

# WILLOW STREAM SPA AT FAIRMONT EMPRESS

*Find Your Energy at 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.

OPEN THURSDAY - SUNDAY  
FROM 11AM - 7PM



WILLOW STREAM

## MASSAGE TREATMENTS

### RELAXATION MASSAGE

Guest will receive a choice of unscented Sunflower Oil or Stress Relief Oil-Sweet Orange, Ho Wood, Petitgrain and Sandalwood essential Oils. To begin, guest will relax with our Calm Mind Ritual (Lavender, peppermint and Cajuput), FuB Balm is used for foot massage and to end this treatment guest will be welcomed back with Neroli Water. 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 MASSAGE

Guest will receive a choice of unscented Sunflower Oil or Stress Relief Oil-Sweet Orange, Ho Wood, Petitgrain and Sandalwood essential Oils. To begin, guest will relax with our Calm Mind, FuB Balm will be used for foot massage and to end this treatment, a spritz of Neroli Water. 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 MASSAGE

Guest will receive a choice of unscented Sunflower Oil or Stress Relief Oil-Sweet Orange, Ho Wood, Petitgrain and Sandalwood essential Oils. To begin, guest will relax with our Calm Mind Ritual (Lavender, peppermint and Cajuput), FuB Balm will be used for the foot massage and to end this treatment, the guest will be welcomed back with Neroli Water. 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.

### MATERNITY MASSAGE

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. RMT available upon request only.

### THERAPEUTIC MASSAGE

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

### BODY SCRUBS

#### EUCALYPTUS BODY SCRUB

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.

#### CHAMOMILE SUGAR SCRUB

This is a gentler exfoliation of the body for sensitive skin which includes a sugar and chamomile scrub that gently refines and renews the skin. A loofah mitt with chamomile bath gel follows for deep cleansing and an application of Chamomile Spray and Chamomile Body Lotion completes this experience.

### SIGNATURE TREATMENTS

#### LAVENDER DREAMS

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. Next, nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage complete this head-to-toe service.

#### SALISH SEA VITALITY BODY

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.

#### ISLAND SENSES

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.

### AESTHETICS

#### WILLOW STREAM OR EMPRESS LUXE MANICURE

This manicure is a deluxe hand experience that includes a hand exfoliation, myrrh nail oil application to promote healthy nails, a hand soak in mineral salts and essential oils, a paraffin treatment plus a hand and arm massage using hydrating and skin conditioning body butter. *\*Willow Stream includes access to facility and Empress does not*

#### WILLOW STREAM OR EMPRESS LUXE PEDICURE

This experience is not only a beauty treatment for your feet but an energizing lift for the whole body. Our deluxe treatment includes an exfoliation and foot soak in sea salts and minerals, a paraffin treatment and a foot massage with hydrating body butter. *\*Willow Stream includes access to facility and Empress does not*

#### DEEP CLEANSE CUSTOM FACIAL

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 FACIAL

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.

#### TRANQWILLOW FACIAL

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 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.

#### ADVANCED CORRECTING FACIAL

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.

### THE SPA RITUAL

All guests may enjoy our Spa Ritual - a Steam Inhalation Room, Finnish style Sauna, and soothing Mineral Bath. This experience is recommended prior to any spa treatment to prepare the body for total relaxation and nourishment, or to relax the body after exercise. The Spa Ritual is complimentary with every spa experience. We suggest:

5 minutes in the Sauna  
5 minutes in the Steam Room  
10 minutes in the Mineral Bath  
10 minute rest in our soothing Lounge