



# Fitness

## PERSONAL TRAINING

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.

Choose from Weight Training, Aerobic Conditioning, Core Conditioning, Yoga, Bosu, or Stability Ball.

1 Session	60 min.	\$ 75	6 Session Package	\$375
3 Session Package		\$195	10 Session Package	\$550

## Access Fees

Access is complimentary with the purchase of most spa services. Some restrictions apply.

Spa Access – Hotel Guest	\$69	Fitness Access – Hotel Guest	\$16
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### 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. Cell phones, Blackberry or other electronic devices are not permitted in order to keep the spa area quiet and to protect your privacy. Should you wish to receive messages during your time with us, please let our spa staff know and we'd be happy to assist you.

**RESERVATIONS:** Please call 403-762-1772 or 800-404-1772. At the hotel, call 1772. 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:** For your convenience a 15% gratuity plus 5% GST will be added to all spa services and packages.

*All prices are subject to change without notice.*

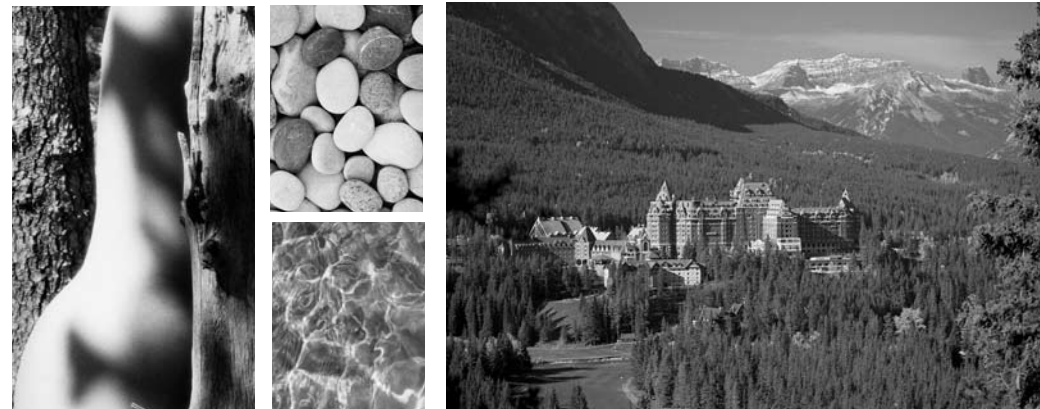
WILLOW STREAM SPA AT THE FAIRMONT BANFF SPRINGS  
P.O. BOX 960, 405 SPRAY AVENUE BANFF, ALBERTA T1L 1J4 800-404-1772

**GIFT CERTIFICATES:** Willow Stream Gift Certificates are available for purchase at our Spa Reception Desk. Please call 800-404-1772 or visit [www.willowstream.com](http://www.willowstream.com) for more information.

For spa vacation packages visit [www.willowstream.com](http://www.willowstream.com) or call 800-441-1414

12/09

# WILLOW STREAM SPA AT THE FAIRMONT BANFF SPRINGS



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

Ultimate Ascent	120 min.	\$355
Body Quench	60 min.	\$195
Hip Honeyymooners (For Couples)	60 min.	\$395
Ritual Of Two (For couples)	120 min.	\$635
Jet Lag Recovery	90 min.	\$265
Thalasso Kur	90 min.	\$275
Herbal Kur	90 min.	\$275
Balance Body	90 min.	\$285
The Revitalizer	90 min.	\$285
High Altitude	90 min.	\$275
Willow Stream Elements	90 min.	\$295
The Rose Renewal	90 min.	\$295
Wildflower Body Polish*	60 min.	\$175
Banff Mineral Scrub*	60 min.	\$175
Rockies Rehydration	60 min.	\$185
Maple Sugar Body Scrub	60 min.	\$185

\*Vichy Shower room available for an additional \$10.00

### SPORTS INSPIRED EXPERIENCES

Golf Performance Treatment Massage	60 min.	\$195
Up To Par Body Experience	60 min.	\$195
Willow Stream Golf Facial	90 min.	\$245
Willow Stream Facial For The Great Outdoors	90 min.	\$245
Apres Ski Performance Treatment Massage	60 min.	\$195



### MASSAGE EXPERIENCES

Relaxation	90 min.	\$255
	60 min.	\$175
Stress Relief	90 min.	\$265
	60 min.	\$185
Sports	90 min.	\$265
	60 min.	\$185
Side by Side Couples	90 min.	\$535
	60 min.	\$375
Jet Lag	60 min.	\$185
Mountain Stone	90 min.	\$275
	60 min.	\$195
Alpine Aromatherapy	90 min.	\$265
	60 min.	\$185
Reflexology	90 min.	\$265
	60 min.	\$185
Shiatsu	90 min.	\$265
	60 min.	\$185

### SEASONINGS

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

WINTER - Warming and Immune Building. SPRING – Cleansing and Renewing

SUMMER – Cooling and Soothing. FALL – Balancing and Grounding.

Feet First	60 min.	\$185
Bath and Massage	60 min.	\$185
Total Adjustment	90 min.	\$295
Footbath, Scrub, and Massage	90 min.	\$285



### FACIAL EXPERIENCES

The Ultimate	90 min.	\$265
Tranquillow	90 min.	\$265
Customized Deep Cleansing	60 min.	\$175
Sensitive Skin	60 min.	\$185
Customized Anti-aging	90 min.	\$245
Willow Stream Facial for		
The Great Outdoors	90 min.	\$245
Customized Gentleman's Barber		
Face Treatment	60 min.	\$175
Post-Game Face Treatment (men)	60 min.	\$195
Beyond Botox	60 min.	\$205

### FACIAL COMPANION TREATMENTS

*(may be added to any facial)*

Eye Rescue	\$25
Vitamin C Ampoule	\$45
Couperose Ampoule	\$45
Intense Repair Ampoule	\$45
Glycolic Treatment	\$79



### COMPANION EXPERIENCES

*(may be added to any spa experience)*

Thermal Mineral Bath	30 min.	\$85
Thalassobath	30 min.	\$85
Herbal Bath	30 min.	\$85
Aromatherapy Wrap	30 min.	\$85
Turkish Scrub	30 min.	\$85

## Salon Services

Banff Classic Manicure *	45 min.	\$65
Banff Classic Pedicure *	45 min.	\$85
<i>*A paraffin upgrade may be added (15 min) \$19</i>		
Willow Stream Signature Manicure	60 min.	\$75
Willow Stream Signature Pedicure	60 min.	\$95
Mountain Mint Pedicure	75 min.	\$105
Classic Hand Grooming (men)	45 min.	\$65
Power Pedicure (men)	45 min.	\$85
Deluxe Executive Hand Grooming (men)	60 min.	\$75
Deluxe Executive Foot Grooming (men)	60 min.	\$95

### HAIR SERVICES (WOMEN)

Cut and Style	\$59
Shampoo and blow dry	- short \$39
	- long \$45
Updo	from \$59
Updo Trial	\$65
Updo Bridal	from \$89

### COLOUR (WOMEN)

Permanent Colour	from \$75
Semi-Permanent	from \$75
Cut and Highlights	from \$139
Highlights	from \$99
Permanent/Texturing	from \$119

### MAKE-UP

Make-up Application	\$49
Bridal Make-up Application	\$69
Make-up Lesson	\$69

### HAIR SERVICES (MEN)

Cut and Style	\$40
Beard Trim	\$15
Cut and highlights	from \$85

### WAXING

Full waxing services available, starting at \$19

