatic drainage and circulation, and promotes the absorption of clinically tested slimming actives. Nutrient-rich algae is applied to the body, followed by a deeply relaxing head massage; next, an application of an exclusive ginger and caffeine serum is combined with a slimming massage to stimulate circulation and activate lipolysis. This firming experience finishes with an application of hydrating multi-vitamin firming crème.

### Soothing Sun Aloe Wrap — 60 minutes

The healing, moisturizing properties of organic aloe vera combine with remineralizing, nourishing algae and soothing lavender in this deluxe hydrating body wrap. The treatment includes a luxurious scalp and neck massage, followed by a foot massage with invigorating alpine foot balm.

### Bermuda Tropical Rain Vichy Treatment — 60 minutes

Water — the most vital of the elements — is explored in this unique full-body exfoliation. Choose between a gentle camomile or an invigorating Turkish salt scrub: both will reveal softer, smoother and more hydrated skin.

## Body Massage

### Southampton Signature Massage — 90 minutes

Engage your senses in this full-body massage, which combines warm lava shells harvested from the ocean with Lotus Wei flower essences. A focused neck, shoulder and scalp massage melts away tension; a grounding foot massage concentrates on reflex and vital energy points. This memorable, authentic experience enhances your overall state of mind.

### Traditional Hot Stone Massage — 90 minutes

This indulgent full-body massage soothes muscle tension and encourages circulation. Using nourishing essential oils, warm volcanic stones and your therapist's healing hands, the massage targets tired, aching muscles and allows you to slip into a restful state of mind.

### Golfer's Massage — 90 minutes

Specifically designed for a golfer's key needs, this medium-pressure massage focuses on the shoulders, lower back, hips, feet and arms. It uses an aromatherapy oil that is formulated to relieve sore muscles and joint stiffness while promoting circulation. A hydrating recovery mask soothes skin exposed to the elements of the course, while a restorative rosemary scalp massage thoroughly relaxes you. This treatment will leave you invigorated and ready to play another 18 holes.

### Stress Recovery — 60/90 minutes

This medium-pressure full-body massage improves energy levels, promotes restful sleep and melts away muscle tension. A jade and infrared heating pad — plus essential oils infused with a powerful dose of magnesium — leaves you feeling completely rejuvenated.

### Rescue and Release Deep-Tissue Sports Massage — 60/90 minutes

Whether you are suffering from an injury or from deep-seated tension, this massage will alleviate muscle and joint pain, and stress. Specialized techniques focus on specific areas of concern and ease common discomforts, such as a stiff neck, a painful lower back pain and sore, tight shoulders.

**Bermuda Aromatherapy Massage — 60/90 minutes**

This light- to medium-pressure full-body massage increases circulation and lymph return. Choose your perfect aroma from a selection of aromatherapy oils, formulated to stimulate your senses and relax your mind.

**Expecting Mother-to-Be — 60 minutes**

Designed with the safety and comfort of mother and baby in mind, this full-body massage helps soothe soreness and ease discomfort during your pregnancy.

**Touched by the Sole — 60 minutes**

Focus on your feet — and experience deep relaxation and revitalization — in this pampering treatment. A remineralizing foot scrub is followed by a massage of the feet, hands and shoulders, which targets vital energy and reflex points to soothe tired and aching muscles and recharge the body, mind and spirit.

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## Couples' Treatments

**Wildflower Couple's Romance — 90 minutes**

Enjoy a pampering, aromatic soak in our bath for two, then delight in a full-body light- to medium-pressure aromatherapy massage using an oil of your choice. This is the perfect romantic spa getaway to relax the mind.

**Treasured Time — 60/90 minutes**

Unwind together with a full-body aromatherapy massage, which uses a blend of essential oils and purposeful movements to stimulate circulation, promote deep relaxation and restore the flow of energy throughout the body. This wonderfully soothing and rejuvenating experience is the ideal way to spend time with one another.

## Spa Essentials Packages

Our experienced coordinators would be happy to recommend any two-, three- or five-hour spa packages suited to your specific needs. These can include anything from the menu above, as well as a healthy snack or lunch.

## Additional Time

Upgrade any of our treatments with additional time and services. The below mini-treatments will address your skin-care needs and complete your rejuvenating experience. Choose from a variety of 30-minute treatments, including:

- Bath therapy
- Head and scalp massage
- Body scrub
- Express facial
- Head, neck and shoulder massage
- Foot massage

## Salon Services

### MANICURES AND PEDICURES

#### Willow Stream Signature Manicure — 60 minutes

Harness the power of peptides and vitamin C to rejuvenate the skin and help fade age spots. Hydrate your hands with nourishing massage oil, a paraffin treatment and firming moisturizer. This manicure includes a file, cuticle work and polish.

#### Willow Stream Signature Pedicure — 60 minutes

Give your feet the attention they deserve with an exfoliating vitamin-C peel and a nourishing paraffin wax treatment that will revive dull, rough feet. This pedicure includes a file, cuticle work and polish.

#### Shellac Manicure — 60 minutes

Looking for longevity in your nail treatment? Our shellac polish, cured with a UV light, is a chip-free solution that lasts for 14 days or longer. The shellac application uses a nourishing solar oil to promote healthy nails. This manicure also includes a hand and arm massage with hydrating and skin-conditioning body butter.

### HAIR SERVICES

Allow our renowned creative team to help make a statement that best expresses you! Whether you want a special-occasion updo, an everyday upgrade or a dramatic new look, our stylists will make you look and feel your best.

#### Kerastase ritual

Incorporate an intensive hair-conditioning treatment into your salon experience.

### MAKE-UP SERVICES

Showcase your natural beauty for a special occasion with the Jane Iredale mineral line, which is free from oils.

### WEDDING SERVICES

Allow Willow Stream to take the stress out of your wedding-day styling needs. Our full-service salon brings out your best look: stunning hair, flawless make-up and perfect nails.

## Spa Etiquette

**Spa environment:** Willow Stream Spa is a place to restore your energy and relax. For your peace and privacy, phones and other electronic devices are not permitted. If you would like to receive messages during your time with us, please let one of our colleagues know and we would be happy to assist.

**Spa arrival and etiquette:** We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience. Please come and spend the day with us. To make any changes to your booking, please contact the spa: 441 239 6924

**Personal matters:** Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we can better customise your experience to your needs.

**Spa attire:** You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We ask that you please do not bring jewellery or other valuables to the spa.

### **Making spa appointments:**

441 239 6924 | E-mail: [shp.willowstream@fairmont.com](mailto:shp.willowstream@fairmont.com)

Consult our Spa Experience Coordinators to select treatments that fulfil your personal requirements. The spa is located on the Mezzanine Level of the Fairmont Southampton. Advanced reservations are recommended to ensure availability.

**Gift certificates:** Gift certificates for all spa services and packages are available for purchase. Please contact our Spa Experience Coordinators for further information.

**Service charges:** A 17% service charge for your therapist is added to all services and packages.

**Spa cancellation policy:** If you wish to reschedule or cancel a spa appointment, please notify the spa four hours in advance. Cancellation or rescheduling of a package requires 24 hours' notice. Missed appointments without proper notice are subject to a 100% charge for reserved services.

### **Hours of operation:**

Spa appointments: 8:00 AM to 8:30 PM daily  
Fitness centre: 6:30 AM to 9:00 PM daily