

TEMPLE MOUNTAIN SPA

at The Post Hotel

“*Temple Mountain Spa*” is a welcome retreat from the demands and stresses of daily life. We offer a sensory and holistic feast for your body that is defined by our natural setting. If you are seeking to unwind or to simply indulge in an hour or two of bliss, our spa is designed for privacy and serenity and to accommodate your wellness requirements.

Signature Treatments

(For Men and Women)

Temple Mountain Escape – Your escape begins with a renewing body scrub that leaves your skin aglow. Continue your journey with a body masque of Tamanu oil and walnut extract to nourish and elasticize the skin. Your escape culminates with an exotic Herbal Thai Stem Massage. Therapeutic natural herbs and essential oils are wrapped in unbleached cotton... Breathe deep ... the aroma of lemongrass will surround you. The herbs in combination with soothing moist heat, help release toxins, increase circulation, relax muscles, and work out painful knots.

(135 minutes) **\$380**

No Health Insurance Receipts Issued

Temple Mountain OCEAN DUET! Sailing along with your partner and allow the breeze of Canadian Ocean and Glacial elements nurture you back to balance. This body treatment and massage begin with exfoliation using Green Tea Seaweed Salt Glow and warm kelp water. Whole Seaweed Frond is applied to localized areas of concern - injury, pain, dehydration, cellulite, or inflammation. Warm Seaweed/Glacial Clay mud is then massaged into the skin following by warm Green Tea Indian Spice massage to release any muscle tension. Your Ocean Journey is completed by a light application of Seaweed Body Butter. A calming breeze is now bestowed upon both of you.

(120 minutes) **\$700 for two**

No Health Insurance Receipts Issued

Temple Mountain Indulgence – The ultimate in relaxation - a luxurious customized **VALMONT** facial and a relaxation massage will have you in Cloud “9”. With **VALMONT’s** particular attention to preparation, their richly made-to-order formulas provide the most precious gift to the skin. When the embodiment of a formula meets with an extremely rich protocol, it leads to a wholesome anti-age, firming and enhancing treatment for the face. This definitive treatment includes a medical grade Collagen Mask.

(120 minutes) **\$360**

No Health Insurance Receipts Issued

Temple Mountain AGE REVERSAL! [comfort zone] Cheat your biological clock! Your journey to reverse the aging begins with a body strategist scrub followed by a firming body masque of Tamanu oil and walnut essence. While your body is cocooned in the wrap your Sublime Skin Facial will resurface, densify and lift the face, neck and décolleté. The treatment is completed with a nourishing body cream.

(120 minutes) **\$325**

Temple Mountain STOP THE AGING! [comfort zone] Enjoy the benefits of Skin Regimen, a Deactivate Aging/Active Longevity treatment. To begin you will enjoy a complete body exfoliation with Skin Regimen Rejuvenate Body Scrub. Next your body will be wrapped in Grotta Giusti Thermal Mud which will cause deep renewal and purification. While enveloped in your wrap, expert hands will perform a new advanced scientific facial with an holistic approach that brings ultimate lift and stimulation to your skin.

(120 minutes) **\$325**

Complete your spa visit with a 30 minute mini lesson and application of  and apply the cost of the service to your choice of jane iredale products.

(30 minutes) **\$50**

Massage

(For Men and Women)

Massage revives body and spirit and is an effective stress reducer. All **Temple Mountain Spa** massages are tailored to meet your specific needs. Our massage therapists consult with you prior to treatment to determine your sensitivity to massage pressure and depth, and to address the areas requiring particular attention. **Health Insurance Receipts issued if guest states requirement upon booking.**

Aromatherapy Massage – Using your choice of aromatic essential oil blend, this holistic combination of soothing touch and scent can de-contract the muscles, improve lymphatic circulation, revitalize the body or relax the body and mind.
(60 or 90 minutes) **\$155/220**

Sports Massage – treats specific sports related aches and syndromes. Expect strong hands and a deep touch with both active and passive muscle stretching. This massage rehabilitates tired or aching muscles after a day in the mountains – summer or winter.
(60 or 90 minutes) **\$155/220**

Swedish Massage – light to medium touch is applied in a soothing circular pattern. This classic European massage increases circulation, tones and relieves muscle pain and tension. The result is total relaxation.
(60 or 90 minutes) **\$155/220**

Therapeutic Massage – a more intense massage which targets chronic tension in specific muscle groups. We recommend this massage for anyone with muscle or joint problems.
(60 or 90 minutes) **\$155/220**

Couples Massage – share your unique massage experience with a partner. Professional therapists working side-by-side in our couple's treatment room perform this massage. Each partner can choose the type of massage – Swedish, Therapeutic, Aromatherapy or Sports.
(60 or 90 minutes) **\$155/220 each**

Pregnancy Massage – enjoy the benefits of massage during pregnancy.
(60 or 90 minutes) **\$155/220**

Thai Stem Massage – Herbal Stems are traditional massage tools used in Thailand since ancient times. Like other forms of massage, they help release toxins, increase circulation, relax muscles, and work out painful knots. Stem Massage differs because they combine soothing heat with therapeutic natural herbs and essential oils. These healing oils and resins are absorbed into the blood stream through the epidermis and react with the body chemistry in a sympathetic and gentle way. The treatment combines traditional Thai Massage movements with deep pressure to release blocked energy, increasing awareness and vitality.
(90 minutes) **\$250** *No Health Insurance Receipts Issued*

Hot Stone Massage - Combines a massage of your choice - Swedish, Therapeutic, or Sports - with Hot Stones. Choose your massage and then we will incorporate the beneficial deep penetrating heat of hot stones to increase the effectiveness of your massage. Melt away stiffness, creating a feeling of deep relaxation and muscle relief.
(90 minutes) **\$240**

Body, Foot & Leg Treatments

(For Men and Women)

Ocean Calling Body Balancing Treatment – Let Canadian Ocean and Glacial elements nurturing you back to balance. This treatment encompasses true elements of Thalassotherapy (healing through raw ocean elements) to help dislodge toxins, reduce inflammation while replenishing the skin with vital nutrients and minerals. The ritual begins with exfoliation using Green Tea Seaweed Salt Glow, followed by full body wrap using Seaweed/Glacial Clay mud. This ocean healing is completed by a light application of Seaweed Body Butter.
(60 minutes) **\$150**

Add On-

Ocean Elements Targeted Treatment – Experiencing any areas of injury, pain, dehydration, cellulite, or inflammation? Let Whole Seaweed Frond come to the rescue. This treatment involves an application of Whole Seaweed Frond pieces to any areas of injury, pain, dehydration, cellulite, or inflammation for a period of time with a light application of Seaweed Body Butter. Your healing process does not end here as Seaweed Frond will be provided to you to take home to use for 4 to 5 times to maintain results.
(15 minutes) **\$60**

[comfort zone] Grotta Mud Body Treatment – your treatment begins with a Skin Regimen Rejuvenating Body Scrub to prepare the body for a warming, therapeutic mud treatment. The Grotta Giusti Thermal Mud from Italy is excellent for pain relief and soothes tense muscles and tender sore joints after a day in the mountains. The treatment is completed with a light massage application of Skin Regimen Juvenile Body Cream.
(60 minutes) **\$150**

[comfort zone] Firming Body Treatment – A replenishing treatment bestowing perfect tone, elasticity and restoring moisture balance to the skin, leaving it soft, and silky. Your treatment begins with a body strategist scrub followed by a firming body masque of tamanu oil and walnut essence. The treatment is completed with a light massage application of nourishing body cream.
(60 minutes) **\$150**

VALMONT Hibiscus Flower Body Treatment – Enter a garden of fresh flowering hibiscus! This anti-aging body wrap incorporates a cellular refining body exfoliation to leave your skin silky and soft followed by a hibiscus flower masque to help moisturize, re-mineralize and firm the skin. The aromatic relaxing properties bring an overall sense of wellbeing.
(60 minutes) **\$160**

Rose Clay Body Wrap – Breathe in the aromatic fragrances of Rose Clay from the Provence region of France. This remarkable mud is carefully sun-dried to retain its purity; the clay is infused with powerful source derivatives of deeply hydrating Apricot and Wheat Amino Acids.
(60 minutes) **\$150**

Refreshing Salt Scrub – *Tired, achy body after a vigorous day of skiing or hiking* --- Unveil silky smooth skin and refresh your senses with Japanese Mint Oil infused Salt Scrub. Your treatment is finished with a gentle massage of invigorating, healing body cream infused with Japanese Mint Oil --- leaving your body tingling!
(45 minutes) **\$125**

Vital Leg – Refresh...Revive...Revitalize. After a day of hiking or skiing the vital leg is a remarkable treatment that offers immediate and long-term relief from fluid retention, sore joints and swollen ankles and knees. Lay back and enjoy this refreshing leg and foot treatment.
(30 minutes) **\$75**

Women's Facials

At **Temple Mountain Spa** we believe a regular skin care program is fundamental for maintaining healthy, vibrant skin. Temple Mountain Spa facials combine a complete skin analysis and eye treatment with a customized treatment program designed for your particular skin texture and condition, yielding optimal and long lasting results.

VALMONT – Amazing Results! – Renew, Regenerate, Rehydrate ---- Customized Valmont facials that will address any skin concerns. At the heart of the Swiss Alps, **VALMONT** established a unique Phyto-Alpine garden. This pure and privileged setting is where **VALMONT** cultivates plants which are selected for their effects on the skin, thus ensuring total quality control of the extracts in their products. Enjoy the prestige treatment that Royalty and Celebrities alike have indulged in!
(90 minutes) **\$250**

[comfort zone] One Hour Customized Facial will address your needs --- dehydration, sensitivity or oily concerns.
(60 minutes) **\$170**

[comfort zone] Skin Regimen Longevity completely revolutionizes the professional approach by offering visible amazing results in just 90 minutes. This longevity facial renews, restores, tones and repositions the skin tissues for a youthful, healthier appearance. The efficacy of the ingredients is maximized by a micro-current toning treatment designed to reinforce skin tissue and muscle elasticity with visible lifting results!
(90 minutes) **\$220**

[comfort zone] Sublime Skin – RENEW, FIRM, REPLUMP! **SUBLIME SKIN** is a complete system to correct the signs caused by **DEGENER-AGING™** for an “active lifting” effect from within. Combined with **[comfort zone]** active lift massage, it stimulates cellular regeneration, bestows fullness and redefines the volume of the face. The innovative biphasic peeling-off mask nourishes, illuminates, tones and reduces deep wrinkles as well as fine lines.
(75 minutes) **\$195**

For the Gentlemen

Men have long acknowledged the benefits of massage and are now discovering the beneficial and esthetic effects of facials, body wraps, manicures and pedicures. **Temple Mountain Spa** offers specialized and enjoyable treatments for men that enhance the entire body and being.

[comfort zone] Manspace Treatments – we customize your facial for your skin care needs. Manspace treatments provide the skin and the mind with all the specific elements required to recover from internal and external stress due to frantic lifestyle, aging, sun exposure, frequent travel and environmental pollution.
(60 minutes) **\$170**

Peak Performance Pedicure – a **Temple Mountain Spa** signature pedicure for men, includes complete foot and nail care. Consists of a **Gehwol** herbal soak for intensive cleansing and long-lasting deodorizing properties, exfoliation to stimulate circulation and refresh the skin, lower leg and foot massage to relax the muscles, and a paraffin treatment to lock in moisture. Your feet will be rejuvenated and ready for their next adventure.
(60 minutes) **\$95**

Peak Performance Manicure – our **Temple Mountain Spa** signature manicure for men incorporates nail and cuticle care, nail buffing, and shaping. Relax and enjoy a massage of the hands and lower arms and a final moisturizing paraffin treatment.
(45 minutes) **\$65**

Ladies' Manicure & Pedicure

Mountain Meadow Manicure – our **Temple Mountain Spa** signature manicure is a relaxing way to beautify your hands. It begins with an effervescent hand soak with minerals and brighteners. Cuticles and nails are treated and shaped; we then massage your hands and forearms with a hydrating lotion. Next, we lock in the moisture with a paraffin treatment. The treatment is complete with a polish application.
(60 minutes) **\$75** **French Manicure** (75 Minutes) **\$90**

Mountain Meadow Pedicure – Total foot revival is the objective of our **Temple Mountain Spa** signature pedicure. We use **Gehwol** products – everything for the well-being of your feet – to soak, moisturize and massage your feet. After soaking in an herbal bath, cuticles and calluses are treated and nails shaped. Lower legs are exfoliated and followed by a relaxing massage, a moisturizing paraffin treatment and a polish application. You will feel like you are walking on clouds! Take home your nail file and buffer.
(75 minutes) **\$105** **French Pedicure** (90 Minutes) **\$120**

Timesaver Manicure & Pedicure – This is a shortened version of our manicure and pedicure without the scrub or paraffin treatment. Your nails will be shaped, cuticles groomed, hands and feet massaged and nails polished to perfection.
(90 minutes) **\$155**



The most beautiful cosmetic you can wear is a healthy skin. That's why we offer Jane Iredale make-up. It is so effective it is recommended by plastic surgeons, dermatologists and skin care professionals. At last, a make-up that's good for the skin!

Application – 45 minutes **\$60**

Bridal Application – 45 minutes (consultation) **\$40**; 75 minutes (Wedding Day) **\$100**

Enhancement Add-on Treatments

(For Men and Women) Add any of the treatments listed below to an existing service.

Mini Facial – Cleanse, Tone, Facial Mask and moisturizer application.
(30 minutes) **\$75**

Micro-Current Toning Facial - a toning treatment designed to reinforce skin tissue and muscle elasticity with visible lifting results!
(30 minutes) **\$75**

Eye Treatment – Cleanse, Tone, Eye Mask and Moisturizer by [**comfort zone**]

(15 minutes) **\$50**

Scalp or Hair Treatment – Our customized MoroccanOil™ treatment addresses the needs of your scalp or hair. Natural essential oils will revitalize the hair while you receive a calming scalp massage.

(15 minutes) **\$50**

Waxing Services

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| Lip, Brow or Chin | \$25 | (15 minutes) |
| Full Face | \$45 | (30 minutes) |
| Underarm | \$30 | (15 minutes) |
| Full Arm | \$45 | (30 minutes) |
| Bikini | \$40 | (30 minutes) |
| Upper or Lower Leg | \$50 | (30 minutes) |
| Full Leg | \$80 | (60 minutes) |
| Back or Chest | \$75 | (60 minutes) |
| Brazilian | \$80 | (60 minutes) |

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| Brow Tinting | \$25 | (15 minutes) |
| Lash Tinting | \$30 | (30 minutes) |
| Lash & Brow Tint | \$50 | (45 minutes) |

SPA SHOP

Our spa shop offers a broad selection of beauty products by Valmont, [comfort zone], Gehwol, MoroccanOil™ and Jane Iredale as well as the latest in active wear from Karma. We also feature a variety of specialty gift items.

Age Requirement: Guests must be 16 years of age or older to utilize spa facilities and services.

Reservations: Call **403-522-3989** or **800-661-1586** to reserve your appointments. Our spa staff will assist you in planning services and treatments. To ensure you receive all the spa treatments of your choice at the time you wish, we recommend that you book all appointments in advance of your arrival. Guests are encouraged to book at least one week in advance, especially during busy weekend and holiday periods.

Cancellation Policy: If you must reschedule or cancel an appointment, please notify the spa 24 hours in advance to avoid being charged for the service. Cancellation for group bookings requires 4 days notice.

Tax and Gratuity: Please note all treatment prices do not include 5% GST and gratuities.

Prices are subject to change without notice.

Hours of Operation

Fitness Centre: 6:00 a.m. to 9:00 p.m.

Spa Hours of Operation: 8:00 a.m. to 9:00 p.m.

Suggestions to Enhance Your Experience: A visit to **Temple Mountain Spa** is a commitment to your overall well-being and self-improvement. To ensure you receive the maximum benefit and enjoyment from your time at the spa, we invite you to **arrive at least 30 minutes prior** to your first appointment. This gives you a few moments to relax in the spa's serene environment, use the Jacuzzi or enjoy a steam bath before your treatment. Should you arrive late, please understand that we cannot extend your time in order that our next guest will not be inconvenienced.

In consideration of other guests, we ask that all cellular phones be turned off while at the spa.

Rights & Responsibilities: It is the responsibility of all guests receiving spa treatments to "communicate openly" with their therapist or esthetician before and throughout their treatments. This dialogue with the therapist should include, but

not be limited to, special expectations, personal preferences, and/or possible concerns about how a treatment is proceeding.

Our spa employees have been hired for the diversity, breadth and depth of their knowledge of the healing arts. We value the many skills, talents and gifts they bring to **Temple Mountain Spa**. Because they practice a variety of ways to treat the human body — it is vitally important that you tell them about your preferences.

Spa Attire: You will receive a robe and sandals to wear while visiting the spa. You will also have the use of a locker for your personal belongings. If you prefer, undergarments may be worn during treatments, but rest assured our therapists are highly trained in correct draping procedures for your complete comfort and privacy.