



HEALTH CLUB MENU
MASSAGE THERAPY | FITNESS CENTRE

Fairmont
HOTEL MACDONALD

OUR ENVIRONMENT

Exercise, explore, relax. Rediscover rejuvenation in our fully-renovated Health Club. Our two-tier state-of-the-art facility boasts all of the amenities expected of a world class facility.

MASSAGE HOURS

Thursday, Friday, Saturday & Sunday 10:30AM - 6:00PM

FACILITY HOURS*

(Fitness and Aquatic Centre Facilities: Pool, Steam Room, Sauna, Whirlpool)

Monday - Sunday 5:30AM - 10:30PM

Please Note: Pool is closed for maintenance on Sundays at 8:00 PM.

CANCELLATION POLICY

Minimum 24 hour notice for cancellation required.

Cancellations are not excepted via e-mail.

If minimum notice is not met, a full session fee will be charged.

Our massage therapists are registered and can provide you with an insurance receipt, however, please check with your service provider to insure services will be covered, as policies vary.

ARRIVAL GUIDELINES

Please inform us of any health conditions at the time of your booking (allergies, heart condition, or pregnancy). We ask that you arrive a minimum of 15 minutes prior to appointment time to check-in and complete a Health Questionnaire. Please note that late arrivals will limit treatment time.

CONTACT

TEL: 780 429 6423

In-House Guests Dial '6423'

E-MAIL: MACHealthClubDL@Fairmont.com

[Click Here to Book](#)

FACILITY FEATURES:

40 foot Saline Swimming Pool Whirlpool

Sauna

Steam room

Treadmills

Elliptical trainers

Peloton bikes

Upright and recumbent bikes

Free-weights and benches in separate core strength gym

Smith Machine

Technogym weight resistance machines

Squash court

Private sundeck

Full amenity change rooms

Lot 35 Tea

Fruit-infused water

MASSAGE MENU

All massages are performed by Registered Massage Therapists. Receipts are provided for all massages. We offer direct billing with Alberta Blue Cross.

Swedish Massage

This light to medium-pressure full body massage is designed to improve energy levels, promote restful sleep, and melt away muscle tension. Using Swedish-style massage techniques tailored to suit your specific need, it offers a gentle intensity to increase circulation, enhance lymphatic drainage and promote relaxation.

Therapeutic Deep Tissue Massage

Whether you are in need of general stress relief or deep-seated tension this massage is designed to focus on muscle and joint stress. Specialized techniques will focus on specific areas of concern and ease common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.

Mother-to-Be Massage

Pregnancy massage for the mother or mother-to be. Ease the discomforts of the upper/ lower back, hips, and legs. Helps to reduce stress and anxiety.

Relaxation & Therapeutic Massage Base Pricing

(Prices are per person)

30 minutes	\$95
45 minutes	\$110
60 minutes	\$135
75 minutes	\$160
90 minutes	\$185
120 minutes	\$240

Please Note: GST and an automatic 15% gratuity is not included in the price of services. Prices are subject to change without notice.

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SPECIALTY MESSAGES

All massages are performed by Registered Massage Therapists. Receipts are provided for all massages. We offer direct billing with Alberta Blue Cross. **Please note:** all Specialty Messages must be booked directly through our Health Club team, and cannot be reserved online.

Full Body Himalayan Stone Massage

60 minutes \$200 | 75 minutes \$225 | 90 minutes \$250

This indulgent full body massage soothes muscle tension and encourages circulation with the benefits of Himalayan salt, considered the purest and most beneficial salt ever discovered on earth. Using 100% pure Himalayan crystal salt and healing hands, you will unwind into a restful state of mind as the Himalayan salt balances and neutralizes the ill effects of the toxic frequencies we live with every day.

Side-By-Side Couple’s Massage

60 minutes \$270 | 90 minutes \$370

The perfect gift is time together. Let the pressures of life melt away while you drift off enjoying a side-by-side custom massage. Ideal for couples, quality mother and daughter time, or a relaxing day with your best friend.

Headache Relief

30 minutes \$95

A targeted massage to head, neck, and shoulders to decrease tension associated with headaches. With the use of Japanese mint oil, let us melt away the tension to help you get back to feeling your best

Signature River Aromatherapy Massage

75 minutes \$200

Embark on a serene journey inspired by the stunning North Saskatchewan River, right from the heart of Fairmont Hotel Macdonald. Our exclusive Signature River Aromatherapy Massage invites you to experience 75 minutes of pure relaxation. Envelop yourself in the calming essence of our specially crafted river essential oil blend, carefully curated to mirror the tranquility of the river valley below. As the aromatic scents fill the air, our skilled therapists will guide you through this calming massage, working to dissolve tension and stress from your body and mind. Immerse yourself in this exquisite experience, capturing the essence of your time here at our castle.

RELAXATION & THERAPEUTIC MASSAGE ENHANCEMENTS

All enhancements are à la carte only. Please choose an enhancement from the menu below to add to your massage. Prices are per person. **Please note:** Massage Enhancements must be booked directly through our Health Club team, and cannot be reserved online.

Enhancement Menu

Hand or Foot Treatment	\$40 (15 additional minutes required)
Aromatherapy	\$10 (no additional time)
Special Occasion Amenity	\$30 per couple

FITNESS MEMBERSHIPS

All Memberships Include

- Towel service
- Use of full amenity change rooms
- Day use lockers & locks
- Complimentary tea
- Locker rentals available

Single & Executive Plans

Full use of the fitness facilities, aquatic facilities and squash court

Aquatic Use Only Plans

Full use of the aquatic facilities only.

(Does not include access to gym facilities, squash court, fitness room or any available fitness classes).

Annual Memberships Include

- 15% discount in The Harvest Room
- 15 % discount in Confederation Lounge *(Please Note: This does not apply to brunch, promotions or any special menus)*
- Guest privileges (2 visitor passes per month)
- Free access for up to 2 children under the age of 12, per member

Platinum Upgrade Inclusions

- 2 complimentary 60 minute massages
- Guest privileges (4 visitor passes per month)
- Gift certificate for one complimentary night stay at Fairmont Hotel Macdonald in a Fairmont Room.
- Freeze option on any membership (up to 2 times per year & up to a maximum of 30 days)
- Complimentary half locker

PLAN PRICING

1 Month

Single Executive | \$99
Couples Executive | \$189
Aquatic Use Only | \$89

3 Months

Single Executive | \$280
Couples Executive | \$535
Aquatic Use Only | \$250

6 Months

Single Executive | \$535
Couples Executive | \$1,000
Aquatic Use Only | \$480

12 Months**

Single Executive | \$1,000
Couples Executive | \$1,895
Aquatic Use Only | \$865

1 Day Pass | \$20 per person

10 Day Punch Pass* | \$180 per person

*Expires 1 year from date of purchase

****Upgrade to Platinum on yearly memberships for an additional \$400 (price per person for Couples memberships).**

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