

## Willow Stream Spa at The 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 The 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 The 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.

Banff is also reflected in the spa's wide variety of treatments, featuring local ingredients and designed around the activities that guests enjoy here. Highlights include an invigorating massage, featuring mineral cream blended with juniper and fennel essences; an aromatic maple-sugar body scrub; and a luxurious facial that protects golfers' skin from the harsh elements.

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

## 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, steam rooms and saunas, 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.



## Treatment menu

Willow Stream Spas are world renowned for their authentic, energy-building signature treatments, which offer experiences that highlight ingredients, techniques and products unique to Willow Stream Spa and/or Banff.

## Signature experiences

### Rockies Healing Retreat for Two—2 hours

#### *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.

### The Rose Renewal—90 minutes

#### *Indulgence*

Enjoy a gentle dry-brush exfoliation to stimulate your skin and improve circulation, followed by a herbal bath infused with camomile. 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

#### *Naturally soothing*

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 massage with organic essences; a luxurious wrap; and a massage of the scalp and feet.

**Glacial Reflections Facial—90 minutes***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 mask, and a temple and scalp treatment performed with glacial globes. An experience as unforgettable as Banff itself.

**Destination Rejuvenation—60/90 minutes***For tired travellers*

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.

**Mountain Mint Pedicure—75 minutes***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

**Four-Handed Massage—60 minutes***Body bliss*

Four hands are better than two. Using light- to medium-pressure Swedish-massage techniques, two therapists provide a synchronized full-body experience. An extraordinary massage that promotes relaxation and restores balance.

**Mountain Stone—60/90 minutes***Tension relief*

Earth, air, fire and water unite in this therapeutic deep-heat massage, which uses stones warmed in water and Willow Stream Balance Oil to soothe muscles. At the same time, the oil's unique aroma relaxes you and melts away stress.

**Maternity Massage—60/90 minutes***Treat yourself*

Take time to nurture yourself. A calming blend of essential oils, formulated specifically for pregnant women, relieves anxiety and stress, balances emotions and alleviates muscle tension. Using a cushion created specifically for women in their second and third trimesters, this pampering experience is designed with the safety and comfort of mother and child in mind.

**Reflexology—60/90 minutes***Inner peace*

This ancient, natural healing method, one of the oldest in the world, applies pressure to reflex points in the hands and feet to relieve tension, improve circulation, promote the body's natural functions and create an all-over sense of relaxation. The 90-minute treatment also includes a face, neck and shoulder massage.

**Shiatsu—60/90 minutes***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.

**Alpine Aromatherapy Massage—60/90 minutes***Restorative*

This personalized experience will help you find energy and balance throughout the day. Customize your massage with one of the following aromatherapy blends: Harmony for nurturing, Lavender for balancing, Revitalizing for renewal or Soothing for relaxation.

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**Sports Massage—60/90 minutes***Muscle recovery*

This deep massage enhances muscle recovery, targeting muscles that are sore from exercise, sports or the tensions of daily life. Deep muscle work—combined with stretching, rocking and circulation-enhancing strokes—moves lactic acid out of the system. A mild soreness may result.

**Stress Relief—60/90 minutes***Willow Stream signature*

This ultimate customized, medium-pressure massage is designed for the sole purpose of stress relief, and focuses on all of your main tension points: head, neck, shoulders, back and feet.

**Relaxation Massage—60/90 minutes***Restful*

Tailored to your specific needs or preferences, this popular, full-body, Swedish-style massage increases circulation, enhances lymphatic drainage and promotes relaxation. Long, smooth strokes (performed with gentle to medium intensity) relax the muscles and stimulate the lymphatic and circulatory systems.

## Body experiences

**Ultimate Ascent—2 hours***Mountain magic*

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***Spa tradition*

Discover the restorative power of nature's elements: earth (mud wrap), air (aromatherapy), water (mineral bath) and fire (warm massage). This centuries-old spa experience combines a medicinal moor-mud wrap, a therapeutic bath and a full-body lotion application to stimulate and rejuvenate dry or maturing skin.

**The Rose Renewal—90 minutes***Indulgence*

Enjoy a gentle dry-brush exfoliation to stimulate your skin and improve circulation, followed by a herbal bath infused with chamomile. 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***Naturally soothing*

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 massage with organic essences; a luxurious wrap; and a massage of the scalp and feet.

**Balance Body Experience—90 minutes***Total relaxation*

In this relaxing experience, the Willow Stream signature aromatherapy blend of vetiver, cypress, lemon grass, ylang-ylang and spikenard oils helps to balance body, mind and spirit. A footbath and exfoliation are followed by a hydrating oatmeal and honey scrub, and a full-body massage. Try this treatment if you need help falling asleep.

**High Altitude—90 minutes***Adjusting*

Visiting the magnificent Rockies also means adjusting to altitude change. This experience features a bath and a massage, using oils blended to address the common ailments associated with high altitude (such as rapid breathing, headaches and muscular pain). The treatment will help your body adjust to the altitude quickly, leaving you to enjoy every moment of your mountain retreat.

**Thalasso Ritual—90 minutes***Healing*

Relish the rejuvenating effects of the sea with a mineral-rich body wrap, a sea-salt bath, and a luxurious application of marine firming cream. During the wrap, you'll be treated to an acupuncture facial and a scalp massage. Leave feeling relaxed, nourished and alive.

**Herbal Kur—90 minutes***Renewal*

This therapeutic kur begins with a gentle chamomile body exfoliation, which polishes and prepares the skin for a healing herbal bath. This is followed by a full-body massage and an application of lavender oil.

**Body Quench—60 minutes***Hydrating*

Pure avocado oil is the secret ingredient in this deeply hydrating experience, which includes a wrap, a scalp massage with hair conditioning, and an avocado-oil body application. Perfect for dry, flaky or sun-exposed skin—which will feel fabulous afterwards.

**Rockies Rehydration—60 minutes***Replenish*

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 juniper and fennel, bergamot and ylang-ylang, or geranium and lavender—is massaged into your skin and absorbed while you are cocooned in warm blankets. Drift peacefully while your face, scalp, neck and feet are treated to a soothing massage.

**Wildflower Body Polish—60 minutes***Radiance*

This gentle exfoliation begins with creamy granulated pumice and camomile, followed by a loofah scrub with luxurious bath gel. An application of hydrating lotion and camomile spray lets you breathe in the refreshing scent of wildflowers—as invigorating as a stroll through a mountain meadow.

**Banff Mineral Scrub—60 minutes***Mountain therapy*

Therapeutic minerals and botanicals, indigenous to the Rockies, form the basis of this unique pumice scrub, which gently refines and renews the skin. An exfoliating loofah scrub is followed by a rich application of lotion.

**Maple-Sugar Body Scrub—60 minutes***Nutrient rich*

Enjoy a pampering, moisturizing body scrub, enriched with a conditioning Bio-Maple compound. A gentle exfoliation improves circulation and brightens dull, dry skin, while therapeutic body lotion completes the pampering with a delightful aroma. A truly Canadian experience.

## Seasonal experiences

Our bodies' needs change with the seasons. Inspired by the traditions of Eastern Ayurveda (pronounced “eye-ur-VAY-dah”), these treatments use a therapeutic blend of essential oils to treat concerns specific to each season.

*Winter—warming and immune building*

*Spring—cleansing and renewing*

*Summer—cooling and soothing*

*Fall—balancing and grounding*

**Total Adjustment—90 minutes***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.

**Feet First—60 minutes***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.

**Nature's Embrace—60 minutes***Boost immunity*

This deeply nurturing experience restores balance and boosts immunity—especially helpful as seasons change. A dry-brush exfoliation stimulates circulation, a season-specific oil application nourishes and softens the skin, and a comforting cocoon wrap allows the oils to penetrate. A foot treatment and a scalp massage add a relaxing finishing touch.

## Willow Stream Stay Active Rx

This Willow Stream Spa signature program offers relief from joint inflammation and recurring muscle aches and pains. Whether these issues are the result of rounds of golf, the demands of parenthood, stress or aging, the following treatments can help you stay active.

### Relief Rx Massage—60/90 minutes

*Fights stiffness*

The ultimate medium- to deep-pressure massage, designed to relieve muscle and joint pain, focuses on your specific areas of tension. Remineralizing cream and warm ginger oil are used throughout the treatment. Depending on your needs, your therapist may introduce cooling for swelling or inflammation, extra heat for stiffness, or a combination of these.

### Total-Body Recovery—60/90 minutes

*Muscle and joint relief*

Soothe muscle aches, pains and stiffness, whether due to arthritis, athletics, travel, or just keeping up with the kids. Featuring your choice of sports oil or arnica oil, this treatment uses warmth to alleviate stiffness, and coolness to relieve muscle spasms and inflammation. Includes a therapeutic bath and a massage that treats your problem areas.

### Back Soother—60 minutes

*Lessens soreness*

This experience features highly remineralizing moor mud, applied to the back with moist heat therapy to relieve soreness. During the heat treatment, enjoy a luxurious foot and scalp massage. Following heat treatment, the back is given a pressure-point massage, using ginger oil.

## Companion enhancements

Therapeutic bath enhancements are highly recommended for relaxation and relief of tired muscles, and can be added to any treatment. Or purchase one to take home with you, and continue your spa experience at home.

### Thermal Mineral Bath—30 minutes

*Remineralizing*

Especially beneficial for sore muscles and aching joints, this detoxifying bath contains therapeutic remineralizing salts, whose active minerals and trace elements are absorbed into the skin.

### Thalasso Bath—30 minutes

*Detoxifying*

This purifying algae bath uses dried fucus seaweed and mineral-rich sea-water crystals to stimulate circulation and accelerate the body's natural rate of perspiration, expelling toxins. Great for stress relief.

### Herbal Bath—30 minutes

*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*

*Camomile—promotes restful sleep*

In addition to our baths, the following enhancements may also be added to any treatment.

### Aromatherapy Wrap—30 minutes

*Nurturing*

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

### Turkish Scrub—30 minutes

*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.

## Facial experiences

### Ultimate Caviar Facial—90 minutes

#### *Ultimate effectiveness*

Look and feel revitalized. This anti-aging, skin-rescuing experience begins with an energizing foot exfoliation and a soothing footbath, before moving to a pampering facial that features Kerstin Florian's Caviar collection, a peptide-rich age-defence serum and an ampoule application. Also includes a professional multi-acid skin exfoliation, a contour-lifting facial massage with energizing stones, a protein-rich marine sheet to improve luminosity, and a refining hand and décolleté treatment.

### Tranquillow Face and Back Experience—90 minutes

#### *Awaken*

This unique experience completely rejuvenates the skin and restores balance to the body. First, as you practise relaxing breathing techniques, you'll receive a back cleanse and exfoliation. Next, warm lavender oil is drizzled up and down the spine and worked into your skin with energizing massage strokes. A rehydrating facial and a luxurious pressure-point scalp massage with warm lavender oil help awaken your energy.

### Advanced Age-Correcting Facial—90 minutes

#### *High-tech*

The latest skin-care technology distinguishes this customized treatment, featuring a 30% multi-acid exfoliation of the face, neck, décolleté and hands; vitamin C and skin-renewing essences to correct hyper-pigmentation, fine lines and uneven texture; a deep-cleansing massage to promote healthy circulation and colour; and a hydrating mask. A customized ampoule and a heated hand treatment complete the experience.

### Glacial Reflections Facial—90 minutes

#### *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 mask, and a temple and scalp treatment performed with glacial globes. An experience as unforgettable as Banff itself.

### Beyond Botox—60 minutes

#### *Anti-aging*

Reverse the clock—without surgery. This sophisticated anti-aging treatment from B. Kamins brightens and firms the skin, and reduces the appearance of fine lines and age spots.

### Sensitive Skin—60 minutes

#### *Soothing and nourishing*

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 defences.

### Customized Deep Cleansing—60 minutes

#### *European style*

Personalized to provide maximum benefits, this deep-cleansing facial includes a professional skin analysis, a gentle exfoliation, a facial massage to promote circulation, and a nourishing antioxidant mask. A detailed home-care consultation ensures continued results.

## “Just for men” experiences

### Stress Relief—3½ 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 Customized Gentleman’s Barber Facial, a Power Pedicure and a spa lunch.

### Executive Facial—60 minutes

#### *For sports enthusiasts*

Get pampered with this relaxing, deep-cleansing facial, which repairs and protects skin that is subject to perspiration—whether from golf, yardwork or high-pressure presentations.

### Gentlemen’s Barber Facial—60 minutes

#### *European tradition*

This deep-cleansing and revitalizing facial is designed specifically for the special needs of men’s skin, including razor burn. A face, neck and shoulder massage completes the traditional barber experience (without the shave).

### Deluxe Executive Foot Grooming—60 minutes

#### *For tired feet*

This foot grooming stimulates circulation and revitalizes weary feet. Eucalyptus and Turkish salts exfoliate, and a eucalyptus footbath revitalizes. A paraffin treatment relieves dry, cracked skin, and a massage with therapeutic foot balm seals in moisture.

### Power Pedicure—45 minutes

#### *Executive choice*

Restore your energy, stimulate circulation and revive weary feet with an exfoliation, a nail-oil application, a foot soak and a massage, featuring our signature Willow Stream Energy product line.

### Deluxe Executive Hand Grooming—60 minutes

#### *The royal treatment*

This deluxe treatment begins with a hand soak in thermal minerals and essential oils, continues with a unique Turkish-salt hand exfoliation, and finishes with a luxurious hand massage and paraffin treatment to relieve dry skin. A healthy approach to a traditional manicure.

### Classic Hand Grooming—45 minutes

#### *Hydrating and conditioning*

A great manicure for the busy executive, this treatment—featuring the Willow Stream Energy product line—begins with a hand exfoliation, followed by a nail-oil application and a hand soak with minerals and essential oils, and is completed by a hand massage with hydrating and skin-conditioning body butter.

*For more popular experiences appropriate for men, please refer to “Willow Stream Stay Active Rx” on page 12, and “Sports-inspired experiences” section below.*

## Sports-inspired experiences

### Willow Stream Facial for the Great Outdoors—90 minutes

#### *Skin repair*

This hydrating facial—designed to moisturize, repair and protect your skin—features the exclusive Willow Stream Sports Mask, which minimizes the appearance of damage caused by the elements. Also includes a soothing shoulder, hand and foot massage to soothe tired muscles.

### Willow Stream Golf Facial—90 minutes

#### *Renew*

Exposure to the elements (including sun, wind and extreme temperature changes) can leave golfers’ skin dry and chapped. This hydrating facial is designed to moisturize, repair, and protect your skin from the sun; plus, a soothing shoulder, hand and foot massage relaxes and revitalizes tired muscles. The experience also features the exclusive Willow Stream Sports Mask, which repairs, softens and brightens the skin.

### **Golf Performance Treatment Massage—60 minutes**

#### *Recovery*

Improve your performance and avoid injury with this massage, exclusive to Willow Stream Spas, and endorsed by renowned golf instructor David Leadbetter and professional golfer Charles Howell III. With a combination of massage, stretching and acupressure, the treatment improves balance and swing rotation for distance and accuracy.

### **Up-to-Par Body Experience—60 minutes**

#### *For golfers*

Tone and hydrate sun-exposed skin, while you relax your body and mind. This experience addresses the skin needs of golfers, with a nutritional avocado wrap, an avocado scalp and hair treatment, and a customized massage with pure avocado oil.

### **Après-Ski Performance Massage—60 minutes**

#### *Vitality*

During the winter season, this exclusive experience helps you improve your ski performance and avoid injury, with massage techniques and stretching to decrease muscle soreness and increase flexibility. A must for anyone planning to hit the powder in Banff, or looking to get back on the slopes after a strenuous day of skiing.

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## **Salon services**

### **Mountain Mint Pedicure—75 minutes**

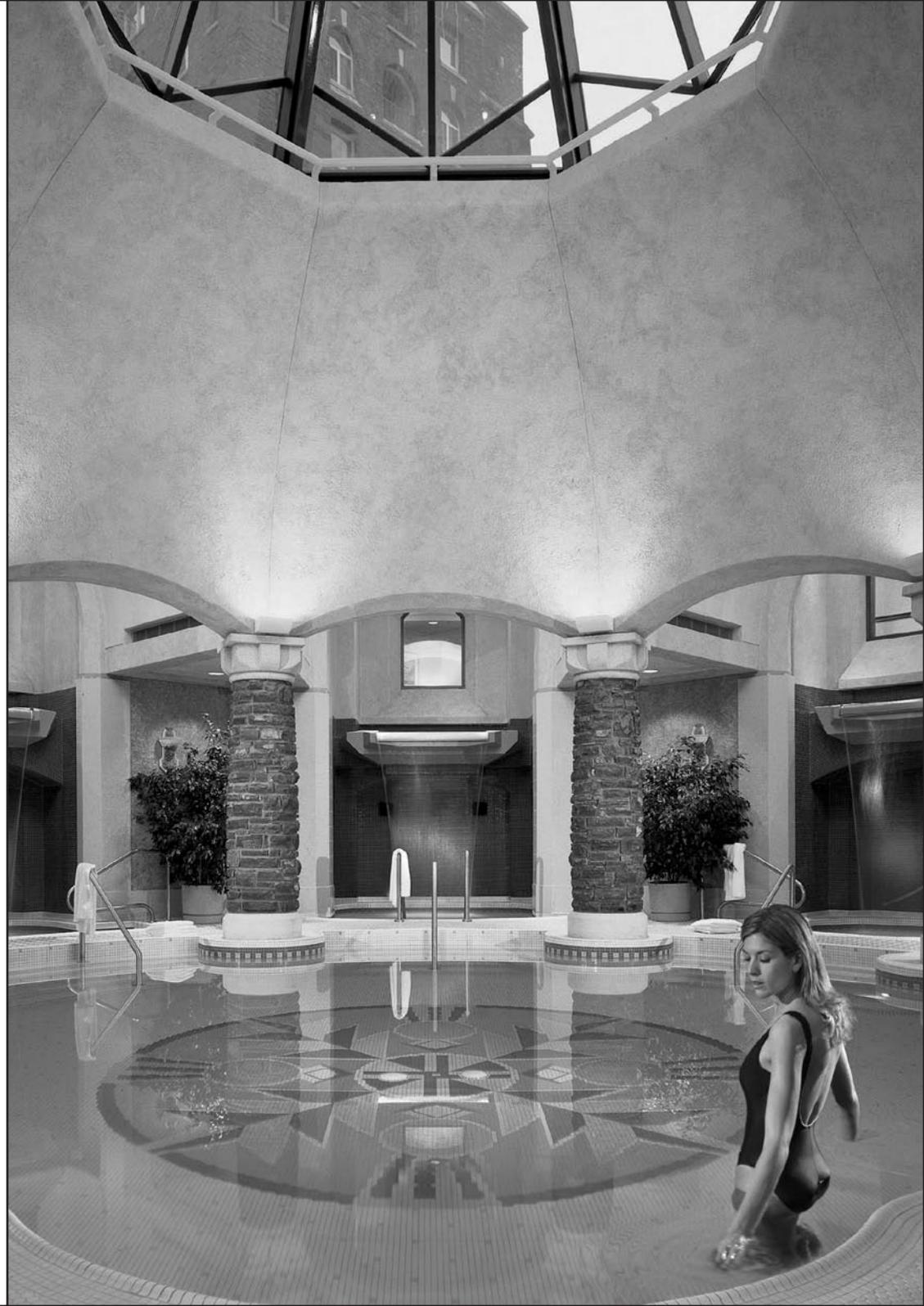
#### *Revitalizing*

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.

### **Willow Stream Signature Pedicure—60 minutes**

#### *Invigorating*

Using our signature Willow Stream Energy product line, this deluxe experience is not only a beauty treatment for your feet, but also an energizing lift for the whole body. Begins with an exfoliation, followed by a foot soak in sea salts and minerals, a paraffin treatment, a soothing foot massage with hydrating body butter, and an application of polish.



**Banff Classic Pedicure—45 minutes***Sweet scent*

This classic pedicure, exclusive to our spa, features our signature scent of eucalyptus, cedar and pine. Enjoy a foot soak, an exfoliation, a massage, nail shaping and an application of polish.

**Willow Stream Signature Manicure—60 minutes***Luxurious*

Using the signature Willow Stream Energy product line, this deluxe experience includes a unique gommage hand exfoliation, a myrrh nail-oil application to promote healthy nails, a hand soak in mineral salts and essential oils, a paraffin treatment and an application of polish. A hand and arm massage, using hydrating and skin-conditioning body butter, adds to the experience.

**Banff Classic Manicure—45 minutes***Enticing aroma*

A classic manicure featuring the exclusive signature scent of Willow Stream Spa at The Fairmont Banff Springs—eucalyptus, cedar and pine—this treatment includes a hand soak and a massage, plus nail shaping and an application of polish.

*A paraffin upgrade may be added to the Banff Classic Manicure and Banff Classic Pedicure (add 15 minutes).*

## 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 products, including the breakthrough INOA colour line—ammonia-free and odourless, it leaves your hair vibrant without damaging it or irritating your scalp.

## 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 for even the most sensitive skin.

## Experiences for two

**Rockies Healing Retreat for Two—2 hours***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.

**Wild About Romance—2 hours***Blissful*

Let the fresh scent of our Wildflower Body Polish rejuvenate you. Next, relax and soothe tired muscles with a camomile bath, followed by a rich, restorative rosehip wrap. This experience for two concludes with a 30-minute head, neck and shoulder massage.

**Mountain Memories—90 minutes***Harmonious*

This unforgettable mountain experience begins with a dry-brush exfoliation, followed by a bath with your choice of camomile, wildflower or eucalyptus. To complete the pampering, choose a 60-minute massage: Relaxation, Sports, Stress Relief or Alpine Aromatherapy.

**Ritual for Two—90 minutes***Playful*

Enjoy spa time together in our luxurious spa suite. Following your therapist's instructions, you will choose from a variety of masks, scrubs and baths, then be left to perform the treatments on each other. For the remainder of your time, you'll receive side-by-side, full-body aromatherapy massages.

**Hip Honeymooners—60 minutes***True romance*

Featuring rose petals, rose oil 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***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: Relaxation, Alpine Aromatherapy, Stress Relief or Sports.

## Day packages

**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 Customized Deep-Cleansing Facial, a Willow Stream signature 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 Relaxation Massage, a Customized Deep-Cleansing Facial, a Willow Stream signature manicure and pedicure, and a delicious spa lunch.

**Energy and Youth—4 hours***Luxurious*

Embrace the alpine air and healthy mountain living. With this package, you'll enjoy a personal-training session, a soothing Thalasso Ritual or Herbal Kur, a Customized Deep-Cleansing Facial and a nutritious spa lunch.

**Take a Short Break—3 hours***Unwind*

Escape to the mountains with this enticing package, which includes a Customized Deep-Cleansing Facial or a 60-minute Relaxation Massage, as well as a Willow Stream signature manicure and pedicure.

**Energy Echoes—2 hours***Get glowing*

Find your energy and keep that mountain glow. Enjoy a 60-minute Relaxation Massage and a 60-minute personal-training session, which will equip you with a fitness strategy to maintain your peak performance.

**Signature Sensations—2½ hours***High maintenance*

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

## Enhancing your spa experience

**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 that all treatments end on time, regardless of start time. Please leave jewellery and other valuables in your room safe.

**Spa experience**

Willow Stream Spa experiences last at least an hour—because, as with everything worthwhile, there are no shortcuts to an outstanding spa experience. 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. Please call our knowledgeable Spa Experience Coordinators prior to your arrival at the hotel; they will be delighted to guide you to the experiences that suit your needs. Of course, questions are welcomed and encouraged.

**Cancellations**

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 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 centre and aquatic pools: 6:00 AM TO 10:00 PM

Spa appointments: 8:00 AM TO 9:30 PM

Salon appointments: 8:00 AM TO 8:00 PM

### **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 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. Swimsuits are required in some areas of the spa.

### **Making the most of the experience**

To further enhance your spa experience, we recommend that you begin with traditional hot and cold spa 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, prior to beginning 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.