



TEMPLE MOUNTAIN SPA

AT POST HOTEL



Let Go and Indulge

AT TEMPLE MOUNTAIN SPA

A soothing, blissful sanctuary that combines – and caters to – health, wellness, beauty and therapy. The spa menu was developed using a harmonious blend of products and techniques to serve the unique needs of the Post Hotel & Spa's guests. Services range from therapeutic to luxurious with a wide selection of massage therapies, body and facial therapies and beauty services.

SPA POLICY & RESERVATIONS

Please call 403.522.0401 or email spa@posthotel.com to reserve your appointments.

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.

Please note, all treatment prices do not include 5% GST or gratuities. Prices are subject to change without notice. Health insurance receipts issued if guest states requirement upon booking.



TEMPLE
MOUNTAIN SPA
AT POST HOTEL

Massages

AROMATHERAPY MASSAGE

60 or 90 Minutes | \$180/\$245

SWEDISH RELAXATION MASSAGE

60 or 90 Minutes | \$170/\$235

COUPLES MASSAGE

60 or 90 Minutes
\$190/\$255 per person

THERAPEUTIC MASSAGE

60 or 90 Minutes | \$180/\$245

ACTIVE SPORT MASSAGE

60 or 90 Minutes | \$205/\$280

PRENATAL MASSAGE

60 or 90 Minutes | \$180/\$245

THAI STEM MASSAGE

90 Minutes | \$260
(No Health Insurance Receipts Issued)

HOT STONE MASSAGE

90 Minutes | \$260



Body Treatments

CUSTOMIZED PURE BACK TREATMENT

Biologique Recherche

This personalized back treatment has been meticulously crafted to address your unique Skin Instant® needs. From tackling acne to refining texture, various treatment options are available to enhance overall back health. Utilizing the renowned Biologique Recherche protocols, this 60-minute treatment focuses solely on the back.

60 Minutes | \$220

SIGNATURE BODY GLOW

Biologique Recherche

This rejuvenating treatment gently exfoliates, tones, and moisturizes the body. This full-body scrub eliminates dead skin cells and impurities while promoting cellular renewal and circulation. It is followed by a shower and a gentle massage with a Biologique Recherche cream, which will leave the skin radiant and glowing.

60 Minutes | \$220

BOOSTER LIFT CORPS

Biologique Recherche

This truly decadent body treatment is designed to exfoliate, tone, and reshape the body. It uses a powerful combination of Biologique Recherche products and techniques to restore vitality to slackened skin. Following a shower and application of targeted firming serum and cream, your skin will be noticeably smoother, lifted, and reshaped.

90 Minutes | \$350



BREATH OF CLARITY DETOXING BODY WRAP

Lola's Apothecary

Embark on your indulgent journey with a rejuvenating full body exfoliation, as gentle circular motions invigorate circulation and prep the skin, enveloping you in the refreshing scent of our Breath of Clarity luxury aroma.

Following this, immerse yourself in our Breath of Clarity Mushroom Body Wrap while enjoying a head and scalp massage. This uplifting blend combines peppermint, eucalyptus, rosemary, marjoram, and lemon, while the wrap, enriched with detoxifying chlorella algae and potent chaga mushroom extract, offers a boost of B vitamins, antioxidants, and immune support.

After the invigorating wrap, surrender to a tranquil full body massage while oil seamlessly melts into your skin.

60 Minutes | \$199

FOOT THERAPY

Lola's Apothecary

Utilizing various massage techniques, this service concentrates on the foot, shin and calf muscles. The therapist will focus on relieving sore legs and tension, while restoring the natural flow of energy in the body. An invigorating scrub followed by a relaxing lower leg and foot massage will aid circulation and promote strong and healthy skin and feet.

This service is wonderful on its own, or enhance your experience by pairing it with any of the other services that we offer.

30 Minutes | \$95



Facials

EXPRESS FACIAL

Biologique Recherche

As with every treatment developed by Biologique Recherche, all facials begin with a preparatory phase: cleansing of the face with exfoliation/moisturization by the application of Lotion P50 with gentle pressure. The rebalanced skin is then ready for the application of serums and creams for your specific Skin Instant®.

45 Minutes | \$175

PERSONALIZED FACIAL

Biologique Recherche

This facial is highly personalized for each guests' Skin Instant®. Using Biologique Recherche's innovative massage techniques and treatment, boosters give immediate visible results. Our skin therapists will choose between three boosters - Soin Restructurant et Lissant to rehydrate and smooth or MCI10 to plump lines and purify or Lift C.V.S to brighten and lift the skin. Your skin will have instant radiance with the signature Biologique Recherche glow!

60 Minutes | \$240



Signature Facials

Biologique Recherche Signature Facials

90 Minutes | \$305 (per facial)

THE APRÈS FACIAL

Exposed to various elements in the Rockies, our skin often suffers from dryness and dehydration. Biologique Recherche has tailored the Après facial exclusively for Temple Mountain Spa, addressing these skin issues to ensure your skin radiates a healthy glow, stays hydrated, and remains protected for numerous days of outdoor adventures ahead.

ALPINE GLOW FACIAL

A re-plumping treatment to tone, revitalize and reduce the look of wrinkles. The skin's surface is smoothed, the shape of your face is redefined and to complete the treatment, a sheet mask is applied to brighten your skin and give it the ethereal Biologique Recherche glow.

CAVIAR LIFT FACIAL

Engage in a treatment that combines exfoliation, lifting, and shaping techniques to naturally smooth and lift your skin. After applying Caviar Vert, witness a remarkable improvement in smoothness, increase in plumpness, and a visible reduction in wrinkles. It's a single application for a noticeable transformation, revealing radiant and revitalized skin.



Facial Enhancements

PATCHS DÉFATIGANTS

The Patches Défatigants are pre-soaked eye sheet masks that treat the signs of fatigue and aging in the eye contour area. This innovative solution of anti-puffiness, anti-bag and anti-wrinkle agents provides an immediate and long-lasting rested look.

Add-on: \$40

MASQUE PIGM 400

The formula of Masque PIGM 400 is concentrated in exceptional brightening and antioxidant active ingredients that give an amazing boost to the skin's radiance.

Add-on: \$50

LIFTKISS

The hydrating and stimulating active ingredients provide an immediate plumping of the lip contours for more suppleness and volume.

Add-on: \$35



TOLESKIN[M]

The soothing, lipid-restoring, and hydrating active ingredients immediately calm redness, strengthen the skin barrier and limit water loss to provide the necessary comfort to the epidermis before or after cutaneous crisis. Serum manufactured in a sterile environment. Tested under dermatological control.

Add-on: \$60

MASQUE CAVIAR VERT

Masque Caviar Vert has an immediate tightening effect to prevent and fill in fine lines and wrinkles. Formulated with Green Caviar and a Collagen Segment, this treatment helps restructure the skin to visibly redensify and tone the epidermis. Wrinkles are visibly smoothed and facial features are tightened.

Add-on: \$54

SCALP MASSAGE

Drift into deep relaxation with this soothing scalp massage using Japanese mint oil to ease away any tension.

15 Minutes Add-on: \$55



Manicures & Pedicures

TEMPLE MOUNTAIN MANICURE

Enhancing the luxury of a classic manicure, this treatment raises the bar with the inclusion of your choice of Lola's Apothecary body souffles. A hand and forearm massage is followed by a paraffin treatment and completed with polish application after a buff of the nails.

45 Minutes | \$95

TEMPLE MOUNTAIN PEDICURE

Total foot revival is the objective of our spa. Everything for the well being of your feet. After soaking in a herbal bath, lower legs are exfoliated and massaged using Lola's Apothecary body souffle, a moisturizing paraffin treatment and a polish application.

You will feel like you are walking on clouds!

60 Minutes | \$130



CLASSIC MANICURE

Beautifully curated essential nail maintenance. Treatment includes cuticle work, nail shaping, polish and hydrating cream. This will leave nails and hands feeling nourished and looking elegant.

30 Minutes | \$85

CLASSIC PEDICURE

Simple and sophisticated, this treatment begins with a herbal bath soak. Your feet are filed and buffed, and then hydrated with a lotion. Warm towels are applied and your nails are polished to perfection.

45 Minutes | \$110

Add-on Paraffin | \$30



Indulgence Package

BIOLOGIQUE RECHERCHE BODY/FACE SIGNATURE TREATMENT

Immerse yourself in pure opulence with this
120-minute body and facial treatment.

Rejuvenate your mind and body with each pampering moments, as this treatment includes a body exfoliating and moisturizing ritual that will leave your skin smoother, softer, and more hydrated. Finished with a bespoke facial treatment to address fine lines, wrinkles, texture and leave the skin deeply hydrated and nourished.

120 Minutes | \$440



P.O. Box 69
200 Pipestone Road
Lake Louise, Alberta
Canada, T0L 1E0

403.522.3989
1.800.661.1586
spa@posthotel.com
posthotel.com

