

## FAIRMONT DESTINATIONS

Fairmont's 70+ properties—each a unique landmark within its location—offer more than stunning architecture and luxurious amenities. When you stay with us, you can expect one-of-a-kind experiences, authentic touches and personalized service that connect you to the true spirit of your destination.

Find your moment at our exciting destinations around the world.

|            |               |                      |
|------------|---------------|----------------------|
| AZERBAIJAN | INDONESIA     | SOUTH AFRICA         |
| BARBADOS   | JORDAN (2016) | SPAIN                |
| BERMUDA    | KENYA         | SWITZERLAND          |
| CANADA     | MEXICO        | TURKEY (2016)        |
| CHINA      | MONACO        | UKRAINE              |
| EGYPT      | PHILIPPINES   | UNITED ARAB EMIRATES |
| GERMANY    | SAUDI ARABIA  | UNITED KINGDOM       |
| INDIA      | SINGAPORE     | UNITED STATES        |

FOR SPA RESERVATIONS  
Please call 412 773 8882

The Health Club & Spa  
Fairmont Pittsburgh  
510 Market Street, Third Floor  
Pittsburgh, Pennsylvania 15222  
spapittsburgh@fairmont.com  
fairmont.com/pittsburgh



THE HEALTH CLUB & SPA  
FAIRMONT PITTSBURGH



Indulge in an urban oasis in the heart of downtown Pittsburgh. The Health Club & Spa at Fairmont Pittsburgh offers luxurious amenities and unparalleled service in a contemporary and elegant setting. Relax in any of our four well-appointed treatment rooms, including a couples' suite. Male and female locker rooms feature eucalyptus steam rooms, dry cedar saunas, showers and a variety of complimentary amenities.

Whatever your reason for visiting The Health Club & Spa at Fairmont Pittsburgh, we have an experience you're sure to enjoy. From pure pampering and stress relief to treatments inspired by your unique lifestyle, you can create your perfect spa moment from our selection of indulgent experiences and treatments.

**Sit back, escape and let us take care of you.**

## OUR PRODUCT PHILOSOPHY

Fairmont spas place emphasis on many aspects when choosing products for each of our locations 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 brand's commitment to social responsibility. Our relationships with the product houses are important in ensuring we have premium spa products and training available for each and every encounter with our guests.

## AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been the leading expert in 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.

## THE REFINERY

Find skillful skincare combined with aromatherapy expertise and a unique knowledge of specialized male grooming at The Refinery. Designed for any age, our treatments soothe, calm and protect the skin from aggressive environmental stresses. Day-to-night needs are included—from shaving preparations to intensive treatments.



## FAIRMONT FITNESS

We know that exercise is a vital component to overall wellness—especially for travelers on the go—and we appreciate the desire for a high-quality, well-equipped fitness center. Our 6,000-square-foot facility is outfitted with Precor® equipment and a private group fitness studio. Catering to your own fitness level, our dedicated wellness professionals will assist you in achieving your personal health and fitness goals.

The Health Club and Spa at Fairmont Pittsburgh, open for both hotel guests and local members, is the perfect environment to restore your energy. Enjoy the following facilities and services:

- Personal training and group fitness classes
- Private studio with complimentary Fitness On Demand™
- Eucalyptus steam rooms
- Cedar saunas
- Relaxation areas
- Locker rooms with private showers

## PERSONAL TRAINING, NUTRITION & LIFESTYLE

Attain peak performance while achieving your desired fitness results. Combine workouts with one-on-one strength training, fitness coaching and lifestyle sessions. Allow our personal trainers to help you create a customized program aimed at balancing physical activity with relaxation.

## FITNESS ON DEMAND™

Fitness On Demand™ is a smart fitness kiosk that provides world-class fitness programming by schedule or on demand. Browse hundreds of fitness classes, sorted by type, difficulty level or length to find the perfect class to fit your schedule and goals.

## MEMBERSHIPS

Fairmont Pittsburgh offers exclusive memberships giving you access to our spa and wellness facilities. As a valued member, you will enjoy the following benefits:

## FAIRMONT MEMBERSHIP

- Use of facilities, including fitness and wet areas
- 1 complimentary 60-minute personal training session
- Fitness classes (\$10 per class additional)

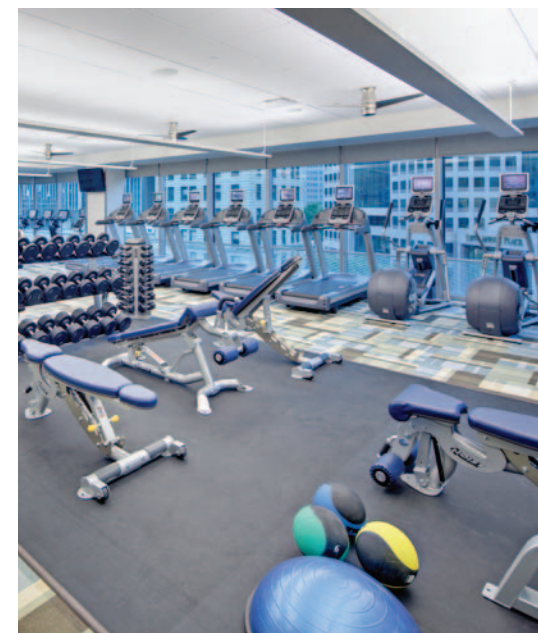
## EXECUTIVE MEMBERSHIP

- Use of facilities, including fitness and wet areas
- Small locker rental with laundry service for fitness apparel
- 5% discount on spa services and retail
- 10% discount on personal training packages
- Group fitness classes included, Monday to Friday
- 1 complimentary 60-minute personal training session per quarter

## SPA MEMBERSHIP

- Use of facilities, including fitness and wet areas
- 15% discount on spa services and 10% discount on retail
- 1 complimentary service per month:\*
  - Customized New You Facial or Refinery Deep Cleansing Facial
  - 60-minute Muscle Melt Massage

*\*May be accrued; however, must be used within one year of sign up.*



## HYDROTHERAPY WELLNESS EXPERIENCES

### EUCALYPTUS STEAM ROOM WELLNESS

Maintained between 110–125°F, 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 10–15 minute sessions and that you keep your body well hydrated afterward. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

## SAUNA WELLNESS

Maintained between 150–175°F, this dry heat soothes and warms the muscles, relieving tension from your body and minimizing joint pain. Sauna heat is especially beneficial for those who suffer from arthritis, painful migraines, headaches and the common cold. It is also an effective way of warming the body after an intense workout. Dry heat is recommended for 10–15 minutes daily. It is important to ensure your body is well-hydrated following sauna treatments.

*Note: Consult with and follow the advice of your physician prior to use.*

## FAIRMONT SPA PITTSBURGH SIGNATURE EXPRESSIONS

### MIND BODY WELLNESS

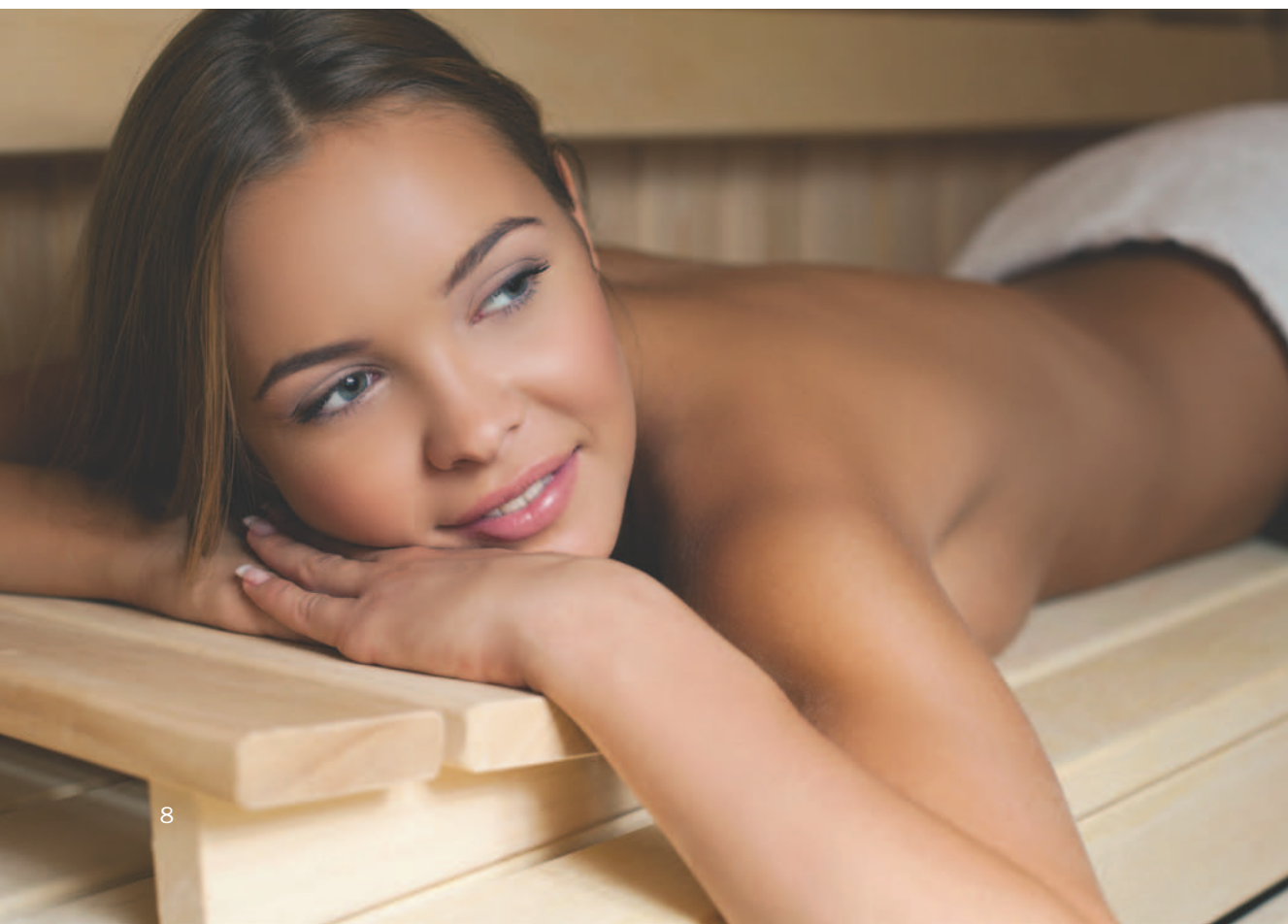
120 minutes

The perfect ritual for those feeling the ill effects of stress and a hectic lifestyle, incorporating the clarifying scents of frankincense, wild chamomile and rosemary. Begin with our Fairmont Pittsburgh Signature Massage for complete balance of body and mind. Next, relax and detox with the Express Facial. These treatments will alleviate your stresses and help your mind focus so you can get back on track in no time—plus, enjoy a complimentary food and beverage credit following your spa experience.

## FAIRMONT FITNESS

120 minutes

Begin with a full body fitness assessment and personal training session to meet your fitness goals. Finish with a 60-minute Muscle Melt Massage to increase circulation and assist with recovery after your workout. Our team of dedicated professionals will work with you to reach your personal wellness goals and keep you in the best shape possible.



## CLASSIC FACIALS FOR HER

### YOUTHFUL ANTI-AGING FACIAL

90 minutes

A concentrated facial treatment for those concerned with the signs of aging. Award-winning natural products are used in conjunction with unique, dual-layering intensive masks and a lifting, plumping and firming massage. This facial delivers instantly visible results with a unique sensory experience that will leave you relaxed and radiant.

### CUSTOMIZED NEW YOU FACIAL

60 minutes

Transform your skin with the power of essential oils. This customized facial is perfect for all skin types and will target your specific skin care needs, including dryness and dehydration, problematic and congested skin, or dull skin that needs an instant boost. Your therapist will do a full consultation and choose a plan that works best for you.

### PINEAPPLE & PASSION FLOWER EXPRESS FACIAL

30 minutes

This highly effective enzyme peel exfoliates the skin, smoothing fine lines and clearing congestion for a radiant and glowing complexion. Helps to diminish the signs of aging and aid cell renewal with no harsh abrasives. Long-lasting results from active botanicals reveal a complexion that is soft, smooth and radiant.

## CLASSIC FACIALS FOR HIM

### REFINERY DEEP CLEANSING FACIAL

60 minutes

When time is short and you need to look your best, this deep cleansing and brightening facial will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality.

### FACIAL ENHANCEMENTS

Add to your facial experiences with any of the following enhancements (available for men or women):

- Instant Eye Repair
- Age Repair Hands
- Aching Foot Relaxer

## BODY TREATMENTS

### ENRICH YOURSELF

90 minutes

Give your body the intense nourishment it needs with this exotic Aromatherapy Associates treatment designed to rejuvenate dry skin and revitalize the senses. Begin your treatment with a warm foot wrap, which will condition and soothe the feet. Revive dry, dull skin with rich body oil and butter exotically scented with flowers. Jasmine, patchouli and geranium harmoniously work together to help lift emotions, nourish the skin and leave you feeling enriched. The experience ends with a balancing hair-oil application to moisturize and condition the scalp and hair.

### ROSE HYDRATOR

60 minutes

Bring back your radiance with this comforting, restorative treatment. The treatment begins with a gentle olive grain exfoliation. Then, the body is layered in a hydrating and regenerating rose gel. Precious essential oil of damask rose works on renewing the skin, while its aroma soothes the emotions and nurtures the heart. A moisturizing and softening combination of evening primrose oil and shea butter is smoothed on before being left under a wrap, to penetrate by using the body's own heat. An Ayurvedic scalp massage works simultaneously on the physical, mental and emotional aspects.





## BODY MESSAGES

### FAIRMONT PITTSBURGH SIGNATURE MASSAGE

90 minutes

A full-body massage with emphasis on chakra alignment and pressure points, with additional time focused on the face and scalp. A relaxing leg and foot massage will help you feel completely at ease. Pair your massage with Aromatherapy Associates signature oils for an Ultimate Aromatherapy Experience that combines Swedish and neuromuscular techniques to support circulation and soothe aches and pains.

### TRADITIONAL HOT STONE MASSAGE

90 minutes

This indulgent full-body massage soothes muscle tension and encourages circulation. Using nourishing essential oils and warm volcanic stones to penetrate tired, aching muscles, this treatment allows you find a truly restful state of mind.

### MUSCLE MELT MASSAGE

60 minutes / 90 minutes

Using Aromatherapy Associates De-Stress Muscle Oil and Gel, rosemary, black pepper and ginger are absorbed deep into the muscle. The therapist will apply medium to deep pressure, according to your specific needs. Soothe tired, aching muscles and decompress your nerves as we release all your worries.

### JETSETTER MASSAGE

60 minutes

Designed with the jetsetter in mind, this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and head to improve blood

flow, concentrating on areas of tightness that might accumulate after many hours of travel. To finish, Aromatherapy Associates Heavy Leg Reviver is applied to the legs to combat swelling and circulation concerns.

### EXPECTANT MOTHER MASSAGE

60 minutes

Developed with the safety and comfort of mother and baby in mind, this full-body massage helps soothe soreness and ease discomfort during your pregnancy.

### ABSOLUTE RELAXATION MASSAGE

60 minutes / 90 minutes

This light- to medium-pressure full-body massage is designed to increase circulation and lymph return. Choose between Aromatherapy Associates Light or Deep Relax oils to stimulate your senses and relax the mind. Discover which aroma is just right for you.

### TRADITIONAL SWEDISH MASSAGE

60 minutes / 90 minutes

A classic full-body massage using long, smooth strokes to relieve stress, soothe aches and pains—and relax.

### ADDITIONAL TIME

For those who wish to upgrade any of our treatments, we have created a selection of mini treatments. These 30-minute treatments are also perfect for those who don't have the time to indulge in a full-service treatment.

- Back, Neck and Shoulder Massage
- Scalp Massage

## SPA ESSENTIALS DAY PACKAGES

Our experienced coordinators would be happy to recommend a package suited to your specific needs.

### URBAN ESSENTIALS

2.5 hours

This de-stressing package begins with a 60-minute Muscle Melt Massage to soothe aching muscles and release any stress that may be present in the body. Conclude with a 60-minute Customized New You Facial or Men's Refinery Deep Cleansing Facial to transform your skin with the power of essential oils.

### TASTE OF FAIRMONT

3 hours

Sample our express treatments and enjoy a taste of everything. This treatment includes a 30-minute Absolute Relaxation Massage, a 30-minute Express Facial and an Express Manicure and Pedicure. During your nail treatments, enjoy a warm cup of one of our famous Fairmont Wellness Teas. Leave feeling pampered from head to toe!

### TIME OUT FOR MEN

2 hours

Achieve a heightened state of relaxation and well-being. Begin your experience with a 60-minute Absolute Relaxation Massage. Finish with a Men's Refinery Deep Cleansing Facial complete with purifying mask to nourish and protect.

## SALON NAIL SERVICES

### SIGNATURE MANICURE

45 minutes

Fairmont Pittsburgh's Signature Manicure includes an essential oil of your choice with a moisturizing mask and hot towel treatment. The Signature Manicure also includes a nourishing hand soak and scrub, as well as a file, cuticle work and polish.

### SIGNATURE PEDICURE

55 minutes

Fairmont Pittsburgh's Signature Pedicure includes an essential oil of your choice with a moisturizing leg mask and paraffin foot treatment that will revive dull, rough feet. The Signature Pedicure also includes a nourishing foot bath and scrub, as well as a file, cuticle work and polish.

## SALON MANICURE

35 minutes

Hydrate your hands with a nourishing soak, light scrub and moisturizing lotion. This manicure includes a file, cuticle work and polish.

## SALON PEDICURE

45 minutes

Give your feet the attention they deserve with a nourishing soak, light scrub and moisturizing lotion. This pedicure includes a file, cuticle work and polish.

## NAIL ENHANCEMENTS

Choose from a variety of 15-minute enhancements for nail service:

- Shellac Application
- Shellac Removal
- Aching Foot Relaxer
- Age Repair Hands

## WAXING

Waxing services are available upon request.

## SPA ETIQUETTE

### SPA ENVIRONMENT

The Health Club & Spa at Fairmont Pittsburgh is a place for relaxation. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let one of our staff members know and we would be happy to assist.

### SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 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 time. To make any changes to your booking, please contact Spa reception at 412 773 8882.

## MEDICAL HISTORY

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

## SPA ATTIRE

The Health Club & Spa at Fairmont Pittsburgh provides robes and sandals for all spa guests. A locker will also be provided to store personal belongings during spa treatments. We ask that you please leave jewelry and valuables in your hotel room or the safe provided for you.

## MAKING SPA APPOINTMENTS

Tel: 412 773 8882

The Spa is located on the Third Floor of Fairmont Pittsburgh. Advanced reservations are recommended to ensure availability.

## GRATUITIES

Gratuities are not included in the price of the services but are greatly appreciated by service providers and support staff. Customary spa gratuities are 15–20%.

## SPA CANCELLATION POLICY

If you wish to reschedule or cancel any spa appointments or packages, please notify the Spa 24 hours in advance. Missed appointments or cancellations made within 24 hours will be subject to a 100% charge for reserved services.

## STAFFED HOURS OF OPERATION

### MONDAY–THURSDAY

Spa Treatments: 6:00 a.m.–8:30 p.m.  
Health Club and Locker Rooms:  
5:00 a.m.–9:00 p.m.

### FRIDAY

Spa Treatments: 6:00 a.m.–7:30 p.m.  
Health Club and Locker Rooms:  
5:00 a.m.–8:00 p.m.

### SATURDAY–SUNDAY

Spa Treatments: 8:30 a.m.–5:30 p.m.  
Health Club and Locker Rooms:  
8:00 a.m.–6:00 p.m.

\*The Health Club is open to hotel guests 24 hours a day with valid room key. All facilities are located on the Third Floor.

