



FAIRMONT SPA



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# THE SUN AND SPIRIT IN BALANCE

Experience Fairmont Spa Makati, a sprawling sanctuary within the city. From the spacious wet relaxation areas to the well appointed treatment rooms, every element of your spa experience will remind you to take time to enjoy life's simple pleasures.

Offering array lifestyle choices and encompassing total well-being, Fairmont Spa Makati combines an exclusive facility focusing on fitness and movement, and beauty and aesthetics. Our treatment menu includes selection of authentic body treatments, products along with a collection of massage and facial treatments from Kerstin Florian products which combines the four cornerstones of well-being for outer beauty and inner health. Treatments will delight and surprise you as we lead you down a sensory journey bringing overall balance and a sense of calm to your spa experience.

Begin your enery journey in our unparalleled facilities: relax with friends in our Great Room, take a deep, healing breath in our steam room, or get a rosy glow in our spacious gym and stretching area overlooking Makati Avenue. Enjoy an energizing treatment in one of our luxurious treatment rooms. And, finally, treat yourself to an invigorating swim in one of the finest outdoor pools in Makati.





## PRODUCT PHILOSOPHY

Fairmont Spa places emphasis on many aspects when choosing spa products for each of our Spas around the world. With luxury in mind, each brand selected demands quality and result-driven treatments, which are personalised to suit the needs of our valued guests.

Environmental sustainability is considered whenever and wherever possible, which reflects our social responsibility. Our relationships with the product houses are important to ensure that we have premium spa products and training available for every encounter with our guests.

### KERSTIN FLORIAN

Kerstin Florian's luxury skincare range was founded by skincare expert, Florian. Born in the scenic landscape of Sweden, Kerstin Florian is inspired by the energy nature and its intrinsic connection to wellness.

Her gift for blending natural ingredients and advanced technology into innovative products and experiential treatments led her to craft her namesake range around her holistic approach to wellness. The result is a portfolio of skin, body and beauty collections that deliver noticeable results for virtually any skin type or concern via beautiful and memorable sensorial wellness experiences, each reflecting the outer beauty that comes from inner health.



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## HYDROTHERAPY EXPERIENCES

### STEAM ROOM WELLNESS

Maintained at 42-45°C, this humid, aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heat is especially beneficial before or after a massage treatment to increase circulation.

### MINERAL POOL

Maintained at 38-40°C, and uses electric pool ionisers to produce the mineral ions to inhibit algae growth and kills bacteria at the same time. Mineral pools are a healthier and gentle alternative to traditional salt or chlorinated pools. Mineral pools rejuvenate and detoxify your body; it also relieves headache and various skin problems.

### OUTDOOR SWIMMING POOL

Fairmont Makati offers two large outdoor swimming pools spanning 27 meters in length, each accompanied with a wading pool and children's pool. Sun terrace, leisure facilities and a full range of services are available for a more relaxing experience. Pool towels can be obtained from the attendants.





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## LIFESTLYE MEMBERSHIPS

Fairmont Lifestyle Memberships encompasses a selection of lifestyle choices for the Fairmont guest to suit the needs of their everyday lives.

At Fairmont, we understand the importance of exercise in our daily life. Our fitness center is built to ensure our guests have a comfortable space to use the best fitness equipment. Our dedicated personal trainers are available to assist with all your fitness goals, catering to your fitness level, ability and age.

As a valued member you will enjoy the following benefits:

- Introductory personal training sessions
- Use of facilities including fitness and wet areas
- Use of the outdoor pool
- Relaxation Areas
- Privileged pricing in our lifestyle offers include spas, retail and restaurants

The fitness centre is open daily and located on the fourth floor. We offer the following private and group classes.

- Personal Training
- Core Training
- Pre or Post Workout or Pre MassageFlexibility Treatment
- Metabolic Conditioning (Fat Burning)
- Muscle Mass Increase
- Agility and Power
- Blitz Functional Movement Training

## SIGNATURE EXPRESSIONS

Fairmont Spa Signature Expressions bring together the key elements of face and body as one. We place a careful emphasis on our guests feeling locally connected while encouraging relaxation to restore their personal energies, resulting in feeling revived.

### ULTIMATE FAIRMONT SPA EXPERIENCE

*150 min*

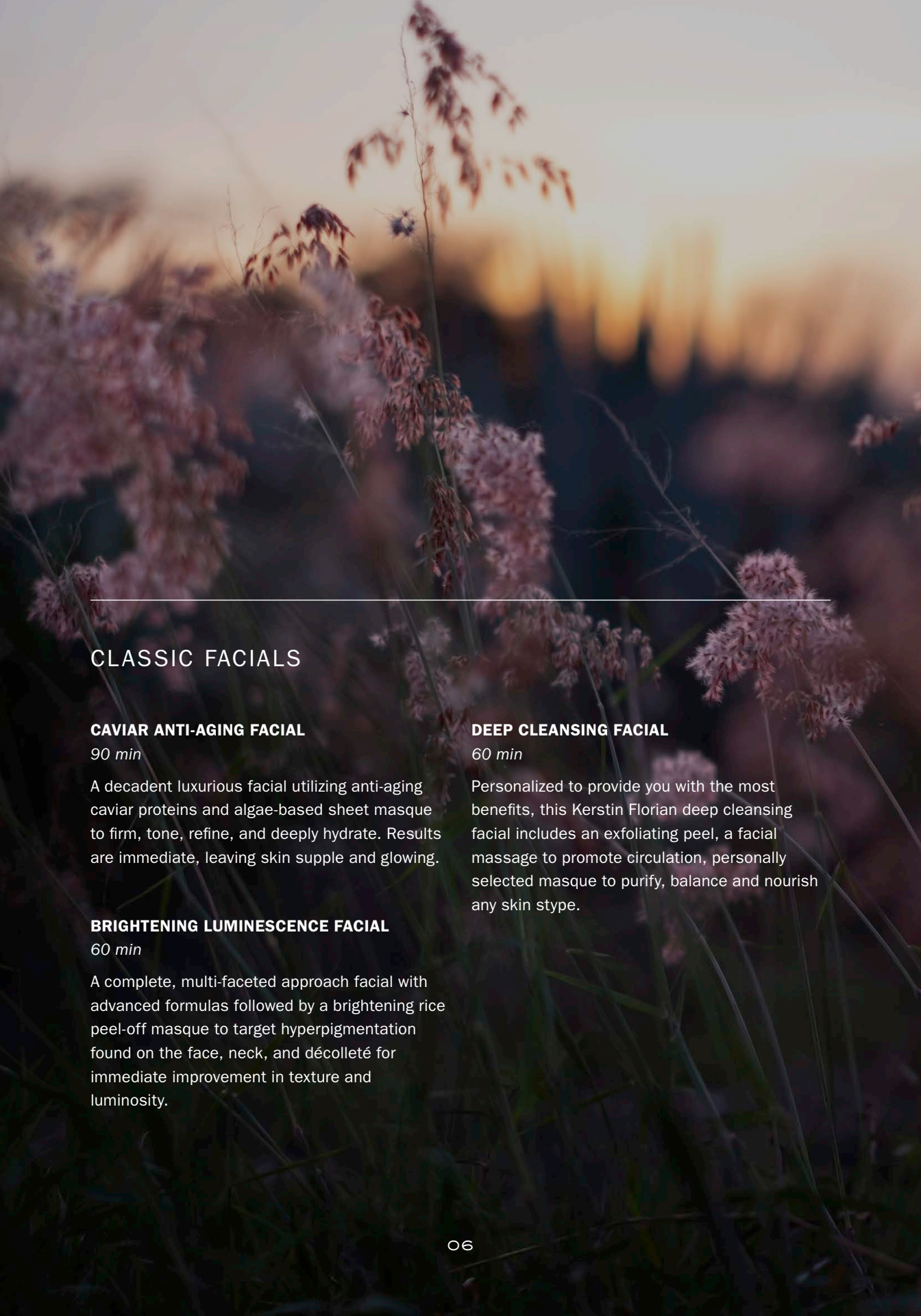
Pamper yourself with our 150-minute ultimate face and body treatment that works on the body's 3 vital energy flows, featuring a unique combination of essential oils and plant oils. Begin with 30-minute Fairmont Spa's signature body scrub - its grains are power-packed with highly polishing properties of jojoba and meadow foam seed oil to soften your skin. This is followed by a heavenly full body massage using Aromatherapy Oil which has the intensely warming and easing powers of rosemary, lavender and ginger to de-stress your body and allow the oil to flow throughout the body. This spa experience will leave you feeling re-balanced and revitalized. Your treatment ends with a 60-minute Deep Cleansing facial while cocooned in a heated body wrap.

### CALM MIND

*120 min*

Inspired by the philosophies of Kerstin Florian of outer beauty inner health this experience inspires wellbeing and allows you to disconnect for a few hours. Beginning with the calm mind ritual, your head and neck are brought to a series of gentle stretches to release tension with a full body massage known for its detoxifying muscle relief properties which are best absorbed through the skin. Finish with a calming detox facial and a soothing foot massage.





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## CLASSIC FACIALS

### **CAVIAR ANTI-AGING FACIAL**

*90 min*

A decadent luxurious facial utilizing anti-aging caviar proteins and algae-based sheet masque to firm, tone, refine, and deeply hydrate. Results are immediate, leaving skin supple and glowing.

### **BRIGHTENING LUMINESCENCE FACIAL**

*60 min*

A complete, multi-faceted approach facial with advanced formulas followed by a brightening rice peel-off masque to target hyperpigmentation found on the face, neck, and décolleté for immediate improvement in texture and luminosity.

### **DEEP CLEANSING FACIAL**

*60 min*

Personalized to provide you with the most benefits, this Kerstin Florian deep cleansing facial includes an exfoliating peel, a facial massage to promote circulation, personally selected masque to purify, balance and nourish any skin stype.



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## FACIAL ENHANCEMENTS

Ampoule Therapy – Kirsten Florian has a selection of ampoules to boost your skin including:

### **INTENSIVE REPAIR AMPOULE**

This highly concentrated cell rejuvenation treatment dramatically improves skin texture, promotes collagen synthesis and elasticity as it provides oxygenating and healing nutrients to the skin.

### **VITAMIN C AMPOULE**

A highly effective antioxidant treatment that delivers immediate results. Ascorbic Acid (Vitamin C) smoothes the skin as it stimulates collagen production and promotes elasticity.

### **CHITOSAN MASQUE**

This super-soothing alginate peel-off masque hydrates, calms and reduces the appearance of redness. Dramatically improves skin texture, tone and color. Excellent for calming and comforting irritated or sensitive skin.



# MASSAGE

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Originating with ancient practitioners in cultures all around the world, and perfected over the centuries, massage has become an essential modality of today's well-being—to promote relaxation, improve circulation, aid in muscle recovery and boost immunity. From preparing for a day on the trails to taking in the glamour of the neighbourhood to simply unwinding with a loved one. Our experiences target specific moods and muscles, leading to results that linger long after you've left our spa.

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### **BAMBOO MASSAGE**

*90 min*

Take your mind and body on a journey of total healing and renewal. Enjoy this 90-minute reviving bamboo massage. This treatment is a combination of Swedish and Deep Tissue techniques using bamboo to glide and knead the tissue and release the tension and easing of knots. These bamboo pieces are hand-crafted and shaped to smoothly glide over the body with warm oil.

### **HOT STONE MASSAGE**

*90 min*

Aromatic healing oils are combined with heated stones to create a deep warm massage to release tension and melt away stress. The therapist also uses their hands to apply gentle, steady pressure tailored to each guest's needs. The treatment eases tension, revitalizes energy, improves flexibility and releases toxins.

### **JET LAG RECOVERY MASSAGE**

*60/90 min*

A massage designed for the travelers who need a special treat at the end of their restless navigation from shore to shore. This invigorating massage starts with a gentle dry brush exfoliation that targets areas that are prone to poor circulation. The body is anointed with rich aromatic oils that are massaged into the skin with the added healing power of our therapist to restore energy depleted from long haul flights and working on the road, this medium pressure massage focuses on all the areas affected by frequent travel. You'll go back to your days of feeling energized, invigorated, and revitalized.

### **DEEP MUSCLE RELEASE MASSAGE**

*60/90 min*

This revitalizing deep massage eases sore muscles and enhances muscle recovery after exercise, sports activities or the tension and stresses of daily life. It combines deep enhancing strokes that work deep into stiff aching muscles also to release toxins out of the system. This massage uses oil and body gel that are designed for instant relief from muscle relief.

### **AROMATHERAPY MASSAGE**

*60/90 min*

Aromatherapy uses essential oils treatments to improve health and emotional well-being and restore balance to the body that improves circulation, enhances lymphatic drainage, and promotes relaxation. This light pressure massage uses long strokes to relax muscles and stimulate the lymphatic/circulatory systems. Enjoy the gentle caress of Aroma oil and relaxing herbs onto your skin and take pleasure in your moment of peace and quiet and experience uplifted energy.

### **MATERNITY MASSAGE**

*60 min*

This massage is aimed specifically to the needs of pregnant women. This nurturing experience assists in relieving many causes of discomfort during pregnancy. It reduces sore spots, discomfort such as backaches, cramps, and swelling. This aims to improve circulation and mobility to enhance physical and mental well-being during the pregnancy journey. Given only by specially trained therapists, this pampering experience is designed with the safety and comfort of mother and child in mind.

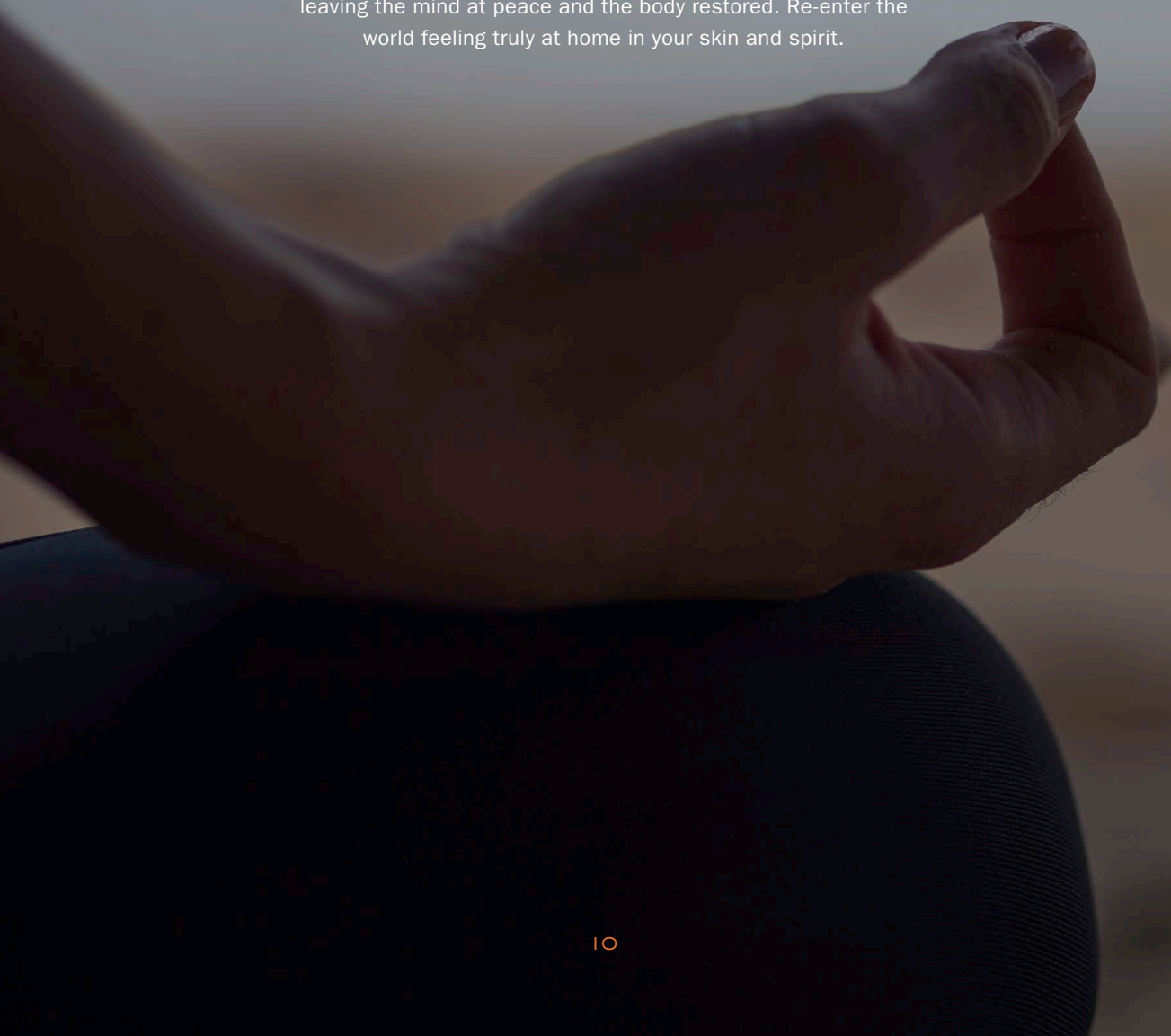




# BODY TREATMENTS

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Make time for your body, and it will return the favor. These two treatments bring together sensation and scent to heighten your perception of your physical self and your environment, leaving the mind at peace and the body restored. Re-enter the world feeling truly at home in your skin and spirit.



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## **BALANCE AND RESTORATION BODY EXPERIENCE**

*90 min*

This unique experience completely rejuvenates the skin and restores balance to the body. First, as you practice relaxing breathing techniques, you'll receive a back cleanse and exfoliation. Next, warm lavender oil is drizzled up and down the spine and worked into your skin using relaxing strokes. A rehydrating facial and luxurious pressure-point scalp massage with warm lavender oil.

## **TRADITIONAL HILOT FOOT AND BODY MASSAGE**

*90 min*

Restore balance and boost immune system with locally inspired signature massage created by Fairmont Spa Makati. This thoughtfully crafted foot and body massage ensures a truly authentic experience. Hilot is a 90-minute combination of healing and deep massage that will help harmonize and heal the body's elements to relax the mind with an antioxidant banana leaf strips laced with warm coconut oil. Traditional acupressure points using dagdagay (wooden) stick focused on the soles of the feet to release physical and emotional tensions.

## **DETOXIFYING MINERAL MUD WRAP**


*60 min*

This detoxifying experience begins with a stimulating dry brush exfoliation. The body is then cocooned with mineral and magnesium – rich for an immediate nutrient boost. This spa treatment rejuvenates and remineralizes the body while soothing tired muscles and brightening dull skin.

## **SEA SALT AND EUCALYPTUS BODY SCRUB**

*60 min*

An exhilarating mineral salt exfoliation is applied in a two-step treatment utilizing salt, rich in mineral and trace elements, mixed with eucalyptus and lavender essential oils. This body scrub stimulates circulation and leaves the skin smooth and soft.



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## COUPLE'S TREATMENTS - SPA BY DESIGN

### **ROMANCE SPECIAL FOR TWO**

*120 min*

This romantic spa date begins with a 30-minute couple's bath followed by a side by side relaxing massage to help soothe tired muscles and aching joints. This treatment ends with a 30-minute hydration facial to refine and brighten the face for that healthy glowing skin.

### **THE COUPLE'S RETREAT**

*90 min*

This couple's treatment starts with a 30-minute bath followed by relaxing aroma massage together. Enjoy quality time together while calming the mind using aromatic oils.

### **THE RETREAT FOR TWO**

*90 min*

Heaven for two. Spend time together as you enjoy a treatment to smooth and hydrate the body with this 30-minute nourishing exfoliating treatment using Mineral Sea salts to exfoliate, invigorate and remineralizes the skin. While the skin is polished by a 60-minute massage to a stress-free lustrous glow to the wonderful world of massage, share something you both love or spend quality time with your partner or best friend.





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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. This can include anything from the menu above.

## ADDITIONAL TIME

Our experienced coordinators would be happy to recommend any two – three – or five-hour spa packages suited to your specific needs. This can include anything from the menu above.

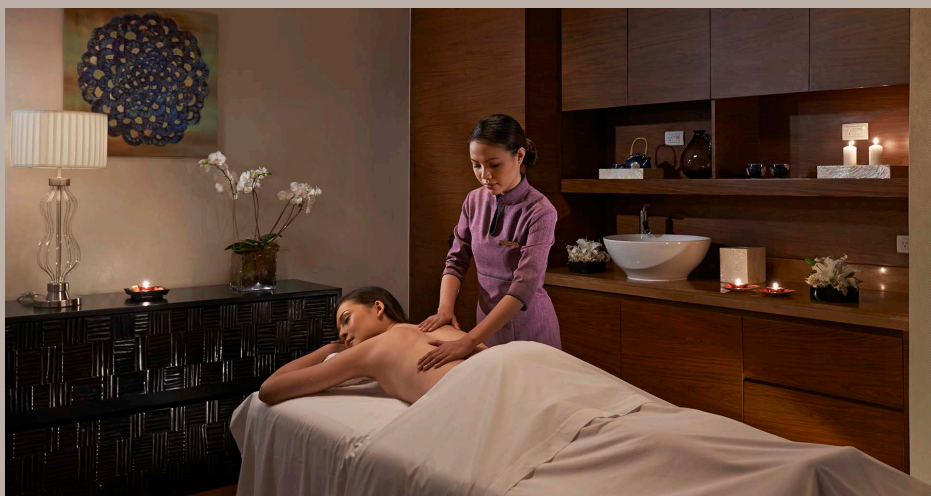
- Express Facial
- Foot Massage
- Back Massage
- Head Massage
- Hand Massage
- Couple's Soak Tub







# ABOUT



## FAIRMONT SPA MAKATI

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Whether you're visiting from the other side of the world or taking some time for yourself out of your busy schedule, we wholeheartedly welcome you to Fairmont Spa Makati.

Our spa experiences combine authentic and effective treatments with a place for you to spend time alone or with your friends. Social spaces by the pool, relaxation lounges and steam rooms, yoga and fitness areas — all are designed to stir our passion for living with abundant energy.



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## **ENVIRONMENT**

Fairmont Spa Makati is a place to restore your energy and relax. For your peace and privacy, we kindly ask you to use portable music players with earphones and keep mobile phones on silent mode. Video calls are not permitted in common areas. If you would to receive messages during your time with us, please let one of our colleagues know and we would be happy to assist you to a private area.

## **ARRIVAL AND ETIQUETTE**

We recommend you arrive 45 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience. To make any changes to your booking, please contact the Spa at: +63 2 7795 1822.

## **PERSONAL MATTERS**

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we can better customise your experience to your needs.

## **ATTIRE**

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. For your comfort, undergarments must be worn during treatments. We ask that you please leave jewellery and valuables in your hotel room.

## **SPA EXPERIENCE COORDINATORS**

Our Spa Experience Coordinators are happy to plan your treatments and answer your questions, in person or by phone.

## **MAKING APPOINTMENTS**

To book an appointment or discuss suitable experiences, please call +63 2 7795 1822 or choose the Fairmont Spa button on your phone and one of our Spa Experience Coordinators will be happy to assist you. To accommodate your preferences, advance reservation is recommended.

## **CANCELLATION POLICY**

If you wish to reschedule or cancel any single treatment appointments, please notify the Spa four hours in advance. On the other hand, cancellation or rescheduling of a spa package requires 24 hours notice. Missed appointments without proper notices are subject to 100% charge for reserved services

## **TAX**

All prices are in Philippine Pesos and include 12% VAT, 10% service charge and 0.75% municipal tax.

## **GRATUITY**

Additional gratuities can be added for exceptional service and settled with your bill upon check-out.







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# PRICE LIST

## FAIRMONT SPA SIGNATURE EXPRESSIONS

### ULTIMATE FAIRMONT SPA EXPERIENCE

150 min  
PHP 9,060

### CALM MIND

120 min  
PHP 7,560

## CLASSIC FACIALS

### CAVIAR ANTI-AGING FACIAL

90 min  
PHP 6,060

### BRIGHTENING LUMINESCENCE FACIAL

60 min  
PHP 4,490

### DEEP CLEANSING FACIAL

60 min  
PHP 3,970

## FACIAL ENHANCEMENTS

### INTENSIVE REPAIR AMPOULE

PHP 2,500

### VITAMIN C AMPOULE

PHP 1,500

### CHITOSAN MASQUE

PHP 1,000

## BODY TREATMENTS

### BALANCE AND RESTORATION BODY EXPERIENCE

90 min  
PHP 5,540

### TRADITIONAL HILOT FOOT AND BODY MASSAGE

90 min  
PHP 5,540

### DETOXIFYING MINERAL MUD WRAP

60 min  
PHP 4,490

### SEA SALT AND EUCALYPTUS BODY SCRUB

60 min  
PHP 3,970

## MASSAGES

### BAMBOO MASSAGE

90 min  
PHP 5,540

### HOT STONE MASSAGE

90 min  
PHP 5,540

### JET LAG RECOVERY MASSAGE

60/90 min  
PHP 3,520/5,020

### DEEP MUSCLE RELEASE MASSAGE

60/90 min  
PHP 3,520/5,020

### AROMATHERAPY MASSAGE

60/90 min  
PHP 3,000/4,500

### MATERNITY MASSAGE

60 min  
PHP 3,520



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## COUPLE'S TREATMENTS

### **ROMANCE SPECIAL FOR TWO**

*120 min*

PHP 15,120

### **THE REATREAT FOR TWO**

*90 min*

PHP 10,400

### **COUPLE'S RETREAT**

*90 min*

PHP 9,000

## ADDITIONAL TIME

To upgrade any of our present treatment list with additional time and services, the below mini treatments will suit your skin care needs, ensuring complete relaxation and rejuvenation.

Choose from a variety of 30-minute mini treatments including:

- Express Facial
- Foot Massage
- Back Massage
- Head Massage
- Hand Massage
- Couple's Soak Tub









