

HEALTH CLUB

YOUR *escape to*
WELLNESS

Fairmont
HOTEL MACDONALD

A close-up, high-angle photograph of a person's back and shoulders being massaged with smooth, dark, oval-shaped hot stones. The person is lying on a light-colored towel. The lighting is warm and soft, creating a relaxing atmosphere. The therapist's hands are visible, holding the stones against the person's skin.

YOUR *escape* TO WELLNESS

Our two-story Health Club offers everything for an elevated wellness experience.

Challenge yourself on the full squash court, take a revitalizing swim in the 40-foot saltwater pool, and unwind in the soothing embrace of our sauna and steam room. Power up in our state-of-the-art fitness area, complete with premium cardio and free-weight equipment, then treat yourself to a relaxing, customized massage by one of our expert registered massage therapists.

It's more than a workout—it's a complete wellness escape.

EMBRACE *wellness & vitality*

Elevate your well-being at Fairmont Hotel Macdonald with state-of-the-art fitness facilities and comprehensive wellness amenities. Whether you're hitting the gym, enjoying a swim in the indoor pool, or engaging in a game on our squash court, you'll find the ideal setting to energize your body and restore your mind.

MASSAGE *therapy*

After an intense workout or invigorating river valley hike, find time to relax and rejuvenate.

Our state-of-the-art Health Club offers three treatment rooms with full-time registered massage therapists ready to ease away tension and leave you feeling refreshed.

MASSAGE MENU

All massages are performed by Registered Massage Therapists. Receipts are provided for all massages. Direct billing is available with many major insurance providers.

SWEDISH MASSAGE

LIKE A BREATH OF FRESH NORDIC AIR—REFRESHING, GROUNDING, SERENE.

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

A HEALING TOUCH FOR TIRED MUSCLES AND A PEACEFUL MIND.

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

GENTLE RELIEF AND RADIANT CALM FOR EVERY STAGE OF YOUR JOURNEY.

Pregnancy massage for the mother or mother-to-be. Ease the discomforts of the upper and lower back, hips, and legs while helping to reduce stress and anxiety. This nurturing treatment supports circulation, soothes swelling, and provides a moment of deep connection—for you and baby.

RELAXATION & THERAPEUTIC MESSAGE BASE PRICING

**Price per guest*

30 MINUTES	\$95
45 MINUTES	\$110
60 MINUTES	\$135
75 MINUTES	\$160
90 MINUTES	\$185



SIGNATURE *massages*

RIVER AROMATHERAPY MASSAGE

FLOWING AROMAS AND EXPERT TOUCH MEET PURE RIVER VALLEY TRANQUILLITY.
90 MIN \$250

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 90 minutes 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 on the river.

HIMALAYAN STONE MASSAGE

MELT TENSION WITH THE HEALING POWER OF HIMALAYAN SALT STONES
90 \$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.

Rich in 84 essential minerals, these hand-carved stones radiate deep, penetrating heat while restoring balance to mind and body.

A serene and grounding escape, offered in the timeless elegance of Fairmont Hotel Macdonald.

SIDE-BY-SIDE COUPLE'S MASSAGE

A SHARED ESCAPE DESIGNED FOR CONNECTION AND CALM
60 MIN \$270 | 90 \$370

The perfect gift is time—together. Reconnect and unwind as you enjoy a custom massage side-by-side in one of our serene treatment rooms. Whether you're celebrating a romantic milestone, indulging in mother-daughter time, or simply savouring a peaceful afternoon with your closest friend, this shared experience invites you both to relax, restore, and breathe deeply.

As one of our signature offerings at Fairmont Hotel Macdonald, this massage is designed to elevate meaningful moments into cherished memories.

HEADACHE RELIEF

TARGETED RELIEF TO CLEAR THE MIND AND SOOTHE THE SENSES
30 MIN \$95

This focused massage targets the head, neck, and shoulders—areas most commonly affected by stress and tension. Using gentle pressure techniques and the invigorating properties of Japanese mint oil, this treatment is designed to ease discomfort, reduce headache-related strain, and restore clarity.

Let the calm of Fairmont Hotel Macdonald surround you as we melt away the tension and help you feel like yourself again.

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

FACIAL *experience*

Nourish, brighten & leave your skin
visibly refreshed and radiant.

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PURA
BOTANICALS

THE ULTIMATE GLOW-UP FACIAL 60 MIN \$215

Experience a luxurious facial that restores radiance and deeply nourishes the skin using all-natural, Canadian-made skincare by PURA Botanicals. This one hour treatment features a gentle cleanse and exfoliation, steam, hydration mask, facial massage, serum, and eye treatment.

Designed to brighten, hydrate, and improve skin elasticity, this facial leaves your complexion visibly refreshed, smooth, and glowing. Ideal as a stand-alone treatment or a pre-event pick-me-up, it's the perfect blend of luxury and results in just one hour.

Highlights:

- 100% natural, cruelty-free Canadian skincare
- Includes eye treatment to depuff and hydrate the delicate under-eye area
- Diminishes the appearance of fine lines and wrinkles with powerful antioxidants
- Supports collagen production and promotes overall radiance without any downtime

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HYDRATE & GLOW FACIAL 30 MIN \$95 MASSAGE ADD-ON

Experience a nourishing facial that is the perfect complement to a massage, enhancing your overall sense of relaxation while revitalizing your skin and restoring its natural radiance. This Hydrate & Glow Facial Add-On features PURA Botanicals' clean, Canadian-made, plant-powered skincare. This restorative treatment is thoughtfully designed to support skin health through deep hydration, gentle exfoliation, and nutrient-rich botanical actives.

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Perfect for all skin types, this facial add-on revives the complexion, leaving it soft, radiant, and refreshed.

Indulge in a luxurious PURA Botanicals facial at the Fairmont Hotel Macdonald Health Club, where our registered massage therapists combine advanced techniques with 100% natural, Canadian-made skincare.



FITNESS *memberships*

Wellness rooted in comfort, care
& community.

MEMBERSHIPS INCLUDE

TOWEL SERVICE

USE OF FULL AMENITY CHANGE ROOMS

DAY-USE LOCKERS

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 & TERRACE

• 15 % discount in Confederation Lounge

*(Please Note: Discount does not apply to Sunday
Brunch, promotions or events.)*

PLATINUM UPGRADE INCLUSIONS

• 2 complimentary 60 minute massages

• 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 \$1000

AQUATIC USE ONLY \$480

12 MONTHS*

SINGLE EXECUTIVE \$1000

COUPLES EXECUTIVE \$1895

AQUATIC USE ONLY \$865

1 DAY PASS \$20

10 DAY PASS \$180**

** Upgrade to Platinum on yearly memberships for
an additional \$500 per person.*

***Expires one year from date of purchase.*

[CLICK TO BOOK SERVICES](#)

FAIRMONT HOTEL MACDONALD HEALTH CLUB
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