



REPLENISH YOUR SOUL.  
SOOTHE YOUR BODY.

**THE FAIRMONT SPA  
AT THE CLAREMONT**



Overlooking San Francisco Bay, with resplendent views of the city skyline and beyond, Claremont Club & Spa, A Fairmont Hotel, invites you to experience the perfect urban hideaway. At the heart of this iconic hotel you'll find The Fairmont Spa, a place devoted to holistic health, well-being and an array of lifestyle choices. With 32 luxuriously appointed treatment rooms—including two couples' suites—and a mix of advanced and natural healing treatments using exquisite products both locally inspired and from around the world, we invite you to drop by and unwind, whether for an hour or an entire day.

Embodying total well-being, The Fairmont Spa offers relaxation areas for men and women, as well as eucalyptus steam rooms, saline whirlpools, deluge showers and multihead bathing showers. Our treatment menu emphasizes natural healing therapies designed to restore your balance and melt away your stress. With experienced therapists to cater to your every need, The Fairmont Spa is the perfect place for you to return to your best.

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## FAIRMONT SPA PRODUCT PHILOSOPHY

Fairmont Spas place emphasis on many aspects when choosing products for each of our spas around the world. With luxury in mind, each brand selected demands quality and results-driven treatments, which are personalized to suit the needs of our valued guests. Environmental sustainability is considered whenever and wherever possible, which reflects our social responsibility. Our relationships with the product houses are important to ensure that we have premium spa products and training available for every encounter with our guests.

### HYDRAFACIAL MD® = SKIN HEALTH FOR LIFE™

Your skin is most beautiful when it's healthy. HydraFacial's focus is on restoring your skin to its healthiest state by removing impurities and replenishing your skin with essential nutrients. The result is that you will not only look better, but you will immediately notice a dramatic shift in the health of your skin.

### KERSTIN FLORIAN

Born in the scenic landscape of Sweden, Kerstin Florian has always been inspired by nature, its energy and its intrinsic connection to wellness. Her gift for blending nature into innovative products and experiential, results-driven treatments led her to craft her namesake line of products, built upon the four cornerstones embraced in her holistic approach to skincare: Proper Nutrition, Regular Exercise, Peace of Mind, Care of the Face & Body.

### NATUROPATHICA

Naturopathica means healing with natural therapies. It empowers personal transformation by providing 21st-century wellness tools for the mind, body and spirit. Many Naturopathica products and ingredients are audited and certified by Ecocert, the largest and oldest independent natural and organic cosmetic certification body. Adding the Ecocert seal to a Naturopathica product ensures that it has gone through a rigorous review process, from ingredient sourcing and formulation to manufacturing and packaging.

### AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been the leading expert within aromatherapy for over 30 years. Their award-winning, natural essential oil blends, body care and skincare products are as effective as they are luxurious. Experience the true power of essential oils and the incredible effects they have on the body and mind with Aromatherapy Associates products.

## PINO

Founded in Germany in 1904, Pino has developed products and therapy concepts used by reputable spas throughout Europe, applying extensive knowledge of natural sciences to modern products for traditional European therapies. Today, Pino continues its commitment to the ongoing development of natural, environmentally responsible products, providing the benefits of nature without chemical stress with formulations that are 95% organic and follow strict quality guidelines for natural cosmetics.

## ILA ORGANIC SKINCARE

Meaning "earth" in Sanskrit, "ila" reflects a faith in the power of nature as the source of real wellness. Ila uses only the finest natural plant and mineral ingredients, wild-harvested in remote, untainted regions by artisan producers who value traditional, sustainable practices.





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## HYDROTHERAPY WELLNESS EXPERIENCES

### STEAM ROOM WELLNESS

This humid, aromatic heat experience is highly beneficial for those who suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10–15 minutes and that you keep your body well hydrated afterwards. Humid heat is especially beneficial before or after a massage treatment to increase circulation.

### SALINE JACUZZI

Begin your spa journey with a soak in a saline whirlpool, with expansive views of the San Francisco Bay and skyline. In keeping with our philosophy of mind, body and soul union, our choice to provide saline water offers a natural water experience better for all aspects of your physical body, promoting peace of mind.

### SALINE DELUGE WATERFALL SHOWER

Indulge in the invigorating deluge shower, a special feature of our Hydrotherapy Wellness. This warm water neck and shoulder massage stimulates the body to release natural stress-reducing endorphins and increase blood circulation, another natural way to use water to restore balance.

### SWISS THERAPY SHOWERS

Before treatments, we recommend a stimulating Swiss therapy shower underneath 10 invigorating showerheads, leaving the skin, muscles and inner soul prepared for the deeper therapy to come.

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## FAIRMONT SPA SIGNATURE EXPRESSIONS

Fairmont Spa Signature Expressions bring together the key elements of face and body as one. We place a careful emphasis on our guests feeling locally connected while encouraging relaxation to restore their personal energies, resulting in feeling revived. These Signature Expressions include a day pass to the Club area as well as a healthy meal option.

### ACTIVE BODY RECHARGE

*180 minutes*

Awaken your senses along this purifying journey of invigoration. Experience a stimulating dry brush exfoliation followed by an energizing, deep-cleansing salt scrub imbued with juniper essential oil to help detoxify and promote circulation. The body is then wrapped with an infusion of aloe, organic algae and arnica for an instant moisturizing boost along with intensive grounding and cleansing results. A relaxing massage with heated bamboo wands then releases muscle congestion and recharges the body. A facial using highly effective botanicals, potent essential oils and specialized massage techniques—designed to stimulate blood circulation, nourishing all cells and revitalizing the skin—completes the experience.

### HONEYBEE RITUAL

*130 minutes*

A warming massage with honey ginger oil and the therapeutic thermal benefits of a beeswax compress with propolis, this treatment uses myofascial techniques to release muscle tension, boost the immune system, hydrate, and relieve inflammation. A facial follows, using a facial tissue mask featuring the healing and regenerative ingredients horse chestnut, hyaluronic and pro-vitamin B5 to balance and heal the skin. This unique treatment is soothing and deeply relaxing, while also boosting healthy cellular function.

### MINERAL RICHES

*125 minutes*

Based on the centuries-old European tradition of using medicinal mud and healing waters, this deluxe treatment has a detoxifying and totally relaxing effect. Combining all your treatment needs in one, it begins with a nourishing bath of Mineral Wellness Soak crystals followed by a 100% organic Moor Mud body wrap and a luxurious, full-body application of Remineralizing Body Crème rich in thermal minerals coupled with Revitalizing Bath & Body Oil. Your signature treatment is complete with a 50-minute Brightening Facial that pays special attention to the hands, face, neck and décolleté to even skin tone and hydrate.





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## ADVANCED FACIALS BY HYDRAFACIAL™

### HYDRAFACIAL

HydraFacial is an advanced, medical-grade skincare treatment that delivers proven, immediate results without the use of harsh chemicals or lasers. HydraFacial targets fine lines and wrinkles, hyperpigmentation, and congested, oily and acne-prone skin. It softens the appearance of large pores, improves skin texture and tone, and helps repair sun damage. The skin is infused with a series of liquid exfoliants and protective antioxidants. Choose LED light therapy to leave your skin refined, refreshed and radiant, or go with lymphatic drainage to reduce puffiness and stimulate circulation for a healthy glow.

### CAVIAR AGE-DEFYING HYDRAFACIAL

*80 minutes*

Featuring Kerstin Florian's outstanding Caviar Collection, technology meets luxury in this transformative HydraFacial experience that includes the neck and décolletage. The immediate, visible results of the HydraFacial become even more dramatic when accompanied by either red and blue LED light, which stimulates collagen production, or lymphatic drainage, which supports the circulatory system. This uniquely formulated combination of peptides smoothes the appearance of fine lines and wrinkles, enhances skin elasticity and evens skin tone. A relaxing scalp massage completes the treatment, leaving you restored and your skin remarkably renewed.

### CUSTOMIZED HYDRAFACIAL

*50 minutes*

The customizable HydraFacial resurfacing treatment thoroughly cares for your skin, providing cleansing, exfoliation, extractions and hydration, including Vortex-Fusion® of antioxidants, peptides and hyaluronic acid. This advanced medical hydradermabrasion technology achieves instant hydration and lasting results—with no discomfort or downtime.

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## ADVANCED AND CLASSIC FACIALS BY KERSTIN FLORIAN AND NATUROPATHICA

### HIGH-PERFORMANCE FACIAL 80 minutes

Highly effective products combine with advanced micro-current technology to help tone, lift and strengthen the muscles of the face, reducing fine lines and wrinkles. The non-invasive therapy offers immediate results and triggers collagen production to restore cell function, resulting in smoother lines and a youthful, radiant complexion. This relaxing and rejuvenating treatment is most beneficial in a series of six sessions.

### CORRECTING AGE INTERVENTION 80 minutes

This results-oriented treatment is customized to address specific skin conditions. Hyperpigmentation, environmental sensitivity, premature aging—this personalized facial helps correct all types of skin-aging concerns. It also includes an exfoliating multi-acid peel for the face, neck, décolleté and hands to renew the skin, as well as an acupuncture lifting massage for firming and an advanced masque to restore radiance and diminish fine lines. We apply an intensive treatment ampoule for your skin's needs, and you'll receive the remainder to continue the benefits of the treatment at home.

### TIMELESS AND TAILORED DEEP CLEANSE 50 minutes

This deep-cleansing and skin-refining facial combines powerful phyto-nutrients and all-natural ingredients specifically designed for congested, oily, sensitive or dehydrated skin. After a full consultation, your aesthetician will create a targeted treatment plan for your specific skin type, to provide immediate and lasting results. The treatment includes exfoliation, extractions, a deep-cleansing massage and a nutrient-rich mask selected to suit your skin type. This results-oriented facial is perfect for all skin types, leaving a radiant glow.

### SOOTHE AND RESTORE 50 minutes

This deeply healing and restorative facial is ideal for sensitized or rosacea-prone skin in need of deep hydration. Designed to calm, this facial features some of nature's best remedies for fighting inflammation—such as hibiscus and calendula—and our hydrating and soothing White Tea Mask, all providing you with immediate relief for challenged skin.

### FACIAL ENHANCEMENTS

- Eye Rescue
- Ampoule Therapy
- Advanced Mask Therapy

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## BODY TREATMENTS

### INNER STRENGTH 75 minutes

This intensely hydrating body exfoliation, wrap, and specialized scalp, neck and shoulder massage includes rich rose gel, Aromatherapy Associates' Inner Strength Body Oil and rose cream, leaving your body radiant, soft and smooth, as well as giving you strength, courage and a positive frame of mind.

### HIMALAYAN DETOX 75 minutes

This body treatment is ideal for a mental and physical detox. Exotic herbs combine with ancient Ayurveda oils to exfoliate dry skin and increase your body's warmth and energy. Healing oils are then applied to the body's marma vital energy points to relieve tension, stimulate circulation and eliminate toxins. This therapeutic treatment works to harmonize and balance our body systems.

### AROMA RENEWAL 75 minutes

Allow your senses to adapt to the seasons with this nourishing head-to-toe treatment. Earthy minerals are combined with the healing properties of aromatherapy in an invigorating full-body exfoliation. Afterward, you'll be treated to a pampering back, neck and shoulder massage with seasonal aromatherapy oils and warm healing stones. Nourish and relax inside a warm cocoon while a forehead, ear and pressure-point scalp massage completes the vitalizing experience.

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## VICHY BODY TREATMENTS

### ENERGIZING SPIRULINA WRAP 50 minutes

This treatment begins with an invigorating, deep-cleansing salt scrub imbued with juniper essential oil to help detoxify and promote circulation. The body is then wrapped with spirulina, algae and alpine herbs for an instant nutrient boost along with intensive grounding and cleansing results.

### BRIGHTENING BODY SCRUB 50 minutes

Exfoliating bamboo, fruit enzymes and multifruit acids are applied with stimulating body-buffing techniques to refine texture and brighten the skin.

### RADIANCE SALT GLOW 50 minutes

An exfoliation with Himalayan sea salt, followed with a moisturizing essential oil wrap with argan oil and rosehip, leaves your skin silky smooth.



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## BODY MESSAGES

### THE CLAREMONT SIGNATURE MASSAGE

80 minutes

Drift away and allow your senses to surrender while magical notes of ginger, coriander and plai essential oils are applied generously to the body. This signature massage uses a certified organic oil combined with the unique technique of heated bamboo wands to gently massage the body and melt away any deep tension—truly a treatment not to be missed.

### TIBETAN SOUND VIBRATION MASSAGE

75 minutes

An ancient Tibetan ritual, the singing bowl produces harmonics of many different intensities when activated by touch. Our bodies, composed largely of water, provide an excellent medium for sound; in this unique experience, singing bowls are placed in different areas to infuse the body with sound and to encourage the cells to return to their natural state. The deeply relaxing vibrations joined with traditional massage techniques restore inner calm and decrease tension in the body.

### LOMI LOMI

75 minutes

The Hawaiian healing tradition of *lomi lomi* symbolizes transformation by helping us let go of old patterns that can limit the potential of our lives. *Lomi lomi* disperses muscle tension through long, rhythmic strokes reminiscent of wind and waves, enhancing circulation, releasing blockages and creating a deep sense of balance.

### NATURE'S BALANCE SHIATSU MASSAGE

50/80 minutes

Originating in Japan, this method of bodywork known as “finger pressure” is a well-known technique used in traditional Chinese medicine to restore balance. Working with the meridian lines of the body, your therapist will use comfortable pressure points to adjust the body’s physical structure and recalibrate its energy flow, bringing about a feeling of deep relaxation and overall well-being.

### ESSENTIAL AROMATHERAPY MASSAGE

50/80 minutes

Relax and de-stress. Revive and support. Renew and enrich. The power of pure essential oils and a specialized massage ritual drawn from the traditions of both East and West come together to ease the day’s stresses and strains, helping to bring the body and mind into balance. Your customized selection of exotic aromatherapy is based on your specific needs.



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### MUSCLE RECOVERY DEEP TISSUE MASSAGE 50/80 minutes

Deep muscle work combines with stretching, rocking and circulation-enhancing strokes to move lactic acid out of the system. A healing and stimulating blend of aloe, arnica, camphor, eucalyptus and menthol assists in muscle relaxation, helping to relieve tension and soreness in the body.

### THERAPEUTIC RELAXATION MASSAGE 50/80 minutes

This light- to medium-pressure full-body massage is designed to improve energy levels, promote restful sleep and melt away muscle tension. We tailor this Swedish-style massage to suit your specific needs, using gentle intensity to increase circulation, enhance lymphatic drainage and promote deep relaxation.

### EXPECTING MOTHER-TO-BE 50 minutes

Designed with the safety and comfort of mother and baby in mind, this customized massage with support cushions relieves muscle aches, eases joint pain and reduces swelling.

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## COUPLES' TREATMENTS

### RITUAL FOR TWO 100 minutes

Experience romantic bliss in our luxury spa suites. Begin with a private bath for two in earthy minerals infused with essential oils. Next, an exquisite scalp, neck and shoulder treatment helps you leave the world behind and banish your cares. A hand-selected, seasonal-aroma massage oil with heated Himalayan salt spheres completes this amazing journey for you and your partner.

### COUPLE'S MASSAGE 50/80 minutes

The perfect gift is time together. Let the pressures of life melt away while you drift off, enjoying a custom massage side by side. Select from Therapeutic Relaxation, Muscle Recovery Deep Tissue, Essential Aromatherapy and Nature's Balance Shiatsu.

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## BATH THERAPY

### MINERAL WELLNESS BATH 25 minutes

Experience transformative wellness in this purifying and remineralizing muscle-relieving bath. Hand-harvested, concentrated crystals contain a rare balance of 60 essential minerals and trace elements to promote overall health benefits, helping to relax muscles and joints and reestablish the essential mineral balance of the body.

### EUCALYPTUS HERBAL BATH 25 minutes

Based on traditional herbal remedies, this therapeutic bath eases stiff muscles and aching joints, soothes the respiratory system and boosts the immune system. This bath promotes clarity of mind and rejuvenation of the spirit.

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## ADDITIONAL TIME

You can easily upgrade your spa experience with additional time and services. These mini treatments will suit your skincare needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 25-minute mini treatments, including:

- Body Scrub
- Scalp, Neck and Shoulder Reliever
- Acu-massage Foot Treatment
- Express Facial
- Eye Reviver with Microcurrent Lifting

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## SPA ESSENTIALS DAY PACKAGES

Our spa experience coordinators would be happy to recommend a half-day or full-day spa package suited to your specific needs. These include a healthy lunch and all-day access to the Club at the Claremont, featuring saline swimming pools, indoor and outdoor Jacuzzis, steam room, dry sauna, workout facilities and fitness classes.



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## SPA ENVIRONMENT

Fairmont Spas are a place to restore your energy and relax. For your peace and privacy, phones and other electronic devices are not permitted. If you would like to receive messages during your time with us, please let one of our Colleagues know and we would be happy to assist.

Our spa experiences are designed for guests 16 years and over.

## SPA ARRIVAL AND ETIQUETTE

We recommend you arrive at least 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience. Please come and spend the day with us.

## PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a health history form so we can better customize your experience to your needs.

## SPA ATTIRE

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We ask that you please leave jewelry and valuables in your hotel room or at home.

## GIFT CARDS

Gift cards for all spa services and packages are available for purchase. Please contact our spa experience coordinators for further information.

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## MAKING SPA APPOINTMENTS

T: +1 510 549 8566

E-mail: [clafairmontspa@fairmont.com](mailto:clafairmontspa@fairmont.com)

Consult our spa experience coordinators to select treatments that fulfill your personal requirements. The spa is located one level below the lobby of Claremont Club & Spa. Advanced reservations are recommended to ensure availability.

## SPA CANCELLATION POLICY

If you wish reschedule or cancel any spa appointments or packages, please notify us 48 hours in advance. Missed appointments without proper notice are subject to a 100% charge for reserved services.

## TAXES AND SERVICE CHARGES

A 19% service charge will be added to your spa experiences.

## HOURS OF OPERATION

Monday through Thursday: 11 AM to 5 PM

Friday through Sunday: 10 AM to 6 PM



THE FAIRMONT SPA  
AT THE CLAREMONT

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