



WILLOW STREAM SPA

A FAIRMONT SPA

TREATMENT BROCHURE

FAIRMONT EMPRESS



WILLOW STREAM SPA

Willow Stream Spas are acclaimed around the world for our focus on finding innovative ways to help guests discover their own energy. Energy makes the difference between living and living well; recharging our energy allows us to flow, rather than fight, through life. That is why energy renewal is our mission.

Each of our spas is designed to reflect the beauty and ambiance of its location and of the hotel in which it is located, so no two are alike. But, all of our spas have this in common: they deliver an outstanding experience. Simply being here — away from the chaos of everyday life — relaxes our guests and starts them on their energy journey.

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.



WILLOW STREAM A FAIRMONT SPA

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.



SPA RITUAL

The Willow Stream Spa Ritual is a 30-minute series of wellness therapies including steam inhalation room, Finnish style sauna, soothing mineral bath and quiet relaxation. This experience is recommended prior to any spa treatment to prepare the body for total relaxation and nourishment. The Spa Ritual is complimentary with every spa experience including the Empress for a Day package.

For maximum benefit, we suggest:

- 5 minutes in the Swedish style sauna
- 5 minutes in the steam inhalation room
- 10 minutes in the mineral bath
- 10 minutes rest in our soothing lounge

Spa Ritual is not included in nail boutique treatments, but can be added for \$39.



MASSAGE TREATMENTS

To begin each of our massage treatments, guests will relax with our Signature Welcoming Ritual and a choice of unscented Sunflower Oil or one of our locally made Nezza Vegan Essential Oil blends. FuB Balm is used for a foot massage and to end this treatment guests will be welcomed back with our KFI Neroli Water. Includes access to all of our facilities, including our hotel pool, hot tub and fitness center, as well as our spa mineral pool, steam rooms and dry saunas.

RELAXATION

This popular full-body Swedish style massage offers a gentle intensity and is designed to increase circulation and will provide the ultimate relaxation, releasing stress and tension.

STRESS RELIEF

This customized massage experience is 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.

MOM TO BE

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.

WILLOW STREAM HOT STONE

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.

THERAPEUTIC RMT MASSAGE

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

DEEP TISSUE

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.





PACKAGES

EMPRESS FOR THE DAY

A full spa day fit for the Queen! Begin your day of wellness with our Spa Ritual consisting of our pool, hot tub, mineral pool, steam room and sauna. Continue your relaxation and revitalization with an hour long Stress Relief Massage, followed by our Willow Stream Classic Cleanse facial tailored to your skin's specific needs. From there, make your way to our Boutique for a rejuvenating experience for both your hands and feet with our signature manicure and pedicure with a hot paraffin treatment and finished with polish application.

COUPLES RETREAT

Time together is sacred so we have created an experience that will not be soon forgotten. In our Royal Couples Suite, you will feel the stress melt away while you both receive a 90 minute Stress Relief Massage with our signature essential oils blends and hot towels. To continue your journey of serenity, you will go next door to our private couples pedicure room where your feet will be renewed with a luxurious foot soak and deep hot stone massage with a hot paraffin treatment. The Couples Retreat also includes our Spa Ritual consisting of our pool, hot tub, mineral pool, steam room and sauna.

THE EXPECTANT EMPRESS

There is no better time for some pampering than when you're expecting. Using our safe luxurious prenatal massage pillow, distress and unwind with a 60 minute maternity massage with one of our highly training spa technicians. After, enjoy a hand and foot soothing massage with a hot paraffin and polish.

BRIDE TO BE

Rid yourself of all the stress from getting ready for your big day with some *you* time. To begin, enjoy our Signature Island Senses full body treatment that includes a scrub, wrap, hot bath and moisturizing full body massage that will leave you refreshed and renewed. Then, it's time to get your hands and feet ready for your walk down the aisle with a Shellac manicure and pedicure that includes a luxurious foot soak, detailed cuticle work, deep tissue foot massage complimented by a warm paraffin wax application.





BODY TREATMENTS

EUCALYPTUS BODY SCRUB

This invigorating, full body sea salt exfoliation removes dull surface skin cells, improves circulation and rejuvenates your skin with minerals and eucalyptus oil. A soothing shower is followed by a lavender oil application completing this experience leaving your skin soft and nourished.

HONEY GINGER ELIXIR SCRUB

Rich in vitamins, minerals and amino acids, honey contains powerful antioxidants and is moisturizing. Our hand harvested property honey is coupled with the healing and immune system benefits of ginger in this powerful body ritual which begins with an invigorating scrub, includes a hydrating lotion application using a mineral enriched body cream and ginger body oil.

WILLOW STREAM ELEMENTS WRAP

Discover the restorative power of nature's elements: earth (mud wrap), air (aromatherapy), water (shower) and fire (warm massage). This spa tradition combines a naturally exfoliating Moor mud wrap, during the wrap you will relax with an acupressure facial and scalp massage. This is followed by a soothing shower and finishing with an application combining ginger oil and a mineral rich body cream.

ENERGIZING DETOX WRAP

Begin your detoxifying experience with the rejuvenating effects of a soothing spirulina body wrap rich with minerals. During the wrap, experience an acupressure facial and scalp massage, followed by a rejuvenating shower. Finishing with a luxurious application of a mineral rich body cream mixed with a grapefruit and black pepper oil leaving you feeling relaxed, nourished and alive!

LAVENDER DREAMS

This rejuvenating experience will calm and balance your mind and body beginning with an invigorating body exfoliation combined with lavender's healing properties. Following, is an enriching full body massage using lavender oil. Next, let yourself drift away inside a warm cocoon while a deeply relaxing scalp and facial acupressure massage completes this head to toe experience.

ISLAND SENSES

Your island experience begins with the salts of the ocean, an invigorating full body exfoliation, followed by a deeply relaxing and detoxifying body wrap. During your wrap, a customized facial and scalp massage will bring you into a deep state of relaxation. Immerse yourself with a hydrotherapy eucalyptus bath, finishing with an application of lavender oil and a mineral rich body lotion. The perfect way to experience the island!

EXECUTIVE REVIVAL

The perfect spa experience for the busy executive, targeted at calming the mind and relaxing the body in the areas that you hold stress the most. You will begin with a eucalyptus salt exfoliation on the back in preparation for the massage that follows focusing on the back, arms, hands and neck. Gently heated river stones help to melt away tension while warming ginger oil is used to help ease aching, sore muscles. Finish with a rejuvenating rosemary oil scalp massage to complete this unique experience.

COASTAL RETREAT

Experience the calming effects of this luxurious body treatment as it awakens your senses. This journey begins with a full body exfoliation leaving the skin smooth and hydrated. Enjoy a rejuvenating shower followed by a deeply relaxing full body massage. As you are wrapped in the nourishing oil, a warm, deep conditioning aromatherapy hair treatment with hydrating qualities is applied to your hair and scalp. Your head-to-toe signature experience finishes with an uplifting facial massage leaving you feeling relaxed and rested long after your ritual has ended.



FACIALS

All of our facials are complimented with a warming hand and foot massage, our signature welcoming ritual and extractions. Access to our hotel pool, hot tub, fitness centre, as well as our mineral pool, steam rooms and dry saunas are also included.

THE WILLOW STREAM CLASSIC

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.

TRANQ-WILLOW

This unique facial 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 acupressure massage. 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.

ADVANCED CORRECTING

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.

BRIGHTENING

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.

VITAMIN C RESURFACING

Energize the appearance of your skin with our new resurfacing Vitamin C facial. This advanced skin-resurfacing treatment combines a deep exfoliation with intense hydration and the infusion of Institut' DERMEd's Vitamin C serum. This treatment is specifically designed to leave your skin looking younger with a vibrant healthy glow.

RENEWING INFUSION

This Introducing Institut' DERMEd's renewing range of products. This facial will immediately improve the skin tone and texture. Fine dehydration lines will disappear with a Level 101 peel, skin cell regeneration is stimulated with a soothing anti-aging mask. The Institut' DERMEd Renewing product line is formulated with clinically proven ingredients to reduce the appearance hyperpigmentation.

DERMAPLANING

Introducing the most advanced method of exfoliation you can enjoy in a luxury spa atmosphere. Our certified Estheticians will use feather-light strokes with a specialized instrument that is specifically designed to remove vellus hair and gently abrade the surface of the skin immediately leaving your skin feeling softer than ever before. Paired with DerMed's renewing and brightening products this advanced facial treatment will improve the skin tone and texture after just one session. Dermaplaning dramatically reduces the appearance of fine dehydration lines, stimulates the microcirculation, and allows active ingredients to penetrate deeper into the skins layers.



SALON EXPERIENCES

EMPRESS LUXE PEDICURE

Luxurious foot soak, detailed cuticle work, deep tissue foot massage complimented by a warm paraffin wax application, you will leave with a long lasting CND polish application on perfectly shaped toenails.

EMPRESS LUXE MANICURE

Luxury manicure that includes customized shaping of the nail, detailed cuticle work, deep tissue hand and arm massage, paraffin wax treatment that is perfect for overworked hand and sore muscles.

HOT STONE PEDICURE

All the same luxurious touches and customization of our Empress Manicure with extra massage time using our local hot stones

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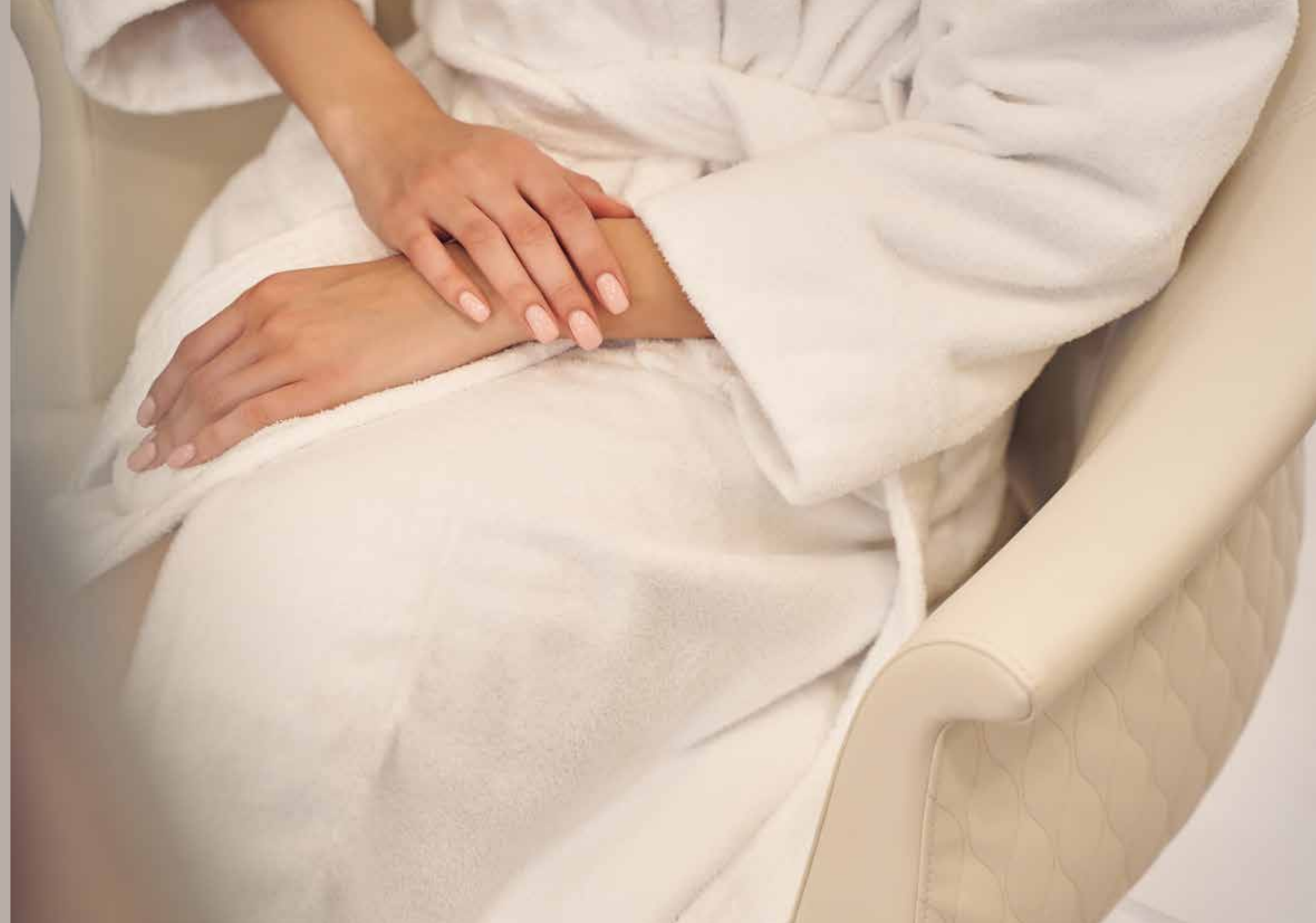
SHELLAC GEL PEDICURE

All the same luxurious touches and customization of our Empress Pedicure with a Shellac Gel polish.

SHELLAC GEL MANICURE

All the same luxurious touches and customization of our Empress Manicure with a Shellac Gel polish.

**All treatments come with your own bottle of CND Vinylux nail polish to use for your treatment and to take home with you after your service. Spa Ritual is not included in nail boutique treatments, but can be added for \$39.*



ENHANCING YOUR SPA 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 24 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 jewelry 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.



633 Humboldt Street
Victoria, BC
V8W 1A6
250 995 4650
fairmont-empress.com/willow-stream-spa

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