

# NOURISHED BY NATURE



FAIRMONT SPA

# MENU AT A GLANCE

FAIRMONT SPA LAKE LOUISE

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## SIGNATURE EXPRESSIONS

### **GLACIER LAKE**

2.5 hours | \$429 Monday - Thursday | \$439 Friday - Sunday

Experience the ultimate renewal with the Glacier Lake Body Treatment, inspired by the serene beauty and tranquility of alpine waters. Your journey begins with a gentle dry brushing ritual to exfoliate and invigorate the skin, enhancing its ability to absorb nourishment. A luxurious full-body scrub then refines the skin's texture, revealing a smooth, radiant complexion. Once your skin is perfectly prepped, you'll be cocooned in a deeply hydrating wrap that promotes relaxation and rejuvenation. During this tranquil phase, enjoy a soothing scalp massage designed to release tension and restore a sense of balance. The experience concludes with a soothing full-body massage using warm, nourishing oil that locks in hydration, leaving your skin exquisitely supple and luminous.

## REMEDIAL CONDITIONING

### **RESET & CORRECT**

60 minutes | \$219 Monday - Thursday | \$229 Friday - Sunday

90 minutes | \$314 Monday - Thursday | \$324 Friday - Sunday

Postural assessments, percussion tool therapy through deep muscle stimulation and manual manipulation. Skilled hand movements restore your range of motion to your body's full potential - alleviating pain and improving posture alignment. This session will leave you more in balance so you can enjoy your activities and time away.

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# MASSAGE

## **ALPINE TRANQUILITY SCALP RITUAL**

45 minutes | \$155 Monday - Thursday | \$165 Friday - Sunday

Your journey begins with a deeply relaxing neck and décolleté massage, easing tension and inviting a sense of calm. Next, a revitalizing scalp massage using a blend of warm Neroli Blossom oil and cooling mint oil awakens the senses, promoting circulation and nourishment for both hair and scalp. Gentle yet invigorating facial pressure points are then activated, relieving stress and enhancing overall well-being. To complete this indulgent ritual, a soothing arm massage melts away any remaining tension, leaving you in a state of pure tranquility—refreshed, rebalanced, and renewed.

## **MUSCULAR WELLBEING**

60 minutes | \$219 Monday - Thursday | \$229 Friday - Sunday

Get serious about the physical health of your body. If you're ignoring painful muscles, severe tension, and anxiety, as well as repetitive stress injuries, you need to restore your body's natural harmony. This massage draws focus to the release of tension from the deeper layers to help correct muscular imbalances, including areas that have been injured or have scar tissue. Begin your recovery process today.

## **HOLISTIC RELAXATION**

60 minutes | \$209 Monday - Thursday | \$219 Friday - Sunday

90 minutes | \$293 Monday - Thursday | \$303 Friday - Sunday

Unwinding and allowing your mind and body to benefit from deep, meditative relaxation is what this collection aims to achieve. The power of clary sage and lavender help you to connect with the inner joy that lives within us all. From head to toe, unwind - breathe - feel the earth.

## **SACRED TIME**

60 minutes | \$219 Monday - Thursday | \$229 Friday - Sunday

Re-establish peace, restore energy and harmony to your body. Combining the Our approach is simple; we embrace you and your entire well-being as highly unique, after all, no two people are the same. This is your sacred time and space. Restore your own balance and decide what works best for you. Head to Toe, its your choice.

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# MASSAGE CONTINUED

## **COUPLES CONNECT**

90 minutes | \$649 Monday - Thursday | \$659 Friday - Sunday

120 minutes\* | \$776 Monday - Thursday | \$786 Friday - Sunday

*Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional, and spiritual level. Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils – rose (the flower of love), orange blossom (the flower of bliss) and jasmine (the flower of uniting love). Chakra healing and the pouring of warm oil over the third eye encourage a beautiful union of body, mind, and soul.*

*\*Includes chocolate dipped strawberries and champagne*

## **BACK TO HEALTH**

30 minutes | \$114 Monday - Thursday | \$124 Friday - Sunday

60 minutes | \$209 Monday - Thursday | \$219 Friday - Sunday

The body's center of gravity begins with the spine. Body movement, posture, and our central core strength, stems from this remarkably complex structure the spine. The surrounding muscles, nerves, organs, and joints are all affected by the health of our back. This massage uses therapeutic massage movements to treat specific areas of muscle tension in the back, neck, and shoulders, resulting in the journey back to good health.

## **FOOT RESCUE**

60 minutes | \$209 Monday - Thursday | \$219 Friday - Sunday

In times of stress, injury, or illness the body is in a state of "imbalance". The vital energy pathways become blocked, preventing the body from functioning effectively. Massage, with pressure to restorative points in the feet assist to ease tension, increase circulation, and bring balance and energy to the body's natural equilibrium and natural flow. On the ski hill, or bathing in the alpine forest, this is a four-season experience.

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# BODY TREATMENT

## **BOTANICAL SERENITY RENEWAL**

60 minutes | \$230 Monday - Thursday | \$240 Friday - Sunday

Your journey begins with a full-body exfoliation using mineral-rich Turkish salts, buffing away dry skin and stimulating circulation for a radiant glow. Next, a warm mineral wellness compress envelops your body, infusing essential nutrients while promoting deep relaxation and restoring vitality. Your treatment concludes with a luxurious full-body magnesium-infused massage, designed to soothe muscle tension, support recovery, and enhance overall well-being. This ritual is perfect for those seeking detoxification, relaxation, and revitalization, leaving you feeling refreshed from head to toe.

## **STRESS RELEASE & SCALP TREATMENT**

60 minutes | \$220 Monday - Thursday | \$230 Friday - Sunday

While facials are known for enhancing your skin's appearance and providing relaxation, our Stress Release Face & Scalp Treatment takes it a step further. This indulgent treatment includes a gentle massage on the décolleté, neck, face, and scalp to stimulate your lymphatic system. These soothing techniques boost circulation, delivering oxygen to the skin and nourishing your cells with vital nutrients for a refreshed, glowing complexion.

Hours of Operation:

10 AM to 7 PM | Monday - Thursday

10 AM - 8 PM - Friday - Sunday

Reservations:

Call +1 403 522 1545,

email [cll.thespa@fairmont.com](mailto:cll.thespa@fairmont.com)

or book online at [fairmont.com/lake-louise](http://fairmont.com/lake-louise)

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# FACIALS

## **GLACIER LIFT SIGNATURE**

90 minutes | \$314 Monday - Thursday | \$324 Friday - Sunday

At Lake Louise we believe that every facial should be a bespoke experience, unique to each guest, because no two guests are alike, and no two people have the same skin. Glacier Lift is tailored to your individual needs at the time of your treatment. It's not just that your skin is different from everyone else, it's that your skin is always different. The Glacier Lift facial marries an uplifting signature sculpting technique with only the finest quality essential oils, and active plant extracts Kerstin Florian.

## **ADVANCED REPAIR**

60 minutes | \$251 Monday - Thursday | \$261 Friday - Sunday

BY KERSTIN FLORIAN

Targeting specific skin concerns, this results-oriented treatment focuses on repairing and strengthening the skins' resistance to environmental damage, while catering to skin sensitivities. Unveil a dewy complexion, and smoother and firmer skin thanks to our anti-aging ampoules that help reduce the signs of fine lines and premature aging.

## **ALL NATURAL URBAN RESCUE**

60 minutes | \$240 Monday - Thursday | \$250 Friday - Sunday

BY KERSTIN FLORIAN

Reverse the signs of aging caused by exposure to daily environmental stressors such as pollution, free radicals, and UV rays with this antioxidant-rich treatment. Concentrated, nourishing oils, serums and plant essences combine together to rescue skin and restore skin's natural wellness and radiance.

## **SIGNATURE SCULPTING MEETS KERSTIN FLORIAN**

30 minutes | \$125 Monday - Thursday | \$135 Friday - Sunday

BY KERSTIN FLORIAN

A bespoke deep-cleansing introductory facial to brighten and hydrate the skin. Includes a skin analysis and massage of the face.

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# HANDS AND FEET

## **ALPINE APRÈS-SKI MANICURE**

75 minutes | \$120 Monday - Thursday | \$130 Friday - Sunday

Immerse your hands in luxury with our Alpine Après-Ski Manicure, a deeply rejuvenating 75-minute treatment designed to restore hydration, radiance, and elegance to your hands.

Your treatment begins with expert nail and cuticle care, where your nails are carefully shaped, buffed, and refined to enhance their natural beauty. Cuticles are gently softened and groomed, ensuring a flawless, well-manicured finish. Next, a luxurious exfoliation infused with mineral-rich botanicals smooths and revitalizes your hands, buffing away dryness to reveal soft, glowing skin. This is followed by a soothing hand and forearm massage to improve circulation and deeply hydrate. A luxurious soufflé and paraffin wrap follows, cocooning your hands in warmth and moisture for lasting softness. Your manicure is perfectly finished with a flawless polish application in your chosen shade, ensuring your hands look as beautiful as they feel.

Experience the ultimate in après-ski relaxation with this indulgent manicure—because your hands deserve nothing less than alpine perfection.

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