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# NATURE'S ELEMENTAL CONNECTION

Welcome to Fairmont Spa, where the serene beauty of Lake Louise and the vibrant energy of the Canadian Rockies converge to offer a transformative journey unlike any other. Guided by our brand purpose, we invite you to immerse yourself in an experience that fosters genuine connections—to self, to others, and to nature's essence.

Drawing inspiration from the rich heritage of this land, our spa embodies a commitment to simplicity, self-empowerment, and connection. Here, ancient rituals seamlessly blend with modern spa techniques, echoing the timeless wisdom of the land's first inhabitants.

As you step into our sanctuary nestled amidst the majestic peaks and pristine waters, allow yourself to be enveloped by the elemental brilliance that surrounds you. Let the whispers of nature and the echoes of history guide you towards inner peace, rejuvenation, and a deeper sense of self.

At Fairmont Spa Lake Louise, we invite you to rediscover your natural rhythm, nourish your spirit, and embark on a journey of profound connection and renewal. Experience the transformative power of nature's embrace as you embark on a voyage of self-discovery and holistic well-being.



## WELLNESS FOR THE SENSES

Engage with the science of aromachology, delving into the profound influence of scents on the mind, mood, and overall well-being. Choose your ideal wellness pillar and its accompanying scent to harmonize with your mood and enhance your experience.

### GLACIER LAKE

UPLIFT | FLOW | AWAKEN

Eucalyptus, Rosemary, Camphor & Black Pepper  
ease aching muscles – clear the mind – renew the spirit

### BOREAL FOREST

COMFORT | GROUND | CONNECTION

Lavender, Geranium, Petitgrain & Clary Sage  
promote inner joy – connect to life – renewed love of self & soul

### ALPINE FLORA

RELAX | EASE | HARMONY

Rosewood & Bergamot  
ease the mind – relax emotions – restore inner harmony



# MASSAGE

Our massages are meticulously crafted to transport you to a state of tranquility, where the soothing sounds of nature harmonize with expert touch to melt away tension and restore balance to body and mind. From traditional techniques to innovative therapies, each massage experience is tailored to your unique needs, offering a blissful escape from the everyday. Let the majestic surroundings of Lake Louise inspire deep relaxation and profound well-being as you surrender to the healing power of touch.

## MUSCULAR WELLBEING

60 min

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 min | 90 min

The restriction of muscle movement can impair even the simple pleasures of everyday life. Adopted from the ancient traditional massage methodology, this powerful synergy of restorative and relaxation techniques is a holistic approach towards healing. Encouraging the bodies increased circulation and an overall sense of relaxation.

## SACRED TIME

60 min

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.

## COUPLES CONNECT

90 min

120 min, includes chocolate dipped strawberries and champagne.

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.

## BACK TO HEALTH

30 min | 60 min

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 min

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.



# REMEDIAL CONDITIONING

Where each therapy embraces a clinical approach rooted in the principles of anatomy and physiology. Through a blend of advanced soft tissue techniques, myofascial release, and targeted stretching, we focus on enhancing mobility, fostering flexibility, and alleviating discomfort. Our tailored treatments are designed to complement high-intensity training, prevent injuries, and promote holistic well-being, addressing both physical and emotional needs.

At Fairmont Spa Lake Louise, your well-being is paramount. Our registered massage specialists offer personalized consultations, ensuring that every session is tailored to your specific requirements. Relax in a nurturing environment where you can unwind with confidence, knowing that our dedicated team is committed to delivering a restorative experience tailored to you.

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All Remedial Conditioning treatments use Hemp-Free Muscle Therapy Topical formulas using effective blends of supplemental herbs and extracts.

## **RESET & CORRECT**

*60 min, targeted areas of concern*

*90 min, full body overview*

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.



# FACIALS

Indulge in a facial experience that transcends ordinary skincare routines, as we pamper your skin with bespoke treatments tailored to you. Let us unlock your skin's natural radiance, allowing you to bask in the glow of confidence and beauty. With Fairmont Spa Lake Louise, embrace the alpine glow you deserve, and revel in the beauty of every moment.

## GLACIER LIFT SIGNATURE

90 min | 120 min

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.

"The only name on our bespoke facial is yours"

- Facial Analysis • Cleansing Series • Uplift Sculpting •
- Therapy for the Skin • Skin Conditioning • Herbal Hydration •
- Skin Nourishment • Preparation for the Environment • Prescription for Self-Care •

### ADVANCED REPAIR

60 min

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 min

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 min

BY KERSTIN FLORIAN

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





# ABOUT



## FAIRMONT SPA LAKE LOUISE

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Whether you've journeyed from afar to explore the wonders of Lake Louise or simply seek respite from the hustle and bustle of daily life, we extend a warm embrace to you at Fairmont Spa Lake Louise. Amidst the breathtaking vistas of our scenic home, we invite you to discover the sanctuary of serenity and renewal that awaits within our doors.

Should you have any inquiries about our treatments, our dedicated team is here to assist you every step of the way. Welcome to Fairmont Spa Lake Louise, where relaxation meets unparalleled luxury in the heart of Banff National Park.

*With humility and deep respect we acknowledge that we live and work within the present-day territories of Treaty 6, 7 and 8, as well as the Metis Homeland. The lands and waters of Banff National Park have been used for millennia by Indigenous Peoples for sustenance, ceremony, trade and travel. We thank them for their continuous stewardship and for sharing this land.*

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# HOW TO SPA

## **PRODUCT PHILOSOPHY**

Fairmont Spa emphasizes many aspects when choosing products for each of our Fairmont 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, reflecting our social responsibility. Our relationships with the product houses are essential to ensure that we have premium spa products and training available for every encounter with our guests.

## **PRE-ARRIVAL INFORMATION**

Enhance your spa experience by arriving 15 minutes before your scheduled appointment. This will allow us to properly welcome you and ensure you've chosen the treatments best suited for you.

Please respect our therapists and our other guests by keeping your appointments or following our cancellation policy. In consideration of other guests, we cannot extend service times for those arriving late. Late arrivals will be subject to a time reduction from the scheduled treatment or a rescheduling of your services.

## **CANCELLATION POLICY**

If you cannot make your appointment or need to re-schedule, we require a 24 hour advance notice, subject to space availability. We regret that 100% charge of total services will be charged if notice is not given. Unfortunately, no shows will also result in a full charge of your service.

## **SPA ATTIRE**

Guests will be provided with a robe and slippers; depending on the treatment selection, undergarments may be worn. All treatments are practiced with the utmost care of discretion and professionalism. Hotel guests are encouraged to arrive in their provided robe and slippers.

## **SPA ENVIRONMENT**

We strive to provide you with the most relaxing and tranquil environment, so we respectfully request that you refrain from using your cell phones and other communication devices within the spa premises. Your cooperation in providing a quiet environment is greatly appreciated.

Our boutique spa is not equipped with aquatic facilities, change rooms or showers, unless related to the treatment chosen.

## **AGE LIMITATION**

We welcome guests aged 16 years and older to enjoy our Spa treatments. A parent or guardian must be present upon check-in/out. At Fairmont Spa, we believe in providing a relaxing experience for our guests, and our services are tailored to accommodate guests within this age range.

## **SPA CONSIDERATIONS**

In accordance with International Spa Industry Standards, certain medical conditions may prohibit your ability to experience some Spa services. At the time of booking please notify the spa if you have any medical conditions so that we may best serve you.

## **HOW TO BOOK**

Consult our dedicated Spa Experience Concierge team to determine which treatments will benefit your specific needs. Advanced reservations are recommended to ensure availability. Book with us in person at the spa, located on the lower lobby level or contact us via phone or email.

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)

## **HOURS OF SPA OPERATION**

Monday to Sunday 10:00 AM - 8:00 PM



