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# WILLOW STREAM

A FAIRMONT SPA





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*Energy makes the difference between just living ... and living well. Recharging your energy gives you the ability to handle just about anything life may hand you – flowing through life rather than fighting it. It is the reason why energy renewal is our mission. We're passionate about having you leave the spa feeling energized.*



## PRODUCT PHILOSOPHY

The Willow Stream Spa product philosophy is simple. The brands we carry are chosen with luxury, quality and end results in mind. Sustainability is prioritized wherever possible, which is a reflection of our core belief in social responsibility. The premium selection of products available to our guests is a result of the valuable relationships that have been forged between Willow Stream Spa and quality product houses from around the world.

**We are proud to feature the following brands:**

Kerstin Florian | Aromatherapy Associates | Jane Iredale | Seaflora

# WHY WILLOW STREAM?

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

## **THE WILLOW**

The Willow represents 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**

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 Willow Stream spa experience, fire may 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.





# SIGNATURE EXPRESSIONS

## **ISLAND SENSES – 120 minutes**

Your island experience begins with an ocean arrival – an awakening ‘salts of the sea’ body scrub for exfoliation followed by an aromatic eucalyptus hydrotherapy bath. Experience the invigorating and earthy aroma of nature trails – through a detoxifying mud wrap. At last, enjoy a restorative and healthy lavender massage, drawn from the gentle lavender fields of Victoria. Your senses will be delighted as energy is restored.

## **COASTAL RETREAT – 90 minutes**

Experience the calming effects of this luxurious body treatment as it awakens your senses. This journey begins with a gentle body scrub which leaves the skin smooth and hydrated. A calming shower is followed by an aromatherapy body massage and wrap, while a warm, deep conditioning hair treatment is applied to your scalp. You will feel rested and relaxed long after your ritual has ended.

## **TRANQWILLOW – 90 minutes**

This unique experience will completely rejuvenate the skin and rebalance the body. You begin face down with focused breathing. In this state of relaxation, a back cleanse and exfoliation precedes the drizzling of warm lavender massage oil up and down the spine with energizing massage strokes. Gently turning over we continue with a luxurious, hydrating facial. Finally, experience the flow with a warm lavender oil pressure point scalp massage. Feel your energy awaken.

## **AROMATHERAPY – 90 minutes**

Customized for your emotional and physical needs, this experience starts with a consultation that allows you to select the signature oil that best suits you. All are formulated with natural plant and flower oils, wonderful exotic scents and powerful therapeutic benefits for both the body and the mind. This is part of an intense massage ritual that is drawn from a fusion of Eastern and Western techniques, enabling the release of tension throughout your body, and leaving you feeling deeply relaxed, restored and recharged.



## ADVANCED FACIALS

*For the most advanced facial results, Kerstin Florian is proud to present their K-Lift Age Management System. This advanced system integrates the strength of three modalities, each penetrating deep into the transdermal layers of the skin, targeting a specific function to improve overall skin rejuvenation. Benefits include: stimulating collagen production, smoothing lines and wrinkles, and tightening facial contours resulting in younger, healthier looking skin.*

### **TIGHTEN AND TRANSFORM – 90 minutes**

Tightening with K-Lift technology. Energize and transform your skin with this high performance treatment that includes an exfoliating multi-acid peel for the face, neck and décolleté. Red LED light and impulse micro-current technology help cells function at a younger level, accelerate cell repair, re-educate muscle tone for a more lifted appearance and trigger DNA regeneration. Treatment concludes with the infusion of essential nutrients to the skin with innovative Transdermal Delivery technology.

### **ROSE INFINITY – 90 minutes**

Using the latest scientific breakthroughs, this treatment enhances the natural regenerative process at the cellular level, resulting in long-lasting and noticeably younger looking skin. The Rose Infinity products use telomere technology with soy and yeast proteins to rebuild and lengthen chromosome telomeres and aid in cell regeneration. Plant stem cells: gardenia, snowdrop and alpine rose further support revitalization and skin renewal. This powerful and luxurious experience illuminates, plumps and reduces the appearance of fine lines and wrinkles.

### **BERRYPLUS INFUSION – 60 or 90 minutes (Tightening with K-Lift technology)**

An ultra-oxygenation, anti-aging treatment based on vitamin rich super berries and plant cell cultures to fortify, rejuvenate and renew. Concentrated, nourishing oils, serums and plant essences are combined with face and neck massage to ease muscle tension. A nourishing algae rich masque increases cellular renewal and provides a healthy radiance. For the 90 minute option, enhance your results with the addition of red LED light and impulse micro-current to help cells function at a younger level, accelerate cell repair, re-educate muscle tone for a more lifted appearance and trigger DNA regeneration. Treatment concludes with the infusion of essential nutrients to the skin with innovative Transdermal Delivery technology.

### **AGE REPAIR – 60 minutes**

This natural, highly effective treatment helps reduce the signs of aging without the use of harsh chemicals. Natural oils of inca inchi and larch extract stimulate collagen formation to firm and tighten the skin. Anti-inflammatory pomegranate and rosehip seed oil work to slow down the effects of aging. Two masks are used: rose for hydration, and frankincense for firming, which leaves the skin plump and youthful.

## FACIAL ENHANCEMENTS

SCALP MASSAGE

FOOT SOAK AND SCRUB

EXPRESS EYE / LIP LIFT

NUFACE

INTENSIVE HAIR REPAIR

WELLNESS-TO-GO

## CUSTOM FACIALS

### **ADVANCED CORRECTING – 90 minutes**

Tailored to your own needs for optimum benefit, this anti-aging facial transforms the skin as it firms, hydrates, refines and tones. It features skin renewing antioxidant formulas, marine proteins, a contouring and lifting massage and a hydrating masque. Your cellular renewal is complete with a serum ampoule boost chosen just for you.

### **CUSTOM CLEANSE – 60 minutes**

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 antioxidant rich products will restore the skin's balance. A detailed home care program consultation ensures continued results.

### **BRIGHTENING – 60 minutes**

This results-oriented treatment is specifically designed to address hyper-pigmentation and premature aging. Includes an exfoliating multi-acid peel on the face, neck, décolleté and hands to brighten the skin. A deep cleansing massage is performed to promote circulation and a unique brightening masque used to illuminate the skin.

### **PURE ENERGY – 60 minutes**

Improve skin tone and texture for a look of natural radiance with essential vitamins C, and E and minerals. This treatment delivers superstar antioxidants, fights free radicals, helps to boost collagen production, heals and improves overall skin health and reduces inflammation. Includes a gentle pearl polish, vitamin rich spirulina mask and CoQ10 ampoule for powerhouse nourishment.



# AUTHENTIC EXPERIENCES

## **SALISH SEA VITALITY BODY – 90 minutes**

Begin your journey through the waters of Vancouver Island with an invigorating scrub featuring locally harvested ingredients. This seaweed based treatment removes impurities while smoothing and revitalizing the skin. Your scrub is followed by a nourishing wrap to soak in the power of the sea with our unique, wild seaweed chamois. A scalp massage ensures total relaxation from head-to-toe. Complete your journey through our coastal waters with a massage featuring sea kelp lotion and seaweed gel; both are rich in antioxidants and vitamins to leave you feeling revitalized and refreshed.

## **SALISH SEA VITALITY FACE – 90 minutes**

Your skin will glow after a tour through the waters of Vancouver Island with this Willow Stream Empress exclusive facial. The seaweed based products will rehydrate and bring nourishment to the skin with sea-soaked ingredients harvested by hand from our coastal waters. Experience a unique wild seaweed chamois for powerhouse nutrition and absorption. Savor the power of ocean botanicals with this luxurious 90 minute experience that pampers you from head-to-toe.

## **SALISH SEA VITALITY HANDS – 75 minutes**

Experience the power of the Salish Sea with this vitamin and nutrient rich hand treatment. A seaweed body polish and exclusive seaweed chamois will soften and nourish the skin, while the sea kelp lotion will soothe and hydrate. Includes all nail and cuticle work and finishes with an OPI polish application.

### **SALISH SEA VITALITY FEET – 75 minutes**

Experience the power of the Salish Sea with this vitamin and nutrient rich foot treatment. Ocean mud is a great detoxifier and helps to promote circulation. A seaweed body polish and exclusive seaweed chamois will soften and nourish the skin, while the sea kelp lotion will soothe and hydrate. Includes all nail and cuticle work and finishes with an OPI Polish application.

### **EXECUTIVE MELTDOWN – 60 minutes**

This is the perfect spa experience for the busy executive, targeted at calming the mind and relaxing the body by focusing on the areas where you hold stress the most. You will begin with a eucalyptus salt exfoliation for the back, then heated river stones will melt away the tension in your upper and lower back, neck and shoulder areas. The arms and hands will also be specially treated for electronic related tension. Ginger oil is used as it deeply penetrates to relax aching muscles and joints while helping to warm and stimulate the body. Your relaxation will be complete with a rosemary oil scalp massage to both release tension and stimulate the senses.

### **HONEY GINGER ELIXIR – 60 minutes**

Rich in vitamins, minerals and amino acids, honey contains powerful antioxidants and is antibacterial and moisturizing. Our honey is coupled with the healing and immune system benefits of ginger in this powerful 60 minute body experience which begins with an invigorating scrub, includes a scalp massage and a full body ginger oil massage.

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### **SPA ESSENTIALS PACKAGES**

Our experienced coordinators would be happy to recommend any two, three or five hour spa packages suited to your specific needs. These can include anything from the menu above, as well as a healthy snack or lunch.





# BODY TREATMENTS

## **EUCALYPTUS BODY SCRUB – 60 minutes**

This invigorating sea salt exfoliation removes dull surface skin cells, improves circulation and nourishes the skin with minerals, trace elements and eucalyptus essential oil. An application of lavender oil leaves the skin soft and supple.

## **GENTLE BODY POLISH – 60 minutes**

This gentle exfoliation is perfect for sensitive skin and includes unique granulated pumice with a chamomile scrub that gently refines and renews the skin. A loofah mitt with chamomile bath gel follows for deep cleansing, chamomile lotion and body spray completes this experience.

## **BAMBOO CITRUS SCRUB – 60 minutes**

Illuminate your body from head to toe with this results oriented treatment. This multi-active experience incorporates exfoliating bamboo & fruit enzymes to refine, smooth and brighten the skin. Organic ginger oil blended with multi-vitamin firming crème containing Shea Butter and nutrient-rich algae is massaged onto the body to leave you feeling silky smooth from head to toe.

## **STAY ACTIVE BACK SOOTHER – 60 minutes**

This experience begins with a scrub and features highly remineralizing moor mud, applied to the back with a heating pad to relieve soreness. Following the heat treatment, the back is treated with a pressure-point massage, using ginger oil and body cream. Complete your relaxation with a luxurious foot and scalp massage.

## **KUR WELLNESS – 90 minutes**

This Kur experience changes seasonally, featuring products that heal and soothe mind and body based on the time of year as well as our bodies own biorhythms. Each Kur includes a bath, a full-body exfoliation, massage and a luxurious foot and scalp massage.

**Winter** = Balancing and Harmonizing

**Summer** = Nurturing

**Spring** = Energizing and Vitalizing

**Autumn** = Calming and Relaxing

## **LAVENDER DREAMS – 90 minutes**

Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep; inhale the calm benefits of wild lavender in this completely balancing and rejuvenating spa experience. To begin, earthly minerals are combined with the healing properties of lavender in an invigorating full body exfoliation. Following is a pampering back, neck and shoulder massage with lavender oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage complete this head-to-toe service.

## **NEROLI BLOSSOM – 60 minutes**

Awaken the senses with the signature aroma of neroli essential oil in this deeply relaxing, yet uplifting experience. Featuring energy balancing to calm the spirit, eucalyptus infused foot cleansing ritual with reflexology to clear the mind, and a lymphatic dry brush with a luxurious application of Neroli Blossom Bath & Body Oil to invigorate the body. An express neroli facial treatment with acupressure and massage completes the treatment for the ultimate in skin hydration and revitalization.

# BODY MASSAGES

## **THERAPEUTIC – 60 or 90 minutes**

Performed by a Registered Massage Therapist (RMT) and tailored to suit your specific needs and areas of desired focus.

## **RELAXATION – 60 or 90 minutes**

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 and circulatory systems.

## **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.

## **SPORTS – 60 or 90 minutes**

This deep tissue 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 from this massage.

## **MAGNESIUM & JADE – 60 minutes**

Replenish. Magnesium is responsible for promoting energy levels, sleep, circulation, metabolism and muscle movements. This relaxing massage combines the therapeutic benefits of infra-red technology, jade and the power of magnesium to promote detoxification and replenish commonly deficient levels. Body tissues will relax and pores will open up to take in the vital minerals which will reduce aches and pains.

## **DEEP SLEEP – 60 or 90 minutes**

Regulate your sleep, relieve tension and restore energy depleted through travel with specially chosen essential oils, this medium pressure massage focuses on all the areas affected by frequent travel – legs, neck, back, shoulders and feet.

## **WILLOW STREAM HOT STONE – 60 or 90 minutes**

Earth and fire unite to create this unique massage treatment. The hand-picked stones are warmed for a deep heat massage to relieve tension and increase circulation.

## **REFLEXOLOGY – 60 or 90 minutes**

Enjoy the unique benefits of this ancient Eastern healing style meets Western style massage. Reflexology utilizes focused pressure points on the feet, hands and scalp.

## **MATERNITY – 60 or 90 minutes**

Designed with the safety and comfort of both mother and baby, this customized massage utilizes nourishing oils and a specialty pregnancy cushion to help relieve muscle aches, pains and swelling.

## MASSAGE ENHANCEMENTS

BATH

BODY WRAP

DRY BRUSH EXFOLIATION

GENTLE BODY EXFOLIATION

OR EUCALYPTUS SCRUB

INTENSIVE HAIR REPAIR

WELLNESS-TO-GO

SCALP MASSAGE

FOOT SOAK AND SCRUB

# COUPLES EXPERIENCES

## **SIDE BY SIDE COUPLES MASSAGE – 60 or 90 minutes**

Spend quiet time together while enjoying side-by-side relaxation massages in our luxurious couples suite. The perfect gift is time together.

## **RITUAL FOR TWO – 120 minutes**

In our luxurious couples suite, your therapist will guide you on how to spend the first half hour together giving each other a spa treatment. You'll choose from a variety of muds and masques as well as a variety of baths. The remainder of your time together, you'll enjoy side-by-side aromatherapy massages. Inquire with our spa team about turning any of our body or face treatments into a couples experience.





# JUST FOR MEN

## **MEN'S GET FIT FACIAL – 90 minutes**

Transform your skin with this modernized energy treatment that includes a deep cleanse and an exfoliating multi-acid peel for the face and neck to renew the skin. Receive 40 dedicated minutes of red LED light and impulse micro-current to help awaken cell functions, accelerate repair mechanisms, re-educate muscle tone and trigger DNA regeneration and cell repair. End this treatment by infusing essential nutrients to the deep layers of the skin with cutting edge Transdermal Delivery technology

## **GENTLEMAN'S CUSTOM CLEANSE – 60 minutes**

A deep cleansing and revitalizing facial experience designed specifically for the special needs of a man's skin, including razor burn. Additional care is taken to analyze the skin. A face, neck and shoulder massage completes the experience.

## **EXECUTIVE HAND GROOMING – 60 minutes**

A healthy approach to a traditional manicure, this deluxe treatment begins with a mineral soak and essential oils, continues with a salt exfoliation and is completed with a luxurious hand massage and paraffin treatment to seal in moisture.

## **EXECUTIVE FOOT GROOMING – 60 minutes**

A healthy approach to a traditional pedicure, this deluxe treatment begins with a mineral soak and essential oils, continues with a salt exfoliation and is completed with a luxurious foot massage and paraffin treatment to seal in moisture.

# SALON

## **WILLOW STREAM MANICURE – 60 minutes**

This deluxe manicure begins with a mineral soak, salt exfoliation, conditioning nail oil and a hand and arm massage using hydrating body butter. All nail and cuticle work is completed before a paraffin treatment seals in moisture and an OPI polish application completes your experience.

## **WILLOW STREAM PEDICURE – 60 minutes**

This pedicure is not only a beauty treatment for your feet but an energizing lift for the whole body. This deluxe pedicure begins with a mineral soak, salt exfoliation, conditioning nail oil and a foot and leg massage using hydrating body butter. All nail and cuticle work is completed before a paraffin treatment seals in moisture and an OPI polish application completes your experience.



# SPA ENVIRONMENT

*Willow Stream is an adult sanctuary for adults 18 years and older. 16-18 year old guests will be considered, when accompanied by an adult. To keep the spa quiet and protect the privacy of all guests, cell phones and other electronic devices are not permitted in the spa.*

## CANCELLATION POLICY

To avoid any cancellation charge, we require 12 hours advance notice for cancellation or rescheduling of a la carte appointments and 24 hours notice for package bookings.

## SPA ARRIVAL & ETIQUETTE

With your relaxation in mind, we suggest arriving at the spa one hour prior to scheduled treatments to allow yourself ample time to enjoy the spa facilities and to complete our medical history form. Late arrival limits the time of your enjoyment and can lessen treatment benefits. To accommodate all guests, each treatment will conclude at the scheduled time.

Access to spa facilities is complimentary with all treatments with the exception of waxing, cosmetic and salon services. Swimwear is required to enjoy the mineral pool.

## HEALTH MATTERS

Please inform us of any health conditions at the time of booking your appointment. These include high blood pressure, heart conditions, allergies or pregnancy. You will be asked to complete a medical history form upon arrival so that your spa professional can better customize your experience to your needs.

## SPA ATTIRE

You will receive a spa robe and slippers to use during your time with us, and a locker for your personal belongings. For your comfort, undergarments may be worn during treatments, but rest assured our therapists are highly trained in correct draping procedures for your complete privacy. Swimsuits are required in some areas of the spa. Please leave your jewellery and valuables in your room safe or a hotel safety deposit box.

## MAKING THE MOST OF YOUR EXPERIENCE

To further enhance your spa experience, we recommend beginning with our traditional Spa Ritual. To eliminate the toxins from your body, the spa ritual includes a traditional Finnish Dry Sauna, Stream Inhalation Room and Mineral Pool. This spa ritual helps to open up inhalation, cleanse, detoxify and warm the muscles. Following this with a cooling activity - a cold shower or a cold drink - is an invigorating way to bring your body temperature back to normal before your spa experience.



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