



THE NATURAL SPRINGS SPA

# Welcome

*to the Natural Springs Spa  
at Fairmont Hot Springs Resort*

Enjoy a full-service day spa experience like no other. Natural botanicals. Warm, experienced staff. And the soothing, restorative natural hot springs.

Make a day of it! All spa guests are invited to transform their visit to the Natural Springs Spa into an all-day excursion. Stay for lunch or enjoy a drink from the lounge. Experience a fantastic range of private facilities available to you, and lose yourself in a world of relaxation and rejuvenation.

Guests may enjoy a complimentary fluffy white robe and use of our facilities:

- Dry Sauna
- Steam Room
- Nordic style hot and cold plunge pools
- Guest outdoor natural mineral pool



Enjoy *exclusive* guest amenities  
that will leave you relaxed,  
refreshed and rejuvenated.



# Massage Treatments

30 minutes \$65 60 minutes \$115 90 minutes \$155

Aromatherapy can be added to any massage for \$5.

A couple's room can be booked for two massages at no extra cost, when available.

## Relaxation

This massage uses Swedish techniques to help release muscular tension and improve overall circulation, leaving you with an all-encompassing feeling of well being.

## Shiatsu

This massage is an old, traditional, Japanese healing method which means "finger pressure". Pressure and stretching is the key. It helps to balance a person's energy flow and strengthen the vital organs.

## Reiki

A Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and keeps us alive.

## Hot Stone Massage 75 minutes \$140

This unique treatment is a must! The heated stones melt away tension as each rock is massaged into sore, fatigued muscles. The heat increases circulation and flushes toxins, putting you into a meditative state of relaxation.

**Deeper therapeutic massage** can be discussed with your therapist.



# Scrubs & Soaks

A deep cleansing exfoliating treatment for your body using various botanicals to achieve silky smooth results.

30 minutes \$85

Choose from the following:

**Glow** — aromatic sea salts and essential oils

**Olive** — tiny particles obtained from olive seeds are dispersed with a rich cream

**Rice** — provides an effective exfoliating ritual for skins with fair and delicate complexions.

**Lemongrass** — a cream base with natural walnut seeds and invigorating lemongrass

**Jasmine** — a cream base with natural walnut seeds and the intoxicating scent of jasmine

## Soaks

Soak away muscle tension, arthritic pain, and overall stress. The soothing calm of the water and the therapeutic ingredients will leave you refreshed. 25 minutes \$75

**Aromatic Mud** — natural Canadian moor mud with essential oils

**Tranquility** — luxurious aromatic milky oil

**Chocolate** — need we say more?

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# Facials

*Never sure what facial to pick? Not to worry, we do a professional skin assessment and customize the treatment to your skin's needs.*

## 60 minute facials \$125

**Silk** — A hydrating treatment to renew moisture and silkiness. Appropriate for all skin types.

**Pure** — Deep cleansing to render the skin both fresh and toned, ideal for purifying oily skin and skin prone to break outs.

**Refine** — A refreshing treatment that defies age and rejuvenates the skin.

**Gentle** — For sensitive skin.

## Enhancements to any 60 minute facial

to address your specific concerns. \$25

**Revive** — A rejuvenating eye treatment that reduces dark circles, puffiness and lines while nourishing and protecting your skin.

**Bloom** — Reduces fine lines while plumping and softening the lips.

**Glorious** — Reduces fine facial lines for a more youthful appearance.

**Radiant** — An Alpha Hydroxy Acid treatment which gently exfoliates, promoting radiance.

**Advanced Specialized Mask** and/or concentrated vitamin ampoules.

**The Ultimate** — This high-end facial includes one of the three facials above plus the advanced specialized mask, and the rejuvenating eye and lip treatment.

75 minutes \$179

**Express Facial** — Restore your natural glow with this introductory facial. A combination of revitalizing products and relaxation creates great results for the busiest of times.

25 minutes \$65

**Back to Beautiful** — Think facial but for your back. This treatment is great for clearing up problems be it dryness or breakouts. 45 minutes \$95

**Professional Makeup Applications** using Jane Iredale Mineral Makeup starts at \$55.

30 minute Makeup Consultation \$30

## Waxing

Full leg and Bikini	\$85	Underarms	\$30
Half Leg	\$40	Eyebrows	\$16
Bikini	\$35	Upper lip or chin	\$16
Brazilian	starting at \$55		

Tinting is available.

**Sacred Nature Organic Facial** — A profoundly nourishing and protective anti-aging treatment for all skin types, even the most sensitive. Detoxifies, soothes and shields the skin against environmental aggressors in an embracing ritual. Skin is immediately renewed and radiant.

\$125



# Wraps

All of our body wraps begin with an exfoliation which prepares the skin to receive the body mask. A mini facial can be added to any of the wraps for \$44.

**Kiyoshi Detox Body Wrap** — This fragrant creamy detoxifying treatment was designed specifically to purify and invigorate the skin. Sake and wasabi extracts infused with black pepper and ginger essential oils aid in improving circulation by stimulating blood flow to the skin, creating a warming effect and assisting in the drainage of lymphatic fluid. Rosemary, white tea and green tea, high in anti-oxidants, benefit cell renewal and help to fight free radicals. 60 minutes \$125

**Organic Black Bear Hug** — Rich in active ingredients such as grapefruit, peach, and papaya, this treatment improves elasticity, tone, and moisture balance to the skin. It includes a nourishing wrap, and beautiful body cream. Safe during pregnancy. 60 minutes \$120

**Sunsoul** — This self-tanning and anti-aging treatment revitalizes, nourishes and bestows a natural golden tone to the skin while protecting against oxidative damage which is responsible for prematurely aging skin. Includes mini facial.  
75 minutes \$175



## Sacred Nature Organic Ritual for Face and Body

— Natural Springs Spa is the only spa in the region offering this amazing trademarked ritual. Our therapists have specially trained in this sumptuous and unique technique. Sacred Nature's Organic Ritual is a sublime head to toe experience. It starts with a full body, creamy and nourishing exfoliation and is followed by a unique rhythmic application of tonifying body oil. Pure organics for the skin. For the planet.  
75 minutes \$175

**Repair** — With the extraordinary effects of kamani oil and walnut extract, the skin is reborn! A deeply penetrating serum is applied, followed by a protective cream. These ingredients provide cellular renewal and environmental protection, as well as deep moisturizing.  
60 minutes \$130

**Remodeler** — This cellulite treatment helps reduce fatty deposits and assists in improving both circulation and lymphatic drainage. Also, helps tone and remodel body contours. Best results are seen with a treatment series and proper home care. 60 minutes \$130

**Relief** — Do your legs retain water, feel tense or heavy? If so, this is the treatment for you. It reduces water retention, swelling, detoxifies and provides instant lightness and restores energy to fatigued legs. 45 minutes \$99

# Hands & Feet

**Signature Manicure** — Groom nails and soak hands in sea salts, followed by a gentle exfoliation with Pink Tea Hand Scrub. Then move on to a hydrating and brightening Thai White Clay Masque and finish with luxurious hand cream massage and complete treatment with an application of nail polish.

60 minutes      \$69

## Ultimate Manicure

Revitalize your hands, by starting with a hand soak, followed by nail and cuticle care, a hand massage, a paraffin treatment and finishing with polish.

60 minutes      \$59      With a French finish add \$13

## Sport Manicure

For men and women, this is a mini version of the ultimate manicure. Excludes paraffin and polish.

30 minutes      \$49

**Signature Pedicure** — Groom nails and soak feet, followed by an exfoliation with lemongrass scrub. Then move on to a hydrating and brightening Thai White Clay Masque and finish with luxurious foot cream massage and complete treatment with an application of nail polish.

60 minutes      \$87

## Ultimate Pedicure

A true foot care indulgence. The feet are soaked in an herbal bath, followed by exfoliation to remove dry and calloused skin and soften the feet. Paraffin and polish are included in this truly soulful experience.

60 minutes      \$77      With a French finish add \$13

## Sport Pedicure

For men and women, this is a mini version of the ultimate pedicure. Excludes paraffin and polish.

30 minutes      \$67

## Nail Polish change

Hands    \$25      Feet    \$25

## Detoxifying Foot Bath

Our Bio Energizer Foot Baths detoxify the body. When your cells are functioning correctly they allow vital nutrients to be absorbed into your body, which in turn results in the elimination of unwanted toxins. Help your cells along and boost your immune system with this rebalancing and re-energizing foot bath.

30 minutes      \$60



# Spa for Guys

## The Man Wrap

There's nothing girly about this, boys! You start out with a body scrub — just like the Turks — then you're wrapped in a nourishing body mask which rehydrates the skin. Finally, we finish off with a moisturizing cream which leaves the skin soft to the touch for that special someone — but definitely not too soft — you are a man of course!

60 minutes      \$120

## Men's Facial

Whether you're hard at work, on the golf course, or doing an intense presentation, we know the odd bead of sweat rolls down your face. All of our products are specifically formulated for what your skin is subjected to. Rather than have you try and guess which facial will work best for you, we take the guess work out of it. We assess your skin and your needs and determine which products would suit you best. Prepare for renewal and an awesome shoulder and hand massage.

60 minutes      \$125

## Sport

Think manicures and pedicures aren't for you? Gentlemen through the years have partaken in tidying up the appearance of their hands and feet. So whether you want to get those tired feet out of your work boots and into a soothing foot bath or you want to prevent that hang nail from catching in your golf glove, we can help.

30 minutes      \$49 manicure

30 minutes      \$67 pedicure

And of course, any of our regular services are suitable for you too.

[fairmonthot springs.com](http://fairmonthot springs.com)

# Products

## Jane Iredale Makeup

The most beautiful cosmetic you can wear is a healthy skin. Jane Iredale provides not just a refinement of normal makeup; it is a new technology. At last, a makeup that is good for the skin!

## Comfort Zone

Comfort Zone and Sacred Nature Organic products are conceived according to an innovative, contemporary spa approach to skin care bestowing exceptional care and pleasure for the skin and the senses.

## Akhassa

With ingredients that are 100% natural and well-known for their benefits to the skin, Akhassa's essential oils and extracts distilled from Asian plants, flowers, fruits and herbs provide a truly tropical home spa experience.



# Packages

## **Pearl** 2 hours \$120

Ultimate Manicure, Ultimate Pedicure

## **Solo Retreat** 1 hour \$120

25 minute Mud Soak, 30 minute Massage

## **Detox Package** 2 hours \$250

Kiyoshi Detox Body Wrap 60 minute, 60 minute Massage, plus a Mini Facial

## **Revive** 2 hours \$245

Organic Black Bear Hug, Mini Facial, 60 minute Massage

## **Woman's Seclusion** 3 hours \$230

Ultimate Manicure, Ultimate Pedicure, Facial

## **Gentleman's Retreat** 3 hours \$270

60 minute Aroma Massage, Facial, Sport Pedicure

## **Couple's Retreat** 1.25 hours \$240

Two 25 minute Mud Soaks, two 30 minute Massages

## **Balance** 3.25 hours \$300

Hot Stone Massage, Facial, Ultimate Pedicure

## **Indulge** 4.5 hours \$345

60 minute Aroma Massage, Facial, Ultimate Manicure, Ultimate Pedicure, Spa Lunch

## **Deluxe Duo** 4.5 hours \$690

Two 60 minute Massages, two Facials, two Ultimate Pedicures, two Ultimate Manicures, two Spa Lunches

All packages are per person (except the Deluxe Duo and the Couple's Retreat), are to be completed on the same day, and are subject to availability.



## Spa Etiquette

Please arrive 15 minutes prior to your appointment to allow for registration and to relax before your appointment. Please inform your therapist of any health concerns or allergies prior to your treatment. In order to maintain an environment of tranquility and relaxation, we do not allow small children in the upper level of the spa, and we ask that you turn off your cell phone. Gratuities are at your discretion and appreciated.

## Cancellation Policy

If you need to cancel or change your appointment please provide 48 hours notice or 100% of the treatment will be applied to your credit card.

## Hours of Operation

The spa is open seven days per week during peak season. Please contact us for current hours of operation.

## Reservations & Enquiries

Please contact the Natural Springs Spa at **250.345.6007** or **spa@fhsr.com**.

Group bookings and custom accommodation/spa packages are available. Prices are effective May 1, 2011, are subject to change without notice, and do not include applicable taxes. Group bookings are subject to a 15% service charge.

# 250.345.6007

spa@fhsr.com

## Sports Relief Package

This hour long treatment combines a 30 minute back and shoulder massage with a 30 minute leg treatment. The massage will help relieve tension while the leg treatment helps sore and tired legs to feel refreshed. This is a perfect treatment for hikers, skiers, golfers or anyone needing an overall pick-me-up. 60 minutes \$125.

## One Hour Massage: Three Styles to Choose.

Our most popular treatment! Release muscular tension and improve over-all circulation with the Swedish technique Relaxation Massage, balance your energy flow with the ancient and traditional Japanese Shiatsu Massage or promote healing and reduce stress with the Japanese technique Reiki Massage. A private couple's room is available at no extra cost for two massages, when available. 60 minutes \$115

## Ultimate Pedicure

A true foot care indulgence. The feet are soaked in an herbal bath, followed by exfoliation to remove dry and calloused skin and soften the feet. Paraffin and polish are included in this soulful experience.

60 minutes \$77. With a French finish add \$13.