

WILLOW STREAM SPA AT FAIRMONT MAYAKOBA



WILLOW STREAM
A FAIRMONT SPA

Spa Guide



WILLOW STREAM SPA AT FAIRMONT MAYAKOBA

Located in the heart of a tropical jungle on the area's natural lagoons, lies an amazing back drop for a mystical spa journey reminiscent of the textures, colors and scents of the ancient Mayan culture.

There are places to rest and reflect, close to the elements the Mayans used thousands of years ago to erect their monuments and temples. They used Conchera, a fossil stone, Sascab as their mortar, natural green marble from Guatemala and the magnificent wood of the Zapote tree. You'll find the same elements incorporated throughout the spa.

The forest provides private canopies for the treatment rooms, overlooking the treetops of the mangrove forest. The romantic spa suite is a breathtaking opportunity to spend time with your loved one with side-by-side treatments. The men's and ladies' locker areas feature beautiful Mexican gardens with outdoor Swiss showers and whirlpools. On the rooftop, ease your muscles with the healing waters of the signature vitality pool, or find energy in the sea-mineral soaking pool.

You'll find unique treatments and experiences based on local tradition and flora, ranging from Willow Stream signature experiences to uniquely Mayan traditions featuring local herbs, essential oils, and extracts. One of the most popular is the *Cha Chac Rain Ritual*, based on the Mayan rain ritual. There is also the amazing *Yucatan Healing Retreat*, which you get to share with a special friend. For chocolate lovers, discover Cacao with *The Food of the Gods Body Nourisher*. Whichever you choose, the healing touches of our Willow Stream experience providers will guide you to renewing your energy.

Find inspiration at every turn. Find your energy.



Welcome to WILLOW STREAM SPAS AT FAIRMONT

Willow Stream spas are all about *You*. And you deserve more attention than you've been giving yourself lately. Let us help you escape your fast-forward, mad current world and bring you to a quieter place to recover and to dive into life again – energized.

We're serious about creating outstanding experiences but just being here is a joy. Our spas are relaxing, comfortable, sensorial.

All Willow Stream spas are sanctuaries inside Fairmont Hotels, in the most beautiful places in the world. The environment at each reflects its surroundings – the desert, the mountains or the sea. Our experiences are authentic – they work. Some are inspired by local traditions, plants and herbs. Others are designed for specific results like stress relief, diminishing the appearance of fine lines or connected to your favorite interests like golf, skiing or spending time outdoors. Some are just pure pampering. Whatever the result, we make sure all of our experiences feel wonderful.

Our staff will guide you to getting the most of your time with us. Make Willow Stream your place – your own personal escape – a place to *find your energy*.



The Willow Stream Spa Experience



Your spa experience is more than a treatment.

It starts with the phone call to make your appointment and ends with you filled with renewed energy.

Our Experience Coordinators will help you choose the perfect experience just for your needs and then our Massage Therapists and Aestheticians will customize your experience even more once you are with us.

Plan to spend time at a Willow Stream spa ... relax in one of our many mineral pools ... bring a book to sit by the fire or the pool and escape ... "chill out" in the steam room with Aromatherapy customized to the needs of the season.

Make the most of the time you deserve – you will feel the difference.

Why “find your energy”

Energy makes the difference between just living and living well.

Recharging your energy gives you the ability to handle just about anything life hands you – flowing through life rather than fighting it.

That's why energy renewal is our mission. We're passionate about having you leave us feeling energized.

Why Willow Stream?

We believe these two words reflect our philosophy, our connection to nature's elements.

The Willow

The *Willow* represents our deep-rooted authenticity, strong center and the flexibility of our spirit.

The Stream

The *Stream* is our energizing journey through life - bending, changing in a peaceful, purposeful manner as it finds its way around obstacles.



The *Circles* are ancient symbols for the world's essential elements: earth, air, fire and water. The Willow - wood - is the fifth element. Balancing the elements puts us in sync with nature's equilibrium. In your actual spa experiences, *Fire* might be an invigorating exfoliation, *Water* a hydrotherapy bath, *Air* an Aromatherapy facial, *Earth* a healing mud wrap and *Wood* a quiet moment in the spa lounge.

Body Experiences

BODY QUENCH – 60 minutes

Hydrating. Your skin will feel fabulous after this deeply hydrating experience. Pure avocado oil is the secret ingredient in this experience that includes a wrap, scalp massage with hair conditioning and a customized massage. A perfect treatment for dry, flaky, or sun/season exposed skin.

WILLOW STREAM ELEMENTS – 90 minutes

Spa Tradition. Discover the restorative power of nature's elements: earth (mud wrap), air (Aromatherapy), water (mineral bath), and fire (warm massage). This centuries old traditional spa experience combines a medicinal Moor mud wrap, therapeutic bath and massage. Very beneficial for dry or maturing skin.

BALANCE BODY – 90 minutes

Total Relaxation. Balance uses the Willow Stream Signature Aromatherapy blend of Vetiver, Cypress, Lemongrass, Ylang-Ylang, and Spikenard oils to balance spirit, body and mind. The experience begins with a footbath and exfoliation, continues with a hydrating oatmeal & honey body scrub (the best we've ever tried) and ends with a full body massage. A great experience for relaxation or if you need help sleeping.

THE REVITALIZER – 90 minutes

Invigorating. A full body experience that taps the power of our signature "Energy" product line. The essential oils of Ginger and Lemongrass are used in the exfoliation, wrap, hair conditioning treatment and body massage. Put moisture back into your skin and a spring back in your step.

JET LAG RECOVERY – 90 Minutes

Travel Recovery. This treatment is the perfect way to restore all of the negative effects of flying and time zone changes. The essential oils in this Aromatherapy bath and massage are selected to regulate sleep, recover skin dryness and dehydration, relieve tension headaches and restore your energy.

THE ROSE RETREAT – 90 minutes

Indulgence. Enjoy a gentle dry brush exfoliation to stimulate your skin, followed by a bath infused with Chamomile and Rose petals. The experience culminates with a soothing massage and wrap with Rose Geranium and Rose Flower Oil. This experience is pure indulgence not only for you but your skin and your attitude.

RITUAL OF TWO (For Couples) – 120 minutes

Fun. Welcome to spa time together. In our luxurious spa suite, your therapist will show you how to spend the first half hour together giving each other a spa treatment. You'll choose from a variety of muds and masques as well as a variety of baths and then be left alone to relax. The remainder of your time together, you'll have side-by-side full body Aromatherapy massages. (Our luxury spa suites feature specialty tubs and spacious treatment areas.)

HIP HONEYMOONERS (For Couples) – 60 minutes

Romantic. This experience is for new honeymooners or lifelong romantics. Composed of Rose petals, Rose oil and Rosehip oil, this treatment evokes the feeling of love, sensuality and romance. A side-by-side dry brushing with a Rosehip oil massage application and full body wrap has amazing power. A great way to give or get roses any time of year.

Locally Inspired

YUCATAN HEALING RETREAT (For Couples) – 120 minutes

Togetherness. Our signature couples retreat is offered in your own spa suite complete with private balcony, bath, shower and bathroom. You help create your Yucatan experience by choosing from an assortment of local healing and beauty remedies that best suit your needs and mood. A Mexican sarong is presented to wear in comfort throughout the treatment and to take home. This experience includes a relaxing footbath and curativo on the patio, a choice of sea and sand body scrubs, followed by a choice of three body masks selected from local favorites – Mayan clay, cacao or honey and yoghurt. A bath in the soaking tub precedes side-by-side massages with tropical oils.

FOOD OF THE GODS BODY NOURISHER – 60 minutes

Delight. Cacao, the Mayan word for chocolate, was highly revered in pre-Hispanic Mexico and was offered as a tribute to the gods. Cacao was considered edible gold and today we acknowledge it for its high levels of health as a gifted food and nourishment for the body inside and out. This experience includes a cacao mask body wrap (high in anti-oxidants) a scalp massage and hair treatment and a nourishing massage application of pure coconut oil and rose essence.

CHA CHAC RAIN RITUAL – 90 minutes

Magic. Enter the mystical Cha Chac Rain Room and leave the outer world behind. Chac, the Rain god was one of the most important gods in Mayan history and the word “cha” means to “let go” or “letting loose”. It begins with a traditional blessing and burning of copal incense. Then relax on the rain table with an application of a healing body mask of cornmeal, clay and oats. The mask is then exfoliated with an Ayate cloth, followed by a warm overhead rainwater rinse. A massage application of sage oil is the final ingredient to letting go.

POWER OF THE SEA THALASSO KUR – 90 minutes

Healing. The world-renowned rejuvenating effects of the sea underscore this therapeutic ritual. The relaxing tone is set with a footbath and sea salt foot scrub on your own private patio while you enjoy a healthy, local fruit drink called a “curativo”. This is followed with a warm Spirulina algae wrap to nourish the body and help maintain healthy skin. Then you are immersed in a therapeutic hydrotherapy bath filled with sea algae, sea salts, and aromatic essences. Finish with a luxurious massage that will leave your body relaxed and your mind at peace.

HONEY IN THE HEART - 60 minutes

Pure bliss. In the traditional Mayan Temezcal ceremony, honey is used to remind us of the sweetness of life. The traditional blessing “all good things, no evil, honey in the heart and 13 thank yous” inspired this treatment. It begins with a honey body mask applied to feed and hydrate the skin, then removed with a rainforest rinse under the vichy shower. Followed by a relaxing massage and ends with a sip of honey. (It is recommended that a steam be taken before the treatment to assist in the elimination of impurities and encourage deep cleansing.)

HEAVENLY BODY – 90 minutes

Divine. Just what you need in our warm weather. This experience is refreshing and engages all the senses in heavenly delight. It begins with a rejuvenating foot soak on your own private patio, followed by a dry brush exfoliation. A body oilation with the most precious and exotic aromatherapy oils releases muscle tension and induces a euphoric state. The experience ends with an invigorating hand and foot scrub and a mini-face treatment. Heaven on earth.

SUN WORSHIPPER SKIN QUENCHER DELUXE - 90 minutes

(A 60 minute Sun Worshipper experience is also available without the bath)

Soothing. The ultimate relief for sun-exposed skin begins with a yoghurt and honey bath to instantly sooth sunburn and hydrate the skin. Followed by a wrap in a healing aloe glaze that also includes a gentle foot massage. The healing continues with the application of aloe and rosehip oil to keep skin hydrated and cool.



UNDER THE MAYAN MOON

Memorable. The full moon held special meaning for the Mayans. We chose to celebrate this reverence with our Mayan Moon experience only once a month under the full Mexican Moon. This secret ceremony will change each month and will have limited availability. Please ask our spa experience coordinators for more information.

MAYAN BATH RITUAL - 60 minutes

Hydrating. The Mayan bath ritual is an ancient tradition symbolizing the cleansing of the body and soul. In the spirit of tradition, this ritual starts with a purification blessing of copal incense followed by an herbal footbath on a private treatment room patio. A body mask is prepared of cornmeal, yoghurt and honey and applied to the body as a mask. You are then immersed in an herbal flower bath with an Ayate cloth to exfoliate the mask off. A nourishing massage follows with a selection of oils including coconut, sage or tropical euphoria.

MAYAN CLAY PURIFICATION – 90 minutes

Energy from the earth. For centuries, Mayans have incorporated massage, healing herbs, bathing rituals and clays for physical and spiritual healing. This experience starts with the presentation of a Mexican sarong (also to take home) and a bundle of Ruda herbs. Wearing the sarong, you are escorted to the steam and shown the traditional thrashing technique in the steam. In the treatment room, a body mask of Mayan clay is applied and let dry. The clay is exfoliated and removed with water and an Ayate cloth of cactus fibres. A massage follows using sage oil applied with warmed Mexican obsidian stones.

PAPAYA BODY ILLUMINATION – 60 minutes

Radiance. This exotic body exfoliation combines fresh fruit enzymes, one of nature’s best remedies for skin cell renewal, with gentle native cornmeal, for a gentle polish that leaves the skin illuminated with a healthy glow. Tropical flower oils of Jasmine and Ylang Ylang are combined with Lime and applied to the body to condition and soften the skin and leave you radiant from head to toe.

Seasonal Experiences

Enjoy each season your way. Our bodies have specific needs at the turn of each season. This group of treatments – inspired by the traditions of Eastern Ayurveda (pronounced eye - jur - vey - da), utilizes a unique blend of essential oils developed to be most beneficial for each season. (You might also recognize the scent in the spa as we change the Aromatherapy for each season.)

WINTER: warming and immune building SPRING: cleansing and renewing
SUMMER: cooling and soothing FALL: balancing and grounding



TOTAL ADJUSTMENT – 90 minutes

The name says it all. This experience inspired by ancient Ayurvedic (eastern) wisdom, is a wonderful introduction to Ayurveda. Combining our spa's six most popular experiences and our special *seasonings* essential oils into one divine total body experience. This treatment includes a footbath and scrub, botanical body mask, herbal exfoliation with dry brushing, massage, hot towel wrap, and mini-face treatment. Leaves the skin soft, smooth and nourished. Perfect for those that want to experience it all.

FEET FIRST – 60 minutes

Tension Relief. The reflex points on the feet and hands correspond to points located throughout the body. Massaging reflex points relieves your entire body's tension. This experience begins with a *seasonings* foot soak and scrub. A foot and hand massage focusing on vital energy points follows. While hands and feet absorb in the essential oils, the head neck and shoulders are massaged. A great head to toe tension reliever for any season.

SEASONINGS

Adjusting these signature spa experiences to the seasons, changes the results and the benefits. All feature our unique seasonings blend of essential oils.

BATH & MASSAGE – 60 minutes

A therapeutic seasonal bath has been used for centuries for healing and when combined with a nurturing seasonal Aromatherapy massage this treatment helps the body keep in tune with seasonal changes.

SCRUB & MASSAGE – 90 minutes

A body scrub to revive the skin teamed with a full body massage using aromatherapy oil adjusted for seasonal needs help you find your energy whatever the season.



Bath Experiences

Add a 30 minute bath to any experience or purchase one to take with you for a spa feeling at home.

SEAWEED BATH (BAÑO DE ALGAS MARINAS) – 30 minutes

This purifying seaweed bath contains a high content of vital minerals and trace elements that stimulate circulation and accelerate the body's natural rate of perspiration, assisting in overall detoxification. Great for stress relief.

THERMAL MINERAL BATH – 30 minutes

Therapeutic remineralizing salts contain active minerals and trace elements which absorb into the skin during bathing. This bath helps detoxify and balance the body and is especially beneficial for sore muscles and aching joints.

HERBAL BATH – 30 minutes

Choose one of our baths based on natural remedies with potent aromatic oils and rich botanicals. Eucalyptus, Melisse (Melissa), Heublumen (Wildflowers), Kamille (Chamomile), or Fichtennadel (Pine).

Customized Massage Experiences

STRESS RELIEF – 60 or 90 minutes

This ultimate customized massage experience was designed with the sole purpose of stress relief. It is a medium pressure massage that focuses on all of your main tension points – head, neck, shoulders, back and feet.

RELAXATION – 60 or 90 minutes

Tailored to your specific needs or preference, this popular full-body Swedish style massage offers a gentle to medium intensity to increase circulation, enhance lymphatic drainage and promote relaxation. Using long, smooth strokes to relax muscles and stimulate the lymphatic/circulatory systems.

SPORTS – 60 or 90 minutes

This deep massage targets sore muscles and enhances muscle recovery after exercise, sports activities or the tension and stresses of daily life. It combines deep work with stretching, rocking, and circulation enhancing strokes to move lactic acid out of the system. A mild soreness may result.

JET LAG – 60 minutes

Using essential oils selected to regulate sleep, hydrate skin, relieve tension headaches and restore energy depleted through travel, this medium pressure massage focuses on all the areas affected by frequent travel - legs, neck, back, shoulders and feet.

MEXICAN OBSIDIAN STONE – 60 or 90 minutes

The Willow Stream Balance Oil is combined with Mexican obsidian stones (believed to connect and balance mind and emotions) warmed in water to create a deep heat massage and a unique aroma to release tension.



EAST MEETS WEST STONE – 60 or 90 minutes

Earth, air, fire and water are united to create this eastern-based, Ayurvedic treatment. The Ayurvedic oils, including a blend of Cinnamon, Sage, Rosemary, Basil and Rose, are combined with massage techniques using warm ballast stones to create a unique experience to melt away stress.

SIDE BY SIDE COUPLES – 60 or 90 minutes

Spend quiet time together while enjoying side-by-side relaxation massages. The perfect gift to give each other...time together.

TROPICAL EUPHORIA AROMATHERAPY – 60 or 90 minutes

A relaxation massage with an essential oil blend of tropical essences including jasmine, ylang ylang and lime to help you find your energy and balance throughout the day.

REFLEXOLOGY – 60 or 90 minutes

One of the world's oldest healing methods, using a unique massage technique applied to the feet and hands bringing all of the body's organs back into balance.

SUN RELIEF FACE TREATMENT – 15 minutes

(Upgrade to any body treatment) This is a mini face treatment for sun exposed or sunburned skin. It includes a gentle wash followed by fresh Cucumber and aloe recovery gel mask. It finishes with a herbal face serum that leaves the skin supple and thoroughly hydrated.

Facial Experiences

THE ULTIMATE – 90 minutes

Ultimate Effectiveness – Ultimate Feel. This anti-aging facial experience is designed to make you look and feel fabulous...immediately. The experience begins at your feet with a foot scrub and footbath and moves to facial heaven. Featuring the latest in skin care science in the form of Kerstin Florian's signature Caviar line, this facial includes a skin exfoliation, contour lifting face massage, protein rich marine energy sheet to improve luminosity and reduce the appearance of fine lines and our exclusive Willow Stream Marine Energy Ampoule. This serum ampoule is an intensive antioxidant concentrate that deeply nourishes and firms the skin – reawakening its youthful vitality. You'll feel and see the difference immediately.

TRANQWILLOW

FACE & BACK EXPERIENCE – 90 minutes

Awaken. A unique experience, which completely rejuvenates the skin and rebalances the body. We begin face down with relaxation breathing techniques. In this state of relaxation, a back cleanse and exfoliation precedes the drizzling of warm Lavender massage oil up and down the spine with energizing massage strokes. Gently turning over we continue with a luxurious facial. During the rehydrating facial, warm Lavender infused oil is massaged into the scalp. We continue the flow with a luxurious pressure point scalp massage. Feel your energy awakening.

CUSTOMIZED ANTI-AGING – 90 minutes

Results. Tailored to your own needs for optimum benefit, this anti-aging facial transforms the skin as it firms, hydrates, refines and tones. It features skin renewing antioxidant formulas, marine proteins, a contouring and lifting massage technique and a hydrating masque. Your cellular renewal is complete with a serum ampoule boost chosen just for you.



CUSTOMIZED DEEP CLEANSING – 60 minutes

European Style. Personalized to provide you with the most benefits, this deep cleansing facial includes a professional skin analysis, gentle exfoliation, a facial massage to promote circulation, a nourishing masque and antioxidants to restore the skin. A detailed home care program consultation ensures continued results.

SENSITIVE SKIN – 60 minutes

Nourish. Sensitive skin can be the result of many things - environmental elements, rosacea, aggressive medical peels or laser treatments. All require a personalized approach. This ultimate gentle therapy improves the skin's tolerance to irritations, reduces inflammation, nourishes and gives renewed protection.

SUEÑOS DEL MAR (OCEAN DREAMS)

AROMATHERAPY – 60 minutes

Renewal. For all skin types. Inspired by the Mayan reverence for water and the ocean, local herbs and tropical aromatherapy. Gently cleansing the skin with a Pineapple enzyme peel, then purifying and nourishing the skin with a masque rich in minerals, trace elements and Tepeschuite (a local healing bark extract). Provides intensive moisture and cellular renewal.

Sports Inspired Experiences

WILLOW STREAM GOLF FACIAL – 90 minutes

Restore and Protect. Because of their exposure to the elements (sun, wind, and extreme temperature changes), golfers face unique challenges to their skin. This hydrating facial was designed to moisturize, repair, and protect your skin from the sun. Followed by a soothing shoulder, hand and foot massage – to relax and revitalize the tired muscles of the golf enthusiast. The experience also features the exclusive Willow Stream Sports Masque, that softens and brightens the skin and helps repair skin damaged by the elements. Includes a Willow Stream Golf Gift.

GOLF PERFORMANCE TREATMENT MASSAGE – 60 minutes

Results. A Willow Stream exclusive massage therapy endorsed by world-class professional golf instructor David Leadbetter and professional golfer Charles Howell III. The combination of massage, stretching and acupressure will aid in improving golf performance and avoiding injury. The treatment assists in improved balance and swing rotation for distance and accuracy.

SALON EXPERIENCES

Waiting on you hand & foot

*Whatever the day's events bring, you'll look and feel your best.
All salon experiences have an added dimension to give you energy.
Consult our price list for our full range of services.*

WILLOW STREAM SIGNATURE MANICURE – 60 minutes

Using the signature Willow Stream Energy product line, this manicure is a deluxe hand experience that includes a unique gommage hand exfoliation, myrrh nail oil application to promote healthy nails, a hand soak in mineral salts and essential oils, a paraffin treatment plus a hand and arm massage using hydrating and skin conditioning body butter. Also includes nail shaping and polish application.

WILLOW STREAM SIGNATURE PEDICURE – 60 minutes

Using our signature Willow Stream Energy products, this experience is not only a beauty treatment for your feet but an energizing lift for the whole body. Our deluxe treatment includes an exfoliation, and foot soak in sea salts and minerals, a paraffin treatment and a foot massage with hydrating body butter. Nail shaping and polish application included.

UP TO PAR BODY EXPERIENCE – 60 minutes

Skin Conditioning. Tones and hydrates sun-exposed skin, while relaxing body and mind, this experience begins with a nutritional avocado wrap and scalp and hair treatment followed by a customized massage with pure avocado oil to address the needs of every golfer.

ACTIVE WOMEN'S FACIAL – 90 minutes

Fresh and Effective. This hydrating facial was designed to moisturize, repair and protect your skin from the sun. It also includes a soothing shoulder, hand and foot massage to relax and revitalize tired muscles. Features the exclusive Willow Stream Sports Masque, which diminishes skin damage caused by the elements.

Sports minded guests might also enjoy

WILLOW STREAM SIGNATURE MANICURE OR PEDICURE

DELUXE EXECUTIVE HAND GROOMING OR POWER PEDICURE

STRESS RELIEF MASSAGE • SPORTS MASSAGE • FEET FIRST



MAYAKOBA CLASSIC MANICURE – 45 minutes

A classic manicure featuring the exclusive signature scent of Mayakoba – Sweet Orange – our manicure includes hand soak and massage as well as nail shaping and polish application.

MAYAKOBA CLASSIC PEDICURE – 45 minutes

Our classic pedicure featuring our signature scent Sweet Orange is exclusive to Mayakoba. Enjoy a foot soak, exfoliation, massage, nail shaping and polish application. This pedicure creates terrific toes and a spring in your step.

A paraffin upgrade may be added to either Classic treatment (15 minutes)

Just for Men

CUSTOMIZED GENTLEMAN'S BARBER FACE TREATMENT - 60 minutes

Soothing. A deep cleansing and revitalizing facial experience designed specifically for the special needs of men's skin, including razor burn. Additional care is taken to analyze the skin. To complete the experience, a face, neck and shoulder massage is performed fulfilling the traditional barber experience without the shave.

MEN'S POST GAME FACE TREATMENT – 60 minutes

Relaxing and Deep Cleansing. A men's facial developed to treat, repair and protect skin that is subject to a lot of sweating due to activity from golf to yard work to high pressure presentations. The treatment includes a shoulder and neck massage for tension relief as well as revitalizing exfoliations and massage on the arms, hands and feet.



DELUXE EXECUTIVE HAND GROOMING – 60 minutes

A healthy approach to a traditional manicure, this deluxe treatment begins with a soak in thermal minerals and essential oils, continues with a unique Turkish salt hand exfoliation and winds up with a luxurious hand massage and paraffin treatment to relieve dry skin.

DELUXE EXECUTIVE FOOT GROOMING – 60 minutes

This foot grooming helps to stimulate circulation as well as revitalize weary feet. Eucalyptus and Turkish salts exfoliate the feet, which then are immersed in a rejuvenating Eucalyptus footbath. A paraffin treatment follows, to relieve dry and cracked skin. The grooming is completed with a foot massage using a therapeutic foot balm to seal in the moisture.

CLASSIC HAND GROOMING – 45 minutes

A healthy approach to the traditional manicure featuring our signature Willow Stream Energy product line. The treatment begins with hand exfoliation, nail oil application, a hand soak with minerals and essential oils, followed by a hand massage with hydrating and skin conditioning body butter.

POWER PEDICURE – 45 minutes

This pedicure helps to stimulate circulation and revive weary feet, which restores energy to your entire body. Enjoy an exfoliation, nail oil application, foot soak, and foot massage featuring our signature Willow Stream Energy product line.

Other popular experiences recommended for men

STRESS RELIEF MASSAGE · JET LAG MASSAGE · SPORTS INSPIRED EXPERIENCES · FEET FIRST



Fitness Services

Maintaining good health is the most important gift we can give ourselves. Our unique spa experiences are enhanced with an optimal fitness program to truly begin the healing from within. Whether you would like to begin a fitness program, try yoga for the first time or boost your routine, Willow Stream offers a variety of fitness services to experience healthy revitalizing living. Inquire about our fitness services and classes to create a program suited to your lifestyle and needs.

Willow Stream Spa Products

A vital part of the spa experience is the oils, creams, lotions, scrubs, etc that are used during the treatment and the opportunity to continue the beneficial results with a home care program. In addition to our signature Willow Stream Collection of products featuring Energy and Balance, we have also chosen the exceptional products offered by Kerstin Florian International, Tara Spa Therapy, B. Kamin's Chemist and Jane Iredale Mineral Make-up for our spa experiences. We use these unique skin, body care and make-up collections, not only because of the quality and care put into each product, but because we all share similar philosophies about health and energy.



The Willow Stream Collection

– WILLOW STREAM ENERGY –

A full range of bath, hair and skin-care products. Each includes the essences of **Lemongrass** (refreshing and uplifting), **Ginger** (invigorating, stimulating, confidence-building) and **Sandalwood** (balancing, grounding, exotic). Moisturizing ingredients provide essential hydration.

Willow Stream Energy includes:

Shampoo, Conditioner, Creamy Bath and Shower Cleanser, Exfoliating Creamy Cleanser, Body Lotion, Body & Bath Oil, Hydrating Spritz, Hydrating Exfoliating Crème, Avocado Wrap, Bath Salts, Body Butter, Bath Spheres, Body Bar and Candle.

– WILLOW STREAM BALANCE –

Our special Aromatherapy line created with Hawaii's Warren Botanicals. Senses are awakened with the essential oils found in the Willow Stream Balance collection, including: **Spikenard**, (one of the most ancient aromatic oils used to regulate the heart, calm the nervous system and harmonize the whole body); **Vetiver**, (assists in relieving inflammatory disorders of the joints and to center our spirit); **Ylang-Ylang**, (helps to open the mind); **Cypress** (to increase blood circulation and boost our energy); and **Lemongrass** (to tone muscles and uplift the body and spirit).

Willow Stream Balance includes:

Bath Crystals, Body Lotion, Hydrating Body Scrub, Long-Life Candle and Massage & Body Oil.



WILLOW STREAM
at home

We believe the Willow Stream experience should extend beyond the spa walls. Just a few minutes for yourself every day in your own home spa can give you a fresh energy - *that Willow Stream attitude* - every day! Create your own Willow Stream spa at home using the same products we do - your spa professional will discuss a customized home care program after each spa experience. *Visit our spa boutique or www.willowstream.com to find out more.*

Willow Stream at Home also features both Fairmont and Willow Stream denominational gift certificates.

Enhancing Your Spa Experience

Please note:

Start your spa experience the moment you leave your room - whether you choose to arrive at the spa by boat, bike or on foot we recommend that you leave for your appointment at least 1 hour early so you aren't rushed, and so you have time to enjoy all the spa has to offer.

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 (52) 984-206-3033 or 800-441-1414. At the hotel, call ext. 560. 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 4 hours in advance to avoid being charged for the service. Cancellation of a package requires 24 hours notice.

HOURS OF OPERATION

Spa Facility: 6:30 a.m. to 9:00 p.m.

Fitness Center 6:30 a.m. to 9:00 p.m.

Appointments available: 7:45 a.m. to 7:45 p.m.

MAKING SPA APPOINTMENTS

The first step is to consult with our Spa Experience Coordinators to select treatments to fulfill your personal requirements. To ensure availability, we ask you book your appointments prior to your arrival at the hotel or resort. Of course, questions are welcomed and encouraged.

SPA ARRIVAL & ETIQUETTE

We recommend that you arrive 30 minutes before your first scheduled appointment. This allows you to familiarize yourself with the facilities and surroundings allowing you time to relax before and after your treatment. Please note, all treatments end on time regardless of the start time.

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. You will also be asked to complete a medical history form upon arrival at the spa so your spa professional can better customize your experience to your needs.

SPA ATTIRE

You will receive a Willow Stream robe and slippers to wear between treatments (or T-shirt and shorts for some packages), and a locker for your personal belongings. For your comfort, undergarments may be worn during treatments, but rest assured our therapists are highly trained in correct draping procedures for your complete privacy. Swimsuits are required in some areas of the spa. Please leave your jewelry and valuables in your room safe or the hotel safe. Due to the high content of minerals in our water, we recommend the removal of all jewelry before entering the pools to prevent discoloration.

MAKING THE MOST OF THE EXPERIENCE

To further enhance your spa experience, we recommend beginning with traditional spa hot and cold facilities. To sweat the toxins from your body, you can choose sauna, steam room or whirlpool. This helps to open up breathing, cleanse and detoxify and warm the muscles. Following this with a cooling activity - a cold shower or a cold drink - is an invigorating way to bring your body temperature back to normal before your treatment.

SPA EXPERIENCE COORDINATORS

All of our Spa Experience Coordinators are available to assist you in customizing your own personal experience, from planning your treatments to answering any of your questions or concerns. Whether in the spa or by phone they will be happy to assist you.

SERVICE CHARGES

A 15% service charge and 10% tax will be added to all spa services and packages.

All prices are in US dollars and are subject to change without notice. Final billing will be in local currency (pesos) based on the daily exchange rate provided by the hotel.



The Art of Willow Stream:

“Body as a Landscape”

The black and white body photographs used by Willow Stream are the works of Karin Rosenthal. Karin's style captures what can be accomplished with something as beautiful as nature's elements. The connection between the body and the land is blurred so that one imitates the other. Karin's work has been exhibited in galleries and museums worldwide.

WILLOW STREAM SPA AT FAIRMONT MAYAKOBA
CARR. FEDERAL CANCÚN-PLAYA DEL CARMEN
(52) 984-206-3033



Hours of Operation

Spa Facility: 6:30 a.m. to 9:00 p.m.

Fitness Center: 6:30 a.m. to 9:00 p.m.

Appointments available: 7:45 a.m. to 7:45 p.m.

Find your energy.



WILLOW STREAM

A FAIRMONT SPA

www.willowstream.com

Willow Stream Spas At Fairmont. Premier properties, each unique in all the world:

BERMUDA: Southampton; CANADA: Banff, Alberta; Victoria, British Columbia; MEXICO: Acapulco; Riviera Maya;

UNITED ARAB EMIRATES: Dubai; UNITED STATES: Scottsdale, Arizona; Miami, Florida

For spa vacation packages visit www.willowstream.com or call 800.441.1414

FAIRMONT HOTELS & RESORTS