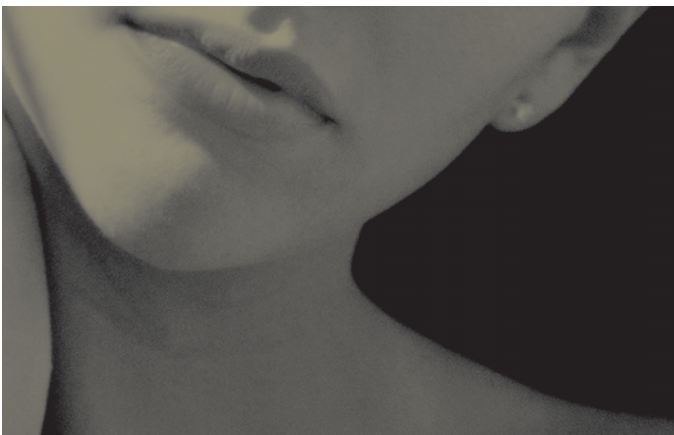




Fairmont
LE CHÂTEAU MONTEBELLO
QUÉBEC

FAIRMONT | spa



SPA EXPERIENCE

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Escape the routine of your fast-paced world in a quieter place, recover, and then dive back into life.

Nestled on the side of a rolling green hill, overlooking the marina, river and the surrounding forest, our spa mixes modern and traditional design, and incorporates the natural beauty of Montebello. Like a traditional Québec home, the fireplace in our Salon La Clairière (“clearing in the forest”) is the heart of the spa—the gathering place for our guests to relax and take in the natural views through our panoramic windows or on our porch.

Our couples’ suite, Salon La Source, is the ideal retreat from the pressures of life. Surrounded by lovely views of the river and marina, the suite features a fireplace, soaking tub for two, rain shower, and side-by-side treatment tables.

We’re also the perfect place for a girlfriends’ getaway. With gorgeous views, our Salon Du Soleil manicure and pedicure room focuses on fun and fabulous experiences.

Whatever your reason for visiting our spa, we have an experience you’re sure to enjoy. Create your own perfect spa moment from our many treatments: some focused on pure pampering or stress relief, and others that are inspired by your lifestyle.

Sit back, escape and let us take care of you.

JOIN US UNDER THE GREEN BLANKET

Our spa is a warm and comfortable sanctuary, the ideal place to restore your own balance.

A simple item, a blanket, can call up so many memories of comfort, security and warmth: a favourite blanket from childhood that comforted ... nestling into warmth and protection as the alarm clock rings loudly ... the hot sand of a relaxed summer picnic.

Green, the colour of the great Canadian outdoors, in turn, evokes nature's beautiful gifts: forests, grass, and lakes, all in balance with one another. It's fresh, clean, inspiring. Green is also the great healer, promoting deep, slow breathing and helping us relax muscles, nerves and thoughts. It brings us into balance through our hearts, our breath and our place in the world.

Come and see how we care for you while you're our guest. Relax, and get cozy under the warmth and comfort of the green blanket of Spa Fairmont Le Château Montebello.



Body treatments

NATURAL RICE BODY POLISH

Renewal / 60 minutes

A gentle and effective natural body polish that invigorates the skin, rids impurities and dead cells. Rice bran beads exfoliate roughness enabling the Bio-Maple™ to condition the skin. Warm vitamin-infused moisturizers enhance the polish, leaving the skin renewed.

MAPLE SUGAR BODY SCRUB

Nutrient rich / 60 minutes

A pampering, moisturizing body scrub enriched with Bio-Maple™. A gentle exfoliation improves circulation, while brightening dull, dry skin. Warmly scented therapeutic body lotion completes the pampering.

GREEN BLANKET BODY WRAP

Luxurious and relaxing / 90 minutes

A Montebello exclusive! It starts with a mild exfoliation preparing the skin for the super-rich Maple Body Butter that is lightly massaged into the skin. Enjoy a scalp massage while wrapped in the spa's signature green blanket allowing the body butter to soak into the skin. Pure Heaven.

TOTAL RECOVERY

Detoxification / 90 minutes

A toning body scrub prepares the skin for a nutrient rich seaweed wrap to nourish and rebalance the body with essential nutrients and anti oxidants. Moisturizing body milk is applied with signature serum for a firming and toning affect to the skin.

SEA ESSENTIALS

Energy / 60 minutes

A gentle scrub to start followed with a re-mineralizing body wrap created from the essential oils of ylang ylang, sage, lavender and sandalwood. This traditional treatment is the perfect way to instantly restore vital energy.

BODY BRONZING

Glow / 60 minutes

For a sun-kissed look without the damaging effects of the sun. A gentle exfoliation followed with a perfect application of mild, creamy self-tanning lotion. Your skin will be soft and glowing.

QUÉBEC NATURE

Spa tradition / 90 minutes

Draw on the gifts of Québec nature to restore your own true nature. Using the power of the coast, healing local mud, and aromatic scents of the region, the body is detoxified, nourished, and relaxed. Start with a body wrap with local Golden Moor Mud, then immerse in a therapeutic tub with re-mineralizing marine bath, followed by a light massage using uplifting essential oils.

MUSCLE AND JOINT RECOVERY

Therapeutic / 60 minutes

Perfect for anyone with sore, tired muscles due to sports, over activity, stress or the aches and pains that come with age. Starting with a hydro-tub seawater bath, followed with a therapeutic massage using essential oils to improve circulation and muscle recovery.

ENERGY OF THE SEA – THALASSO RITUAL

Healing / 90 minutes

The rejuvenating power of the sea inspires this healing ritual (that also offers a body firming effect). Starting with an application of algae — rich in marine active ingredients, then you're wrapped in a heated blanket to activate the absorption of the energy restoring nutrients. Followed by a hydro massage bath that is detoxifying and contouring. An application of marine based body firming cream completes the ritual.

FROM SEA TO SEE

Relax and radiate / 90 minutes

Beneficial marine ingredients and Thai inspired massage techniques combine to create this unique face and body treatment—a gentle exfoliation, long massage strokes, stretching, and steamed bolus filled with lavender and mineral crystals applied to areas of tension combine for an experience that provides extreme relaxation and silky skin.

RELAXING SCALP TREATMENT

Soothing and beneficial / 60 minutes

An application of an exquisite mixture of three natural oils (Argan, Cyperus and linseed) combined with a massage of your head and scalp, as well as lymphatic drainage of the head. This treatment will ease nervous tension and help to induce a deep state of relaxation. The treatment will end with a hair mask with nourishing and repairing properties.

Facial treatments

THE GREAT CANADIAN CUSTOMIZED FACIAL

Personalized / 60 minutes

A pampering and hydrating facial tailored to your skin needs that will rejuvenate all skin types. A great choice for the facial novice ... it combines skin analysis, deep cleansing, exfoliation with tiny rice beads and a clay masque. B. Kamins Bio-Maple™ compound moisturizers are blended to hydrate the skin, leaving it glowing. A pressure point massage to the face, neck, shoulders and arms melts away stress.

SOOTHING SENSITIVE SKIN FACIAL

Nourishment / 60 minutes

This specialized facial soothes and combats sensitivity on irritated and reddened skin with calming chamomile extract and natural clay. Ideal for guests with a low tolerance for skincare products, the treatment helps soothe irritation and reduce inflammation without clogging pores. Specialized gentle cleansing, hydrating and nurturing steps are taken to calmly rejuvenate fragile skin, leaving a glowing complexion.

ABOVE AND BEYOND GLYCOLIC FACIAL

Results / 60 minutes

This facial diminishes fine lines and wrinkles, increases cell renewal and exfoliates the surface to reveal a younger, healthier complexion. First a gentle glycolic acid peel helps refine and smooth the texture of the skin. Then a powerful hydrating masque with vitamins, minerals and essential oils are used to revive dull, tired-looking, and sun damaged skin. Your complexion is brightened and clarified. Includes a neck, décolleté and arm massage.

THERAPEUTIC ACTIVE AGING FACIAL

Ultimate effectiveness / 90 minutes

An energizing and uplifting anti-aging treatment to help refine and tighten fatigued fallow complexions resulting from aging. A powerful blend of anti-oxidants, including alpha lipoic acid and Bio-Maple™ compound, help combat free radicals, known to attack collagen and elastin fibers and cause skin to age. Healing copper and zinc oligopeptides aid in tissue repair for a remarkable and resilient complexion.

MONTEBELLO PARAFFIN FACIAL

Smooth and hydrate / 60 minutes

A signature facial created exclusively for Montebello features an exfoliating and hydrating treatment, and a maple-infused paraffin application to the face. Valuable nutrients penetrate and further hydrate the skin helping to minimize the appearance of fine lines and wrinkles.

TIMELESS SKIN FACIAL

Luxurious and effective / 90 minutes

Designed specifically for maturing skin, this facial draws from the sea to preserve skin's youthful appearance. A back massage and application of a self-heating mud starts the luxurious experience. Then marine spring water rich in minerals and trace elements is used on the face for improved vitality. Finally, two facial masques are used—one for maximum repair and hydration and one for anti aging and anti wrinkle—both offer a toning and lifting effect.

SEA MASCULIN FACE TREATMENT

Fresh and comfortable / 60 minutes

Made for the specific needs of a man's skin, this face treatment combines effective skin care and total relaxation. It begins with a back massage and application of self-heating mud to relieve tension. The face is first cleansed and oxygenated, followed with a facial masque and relaxing scalp massage. A customized moisturizing or anti aging cream finishes the treatment.

MONTEBELLO MEN FACE TREATMENT

Soothing / 60 minutes

Designed for the outdoor enthusiast who spends his days in the forests or on the lakes of the region, this relaxing, deep-cleansing facial was developed to repair and protect skin suffering from windburn and sun damage. It is combined with a mini-massage to relax sore, tired muscles, leaving you in a state of ultimate well-being.

GOLF FACE TREATMENT

Restore and protect / 90 minutes

This deeply hydrating facial uses Bio-Maple™ technology to help your skin recover from the outdoors. An invigorating exfoliation and massage on the arms, hands and feet will relax and revitalize your body, while a soothing shoulder and neck massage will condition golfer's muscles. The exclusive Willow Stream Sports Masque is used to brighten and guard skin from damage. Our 18 step Golf Facial is always above par.

MARINE SPRING WATER FACIAL

Revitalizing / 60 minutes

This facial is designed for mature skin to preserve its youthful appearance. Using spring water rich in minerals and trace elements, the skin radiates with vitality. A back massage and application of warming self-heating mud starts the luxurious experience.

BEYOND BOTOX FACIAL TREATMENT

Anti-aging / 60 minutes

A sophisticated result-oriented, anti-aging treatment to help rejuvenate, refine and lift fatigued and sallow complexions resulting from chronological skin aging. In this treatment we use different serums ending with our therapeutic brightening masque. This skin treatment is ideal for clients who are not candidates for invasive surgical procedures and have needs for specialized anti-aging.

Customized massages

RELAXATION

60 or 90 minutes

Tailored to your specific needs, this full body Swedish style massage offers a gentle to medium intensity to increase circulation, enhance lymphatic drainage and promote relaxation.

FOOT FOCUS

60 minutes

A foot reflexology style massage is a great treatment for anyone who needs a lift. Includes a head, neck and shoulder massage.

STRESS RELIEF

60 or 90 minutes

A customized medium pressure massage designed for stress relief, focusing on your tension points using therapeutic oil that promotes circulation.

EVASION TOTALE MONTEBELLO

60 or 90 minutes

A medium pressure massage with essential oils selected to reflect the forests and lakes of the area—enhancing your stay in the beautiful Outaouais region.

SPORTS

60 or 90 minutes

This deep massage executed with warm massage oil targets sore muscles and enhances muscle recovery after exercise or stresses of daily life. This therapeutic massage uses trigger point techniques and stretches. A mild soreness may result.

MONTEBELLO HOT STONE MASSAGE

60 or 90 minutes

The ancient art of hot stone massage will render you relaxed in minutes. You will feel the soothing warmth as these stones work their magic, an absolute body pampering. This treatment will relieve stress and leave you rejuvenated. For an experience unlike any other massage.

Balneo experiences

Add a 30-minute bath experience to any treatment (or take one home with you to continue the spa experience after you leave)

Choose from

- Detoxifying, Toning and Contouring
- Revitalizing and Anti-stress

Manicures and pedicures

All manicures and pedicures include nail grooming, polish application or nail buffing.

CLASSIC MANICURE OR PEDICURE

for women or men / 45 minutes

These classic treatments include hand or foot exfoliation and massage.

A paraffin upgrade may be added to any classic treatment
15 minutes

MONTEBELLO MANICURE OR PEDICURE

60 minutes

Using the exclusive scent of Montebello (eucalyptus, cedar and pine) our deluxe hand or foot experience includes an exfoliation, soak in mineral salts and essential oils, a paraffin treatment plus a hand and arm or foot and leg massage using hydrating body butter.

EXECUTIVE HAND OR FOOT TREATMENT

60 minutes

A relaxing nail grooming is perfect for every executive. Hand or foot exfoliation, moisturizing paraffin and body butter treatment, smooth the rough edges. Nail grooming and buffing creates a professional appearance.

MAPLE FOREST HAND TREATMENT

60 minutes

Like the changing of the leaves each season, this luxurious treatment renews your hands and prepares nails for polish. Hands are soaked and nails treated. A maple sugar hand scrub smoothes and softens rough, dry skin rejuvenating tired hands, then massaged and hydrated with a nourishing lotion, and finally dipped and wrapped in maple-infused paraffin to lock in moisture and leave skin silky smooth and revitalized. Designed for both men and women.

RE-ENERGIZING FOOT TREATMENT

60 minutes

Designed for men and women alike, this treatment feels like a walk on the rolling landscape of the Outaouais River. Feet are soaked, then exfoliated with a polishing and smoothing scrub to re-energize fatigued feet and smooth dry, rough skin. A diatomaceous earth masque is applied to the feet (toes kept clear) while nails are groomed. The rich blend of vitamins, minerals and moisture-attracting ingredients of the masque protect and condition tired feet, while anti-inflammatory ingredients help to soothe and cool. Followed by a foot massage with cellular exfoliating cream. (The masque may be replaced by a paraffin wrap following the foot massage to help lock in moisture and quench the feet.)

PORCH PEDICURE

Limited availability / 60 minutes

A unique Spa Fairmont Le Château Montebello tradition—take your pedicure outside to the spa porch, overlooking the river and marina. Tuck yourself under one of our signature green blankets and experience a Montebello Pedicure while relaxing in the lounge chairs. Includes a scrub, paraffin treatment and foot massage.

Couples treatments in Salon La Source

PER COUPLE

Enjoy a little quiet time together in your own private spa retreat featuring—a fireplace, soaking tub for two, rain shower and side by side treatment tables, all surrounded by lovely views of the river and marina. Salon La Source, (meaning mineral springs), is your “source” for romance, renewal and reconnecting.

LOVING MESSAGE

Loving—just like the name / 60 or 90 minutes

Side by side massages by the fireplace in our luxurious spa suite is a perfect setting for romantic time together. The massage uses a special blend of essential oils filled with love such as ylang ylang, Québec cedar, nutmeg and patchouli.

L'AMOUR DE MA VIE

Decadence for two / 90 minutes

Begin with a lover's candlelight bath, followed by side by side loving massages in front of the fireplace.

ROSE ROMANCE

Pure romance / 90 minutes

Your romantic spa retreat. Start with a side by side gentle dry brush of the skin, followed by a rose petal bath and finishing with side by side relaxation massages. You will feel rested, relaxed and romantic.

REKINDLING THE FLAME

Having fun / 2 hours

Perfect for those overly busy couples who just need some time away from it all, this fireside experience is guaranteed to rekindle the flame in the heart. This playful treatment starts with you sharing a split of champagne. Rice body exfoliant and facial clay masks are provided to put on each other. The rain shower is set up. The deep couples tub bath is drawn. The first hour is yours alone. The second hour is side-by-side massages in front of the fire. Simply fun.

Enhancing your spa experience

SPA EXPERIENCE

All treatments last at least an hour, as we believe that there are no short cuts to an outstanding spa experience. We're passionate about taking the time you need to relax and get the most out of your time with us.

SPA ENVIRONMENT

We are an adult sanctuary. Guests must be 18 years of age or older. We ask that you do not bring cell phones or other electronic devices to the spa in order to keep the spa quiet and protect your privacy. The front desk will be happy to assist you with messages during your spa visit.

RESERVATIONS

Please call 819 423 3099 or extension 7620 within the resort. Advance reservations prior to your arrival at the resort are recommended to accommodate your preferences. Our spa experience coordinators will help guide you to the perfect spa treatments.

CANCELLATION

If you must cancel or reschedule, we ask that you do this at least 4 hours in advance. If we cannot re-sell that appointment, it will be charged to your credit card. Cancellation of packages requires 24 hours notice.

HOURS OF OPERATION

Appointments can be made from 9:00 a.m. to 7:00 p.m. These hours of operation are subject to occasional change.

SPA ARRIVAL AND ETIQUETTE

We recommend that you arrive 30 minutes before your appointment time so that you are not rushed and so you can relax for a few minutes in our lounges. Please note all treatments will end on time regardless of the start time.

HEALTH MATTERS

Please inform us of any health matters at the time of booking so that we can suggest the best treatments. Conditions such as pregnancy, high blood pressure and allergies will determine which treatments are most appropriate. You will be asked to fill out a brief medical history upon your arrival at the spa so that your spa professional can better customize the treatment to your needs.

SPA ATTIRE

You will receive a robe, slippers and a locker for your personal belongings. If requested, we will also deliver these to your guest room so that you can go directly to the lounges to wait for your treatment.

For your comfort, undergarments can be worn during treatments, but rest assured that our therapists are highly trained in correct draping procedures for your complete privacy. For some treatments disposable underwear will be provided.

Please do not bring jewellery or other valuables to the spa. Some bath treatments have high mineral content and can discolor jewellery.

SPA EXPERIENCE COORDINATORS

Our team of coordinators is available to assist you in customizing your own spa experience from selecting your treatments to answering any of your questions.

TIPPING

Tipping of your service providers is welcomed. You may do this when settling your bill by adding it on to the charge or by leaving it in one of our cash envelopes available on check out. It is customary in this location to leave 15% if your service has been outstanding.

Rates are subject to change.

Occasionally not all services may be available.

*For spa reservations, please call 819 423 3099,
or extension 7620 within the resort.*

*For hotel or spa vacation packages, please visit
www.fairmont.com, or call 1 800 441 1414.*

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