

# WILLOW STREAM SPA AT THE FAIRMONT SCOTTSDALE PRINCESS



WILLOW STREAM  
A FAIRMONT SPA

*Spa Guide*



## WILLOW STREAM SPA AT THE FAIRMONT SCOTTSDALE PRINCESS

The AAA Five-Diamond Fairmont Scottsdale Princess has come to reflect the dynamic environment that surrounds it. With its dramatic Spanish Colonial architecture, open plazas graced by fountains and locally inspired art and décor, the resort offers a blend of comfort and style that captures the charm and grace of the Southwest.

Rising from the resort's beautiful Hacienda Plaza is Willow Stream Spa at The Fairmont Scottsdale Princess, which also pays tribute to the Arizona landscape. Inspired by a hidden oasis deep in the Grand Canyon called Havasupai (pronounced Hah-vah-su-pie), the spa's design is drawn from nature's primary elements - air, water, earth, wood and fire. These essential elements combined with innovative treatments designed to inspire and rejuvenate will help you along a self-directed path as you "*Find Your Energy*".

You are invited to begin your way to newfound energy at the Mesa Level's pool and private cabanas. From this rooftop sanctuary enjoy views of the majestic McDowell Mountains framed by a cloudless cobalt sky. Follow the soothing sounds of flowing water as the pool cascades over hand-carved Sedona sandstone to the Oasis Level below. Here, you are encouraged to relax in the soothing warm waterfalls and enjoy the tranquility of the surrounding garden.

Let the journey begin.



# *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 spirits.

### 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.



## 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 have fun. The remainder of your time together, you'll have side-by-side full body Aromatherapy massages. (Our luxury spa suite features a specialty tub, private shower, bathroom and sitting area.)

## HIP TO HIP (For Couples) – 60 minutes

**Romantic.** Composed of Rose petals, Rose oil and Rosehip oil, this treatment evokes the feeling of love, sensuality and romance. A side-by-side dry brush exfoliation followed by a Rosehip oil massage application, full body wrap and face massage has amazing power. A great way to give or receive roses any time of year.

## THE ROSE RETREAT – 90 minutes

**Indulgence.** Enjoy a gentle dry brush exfoliation to stimulate your skin and improve circulation, 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.

## THALASSO KUR – 90 minutes

**Healing.** Experience the rejuvenating effects of the sea with a body wrap rich with minerals, followed by a sea salt bath, and a luxurious application of Marine Firming Creme. During the wrap, experience an acupressure facial massage and scalp massage. Leave feeling relaxed, nourished and alive!

HERBAL KUR – 90 minutes

**Renewal.** This Kur begins with a gentle chamomile body exfoliation to polish and prepare the skin for the healing effects of a herbal bath, followed by a full body massage and an application of lavender oil.

HAVASUPAI BODY OASIS EXPERIENCE – 120 minutes

**Energy.** Begin beneath the relaxing warm Waterfalls on the Oasis level followed with an aromatic Eucalyptus footbath. Sip restoring desert tea while a lavender-infused cloth cleanses your face and expands your breathing. Clear your mind and relax your body, with a gentle Chamomile exfoliation, a Eucalyptus herbal bath, an aromatherapy wrap with a face and scalp acupressure treatment. The experience finishes with a soothing warm oil massage application. You are ready to begin the daily trek. *Guest note: A bathing suit is required to experience the waterfalls.*

## 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 - yur - 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.

ARIZONA EUCALYPTUS SALT SCRUB – 60 minutes

**Replenish.** An invigorating exfoliation using nourishing thermal mineral salts rich in trace elements, infused with Eucalyptus essential oil. A loofah scrub and massage bring forth fresh skin that is able to absorb oxygen and minerals.

DESERT PURIFICATION – 90 minutes

**Native Tradition.** Inspired by the time honored traditions of Native American culture, this experience renews the skin and spirit. Beginning with an optional “smudging” to purify for healing, this treatment features a body mask of cornmeal, clay and oats exfoliated using an Ayate Cloth (a natural fibre cloth made from the cactus plant). The grains are then showered off and the healing is completed with a nourishing body massage featuring an essential oil blend reflecting the desert environment. Purification complete.



## SEASONINGS

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

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 & MASSAGE – 90 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.

# 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 proceeds 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.

### ARIZONA AROMATHERAPY FACIAL – 60 or 90 minutes

**Restoration.** Erase tension through the healing gifts and remedies of the desert. Choose from desert lavender for balance or chamomile for restoring your skin from the desert sun. The healing is all encompassing with an invigorating lavender foot experience, a scalp and hand massage, as well as couperose skin ampoule.

# Customized Massage Experiences

## RELAXATION – 60 or 90 minutes

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

## 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.

## 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.

## COUPLES SUITE MASSAGE – 90 minutes

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



## 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.

## EAST MEETS WEST LASTONE – 60 or 90 minutes

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

## DESERT MOONLIGHT MASSAGE – 60 or 90 minutes

Offered after 7p.m. Get pampered with a wonderful massage of your choice, followed by an evening swim under the stars at the spa rooftop pool for tranquility. Complete the experience with a candlelight Lifestyle cuisine dinner.

# Bath Experiences

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

## 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.

## THALASSO BATH – 30 minutes

This is a purifying algae bath utilizing fresh dried Fucus seaweed and mineral-rich seawater crystals, rich in vital minerals and algae that stimulate circulation and accelerate the body's natural rate of perspiration, assisting in overall detoxification. Great for stress!

## 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), or Kamille (Chamomile).



# Just for Men

## POST GAME FACE TREATMENT – 60 minutes

A relaxing, deep cleansing 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 combines a shoulder and neck massage for tension relief as well as revitalizing exfoliations and massage on the arms, hands and feet.

## CUSTOMIZED GENTLEMAN'S BARBER FACE TREATMENT – 60 minutes

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.

## 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

# Sports Inspired Experiences

## GOLF PERFORMANCE TREATMENT MASSAGE – 60 minutes

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.

## WILLOW STREAM FACIAL FOR THE GREAT OUTDOORS – 90 minutes

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

SPORTS MASSAGE · FEET FIRST · STRESS RELIEF MASSAGE

DELUXE EXECUTIVE HAND GROOMING OR POWER PEDICURE



## *Fitness Services*

Maintaining good health is the most important gift we can give ourselves. Breathing with joy and luxuriating in the 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 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.



## WILLOW STREAM GOLF FACIAL – 90 minutes

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.

## UP TO PAR BODY EXPERIENCE – 60 minutes

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.

# Salon Experiences Waiting on you Hand & Foot

*Try a salon experience that goes beyond the ordinary. 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.

## 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.



## SOUTHWEST CLASSIC MANICURE – 60 minutes

A classic manicure with Rosemary oil. Featuring the exclusive signature scent of Scottsdale – Rosemary - our manicure includes hand soak and massage as well as nail shaping and polish application.

## SOUTHWEST CLASSIC PEDICURE – 60 minutes

Our classic Rosemary oil pedicure is exclusive to Scottsdale. 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 any nail service.*



# 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](http://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

## 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 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 local 480-585-2732 or toll-free 800-908-9540. At the resort, dial 7160. 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. Failure to show for appointments or if proper notice is not provided to change or cancel, it will result in a 100% charge for the reserved services.

## HOURS OF OPERATION

Spa Facility: 6am-10pm  
Fitness Center: 6am-9pm  
Salon: 8am-7pm  
Appointments available: 7:45am-8:30pm

## 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 45 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. 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.

## 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. Due to the high content of minerals in our water, we recommend the removal of all jewelry before entering the pools to prevent discoloration. Swimsuits are required for all water areas.

## MAKING THE MOST OF THE EXPERIENCE

To further enhance your spa experience, we recommend beginning with traditional spa hot and cold facilities. To increase the movement of 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

An 18% gratuity will be added to all spa services and packages.

*Rates are subject to change without notice and are in U.S. dollars.*



## 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 THE FAIRMONT SCOTTSDALE PRINCESS

7575 EAST PRINCESS DRIVE, SCOTTSDALE AZ 85255

480.585.2732 800.908.9540



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### *Hours of Operation*

Spa Facility: 6am-10pm

Fitness Center: 6am-9pm

Salon: 8am-7pm

Appointments Available: 7:45am-8:30pm

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find your energy.



WILLOW STREAM

A FAIRMONT SPA

[www.willowstream.com](http://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](http://www.willowstream.com) or call 800.441.1414*

FAIRMONT HOTELS & RESORTS