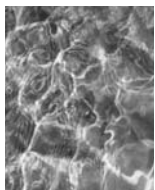


# WILLOW STREAM SPA AT FAIRMONT MONTE CARLO



WILLOW STREAM  
A FAIRMONT SPA

## *Treatment Menu*



## WILLOW STREAM SPA AT FAIRMONT MONTE CARLO

Each Willow Stream Spa is a unique oasis inside a Fairmont hotel in one of the world's most beautiful places. The Willow in our brand name represents deep-rooted authenticity, strong centre and flexibility while the Stream stands for our energizing journey through life - bending and changing peacefully as we find our way around obstacles.

Here, you will find authentic spa experiences inspired by its unique position on the Mediterranean Sea: the Willow Stream Spa at the Fairmont Monte Carlo will bring inside the sensational energy and power of the sea with its rich compositions, its colours and the eternal marine beauty. The 900 sqm Willow Stream Spa will offer, with 8 intimate spaces, all the comfort and the sophistication of specialized treatments which will reflect the lifestyle and the wealth of this destination.

Finding your energy can be the difference between just living and living well. We are passionate about helping you to find your energy. As you discover your route, your own way to restoring your energy, we guide you along the path. The result is always an experience you will never forget.



## Signature experiences

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 traditional spa experience combines a medicinal Moor mud wrap, therapeutic bath and massage. Especially beneficial for dry or maturing skin.

MONACO POWER OF THE SEA: 90 minutes

### Detoxifying.

Experience the rejuvenating effects of a spa essential - thalasso Kur. Including a body wrap rich with re-mineralizing sea algae, a sea salt bath, and a luxurious application of Marine Firming Creme. During the wrap, an acupuncture facial and scalp massage are given. Leave feeling relaxed, nourished and alive!

WILLOW STREAM REFLECTION: 120 minutes

### Personalized aromatherapy – tailored to your emotional and physical needs.

A consultation and smell-test to select your oils have the desired effects. A body scrub, body oil and body mud are then prescribed for your personal experience. A private steam followed by a body scrub and then a bath. Three clays and oils are applied to re-mineralize and condition and then another steam followed by a shower. With your chosen oil, an intense massage is given using eastern and western techniques.

WILLOW STREAM NOURISHMENT: 120 minutes

### Food, water and rest for the skin.

A key foundation for Willow Stream energy is having health basics of food, water and rest for our own nourishment. This treatment is total nourishment for the skin. Essential oils of tuberose, ylang ylang and vanilla bring calming but expansive properties. A salt and coffee exfoliation creates circulation and sloughs off skin. Hands and feet are applied with rich Vitamin e oil and the body is then layered in marine algae and massaged using both eastern and western massage techniques. The skin is then protected with velvety body butter. Perfect for dry, out of condition skin.

## Feel the energy

MONTE CARLO SPA ESCAPES

Personal experiences

There are times when you just want to be alone and create an escape just for yourself is what you need. Perfect before any massage.

These experiences are taken *on your own* - in your private spa - with a, steam shower, jetted tub and relaxing area. We set up everything. All you need to do is relax, take your time and create your own aromatherapy steam, do your own mud and scrub applications, and relax in a tub overlooking Monte Carlo. No therapists – just you (or the two of you).

We will help you create your own escape but we provide some suggestions:

**Sea inspired personal escape:** 45 minutes

Products from the sea - high in vitamin, mineral and protein content, bring impurities to the surface. Begin with a dry brush exfoliation of your skin, followed with the application of a spirulina body masque and sit in your private steam. Next enjoy time soaking in a thalasso bath while you apply your algae face masque. Apply a marine firming body crème just before you leave. The exfoliation, bath and steam shower work in harmony with these products to help your body detoxify and renew.

**Colors of Monte Carlo escape:** 30 minutes

**Experiences inspired by color**

- **Purple escape** - de stress
- **Turquoise escape** - revive
- **Rose escape** - renew
- **Blue escape** - relax

The experience starts with a steam shower followed by a body scrub that combines exfoliating grains with your choice of body wash. This is then showered off before applying the freshwater mud masks to treat your hair, face and body each designed - re-mineralising and conditioning. Relax in the steam whilst the natural clays take effect. After cleansing in a refreshing shower your skin is left feeling deeply nourished and glowing.

**Traditional spa escape:**

30 minutes

Eucalyptus Steam and Whirlpool Bath

A traditional, uplifting steam with Eucalyptus and an exfoliating salt scrub. Your bath choices are:

- **Thermal mineral:** Benefits muscles and joints. Overall re-mineralization.
- **Seaweed bath:** Stimulating. Promotes metabolism.
- **Aromatherapy mineral bath:** Relaxing. Lavender, Ylang Ylang and Orange.
- **Herbal bath :** either Chamomile (sleep), Eucalyptus (breathe) or Wildflower (feel good)





# Body Experiences

## THE PRINCESS ROSE RETREAT: 90 minutes

**Indulgence.** Enjoy a gentle dry brush exfoliation to stimulate your skin and improve circulation, followed by a bath infused with Chamomile and rose petals. The experience culminates with a soothing massage and wrap with Rose Geranium and Rose Flower Oil. This experience is pure indulgence, for your skin and attitude.

## REFLECTIONS OF LAVENDER: 90 minutes

**Blue magic.** This is a true reflection of the region. A healing and calming bath in organic French Lavender – known as blue magic. French Celtic sea salts are combined with lavender in an invigorating full body exfoliation followed by a warm cocoon wrap and unique pressure point energy stone massage. An optional scalp massage is included with heated lavender oil (90 minutes).

## REFLECTIONS OF TURQUOISE: 90 minutes

**Rejuvenate.** Feel fresh and alive with this detoxifying treatment. Dry Brush scrub and deep stimulating massage combined with sweet zesty pink grapefruit, rosemary and juniper berry essential oils creates a revitalizing affect.

## SEAWEED AND SALT: 60 minutes

**Smooth.** Seaweed mixed with thermal salts and invigorating lemon eucalyptus is swirled over the body to revitalize the skin. An invigorating loofah scrub is then followed by an application of Vita Lotion with aloe leaving skin soft and refreshed.

## BODY QUENCH: 60 minutes

**Hydrating.** Your skin will feel fabulous after this deeply hydrating experience. Pure avocado oil is the secret ingredient. Includes a wrap, scalp massage with hair conditioning and a customized massage. A perfect treatment for dry, flaky or sun/season exposed skin.

## GENTLE BODY POLISH: 60 minutes

**Buffed.** This gentle exfoliation begins with a creamy granulated pumice and Chamomile scrub followed by an invigorating loofah mitt with chamomile bath gel for deeper cleansing. This treatment is finished with an application of hydrating lotion and chamomile body spray.

## MEDITERANEAN TAN: 60 minutes

**Sun kissed.** Attain beautifully glowing skin quickly and without the harmful effects of the Cote D'Azur. Kerstin Florian has searched worldwide for natural elements to create the richest-looking tan without the sun. This luxurious treatment begins with a gentle exfoliation and continues with an application of the Kerstin Florian Sunless Tanner with firming extracts to achieve the beauty ideal of healthy glowing skin.

## ALOE BODY WRAP: 60 minutes

**Sun Recovery.** This is a perfect treatment for sun damaged and dry skin especially after a day in the Mediterranean sun. Pure algae are blended with Aloe Vera and essential oils to create a fast absorbing, soothing affect on the skin. A wrap and gentle massage area a perfect recovery from the sun.





## Facial Experiences

### THE ULTIMATE FACIAL: 90 minutes

**Luxury.** An anti-aging facial experience with immediate results. Starts with a relaxing consultation and foot ritual followed by Kerstin Florian's Caviar line. Contouring and luminescent - gives your skin a youthful vitality. Great before a night out.

### MONTE CARLO SELECT SUPREME: 90 minutes

**Renewed skin.** An all encompassing facial includes a hand and décolleté treatment, foot massage, scalp massage, glycolic exfoliation of the skin, a luxurious massage to tone and tighten facial muscles - all encased in an aromatic sensory facial experience.

### CUSTOMIZED DEEP CLEANSING FACIAL: 60 minutes

**European style.** Personalized to provide you with the most benefits, this deep cleansing facial includes a professional skin analysis, gentle exfoliation, and a facial massage to promote circulation, a nourishing masque and antioxidants to restore the skin.

### ROSE RADIANCE FACIAL: 60 minutes

**Renewed and relaxed.** Regenerating damask rose for circulation and cell regeneration and calming frankincense to let go of today's stresses. A face and scalp massage, exfoliation and toning, skin balancing and nourishing mask combine to create a smooth radiant complexion and a relaxed state of mind.

### AMBER AGE REPAIR FACIAL: 90 minutes

**Naturally lifting and uplifting.** Natural oils of inca inchi and larch extract stimulate collagen formation, firm and tighten. This facial includes a gentle exfoliation, rejuvenating facial massage with amber and apple and raspberry seed extract, and double hydrating masks with strawberry and frankincense.

### CUSTOMIZED ANTI AGING FACIAL: 90 minutes

#### Results.

Tailored to your skins needs for optimum benefits. This facial firms, hydrates, refines and tones and features marine proteins, lifting facial massage and cellular renewal serum ampoule selected for your skin.

### SENSITIVE SKIN: 60 minutes

#### Gentle.

Developed for fragile or sensitive skin. This is a personalized facial designed to improve your skin's tolerance to irritation, reduce inflammation and protect the skin.

### TRANQWILLOW : 90 minutes

#### Awaken.

A unique experience to rejuvenate the skin on your face and back. A back cleanse and exfoliation with a warm lavender oil back massage and a rehydrating facial and a pressure point scalp massage ensure an awakening energy.

### SKIN FITNESS FACIAL SERIES

#### Get your skin in shape.

Includes a series of three 60 minute customized facials and a home starter kit.

The first treatment is an analysis and facial with glycolic exfoliation. The second facial has an analysis followed by a deeply hydrating facial and the final is an anti aging facial with a focus on improved elasticity.

### ENHANCEMENT TREATMENTS

May be added to any facial

#### Ampoule Therapy

Infuse your skin with one of our intensive ampoule upgrades. Select yourself or ask our expert estheticians to select the one most suitable for your skin:

- Vitamin C Ampoule: antioxidant, lightening
- Intensive Repair Ampoule: healing, cell rejuvenation
- Couperose Ampoule: soothing, couperose
- Caviar Cell Vitale Ampoule: intensive hydration, nourishing

#### Glycolic Treatment: 30 minutes

This remarkable exfoliation treatment helps to refine skin texture, minimize the appearance of fine lines and encourage a balanced skin tone. Promotes a youthful glow.

#### Eye and Lip Rescue: 30 minutes

Developed to help two of the most sensitive areas of the face – eyes and lips. The intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, reduce dark circles, relieve puffy eyes, improve clarity and totally rejuvenate this delicate area for brighter, more luminescent eyes. The healing and rejuvenating treatment for the delicate skin around the lips imparts moisture and nutrients while smoothing fine lines and wrinkles.



## Massage Experiences

### STRESS RELIEF: 60 or 90 minutes

This ultimate customized massage experience was designed with the sole purpose of stress relief. It is a medium pressure massage that focuses on all of your main tension points – head, neck, shoulders, back and feet.

### RELAXATION: 60 or 90 minutes

Tailored to your specific needs or preference, this popular full-body Swedish style massage offers a gentle intensity and is designed to increase circulation, enhance lymphatic drainage, and promote relaxation. Using long, smooth strokes to relax muscles and stimulate the lymphatic/circulatory systems. This massage uses organic oil unscented.

### SPORT: 60 or 90 minutes

This deep massage targets sore muscles and enhances muscle recovery after exercise or tension from daily life. It combines deep work with stretching, rocking and circulation enhancing strokes to move lactic acid out of the system. A mild soreness may result.

### STONE MASSAGE: 60 or 90 minutes

This deep heat massage with warmed basalt stones is combined with rich aromatherapy oils for a relaxing release of muscle tension.

### MATERNITY: 60 minutes

This customized approach eases sore spots and improves mobility. A pampering experience designed with the safety of mother and child in mind.



## Aromatherapy Massages

### REFLECTIONS OF MAGENTA: 60 or 90 minutes

**Clear mind.** This traditional aromatherapy massage uses frankincense and chamomile to calm busy minds and encourage a sense of peace. A traditional aromatherapy massage targeting tight spine and tense shoulders and an Ayurvedic inspired scalp massage helps relieve anxiety. Great for helping switch off.

### REFLECTIONS OF MIDNIGHT BLUE: 60 or 90 minutes

**Feel good.** This head to toe pressure point massage uses uplifting oils of geranium, frankincense, and rose to boost the spirit. This massage is particularly good for women. A warm facial mud mask and conditioning hair oil are added to this massage for an overall feel good result. Great if you have the blues.

### REFLECTIONS OF CYAN: 60 or 90 minutes

**Sleep.** The calming colour of cyan blue is used with essential oils of vetivert and chamomile to create a massage that switches off body and mind for deep relaxation and a peaceful night's sleep.

Working on all aspects of physical, mental and emotional stress, the treatment begins with a warming foot ritual followed by a head to toe massage using carefully applied pressures and neuromuscular and Swedish techniques to balance the nervous system and ease an overactive mind.

### REFLECTIONS OF PURPLE: 60 or 90 minutes

**Deep muscle relief.** The intensity of purple reflects the deep restorative nature of this treatment. Using essential oils of black pepper and lavender this massage is designed for tight, stressed and aching muscles. Pushing yourself to the limit at work or at the gym creates stiff, tight and painful muscles. A deeper massage with some stretching Thai style combines with anti-inflammatory oils that promote good circulation. This massage is particularly good for *men*.

## Recommended for Men

CUSTOMIZED BARBER FACE TREATMENT: 60 minutes

**European Tradition.** A deep cleansing and revitalizing facial experience designed specifically for the special needs of men's skin, including razor burn. To complete the experience, a face, neck and shoulder massage is performed fulfilling the traditional barber experience without the shave.

ACTIVE EXECUTIVE FACIAL: 90 minutes

**Custom.** For the active man who likes the outdoors, this customized facial addresses redness, sun exposure, fine lines and the maintenance of an ongoing basic skin and shaving regimen for optimum results. Includes a skin refining exfoliation, thorough deep cleansing and relaxing massage of the face, neck, shoulders and feet.

STRESS RELIEF MASSAGE: 60 or 90 minutes

Whether you are in the rat race or a Grand Prix race, this ultimate customized massage was designed with the sole purpose relief from stress – no matter the reason. It is a medium pressure massage that focuses on all of your main tension points – head, neck, shoulders, back and feet.

REFLECTIONS OF PURPLE MASSAGE: 60 or 90 minutes

**Deep Muscle Relief.** The intensity of purple reflects the deep restorative nature of this treatment. Using essential oils of black pepper and lavender this massage is designed for tight, stressed and aching muscles. Pushing yourself to the limit at work or at the gym creates stiff, tight and painful muscles. A deeper massage with some stretching Thai style combines with anti-inflammatory oils that promote good circulation.

REFLECTIONS OF INDIGO MASSAGE: 60 minutes

**Breathe.** In your own private steam shower, a eucalyptus and pine infusion releases stressed muscles and cleanses a busy mind. A 45-minute head, neck and shoulders inhalation and pressure point massage follows using Tea Tree, Eucalyptus and Pine.

DELUXE HAND GROOMING for Men: 60 minutes

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

DELUXE FOOT GROOMING for Men: 60 minutes

This foot grooming helps to stimulate circulation as well as revitalize weary feet. Eucalyptus and Turkish salts exfoliate the feet, which then are immersed in a rejuvenating Eucalyptus footbath. A paraffin treatment follows, to relieve dry and cracked skin. The grooming is completed with a foot massage using a therapeutic foot balm to seal in the moisture.

RACE READY HAND GROOMING for Men: 45 minutes

A great manicure for the busy executive using Willow Stream's Energy line. This treatment begins with hand exfoliation; nail oil application, a hand soak with minerals and essential oils, followed by a hand massage with hydrating and skin conditioning body butter.

POLE POSITION PEDICURE for Men: 45 minutes

The view of the famous hairpin turn and an executive pedicure is a great combination to restore your energy. It includes an exfoliation; nail oil application, foot soak and massage and nail grooming featuring our signature Willow Stream Energy product line.

FOOT REVITALIZER: 30 minutes

An invigorating lower leg and foot treatment begins with an energizing exfoliation, followed by a massage with cooling essences of rosemary, menthol, pine and lavender. Leaves feet feeling awake and alive. This treatment can be combined with any grooming treatment.

## Manicure and Pedicure

WILLOW STREAM SIGNATURE MANICURE: 60 minutes

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

WILLOW STREAM SIGNATURE PEDICURE: 60 minutes

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

CLASSIC MANICURE: 45 minutes (w/paraffin upgrade - 60 min)

This classic manicure features the exclusive Monte Carlo signature scent of our uplifting Jasmine Rose. It includes a hand soak and massage as well as nail shaping and polishes application.

CLASSIC PEDICURE: 45 minutes (w/paraffin upgrade - 60 min)

This classic pedicure features our Monte Carlo signature scent of Jasmine Rose. Enjoy a foot soak, exfoliation, and massage, nail shaping and polish application.

EXOTIC MANICURE: 45 minutes

Our classic manicure with the exotic scent of edelweiss and citrus. Includes a hand soak, massage, nail shaping and polish application.

THERAPEUTIC PEDICURE: 45 minutes

Our classic pedicure with the scent and therapeutic benefits of rosemary, lavender and pine. Enjoy a foot soak, exfoliation, massage, nail shaping and polish application.

Paraffin Add on to any Classic: 15 Minutes.





## Couples Experiences

### RITUAL OF ROMANCE

120 minutes

#### **Love and laugh.**

Making time together a weekly ritual is as important as loving and laugh. This exotic experience is both intensely healing and fun. The Ritual begins with a foot scrub on a private balcony overlooking the city and followed by your own private steam and jetted tub using essential oils.

Layers of deeply moisturizing Body Serum and Oils of Tuberose and Ylang Ylang are applied to the body using on side-by-side tables and then left on under a wrap. While cocooned in layers of luxury, a relaxing face and scalp massage leaves you relaxed yet uplifted. Finally, a protective layer of rich body butter is applied to the body to provide a luxurious finish.

### JUST TIME

90 or 120 minutes

#### **Relaxing together.**

Inspired by the local wildflowers, this treatment is a perfect relaxing antidote to the active Monte Carlo lifestyle. A mineral body exfoliation and wildflower bath of thyme, lavender and sage followed by a side-by-side massage with organic lavender ensures a perfect recovery.

### SIDE BY SIDE

60 or 90 minutes

Spend quiet time together while enjoying side-by-side relaxation massages.

## Multi-Treatments

### EVENING SOIREE

90 minutes

#### **Pretty.**

The exotic edelweiss flower is loaded with nourishing antioxidants. Prepare for an evening out with this full body experience. Beginning with a chamomile exfoliation and continuing with a massage application and wrap with exotic edelweiss lotion. This also includes a mini hydration facial to refine and brighten the skin.

This can be followed with a mini manicure and pedicure to add to your glow : 60 minutes

### HIGH HEELS

90 minutes

#### **Shopping recovery.**

Stiletto wearers or sport shoppers rejoice with this experience designed to help girls who love their heels get headed. Starting with a FOOT REVITZALIZER for an invigorating lower leg and foot treatment including an exfoliation and massage with cooling essences of rosemary, menthol, pine and lavender. A luxurious CLASSIC MANICURE with Body Polish of Jasmine Rose and ending with PARAFFIN dip for moisturizing and topped off with Jane Iredale's Moonglow bronzer application to give legs and toes a refreshed luminescence.



WILLOW STREAM SPA AT FAIRMONT MONTE CARLO  
12, AVENUE DES SPÉLUGUES MC 98000 MONACO (+377) 93 506 600



*Hours of Operation*

Spa Facility: 8:00 a.m. to 8:00 p.m.

Fitness Centre: 6:30 a.m. to 10:00 p.m.



[www.willowstream.com](http://www.willowstream.com)

*Willow Stream Spas At Fairmont. Premier properties, each unique in all the world:*

BERMUDA: Southampton; CANADA: Banff, Alberta; Victoria, British Columbia; MEXICO: Acapulco; Riviera Maya; UNITED ARAB EMIRATES: Dubai;  
UNITED STATES: Scottsdale, Arizona; Miami, Florida; MONACO: Monte Carlo; SWITZERLAND, Montreux; SINGAPORE, Singapore

*For spa vacation packages visit [www.willowstream.com](http://www.willowstream.com)*

FAIRMONT HOTELS & RESORTS