





# NOURISHED BY NATURE

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Resting at the ocean's edge, with majestic snow-capped mountains rising to the north, Vancouver embodies contemporary Canada. This cosmopolitan West Coast city is home to many diverse cultures and traditions, all of which enhance its casual urban flavour, while nature's beauty, from towering pines to bracing sea breezes, is always waiting at your doorstep.

Rejuvenate and replenish the spirit at the world-class Fairmont Spa, rated Five-Star by Forbes Travel Guide and one of the 'Best Spas in the World' by Condé Nast Traveler readers. It is our own little haven.

A holistic self-care escape, tailored specifically to each guest's lifestyle, this serene oasis is a welcome retreat where countless hours can be spent in the sauna, massage chair or indulging in a facial treatment.

Included in this city escape are: nine treatment rooms, including a couples suite with a Japanese-style deep-seated soaker tub, steam rooms, a fitness centre and a movement studio, two private lounges with fireplaces and a private lounge reserved for men that features a club-like décor and wall mounted television. French doors open to a private outdoor landscaped terrace with jacuzzi, dry cedar sauna, loungers and fire pits.

# OUR PRODUCTS

Each brand selected demands quality and results-driven treatments, which are personalized to suit the needs of each of our guests. With luxury in mind, training is continual for our provider team. We utilize the latest technology and natural ingredients to deliver efficacy. Environmental sustainability is considered whenever and wherever possible, which reflects our social responsibility.

## KERSTIN FLORIAN

### **LUXURY, NATURAL SKINCARE**

Inspired by nature, its energy and its intrinsic connection to wellness. Nature is blended into innovative products and experiential results-driven treatments lead to the four cornerstones embraced in a holistic approach to skincare: Proper Nutrition – Regular Exercise – Peace of Mind – Care of the Face & Body.

## BIOLOGIQUE RECHERCHE

### **AUTHENTIC, CUSTOMIZED SKINCARE**

The brand that does away with outdated and artificial standards of skin categorization, and instead offers products and an approach that produce immediate, visible and long-lasting results. Biologique Recherche focuses on reconditioning the epidermis with its proprietary treatments and expertly formulated products to build better skin.

## BEAUTY THROUGH BALANCE

### **THERAPEUTIC, HOLISTIC PRODUCTS**

Embracing the infinite healing power of nature and creating innovative formulas inspired by ancient healing practices from around the world. Beauty Through Balance creates products inspired by the restorative benefits of the local ocean and forests, with a focus on sourcing local, ethical and sustainable ingredients. The skin and senses will tune to the frequency and vibrations that nature has to offer, allowing one's own natural beauty to shine through.

# SELECTING YOUR TREATMENT

We have created a simple system to help guide you to selecting an experience that creates the optimum benefit for you. We want you to say “that’s just what I needed” after every treatment you experience. Each treatment has been categorized as Relieve, Restore or Result. In addition, the benefit of each treatment is briefly described to help you decide and achieve the wealth of health.

**RELIEVE** treatments provide simple relief from everyday pressures. They are a great pick-me-up, designed to help with relaxation, calming or even skin rehydration.

**RESTORE** treatments focus on recovery from things like stress, travel, over-indulgence or hectic lifestyles. They are rebalancing in nature, with some resulting in more radiant skin.

**RESULT** experiences are more active and help with things like detoxification, deep tension release or anti-aging. They are therapeutic and some are assisted with technology.

## **SPA RITUAL**

The Fairmont Spa Ritual is a series of wellness therapies, including the steam inhalation room, Finnish-style sauna, soothing mineral bath and quiet relaxation. This experience is recommended prior to any spa treatment to prepare the body for total relaxation and nourishment. The Spa Ritual is complimentary with every spa experience.

For maximum benefit, we suggest:

- 5 minutes in the dry cedar sauna
- 5 minutes in the steam inhalation room
- 10 minutes in the mineral bath
- 10 minutes rest in our soothing lounge



# SIGNATURE BODY EXPERIENCES

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These experiences are designed to connect body and spirit in keeping in harmony with nature's essential elements: earth, air, fire and water. Proper balance of these elements in nature and ourselves creates our energy. At Fairmont Spa, we have created experiences that help us connect with our energy, inspired by the combination of natural ingredients and professional technique. These experiences are developed to represent each of these elements and the fundamentals of Fairmont Spa.

### **WATER - COASTAL MOUNTAIN CLEANSE**

Results — Moor Spa — 120 minutes

This detoxifying wrap harnesses the rhythm of the ocean to deeply soothe and nourish. Your body is flushed with a dry brush exfoliation before being wrapped in a nourishing blue green algae mask. A restorative steam treatment, followed by a gentle, purifying massage, will leave you with a feeling of clarity. A facial mask treatment completes this head-to-toe experience.

449

479

### **EARTH - CANADIAN WILDERNESS RETREAT**

Restore — Beauty Through Balance — 90 minutes

Inspired by the practice of forest bathing, bring the grounding energy of nature to your mind, body and skin with the essences of our Pure Canadian Forest blend derived from the forests of British Columbia. The skin is refined with a Canadian hemp and sea salt scrub followed by a tension-releasing massage infused with Canadian evergreens. While wrapped, a glacial clay masks the feet to further ground the spirit while the mind is restored with our expert scalp massage.

319

349

### **FIRE - SPIRIT OF THE PACIFIC**

Relieve — Beauty Through Balance — 90 minutes

Ignite the fire within using essences of green tea and clove to warm the body while massage techniques melt tension areas. Heated pink Himalayan salt stones are placed to balance the body's energetic field. Stress melts away with a heated oil scalp treatment.

309

339

### **AIR - NEROLI BLOSSOM RENEWAL**

Restore — Kerstin Florian — 90 minutes

Breathe in the aromas of the bitter orange blossom in this deeply relaxing yet uplifting experience, featuring a lymphatic dry brush technique followed by a nurturing massage. A wrap concludes this meditative treatment with a foot massage and energy-balancing ritual.

*\*Also available as a maternity treatment.*

309

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# FACIAL EXPERIENCES

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## KERSTIN FLORIAN

### **SKIN ESSENTIALS**

Relieve – 60 minutes

234

264

A tailored treatment utilizing skin-renewing formulas and a customized mask transforms the skin as it firms, hydrates, refines and tones.

### **BRIGHTENING**

Results – 90 / 60 minutes

324 /  
244

354 /  
274

Results-oriented, targeting hyper-pigmentation, fine lines and uneven texture. A powerful blend of skin-illuminating botanicals offer immediate improvement in your texture, tone and luminosity.

*\*Extended service offers a take-home ampoule and foot massage.*

## BIOLOGIQUE RECHERCHE

### **CUSTOM GLOW**

Results – 90 minutes

344

374

A manual lift technique with highly customized anti-aging serums and a facial mask reveals visibly restored, smoother and radiant-looking skin. A professional skin analysis will determine your best course of treatment, immersing cool therapy throughout.

### **VIP 02**

Restore – 60 minutes

244

274

Oxygenating while using micro-exfoliation and bio-energy massage to balance the epidermis and remove pollutants from your skin. Cryotherapy is used throughout to boost radiance and detoxification.



# TECHNOLOGIES

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### HYDRABRASION FACIAL

Results — 60 minutes

Renew your skin with our revolutionary Hydrabrasion Pro technology. This advanced treatment combines deep exfoliation and serum infusion to unclog pores and hydrate the skin, leaving a smoother, more radiant complexion.

429

458

### OXYGEN THERAPY FACIAL

Results — 60 minutes

Improve cell immunity and revitalization using highly concentrated oxygen delivered through advanced Korean skin technology. Anions and O2 are infused into the skin, combined with healing LED light and dermal infusion pen. Your skin is left feeling calm, refreshed and rejuvenated.

409

439

### SIGNATURE GLASS FACIAL

Results — 90 minutes

Combines healing oxygen technology with advanced diamond tip dermabrasion to deliver optimum results and transform the skin. This all-encompassing treatment improves hydration, promotes collagen production and reduces fine lines and wrinkles to reveal a renewed complexion and glow.

549

579

### LED LIGHT FACIAL

Restore — Kerstin Florian — 90 / 60 minutes

Celluma LED light wavelengths are used to treat the signs of aging, enhance skin repair and boost cellular energy in the skin. Natural formulas complement a nourishing facial cleanse and exfoliation. Finishing products leave your skin glowing.

*\*90-minute option includes facial massage and customized mask.*

324 /  
244

354 /  
274

## FACIAL ENHANCEMENTS

\*Please request at time of booking

**AMPOULE BOOSTER — KERSTIN FLORIAN** 29 29

Infuse your facial with highly concentrated active ingredients tailored to your skin type to produce results you can see and feel.

**NOURISHING HAIR AND SCALP TREATMENT** 29 29

Indulge in a nourishing oil scalp treatment while ends are nourished with a strengthening hair mask. Products will be left in your hair.

**GUA SHA** 19 19

Sibin Bian stone is used to heal the face with a light, lymphatic draining technique.

**NUFACE - 15 MINUTES** 49 49

Advanced microcurrent technology helps firm and tone the skin while smoothing the appearance of fine lines and wrinkles in your requested focus areas. Add on only to any facial.

## COLLAGEN TEA

**PASSION FRUIT GREEN TEA, RASPBERRY HIBISCUS OR PEACH BLACK TEA** 10 10

Enhance your wellness results with a marine collagen-infused chilled tea. Collagen improves joint health, skin hydration and elasticity, promoting a healthier skin structure and appearance. Sourced sustainably with clean ingredients, each 355ml serving contains 35 calories.

\*Please note, the teas are not vegan. Peach Black Tea and Passion Fruit Green Tea contain a small amount of caffeine.



# CUSTOMIZED MASSAGE EXPERIENCES

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Upgrade any massage service for you and a loved one to experience side by side in one of our luxury spa suites.

**FAIRMONT SIGNATURE MASSAGE**

Relieve — 90 / 60 minutes

309 /  
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339 /  
249

A Swedish-style relaxation aromatherapy massage with your choice of light-to-medium pressure. Intuitive breathwork begins this treatment using aromatherapy blends to achieve your sensorial goals. You will embark on a journey through the woods of the Pacific Northwest and Vancouver with our in-house blended body oil featuring aromas of rhododendron, pine and cedar.

**STRESS RELIEF**

Results — 90 / 60 minutes

319 /  
229

349 /  
259

A medium- to-firm pressure massage designed to reduce areas of pain and tension. Muscle work combined with stretching and circulation-enhancing strokes help move lactic acid out of the system. This massage is customized to focus on areas of your body that are in need.

*\*A mild soreness may result.*

**MOTHER TO BE HARMONY**

Restore — 60 minutes

219

249

Nurture and support with a balancing blend of geranium, lavender and grapefruit that infuses a restorative pressure point massage. Shea butter hydrates areas of focus while a soothing facial massage allows you to enjoy a quiet moment and appreciate the joy of pregnancy.

### **REGISTERED MASSAGE**

Results — 90 / 60 minutes

324 / 354 /  
239 269

Tailored to your specific needs using a variety of treatment techniques. Each RMT uses an individual style and set of techniques which vary in pressure, depth, style and training.

*\*Initial treatment will require a short assessment to meet your concerns.*

### **RMT MATERNITY**

Relieve — 90 / 60 minutes

324 / 354 /  
239 269

A nurturing massage tailored to the needs of the mother-to-be. Techniques provide essential relaxation and comfort while reducing stress and balancing the body.

### **SOLE REVIVAL**

Restore — 60 minutes

199 229

Soothe your soles with an intuitive aromatherapy foot treatment. Begin with a detoxifying foot soak and scrub followed by a grounding foot mask and heated booties. A rejuvenating massage focuses on tension points in the arms, hands, lower legs and feet. Hot stones take the leg and foot massage to another level of pampering

### **MOUNTAIN STONE MASSAGE**

Restore — 90 minutes

329 359

Using the elements of earth and fire, this massage combines heated basalt river stones and aromas of frankincense, ginger and Palo Santo to relieve deep tension and soothe tight muscles while warming the body.

## MASSAGE ENHANCEMENTS

\*Please request at the time of booking. Note these do not add additional treatment time.

<b>NOURISHING HAIR AND SCALP TREATMENT</b>	29	29
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Add to any treatment. Using the enriching powers of moringa seed and avocado oil, this treatment intensely moisturizes and strengthens hair follicles while our heated green tea oil re-nourishes the scalp.

<b>DRY BRUSH ENHANCEMENT</b>	39	39
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Add to any massage treatment. A full body dry brush encourages the lymphatic and circulatory systems to flush and detox, while refining the skin's texture.

<b>HOT STONE ENHANCEMENT</b>	29	29
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Add to any massage treatment to warm the back and an area of your choice, helping to ground the body while releasing tension.

<b>SHEA BUTTER ENHANCEMENT</b>	29	29
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Enhance your massage with a scented or unscented shea butter upgrade to leave your skin feeling deeply hydrated and nourished.

## COLLAGEN TEA

<b>PASSION FRUIT GREEN TEA, RASPBERRY HIBISCUS OR PEACH BLACK TEA</b>	10	10
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Enhance your wellness results with a marine collagen-infused chilled tea. Collagen improves joint health, skin hydration and elasticity, promoting a healthier skin structure and appearance. Sourced sustainably with clean ingredients, each 355ml serving contains 35 calories.

\*Please note, the teas are not vegan. Peach Black Tea and Passion Fruit Green Tea contain a small amount of caffeine.



# SPA PACKAGES

## **CUSTOM INDULGENCE**

579

629

2.5 hours

The ultimate day of tranquility. Your choice of any of our 90-minute Body Experiences, followed by a 60-minute Skin Essentials Facial. Finishes with a healthy lunch, complimentary valet parking is included.

*\*To book this package, please contact our spa reception via email or phone.*

## **TOGETHER IN TRANQUILITY**

649

694

1.5 hours

A pampering spa package dedicated to spending time with a loved one. You will each receive a 90-minute Body Experience using minerals blended with eucalyptus to fully exfoliate the body, followed by a detoxifying grapefruit and black pepper body oil massage to uplift the senses. Your skin is left smooth and tension melts away. Finish with a nourishing oil scalp treatment while ends are nourished with a strengthening hair mask. Products will be left in your hair. Enjoy a healthy lunch for two. Complimentary valet parking is included.

*\*To book this package, please contact our spa reception via email or phone.*

## **RAINFOREST RITUAL**

1200

1260

120 minutes

A journey through the elements. Be immersed in the air element with scents of our local temperate rainforest, featuring notes of cedar, fir and pine. A cleansing by the water element includes a replenishing Pacific sea salt scrub followed by a detoxifying bath soak in our Japanese-style Ofuro tub. Fire will warm your souls with heated Canadian Wilderness Oil to massage the body, using hot basalt stones on the back and feet. Let earth ground you to the present moment, removing impurities with a glacial clay mask for face and feet. The ethereal element represents the connection created by sharing this journey together. Complete your experience with a healthy lunch and toast to the rainforest with a complimentary glass of Moët each.

*\*To book this package, please contact our spa reception via email or phone.*

# WELLNESS EVOLVED

## **REIKI**

Restore — 90 / 60 minutes

289 /  
209

319 /  
239

Combining aromatherapy, meditation and the channeling of healing energy, you will leave feeling a balanced state of mind and body, deep relaxation and an enhancement of energy pathways.

*\*Does not include hands-on massage.*

## **REFLEXOLOGY**

Relieve — 60 minutes

229

259

Promote health and vitality to your organs through energetic pathways from your feet. A purifying foot soak and scrub will begin this journey, followed by a massage of the reflex points in feet and hands, leaving you feeling grounded and balanced.

# THE DETAILS

To keep the spa peaceful and protect the privacy of all guests, cell phones and other electronic devices are not permitted in the spa. If you need to receive messages during your time with us, please let our spa team know and we will be happy to assist you. Fairmont Spa is an adult sanctuary for guests 18 years and older.

## **SPA ARRIVAL AND ETIQUETTE**

With your relaxation in mind, we recommend arriving 30 minutes before your scheduled treatment. Upon entering the spa you will be escorted to our change room, assigned a locker and invited to change and await your provider in one of our calming lounge areas. To accommodate all guests, each treatment will conclude at the scheduled time, regardless of start time.

For capacity reasons, guests are welcome to enjoy the Jacuzzi, mineral bath, steam room, dry cedar sauna, fitness centre and indoor lounges for two hours on the day of the service. Guests receiving a facial treatment can enjoy the facilities two hours prior to service.

## **SPA ACCESS**

Spa access is available for 3 hours for hotel guests at \$54.00, and local guests at \$89.00 (morning) and \$99.00 (afternoon/evening), and can be booked [here](#). Spa access is subject to availability. Please take note of our health measures, cancellation policy and facility access instructions, which apply both for services and spa access.

## **SPA ATTIRE**

Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments. Jewelry and valuables should be left at home or in the hotel safe wherever possible. Fairmont Spa and Fairmont Pacific Rim are not responsible for lost or stolen articles.

## **CANCELLATION POLICY**

If you must reschedule or cancel any spa reservations, please notify the spa at least 24 hours in advance to avoid the cancellation fee. Missed appointments without proper notice are subject to a 100% charge for reserved services.

## **HEALTH MATTERS**

Please inform us of any health conditions at the time of booking (e.g. high blood pressure, heart condition, allergies, pregnancy). Consumption of alcohol before, during or directly after treatments is not recommended. You will be asked to complete a wellness form upon receipt of your confirmation email, so your spa professional can better customize your experience to meet your needs.

## **BILLING**

All payments will be collected via credit, debit or gift card upon checkout. Taxes will be added to all spa services and packages. Please note that our Friday through Sunday and holiday pricing applies to all statutory holidays and select holiday periods. Please review our website or contact our reservations team to confirm any dates.

## **SERVICE CHARGE**

Excellent service is guaranteed. A service charge of 18% is added for your convenience for every service, received entirely by your provider. If you wish to provide an additional tip to the team members who served you during your visit, please feel free to do so.

## **FAIRMONT SPA GIFT CARDS**

Fairmont Spa gift cards may be purchased for all spa services and packages. Please contact Fairmont Spa reception for further information.

## **HOURS OF OPERATION**

Spa facilities: Daily, 8:00AM - 10:00PM

Fitness centre: 24 hours a day, 7 days a week

Rates are subject to change. Occasionally, not all services will be available.

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