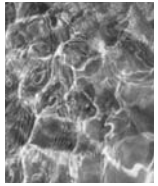
Willow Stream Spa at Fairmont Singapore

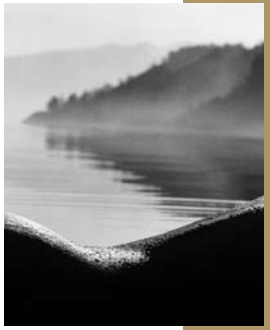


WILLOW STREAM

A FAIRMONT SPA

Spa Guide

Willow Stream Spa at Fairmont Singapore



Energy Singapore Style

Singapore, brimming with unbridled energy, embodies the finest of both East and West and is the perfect home for the latest Willow Stream Spa. Located in the heart of Singapore, the spa and hotel are minutes away from world-class shopping, exciting nightlife, the business and cultural districts and many of the area's most beautiful sites and green spaces.

To arrive in Singapore is to step into a world where energy is created by its unique diversity… where a passion for history and tradition blends with a fervor for the best of the modern world…where a modern metropolis is surrounded by green parks…where a confluence of cultures live together in peace…a world that attracts both power brokers and recovering adventurers. is is the energy that inspires Willow Stream Spa at Fairmont Singapore. You'll feel the energy in this spa.

Willow Stream Spa has created experiences that reflect the needs of Singapore visitors and locals alike and epitomizes Willow Stream's dedication to creating authentic and energizing spa treatments. Like Singapore, our treatments are based in tradition - spa tradition - like the Shirodhara inspired Peace & Quiet or Willow Stream Elements based on European Spa Kur rituals. We o er unique experiences based on lifestyle ….High "Heals" for stiletto wearers or the passionate shopper…Evening Soiree, the perfect spa date for couples or the Singapore Luxury facial when you want it all. Other experiences are designed for pure pampering, stress relief, fabulous skin or those that give back to the earth like our Generosity Massage.

Spa guests will be indulged like never before in our beautiful relaxation lounges, pools, whirlpools, cool plunge, steam and sauna rooms as well as 35 decadent treatment rooms, including three couples suites featuring private Jacuzzi and aromatherapy steam room.

Come find your energy…Singapore-style. Willow Stream Spa at Fairmont Singapore awaits.

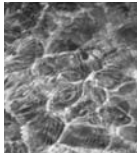
Welcome to
Willow Stream Spas At Fairmont

Willow Stream spas are all about ***You.*** And you deserve more attention than you've been giving yourself lately. Let us help you escape your fast-forward, mad current world and bring you to a quieter place to recover and to dive into life again – energized.

We're serious about creating outstanding experiences but just being here is a joy. Our spas are relaxing, comfortable, sensorial.

All Willow Stream spas are sanctuaries inside Fairmont Hotels, in the most beautiful places in the world. The environment at each reflects its surroundings – the desert, the mountains, the sea or cityscape. Our experiences are authentic – they work. Some are inspired by local traditions, plants and herbs. Others are designed for specific results like stress relief, diminishing the appearance of fine lines or connected to your favourite interests like golf, skiing or spending time outdoors. Some are just pure pampering. Whatever the result, we make sure all of our experiences feel wonderful.

Our staff will guide you to getting the most of your time with us. Make Willow Stream your place – your own personal escape – a place to ***find your energy.***



The Willow Stream Spa Experience

Your spa experience is more than a treatment.

It starts with the phone call to make your appointment and ends with you filled with renewed energy.

Our Experience Coordinators will help you choose the perfect experience just for your needs and then our Massage Therapists and Aestheticians will customize your experience even more once you are with us. Plan to spend time at a Willow Stream spa ... relax in our lounges ... bring a book and escape in a poolside cabana ... sip a cup of tea with a good friend. Make the most of the time you deserve – you will feel the difference.

Why "find your energy"

Energy makes the difference between just living .... and living well. Recharging your energy gives you the ability to handle just about anything life hands you – flowing through life rather than fighting it.

That's why energy renewal is our mission. We're passionate about having you leave us feeling energized.

Why Willow Stream?

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

The Willow

The *Willow* represents our deep-rooted authenticity, strong centre and the flexibility of our spirits.

The Stream

The *Stream* is our energizing journey through life - bending, changing in a peaceful, purposeful manner as it finds its way around obstacles.

The *Circles* are ancient symbols for the world's essential elements: earth, air, fire and water. The Willow - wood - is the fifth element. Balancing the elements puts us in sync with nature's equilibrium. In your actual spa experiences, *Fire* might be an invigorating exfoliation, *Water* a hydrotherapy bath, *Air* an Aromatherapy facial, *Earth* a healing mud wrap and *Wood* a quiet moment in the spa lounge.

Body Experiences

BODY QUENCH – 60 minutes
Hydrating. Your skin will feel fabulous after this deeply hydrating experience. Pure avocado oil is the secret ingredient in this treatment that includes a wrap, scalp massage with hair conditioning and a customized massage. Perfect for dry, flaky or sun exposed skin.

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. Very beneficial for dry or maturing skin.

BALANCE BODY – 90 minutes
Total Relaxation. Balance uses the Willow Stream Signature Aromatherapy blend of Vetiver, Cypress, Lemongrass, Ylang Ylang, and Spikenard oils to balance spirit, body and mind. The experience begins with a footbath and exfoliation, continues with a hydrating body scrub (the best we've ever tried) and ends with a full body massage. A great experience for relaxation or if you need help sleeping.

THE REVITALIZER – 90 minutes
Invigorating. A full body experience that taps the power of our signature Energy product line. The essential oils of Ginger, Lemongrass and Sandalwood (scents and often flavours found in Singapore) are used in the exfoliation, wrap, hair conditioning treatment and body massage. Put moisture back into your skin and a spring back in your step.

TIME TOGETHER – 90 minutes
Decadence For Couples. Spend time together as you enjoy a treatment to smooth and hydrate the body with this nourishing exfoliating treatment. Using the hydrating properties of Rosehip Seed Oil and the firming benefits of Gotu Kola and Cardamom Oil, stress is dissolved and peace of mind restored while the skin is polished and massaged to a stress free lustrous glow. Heaven for two.

THE ROSE RETREAT – 90 minutes
Indulgence. The "garden city" comes inside with this experience featuring scents and healing oils found in your garden. 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 Oil. Pure indulgence, not only for you but for your skin and your attitude. A garden party for the senses.

POWER OF THE SEA THALASSO KUR – 90 minutes
Detoxifying. Inspired by the Island setting of Singapore, this experience provides the detox effects of the sea with a body wrap rich with minerals, followed by a sea salt bath, and a luxurious application of Marine Firming Crème. During the wrap, enjoy an acupressure facial massage and scalp massage. Leave feeling relaxed, nourished and alive!

SPARKLE – 90 minutes
Vibrance. This experience embodies Singapore at its finest. Breathe deep. Inhale the benefits of exotic botanicals in this balancing spa experience. Earthly minerals are combined with ylang ylang and lavender in a full body exfoliation. Next, nourish and relax with a luxurious massage and wrap. During the wrap, the face, scalp and feet are massaged. Finally, enjoy a massage using warmed rose stones rich in crystals. These healing stones draw out toxins while energizing the body and soul. Finish with a dusting of special occasion shimmer created by Jane Iredale Mineral Make-up. You'll sparkle like the finest diamond.

NATURALLY TAN – 60 minutes
Sun Kissed. Attain beautifully glowing skin quickly and without the harmful effects of the sun. 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 Kerstin Florian Sunless Tanner with firming extracts to achieve healthy glowing skin.

EVENING SOIREE - 120 minutes (couples experience)
Spa Date. This romantic spa date begins with side by side Chamomile body exfoliations. Then enjoy a hydrotherapy mineral bath for two with orchids - the national flower of Singapore - to help soothe tired muscles and aching joints. Following the bath, enjoy side by side aromatherapy massage with ylang ylang and bergamot oil. Includes a mini hydration facial to refine and brighten the skin. The perfect date.

INHALE – EXHALE – 60 minutes
Spa Tradition Meets Cosmopolitan Cool. An intoxicating blend of spa tradition and new urban cool, this detoxifying and purifying ritual begins with a geranium and pine scrub and ends with a detoxifying massage and wrap with essences of juniper, cypress and lavender. Once in the wrap, invigorating essences are massaged into the feet and neck. The benefits of spa tradition with a hip urban vibe.

JET LAG RELIEF – 90 minutes
Travel Recovery. Singapore is known as the perfect stopover for travelers heading to and from far-flung places. This experience was crafted for these travelers. A perfect way to restore yourself from the negative effects of flying and travel. Lavender is renowned for its ability to relax and balance the body and spirit. Begin with a lavender and salt exfoliation, soothing Aromatherapy mineral bath and ends as you drift peacefully through a soothing massage with emphasis on the feet, neck, shoulders and scalp - the areas most prone to travel related stress.

PEACE & QUIET- 60 minutes
Shirodara Inspired. Based on the traditional Ayurvedic healing practice that has been used for thousands of years as both a healing therapy and to impart deep relaxation. Enjoy the gentle pouring of warmed oil infused with herbs onto the forehead and be lulled into a tranquil state of well-being and peace. The oil gently caresses the skin and hair, afterwards it is soothingly massaged into the head, hair, scalp, neck and shoulders. Take pleasure in your moment of peace and quiet and get back to reality with new energy.

SINGAPORE PERFECTION – 60 minutes
Healing and Pampering. This treatment is cleansing and hydrating treatment that encourages the body's own natural healing process while replacing essentials elements to the skin. A stimulating dry brush massage begins the treatment. This is followed by a deep cleansing mask of Neem, Carrot Root, Aloe Leaf Juice and Sesame Seed Oil. Your skin will feel so perfect.

GENTLE BODY POLISH – 60 minutes
Smooth. For sensitive skin. A gentle exfoliation with a granulated pumice and Chamomile scrub to gently refine and renew the skin. A loofah with Chamomile bath gel follows for deep cleansing. A Chamomile spray and lotion application completes the experience.

SEAWEED AND SALT – 60 minutes
Invigorating. Seaweed mixed with thermal salts and invigorating lemon eucalyptus is swirled over the body to revitalize the skin. A Vita lotion application leaves the skin soft and refreshed.

Facial Experiences

THE ULTIMATE FACIAL – 90 minutes
Ultimate Effectiveness. Ultimate Feel. This anti-aging facial is designed to make you look and feel fabulous…immediately. The experience begins at your feet with a foot scrub and footbath and moves to facial heaven. Featuring the latest in skin care science in the form of Kerstin Florian's signature Caviar Line, this facial includes a skin exfoliation, contour lifting face massage, protein rich marine energy sheet to improve luminosity and reduce the appearance of fine lines and a super hydrating Caviar Cell Vitale treatment ampoule. This skin rescue intensively repairs and restores to deeply nourish and firm the skin – reawakening its youthful vitality. You'll feel and see the difference immediately.

URBAN SECRET – 120 minutes
Radiance. The perfect experience to prepare your skin for a special night out, a special occasion (like your wedding) or if you want to enhance your natural glow. This ritual begins with a gentle exfoliation to remove dull surface skin cells and finishes with the warm floral essences of ylang ylang and bergamot. Drift peacefully through a customized facial which refines skin texture and nourishes the skin.

TRANQWILLOW FACE AND BACK EXPERIENCE – 90 minutes
Awaken. A unique experience, which completely rejuvenates the skin and rebalances the body. We begin face down with relaxation breathing techniques. In this state of relaxation, a back cleanse and exfoliation proceeds the drizzling of warm Lavender massage oil up and down the spine with energizing massage strokes. Gently turning over we continue with a luxurious facial. During the rehydrating facial, warm Lavender infused oil is massaged into the scalp. We continue the flow with a luxurious pressure point scalp massage. Feel your energy awakening.

SINGAPORE LUXURY – 90 minutes
When you want it all. Whether you live in Singapore or you're visiting us, this experience is for you. The indulgent and all encompassing Singapore Luxury facial includes an anti-aging hand treatment with enzyme peel and enlighten crème application, hand and foot massage, scalp massage, glycolic exfoliation of the face, neck and décolleté, luxurious facial massage to tone facial muscles - all in one beautiful, pampering and aromatic experience. Pure luxury.

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, a facial massage to promote circulation, a nourishing masque and antioxidants to restore the skin. A detailed home care program consultation ensures continued results.

SENSITIVE SKIN FACIAL - 60 minutes
Nourish. Sensitive skin can be the result of many things – environmental elements, rosacea, aggressive medical peels or laser treatments. All require a personalized approach. This ultimate gentle therapy improves the skin's tolerance to irritations, reduces inflammation, nourishes and gives renewed protection.

CUSTOMIZED BARBER FACE TREATMENT – 60 minutes
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.

Facial Enhancements (May be added to any facial)

AMPOULE THERAPY
Infuse your skin with one of our intensive ampoule upgrades. Select one yourself or leave it up to 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
is 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. e intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improve dark circles, relieve pu y eyes, improve clarity and totally rejuvenate this delicate area for brighter, more luminescent eyes. e healing and rejuvenating treatment for the delicate skin around the lips imparts moisture and nutrients while smoothing fine lines and wrinkles.

WILLOW STREAM

Customized 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.

SPORTS MASSAGE – 60 or 90 minutes
This deep massage targets sore muscles and enhances muscle recovery after exercise, sports activities or the tension and stresses of 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.

TRAVEL RECOVERY MASSAGE – 60 minutes
Designed with the traveler in mind. Using essential oils selected to regulate sleep, hydrate skin, relieve tension headaches and restore energy depleted through travel and working on the road, this medium pressure massage focuses on all the areas affected by frequent travel - legs, neck, back, shoulders, feet and hands (with a special hand massage to offer relief from “Blackberry” hands).

EAST MEETS WEST STONE MASSAGE – 90 minutes
Singapore embodies the finest of both East and West so elements of both were united to create this massage. Aromatic healing oils are combined with stones warmed in water to create a deep heat massage and a unique aroma to release tension and melt away stress.

GENEROSITY– 60 or 90 minutes
Help us support the Singapore National Parks Board and their Garden City Fund while enjoying a fabulous massage. (10% of all proceeds from this massage will be donated to The Garden City Fund in their efforts to conserve and enhance the greenery that surrounds Singapore –the Garden City.) Your massage will be personalized with your choice of aromatherapy blends and also includes an extended foot and scalp massage. Relax, enjoy and know you’re helping Singapore stay green, clean and beautiful.

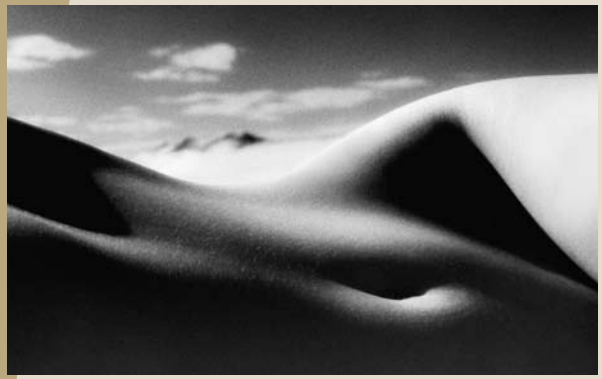
MATERNITY – 60 minutes
Customized specifically to the needs of pregnant women and their changing bodies, maternity massage has the same benefits as regular massage - to ease sore spots, relax muscles, improve circulation and mobility, and just make you feel great. This pampering experience is designed with the safety of mother and child in mind.

THAI – 90 minutes
Thai massage is an ancient form of meditative massage going back more than 2,500 years combining techniques of assisted yoga stretching and pressure point manipulation working along the energy lines of the body. The therapist uses their hands, knees, feet and legs to manipulate the guest into a series of flexible postures applying gentle, steady pressure tailored to each guest’s needs. The treatment eases tension, revitalizes energy, improves flexibility and releases toxins. It is a non-oil massage performed on a floor mat – loose clothing is worn throughout.

SHIATSU – 90 minutes
Shiatsu is a 2000 year old Japanese therapy that was used as a self-healing ritual. Shiatsu applies comfortable and appropriate pressure to all parts of the body using thumbs, palms and elbows and is exceptional in assisting the relief of stiff or sore muscles, headaches, tension and insomnia.

SIDE BY SIDE COUPLES MASSAGE– 60 or 90 minutes
The lights are dim, candles flicker gently, the exotic scents of Singapore surround, the music soothes softly - an incredible way to spend time together. Spend romantic time together in our signature couples suite while enjoying side-by-side relaxation massages. Pure bliss for two.

SHOPPERS RELIEF – 60 or 90 minutes
A massage designed for the power shopper who needs a special treat at the end of a busy day hitting the stores. The body is anointed with warm aromatic oils that are massaged into the skin. Designed to bring the subtle energies of the body into balance through both the application of the oils and the healing power of touch. It is deeply revitalizing and relaxing while at the same time gently cleansing and detoxifying. Perfect for yourself or as a gift for the shopper in your life. Don’t forget to hit the spa boutique on the way out!



The Art of Willow Stream:

"Body as a Landscape"

The black and white body photographs used by Willow Stream are the works of Karin Rosenthal. Karin's style captures what can be accomplished with something as beautiful as nature's elements. The connection between the body and the land is blurred so that one imitates the other. Karin's work has been exhibited in galleries and museums worldwide.

Multi-Tasking Experiences

ese experiences were designed for the busy spa goer who wants results but doesn't have a lot of time. Treatments are done in one room and often involve 2 spa experts.

GLOWING – 120 minutes
(Gentle Body Polish and Sensitive Skin Facial)

e perfect experience to prepare you for a special night out, for brides or bridesmaids, or if you simply want to bring out your natural radiance. is ritual begins with an invigorating salt exfoliation to remove dull surface skin cells and finishes with an exotic floral and citrus lotion. en drift peacefully through a Customized Sensitive Skin Facial to refine skin texture and even skin tone. Our Cell Vitale Ampoule deeply hydrates and leaves the skin glowing. (Optional mineral make-up shimmer dusting on the face and décolleté to enhance the glow.) Radiance from head to toe.

HIGH MAINTENANCE – 90 minutes
(Customized Deep Cleansing Facial, Customized Manicure and Pedicure)

is is the definitive treatment if you're short on time but big on beauty. e ultimate in multitasking experiences with two spa experts delivering your customized facial, manicure and pedicure…all in just 90 minutes. Beauty and pampering were never so easy…and it will leave you with more time to shop!

HIGH "HEALS" – 90 minutes
(Foot massage, head, neck and shoulder massage and Classic Pedicure)

Stiletto wearers rejoice! is experience was designed to help girls who love their heels get healed. Relax and enjoy a foot soak, head, neck and shoulder massage (paying special attention to problem areas created by carrying a great bag…because what's the point of great shoes without a great bag) and a leg and foot massage and heal treatment to reduce swelling and foot cramps and promote healthy circulation. en a fabulous pedicure and shimmer application give you the legs and toes of a goddess to hit your stride with pride.