

# 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.

### SPA EXERCISE FACILITIES

The exercise facilities at Willow Stream include a wide variety of state-ofthe-art Technogym equipment as well as a complete assortment of Cybex free weights, ab rollers, and exercise balls. Our cardio room includes the Technogym Wave Machine, treadmills, elliptical machines and bikes. Our fitness attendants are ready to assist you in using our equipment. Willow Stream offers a variety of exercise classes in our unique sky-lit aerobics room.

Refer to the weekly schedule for times and class descriptions.

Private Exercise Session 60 min. \$119 Exercise Classes - per class 60 min. \$15

### GIFT CARDS:

Willow Stream Gift Cards are available for purchase at our Spa Reception Desk Please call (305) 933-6930 or visit www.willowstream.com for more information

### 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. Cameras, 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 (305) 932-6200 or (305) 933-6930. 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.

Pilates builds strength without bulk, improves flexibility and agility and helps prevent injury. Enjoy a one-on-one session with a certified trainer in our private Pilates studio featuring state-of-the-art Balanced Body equipment including a Cadillac and Reformer. Pilates is a safe, sensible exercise system that will help you look and feel your very best, no matter your age or condition.

Pilates 60 min. \$119

CANCELLATION POLICY: Should you need to reschedule or cancel an appointment, we need a minimum of 4 hours notice or there will be a 50% charge of your total service (s). If you cancel with less than two hours notice, the full charge will be applied. All packages not cancelled within 24 hours will be charged 100%. Guests who cancel their room reservation need to cancel their spa services as well or they will be considered a no-show.

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: A 20% service charge will be automatically added to your spa services. Additional gratuity is at your discretion.

All prices are subject to change without notice.

WILLOW STREAM SPA AT THE FAIRMONT TURNBERRY ISLE RESORT & CLUB 19999 WEST COUNTRY CLUB DRIVE, AVENTURA, FLORIDA 33180 (305) 933-6930











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.

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Tropical Essentials	90 min. \$239
Body Quench	60 min. \$149
Hip to Hip (For Couples)	60 min. \$318
Balance Body	90 min. \$209
Jet Lag Recovery	90 min. \$209
The Revitalizer	90 min. \$209
Willow Stream Elements	90 min. \$239
Rose Renewal	90 min. \$249
Golden Sun Wrap	60 min. \$139

## FLORIDA RAIN MASSAGE

Ocean Waves	90 min \$209
Aroma Salt Exfoliation	60 min. \$139
Feast of Flowers	60 min. \$159
Gentle Body Polish	60 min. \$139

# 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. \$149
Total Adjustment	90 min. \$249
Scrub and Massage	60 min. \$159
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## INTERNATIONAL TREATMENTS

Royal Javanese Lulur	120 min. \$299
Passage to India	120 min. \$299
Thailand Treatment	120 min. \$299
Dreaming Body Ritual	120 min. \$299
Sound Therapy	60 min. \$159

# MASSAGE EXPERIENCES

Relaxation	90 min. \$189
	60 min. \$129
Stress Relief	90 min. \$199
	60 min. \$139
Aromatherapy	90 min. \$199
	60 min. \$139
Sports	90 min. \$209
	60 min. \$149
Duet Massage	90 min. \$378
	60 min. \$258
Jet Lag	60 min. \$149
Shiatsu	60 min \$139
East Meets West Hot Stone	90 min. \$209
	60 min. \$149
Deluxe Reflexology	75 min. \$179
Maternity	60 min. \$129
Garden Isle Massage	60min. \$139
Four Handed Massage	60 min. \$259
Lomi Lomi	60 min. \$139

# FACIAL EXPERIENCES

The Ultimate	90 min. \$249
Tranqwillow	90 min. \$249
Customized Deep Cleansing	60 min. \$129
Sensitive Skin	60 min. \$139
Customized Anti-aging	90 min. \$239
Willow Stream Facial for	
The Great Outdoors	90 min. \$209
Customized Gentleman's Barber	
Face Treatment	60 min. \$129
Post-Game Face Treatment (men)	60 min. \$149
Revitalizing Cell Facial	60 min. \$149
Tropical Garden Facial	60 min. \$139
Beyond Botox	60 min. \$169

# FACIAL COMPANION TREATMENTS

(may be added to any facial)

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Eye Rescue	\$3
Vitamin C Ampoule	\$3
Couperose Ampoule	\$3
Rejuvenating Ampoule	\$5
Marine Energy Ampoule	\$3
Glycolic Treatment	\$3
Eye & Lip Treatment	\$3

### BATH EXPERIENCES

(may be aaaea to any spa exp	erience)
Thermal Mineral Bath	30 min. \$7
Thalassobath	30 min. \$7
Herbal Bath	30 min. \$7
Aroma Mineral	30 min. \$7
Hydrotherapy	30 min. \$8



### SALON SERVICES

Turnberry Classic Manicure *	45 min.	\$44
Turnberry Classic Pedicure *	45 min.	\$54
* A paraffin upgrade may be added (15 m	in) \$12	
Willow Stream Signature Manicure	60 min.	\$64
Willow Stream Signature Pedicure	60 min.	\$74
Dreaming Manicure & Pedicure	90 min.	\$159
Classic Hand Grooming (men)	45 min.	\$44
Power Pedicure (men)	45 min.	\$54
Deluxe Executive Hand Grooming (men)	60 min.	\$64
Deluxe Executive Foot Grooming (men)	60 min.	\$74

### Waxing

Eyebrows, Lip, Chin or Underarm	\$35 eac
Arm or Bikini	\$60 eac
Half Leg or Back	\$70 eac
Full Leg	\$85

### TINTING

Eyebrow	\$49
Eyelash	\$59

### Make-up

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ake-up application	60 min. \$89
ake-up lesson	60 min. \$109

# SPORTS INSPIRED EXPERIENCES

Golf Performance Treatment Massage	60 min. \$159
Up To Par Body Experience	60 min. \$159
Willow Stream Golf Facial	90 min. \$209
Willow Stream Facial For The Great Outdoors	90 min. \$209