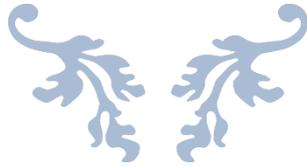


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# TEMPLE MOUNTAIN SPA

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Post Hotel



Menu

LAKE LOUISE  
ALBERTA CANADA



## Indulgence Packages

For Her & Him

### Temple Mountain Escape

#### Firming Body Treatment & Thai Stem Massage

Your Escape begins with a renewing salt body scrub followed by a firming body algae masque 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**

**\$410**

### Temple Mountain Stop The Aging

#### Thermal Mud Body Treatment & Babor HSR Lifting Facial

Your treatment begins with a sea salt body scrub to prepare the body for a warming Thermal Mud to relive tense muscles and sore joints. While enveloped in your wrap, expert hands will perform a Babor HSR Lifting Facial. This treatment is completed with a nourishing body cream.

**120 Minutes**

**\$340**





# Massage

For Her & Him

## Aromatherapy Massage

60 or 90 Minutes

\$165/230

## Swedish Massage

60 or 90 Minutes

\$165/230

## Couples Massage

60 or 90 Minutes

\$175/240 Each

## Registered Massage Therapy

60 or 90 Minutes

\$175/240

## Active Sports Massage

90 Minutes

\$280

## Pregnancy Massage

60 or 90 Minutes

\$175/240

## Thai Stem Massage

No Health Insurance Receipts Issued

90 Minutes

\$260





## Hot stone Massage

**90 Minutes**

**\$255**

## Body, Foot & Leg Treatment

For Her & Him

### Thermal Mud Body Treatment

Your treatment begins with a body scrub to prepare the body for a warming, therapeutic mud treatment. The Thermal Mud 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**

**\$165**

### Refreshing Salt Scrub

*-Tired, achy body after a vigorous day of skiing or hiking-*

Unveil silky smooth skin and refresh your senses infused Sea Salt Scrub. Your treatment is finished with a gentle massage.

**60 Minutes**

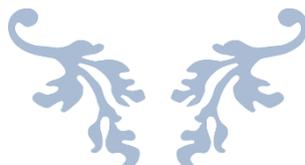
**\$165**

### Reviving Foot Therapy

So much more than a foot massage! The journey starts with soaking your feet in a Seaweed Concentrate foot bath, followed by an exfoliation with sea salt scrub and a massage with a choice of Lola's Body Souffle. A deeply hydrating Paraffin wax treatment seals in moisture and completes your experience, leaving your feet refreshed and rejuvenated. This treatment addresses inflammation, soreness and stiffness.

**30 Minutes**

**\$95**





## 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 it!

**90 Minutes**

**\$250**

### Customized Facial Unisex

Perfect for all skin types and will target your specific skin care needs. Your esthetician will choose a plan that works best for you.

**60 Minutes**

**\$170**

### Babor HSR Lifting Facial

Turn back the clock with this cosmeceutical treatment that provides immediate visible results. Targeted active ingredients not only smooth visible wrinkles but prevent new wrinkle formation and slow the aging process. The potent formulations and specialized massage techniques improve skin firmness, one and elasticity and redefine facial contours. The skin is plumped from within revealing a firmer, smoother and more youthful looking skin. Target-for all skins with wrinkles and loss of elasticity.

**75 Minutes**

**\$195**





## Manicure & Pedicure

For Her & Him

For Her

### Mountain Meadow Manicure

It begins with an effervescent hand soak with minerals and brighteners and a hands and forearms massage with a nourishing lotion. It followed with a paraffin treatment and complete with a polish application.

**45 Minutes**

**\$85**

French Manicure **60Minutes** \$95

### Mountain Meadow Pedicure

Total foot revival is the objective of our Spa. Everything for the well-being of your feet. After soaking in an herbal bath, 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!

**60 Minutes**

**\$115**

French Pedicure **75Minutes** \$125

### Timesaver Manicure & Pedicure

This is a shortened version of our manicure and pedicure without that scrub or paraffin treatment. Your nails will be shaped, cuticles groomed, hands and feet massaged, and nails polished to perfection.

**75 Minutes**

**\$165**





For Him

## Peak Performance Manicure

Relax and enjoy a massage of the hands and lower arms and a final moisturizing paraffin treatment.

**30 Minutes**

**\$75**

## Peak Performance Pedicure

Complete foot and nail care. Consist 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 to their next adventure.

**45 Minutes**

**\$105**

## Enhancement Add-On Treatments

For Her & Him

### Mini Facial

Cleanse, Tone, Facial Mask and moisturizer application.

**30 Minutes**

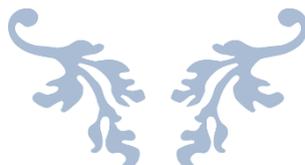
**\$95**

### Scalp on Hair Treatment

Our customized treatment addresses the needs of your scalp or hair.

**15 Minutes**

**\$55**





## Sublime Eye Treatment

Immediate effective Foreo eye treatment and eye massage to gives correct signs of fatigue and puffiness.

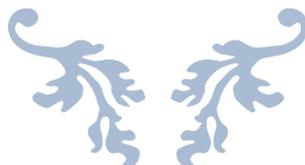
**15 Minutes**

**\$55**

## Waxing & Tinting

Lip, Brow or Chin	Brazilian
\$30	\$90
Full Face	Brow Tinting
\$50	\$30
Underarm	Back or Chest
\$35	\$80
Full Arm	
\$50	Lash Tinting
Bikini	\$30
\$50	Lash & Brow Tint
Upper or Lower Leg	\$55
\$70	
Full Leg	
\$90	
Back or Chest	
\$80	

**Health Insurance Receipts Issued  
If Guest States Requirement Upon Booking**





## Spa Policy

### Reservation

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.

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

### Hours of Operation

8AM-9 PM

