

# Temple Mountain Spa at The Post Hotel

## Service Menu

"**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.

### Indulgence Packages

(For Men and Women)

#### **Temple Mountain *ESCAPE* – Firming Body Treatment + Thai Stem Massage**

Your Escape begins with a renewing body scrub followed by a firming body masque of Tamanu oil and walnut essence to nourish and elasticize the skin. Then, an exotic Thai Stem Massage combines yoga-like stretches, heated herbal stem and deep tissue massage techniques to help release toxins, increase circulation, relax muscles, and work out painful knots. Breathe deep...the aroma of lemongrass will surround you.

**No Health Insurance Receipts Issued** (135 minutes) **\$380**

#### **Temple Mountain *AGE REVERSAL* –**

#### **Firming Body Treatment + Sublime Skin Hormone-aging Facial**

Your Age Reversal begins with a body scrub followed by a firming body masque of Tamanu oil and walnut essence to nourish and elasticize the skin. While your body is cocooned in a wrap, your **Sublime Skin Facial** will resurface, densify and lift the face, neck and décolleté. This treatment is completed with a nourishing body cream.

(120 minutes) **\$340**

#### **Temple Mountain *STOP THE AGING!***

#### **Grotta Mud Body Treatment + Skin Regimen Urban Longevity Facial**

Your treatment begins with a body scrub to prepare the body for a warming Grotta Giusti Thermal Mud from Italy to relieve tense muscles and sore joints. While enveloped in your wrap, expert hands will perform a **Skin Regimen Urban Longevity Facial** using Modern Plant Chemistry™ to offset aging accelerators and detoxify the skin. This treatment is completed with a nourishing body cream.

(120 minutes) **\$325**

# 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**

**Swedish Massage** – A light to medium pressure is applied in a long soothing 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**

**Deep Tissue Massage** - a more intense massage which focusing on areas requiring deeper work. 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 – Aromatherapy, Swedish or Deep Tissue Massage.  
(60 or 90 minutes) **\$155/220 each**

**Registered Massage Therapy** – A therapeutic massage for Canadian guests who require Health Insurance Receipts. Please note that RMT appointments are subject to availability.  
(60 or 90 minutes) **\$155/220 each**

**Pregnancy Massage** - enjoy the benefits of a massage after your 1<sup>st</sup> trimester pregnancy.  
(60 or 90 minutes) **\$155/220**

**Thai Stem Massage** – an exotic massage combines yoga-like stretches, heated Thai herbal stem and deep tissue massage techniques to help release toxins, increase circulation, relax muscles, and work out painful knots. Breathe deep...the aroma of lemongrass will surround you to release blocked energy, increasing awareness and vitality.  
**No Health Insurance Receipts Issued** (90 minutes) **\$250**

**Hot Stone Massage** - Combines a massage of your choice – Swedish or Deep Tissue - 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 nurture 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 a full body wrap using Seaweed/Glacial Clay mud. This ocean healing is completed by a light application of Seaweed Body Butter. (60 minutes) **\$150**

**[ comfort zone ] Grotta Mud Body Treatment** – your treatment begins with a 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. This treatment is completed with a light massage application of a nourishing 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 scrub followed by a firming body masque of tamanu oil and walnut essence. This treatment is completed with a light massage application of a nourishing body cream. (60 minutes) **\$150**

**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**

**Detox Seaweed Therapy for Feet & Lower Legs** – The detox journey starts with soaking your feet in a Seaweed Concentrate foot bat, followed by an exfoliation of Green Tea Seaweed Salt Glow and finished with a massage of Green Tea Indian Spice Massage Serum and Body Butter. This treatment addresses inflammation, soreness and stiffness. (30 minutes) **\$75**

## Women's Facials

### **VALMONT – Customized Facial**

Amazing Results! - Renew, Regenerate, Rehydrate ---- Customized Valmont Facial will address any skin concerns. At the heart of the Swiss Alps, **VALMONT** established a unique Phyto-Alpine garden. The 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 ] Customized Facial** – choose an appropriate one to address your needs:

#### **Active Pureness Facial – oily/acne**

Deep cleansing and rebalancing of ALL skin, including delicate, dehydrated and mature skins.

#### **Hydramemory Facial – dehydrated**

24hr double hydration and antioxidant treatment for face, neck & décolleté: Contrasts dryness and premature aging.

#### **Remedy Facial – sensitive/rosacea Level 1**

Renewing, strengthening and soothing treatment. Fragrance-free. Ideal after sun exposure.  
(60 minutes) **\$170**

### **[ comfort zone ] Skin Regimen Urban Longevity Facial**

This facial is the perfect antidote to modern fatigue and urban lifestyle using Modern Plant Chemistry™ that includes organic superfood extracts to offset aging accelerators and detoxify the skin. The appropriate booster will be selected to correct specific stress-related signs of aging. The 100% natural aroma will recharge mind-body experience  
(60 minutes) **\$180**

### **[ comfort zone ] Sublime Skin Hormone-aging Facial & Sublime Skin Eye Treatment**

Designed to alleviate the undesirable effects of Hormon-aging™ on both skin and emotions. It counters thinning of the skin, extreme dryness, loss of skin density and feelings of fragility. The Cell-Support Technology™ and special massage techniques reactivate cellular communication for deep regeneration to re-densify skin and increase collagen, elastin and hyaluronic acid production. The hydrogel eye mask formulated with peptides gives immediate relief and visibly corrects signs of fatigue and puffiness to the eye area.  
(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 Facial** – we customize your facial for your skin care needs. Manspace Facials 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 beautiful hydrating lotion. This process stimulates cellular regeneration. 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**

# *jane iredale*

THE SKIN CARE MAKEUP

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.

**[ comfort zone ] Mini Facial** – Cleanse, Tone, Facial Mask and moisturizer application.  
(30 minutes) **\$85**

**[ comfort zone ] Sublime Eye Treatment** – Immediate effective peptides eye mask treatment. An innovative hydrogel mask formulated with peptides to give immediate relief and visibly correct signs of fatigue and puffiness.  
(15 minutes) **\$50**

**Scalp or Hair Treatment** – Our customized treatment addresses the needs of your scalp or hair.  
(15 minutes) **\$50**

## Waxing Services

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

<b>Brow Tinting</b>	<b>\$25</b>	(15 minutes)
<b>Lash Tinting</b>	<b>\$30</b>	(30 minutes)
<b>Lash &amp; Brow Tint</b>	<b>\$50</b>	(45 minutes)

## 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 15 - 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.

If you have a special preference such as a lighter or heavier touch, an extra blanket, etc. - please do not hesitate to ask. If you prefer that a therapist avoid certain parts of your body – feet, face, abdomen, scalp or hair for instance, please feel free to say so.

## Your Health

We prefer that you inform us of any health conditions at the time of booking your appointment. These include, but are not limited to, high or low blood pressure, heart conditions, recent surgeries, allergies or pregnancy. Consumption of alcohol before, during or directly after spa treatments is not recommended.

## 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.

# SPA SHOP

Our spa shop offers a broad selection of beauty products by Valmont, [comfort zone], Gehwol, Davines Hair Care and Jane Iredale Make Up as well as the latest in active wear from Alo Yoga. 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 booking requires 4 days' notice.

**Tax and Gratuity:** Please note, all treatment prices do not include 5% GST or gratuities.  
**Prices are subject to change without notice.**

## Hours of Operation

**Fitness Centre:** 6:00 am to 9:00 pm

**Spa Hours of Operation:** 8:00 am to 9:00 pm