

# Fitness

Maintaining good health is the most important gift we can give ourselves. Whether you would like to begin a fitness program or intensify your routine, Willow Stream offers a variety of fitness services to experience healthy revitalizing living. Inquire about our fitness services to create a program suited to your lifestyle and needs.



## PERSONAL TRAINING

Personal Training	30 min. \$55 – Series of Three Sessions	\$145
	60 min. \$85 – Series of Three Sessions	\$225
Fitness Assessment	30 min.	\$55
Personal Training and Fitness Assessment combo	90 min.	\$119

*(Note: Includes Fitness Facility, Showers, Locker Rooms, Inhalation and Sauna, Steam, Spa Pool with Jacuzzis and sundeck).*

Exclusive to Fairmont Hotels Bermuda Guests (Daily)	\$39 per person
Unlimited use during Hotel stay	\$99 per person
Spa Access complimentary on day of spa treatment of \$129 or more	

*(Note: Please arrive dressed for workout. Does not include use of Showers, Locker Rooms, Spa Amenities, Spa Pool with Jacuzzis or Sundeck).*

Exclusive to Fairmont Hotels Bermuda Guests (Daily)	\$15 per person
Unlimited use during Hotel stay	\$40 per person

### ENHANCING YOUR SPA EXPERIENCE:

Willow Stream spa experiences last at least an hour because, as with everything worthwhile, there are no short cuts to an outstanding spa experience. We're passionate about taking all the time you need to find your energy.

**SPA ENVIRONMENT:** Willow Stream is an adult sanctuary. Guests must be 18 years of age or older. Cell phones, Blackberry or other electronic devices are not permitted in order to keep the spa area quiet and to protect your privacy. If you need to receive messages during your time with us, please let our spa staff know and we will be happy to assist you.

**RESERVATIONS:** Please call 441.239.6924 or 800-441-1414. At the hotel, call extension 6924. Advance reservations are recommended to accommodate your preferences. Our knowledgeable Spa Experience Coordinators are delighted to guide you to the experiences that suit your needs.

**CANCELLATION POLICY:** If you must reschedule or cancel an a la carte appointment, please notify the Spa four hours in advance to avoid being charged for the service. Cancellation of a package requires 24 hours notice.

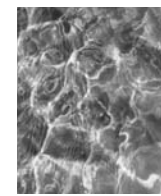
**HEALTH MATTERS:** Please inform us of any health conditions at the time of booking your appointment. These include: high blood pressure, heart condition, allergies or pregnancy. Also, consumption of alcohol before, during or directly after spa treatments is not recommended.

**SERVICE CHARGES:** An 15% service charge will be added to all spa services and packages.

*All prices are subject to change without notice.*

WILLOW STREAM SPA AT THE FAIRMONT SOUTHAMPTON  
 101 SOUTH SHORE ROAD, SOUTHAMPTON SN02 BERMUDA 441-239-6924  
 For spa vacation packages visit [www.willowstream.com](http://www.willowstream.com) or call 800-441-1414

# WILLOW STREAM SPA AT THE FAIRMONT SOUTHAMPTON



WILLOW STREAM  
 A FAIRMONT SPA

# Spa Price List



Willow Stream spas are all about *You*. Let us help you escape your fast-forward, mad current world and bring you to a quieter place to recover and to dive back into life energized. Make Willow Stream your own personal escape – a place to *find your energy*.

### BODY EXPERIENCES

Sea Splendor Body Oasis	120 min. \$349
The Rose Retreat	90 min. \$289
Tropical Essentials with Footbath	90 min. \$289
The Revitalizer	90 min. \$279
Balance Body	90 min. \$279
Willow Stream Elements	90 min. \$279
Jet Lag Recovery	90 min. \$269
Power of the Sea Thalasso Kur	90 min. \$259
Body Quench	60 min. \$189
Gentle Body Polish	60 min. \$179
Salt of the Sea Scrub	60 min. \$179
Island Inspiration Body Sorbet	60 min. \$179
Hip Honeyymooners (For Couples)	60 min. \$389
Ritual Of Two (For Couples)	120 min. \$499



### COMPANION EXPERIENCES

*(may be added to any spa experience)*

Thermal Mineral Bath	30 min. \$79
Thalassobath	30 min. \$79
Herbal Bath	30 min. \$79

### MASSAGE EXPERIENCES

East Meets West Bermuda Stone	90 min. \$259
	60 min. \$199
Bermuda Aromatherapy*	90 min. \$249
	60 min. \$189
Sports*	90 min. \$259
	60 min. \$199
Jet Lag*	60 min. \$189
Deluxe Reflexology	75 min. \$249
Reflexology*	60 min. \$189
Side by Side Couples	90 min. \$489
	60 min. \$389
Relaxation*	90 min. \$239
	60 min. \$179
Stress Relief*	90 min. \$249
	60 min. \$189
Maternity	60 min. \$189
Bliss in Bermuda	60 min. \$199

*\*In-room massage therapies available for these services for an additional \$45*

### SPORTS INSPIRED EXPERIENCES

Willow Stream Golf Facial	90 min. \$249
Up To Par Body Experience	60 min. \$209



### SEASONINGS

*A unique group of treatments that change each season.*

Total Adjustment	90 min. \$289
Footbath, Scrub, and Massage	90 min. \$269
Bath and Massage	60 min. \$209
Feet First	60 min. \$189



### FACIAL EXPERIENCES

The Ultimate Facial	90 min. \$279
Tranquillow	90 min. \$279
Advanced Age Correcting Facial	90 min. \$259
Willow Stream Facial for	
The Great Outdoors	90 min. \$249
Bermuda Aromatherapy Facial	90 min. \$249
	60 min. \$189
Beyond Botox Facial	60 min. \$189
Post-Game Face Treatment (men)	60 min. \$189
Sensitive Skin	60 min. \$189
Customized Deep Cleansing	60 min. \$179
Customized Gentleman's Barber	
Face Treatment	60 min. \$179

### FACIAL COMPANION TREATMENTS

*(may be added to any facial)*

Eye Rescue	\$25
Vitamin C Ampoule	\$35
Couperose Ampoule	\$35
Rejuvenating Ampoule Treatment	\$39
Marine Energy Ampoule	\$35
Glycolic Treatment	\$35

### Salon Services

Willow Stream Signature Manicure	60 min. \$129
Willow Stream Signature Pedicure	60 min. \$139
Deluxe Executive Hand Grooming (men)	60 min. \$109
Deluxe Executive Foot Grooming (men)	60 min. \$119
Bermuda Classic Manicure	45 min. \$69
Bermuda Classic Pedicure	45 min. \$79
Classic Hand Grooming (men)	45 min. \$69
Power Pedicure (men)	45 min. \$79
Polish Change Natural Nails	15 min. \$29
French may be added to any manicure or pedicure	15 min. \$19

*\* an additional treatment is required in order to receive spa access to all above treatments except Willow Stream Signature Manicure and Willow Stream Signature Pedicure*

### HAIR SERVICES (Ladies)

Shampoo, Cut & Blow Dry/Set	From \$99
Shampoo, Blow Dry/Set	From \$69
Updo	From \$129

### COLOUR (Ladies)

*(Including Blow Dry)*

Foil Hi-lights	Full \$179
Tint (Permanent)	From \$129
Semi-Permanent Colour	From \$129
Colour Correction	From \$250

### RE-TEXTURIZING

*(Including Blow Dry/Set)*

Perm	From \$195
Relaxer	From \$149

### HAIR SERVICES (Men)

Shampoo, Cut & Blow Dry	\$45
Cut and Foil Hi-lights	\$119
Cut and Colour	\$99



### BRIDAL SERVICES\*

Hair Updo	from \$129
Hair Updo Trial	from \$129
Makeup	from \$129
Makeup Trial	from \$129

*\*Consultation recommended*

### HAIR TREATMENTS\*

Customized Conditioning Treatment	\$89
<i>(Blow Dry or Set additional)</i>	
Brazilian Keratin	
Conditioning Treatment	\$399

*\* Consultation Recommended*