

NATURAL SPRINGS SPA




FAIRMONT
HOT SPRINGS

IMMERSE *yourself*

SPA AMENITIES

MASSAGE TREATMENTS

All spa guests are invited to enjoy complimentary use of our facilities:

- Dry Sauna
- Steam Room
- Nordic style hot and cold plunge pools
- Guest outdoor natural mineral pool
- We offer use of our gym for when you book a personal training session or on a drop-in basis.

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

Deeper therapeutic massage can be discussed with our staff. Shiatsu and Reiki is offered by some Spa staff.

Aromatherapy can be added to any massage for \$5. A couple's room can be booked for 2 massages at no extra cost.

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

Hot Stone Massage

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.

75 minutes	\$140
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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 skins 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.

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 \$189

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

FACIALS

Enhancements to any 60 min. Facial \$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.

To address your specific concerns, enhance your treatment with an **Advanced Specialized Mask** and/or concentrated vitamin or collagen ampoules.

15 minutes \$40

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

30 minute Makeup Consultation \$30

Waxing and tinting is available.



SCRUBS & SOAKS

Glow — Your skin is gently massaged using a blend of aromatic sea salts and essential oils to remove impurities and dead skin cells. Circulation is stimulated and a “glow” is achieved.

30 minutes \$75

Olive — In close connection with the warmth and energy of the Mediterranean spirit, the tiny particles obtained from olive seeds are dispersed with a rich cream. Leaves your skin luminous.

45 minutes \$115

Coconut — Inspired by the passion of the Arabian traditions, and their search for refuge in the shadows of the oasis, the tiny smoothing particles obtained from coconut favour exfoliation for dry, dull skin.

45 minutes \$115

Rice — a source of wealth and sustenance for the Indian people — favours an effective exfoliating ritual for skins with fair and delicate complexions.

45 minutes \$115

Pearl — The mother of pearl powder adds lightness and shine to skin.

45 minutes \$115

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 black mud with essential oils

Tranquility — luxurious aromatic milky oil

Chocolate — need we say more?

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.

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

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.

75 minutes \$155

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.

75 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

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 \$45 manicure

30 minutes \$65 pedicure

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

HANDS AND FEET

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 \$55 With a French finish add \$10

Sport Manicure

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

30 minutes \$45

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 \$75

Sport Pedicure

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

30 minutes \$65

Nail Polish change

Hands \$20 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 in to 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

PACKAGES

Pearl

2 hours \$110.00

Ultimate Manicure, Ultimate Pedicure

Renewal

4 hours \$350.00

Organic Black Bear Hug, 30 min. Aroma Massage, Facial, Ultimate Pedicure, Spa Lunch



PACKAGES

Indulge

4.5 hours \$335.00

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

Balance

3.25 hours \$295.00

Hot Stone Massage, Facial, Ultimate Pedicure

Woman's Seclusion

3 hours \$220.00

Ultimate Manicure, Ultimate Pedicure, Facial

Gentleman's Retreat

3 hours \$265.00

60 minute Aroma Massage, Facial, Sport Pedicure

Deluxe Duo

4.5 hours \$670.00

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

Couples Retreat

1.25 hours \$240.00

Two 25 minute Mud Soaks, two 30 minute Massages

Solo Retreat

1 hour \$120

One 25 minute mud soak, one 30 minute massage

Revive

2 hours \$245.00

Organic Black Bear Hug, Mini Facial, 60 minute massage

All packages are per person (except the Deluxe Duo and the Couples 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 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. Please contact us for current hours of operation.

Reservations & Enquiries

Please contact the Natural Springs Spa at:

1.800.663.4979

250.345.6007

spa@fhsr.com

Group bookings are available. Prices are effective April 17, 2009, are subject to change without notice, and do not include GST. Group bookings are subject to a 15% service charge.

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