

NOURISHED  
BY NATURE



FAIRMONT SPA  
FAIRMONT BANFF SPRINGS



# AN ALPINE MOUNTAIN DESTINATION FOR WELL BEING

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Immerse in the essence of Banff's finest spa experience. Reconnect with nature's healing power as mineral pool and cascading waterfalls soothe your senses. Breathe in the crisp mountain air and feel renewed clarity, surrounded by the timeless beauty of Banff National Park.





# NOURISHED BY NATURE

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Fairmont Spa Banff Springs, where wellness goes beyond mere relaxation.

Any massage, body treatment, and facial includes access to our unforgettable Spa amenity areas, including: our mineral pool, water fall plunge pools, outdoor hot tub, fireplace resting lounge, quiet relaxation lounge, separate men's and ladies' areas (including saunas, steam rooms, eucalyptus inhalation rooms, whirlpools, change rooms, and lounges).

Our skilled therapists create an atmosphere of tranquility and serenity that permeates the mind, body, and spirit. This profound sense of deep relaxation allows you to reconnect with yourself before stepping back into the outside world, feeling refreshed and rejuvenated.





# FAIRMONT SPA BRAND PARTNERS

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## KERSTIN FLORIAN INTERNATIONAL

Kerstin Florian has always been inspired by nature, its energy and its intrinsic connection to wellness. The result is a portfolio of skincare programs that deliver noticeable results via beautiful and memorable sensorial experiences. This powerful blend of passion, innovation, natural wellness and the spa lifestyle, combined with its guiding philosophy of Outer Beauty, Inner Health, has led Kerstin Florian International to be partnered with the finest luxury resort and destination spas around the world, including ours!

## TATA HARPER

Packed with the most ingredients at the highest levels of concentration to deliver maximum results—without a single drop of artificial chemicals. Tata Harper products are made for those who expect the best and want the most results from their skincare. Tata uses non-toxic products that will never make you choose between health and results or between natural and high-performance. You shouldn't have to compromise your ideals when it comes to beauty. That's why every product Tata Harper makes is formulated without compromise.

## MOTHER EARTH ESSENTIALS

Mother Earth Essentials, an Indigenous-owned luxury bath and beauty brand, has partnered with Fairmont Spa Banff Springs to introduce two new spa products: the Nature's Renewal Body Treatment and the Woodland Walk Pedicure. This collaboration showcases Indigenous wisdom and healing ingredients, embodying contributions from Indigenous People in Canada. Mother Earth Essentials is proud to be featured at Fairmont Spa, a partnership symbolizing Truth and Reconciliation Commission (TRC) reconciliation.

## PAI SHAU

Pai-Shau means Passion for Life. The name was inspired by a journey to discover beauty in a different way. Led by passion, Pai Shau looked to an age-old ritual practiced by cultures all over the world. For centuries, cultures all over the world have consumed tea. Deemed as a wonder drink, it is known to enhance, nourish and protect internally. Pai-Shau discovered how to replicate these same holistic benefits for the hair, introducing the first of its kind...





# BODY TREATMENTS

*Includes spa access*

## SIGNATURE ULTIMATE ASCENT

*120 minutes*

Experience deep relaxation with a warm, aromatic footbath and foot scrub, followed by a gentle dry-brush exfoliation and a soothing, hydrating massage. A warm wrap and a gentle face and foot massage complete your journey to tranquility—and rediscovered energy.

## REDEFINING BODY WRAP

*90 minutes*

This deeply hydrating body treatment awakens, rejuvenates and renews the skin. Experience a smoothing body scrub followed by nourishing body massage and wrap delivering a firm, healthy look. Treatment promotes skin elasticity while helping to plump and fortify its appearance. Reactivate elasticity, deliver deep, long-lasting moisture to leave skin soft and supple. Enjoy an additional glow restoring mini-facial with your retreat.

## SIGNATURE ROCKIES REHYDRATION

*60 minutes*

If your time in the Rockies has dehydrated your skin, this experience will replenish it. Following a dry-brush exfoliation, a protective hydrating satin lotion—combined with your choice of luxury body oil blend—is massaged into your skin, absorbed while you are cocooned in warm blankets. Drift peacefully while your face, scalp, neck and feet are treated to a soothing massage.

## NATURE'S RENEWAL BODY TREATMENT

*90 minutes*

Blending ancient wisdom and modern tranquility with Mother Earth Essentials, begin with a purifying Sage and Canadian Pink Salt Scrub, followed by a deeply relaxing massage using Wintergreen and Black Spruce oils to soothe muscles and enhance breathing. Conclude with a nourishing Berry Seed Facial Oil application. Experience a profound connection to Indigenous heritage with our Mother Earth Signature body treatment.

## SERENITY RITUAL

*60 minutes*

This aromatherapy treatment promotes overall tranquility and serenity helping transform mood and energy. It begins with a body polish which perfects and deeply hydrates every inch of the body while calming and comforting dry skin. Followed by a relaxing massage with frankincense essential oils which deepens your breathing and relaxes your mind and body. While Rose Otto gently alleviates anxiety and strengthens the inner spirit.



# MASSAGES

*Includes spa access*

## ROCKY MOUNTAIN STRESS RELIEF

*60 minutes | 90 minutes*

Embrace the serenity of the Rockies as you immerse yourself in the soothing touch of our expert therapists. This personalized experience with light to medium massage, targets muscles sore from travel or everyday stress. Experience profound relaxation and reconnect with nature's calming embrace.

## PEAK PERFORMANCE

*60 minutes | 90 minutes*

Inspired by the towering peaks surrounding Banff, this firm pressure massage is designed for precision and results following your mountain adventures or activities. Our therapists concentrate on addressing muscle knots and tension using slow and sustained pressure intended to restore balance and improve mobility. Mild soreness may be a result.

## MOUNTAIN HOT STONE

*60 minutes | 90 minutes*

This massage combines precise techniques, alternating between hot basalt river stones and skilled hands to relieve tension. Our Canadian-made Wilderness Body Massage oil features a forest evergreen blend, along with Lavender, Sweet Orange, and Cedarwood, helping to soothe tight muscles and heighten the senses.

## FRAGRANCE FREE

*60 minutes | 90 minutes*

Experience the pure simplicity of our Organic Sunflower Oil Massage. Utilizing fragrance-free, vitamin-rich sunflower oil, this treatment provides deep nourishment and hydration for your skin. Through gentle, soothing strokes, our skilled therapists will guide you into a state of complete relaxation.

## MOTHER TO BE

*60 minutes*

This pampering experience – designed with the safety of the mother and child in mind. Geranium, Grapefruit and Lavender essential oils help to balance and harmonize the body and soul while support cushions are used for optimum comfort.





# MASSAGE ENHANCEMENTS

*Applicable to select massages only*

## LUXURY BODY OILS

Enhancement Luxury Body Oils (with Essential Oil Blend combinations): neroli blossom, ginger, or grapefruit and black pepper.

## WARM OIL SCALP SOOTHER

Indulge in a tranquil scalp massage using our pure lavender essential oil. This serene addition will encourage relaxation while it calms and soothes your scalp and overall wellbeing. A warm towel wrap concludes the scalp treatment.

## REDEFINING BODY BALM

A firming body treatment to minimize the appearance of stretch-marks and provide intense hydration for smooth looking skin. Best for dry, dehydrated skin.

## MOTHER EARTH BLACK SPRUCE & WINTERGREEN MASSAGE OIL

The Blend of Black Spruce and Wintergreen enhances Circulation and provides anti-inflammatory benefits while warming tight muscles.

## WELLNESS JOURNEY

### GIFT SET

Elevate your spa experience with a journey through our facility using our most popular travel-sized products. Each product is crafted to enhance your well-being and connect you with nature's healing touch. This curated gift set includes the following:

- Guidelines for using products in the spa facility: where, how, and when.
- Travel Case
- Turkish Body Scrub (Travel Size)
- Fub Balm (Travel Size)
- Chamomile Body Lotion (Travel Size)
- Neroli Water (Travel Size)
- Correcting Rescue Cream Sachets
- Juniper Body Oil Sachets



# EXPERIENCES FOR TWO

*Includes spa access*

Indulge in the ultimate relaxation at our spa, where we offer dedicated suites for Side by Side Experiences. Each suite is thoughtfully designed with a cozy gas fireplace and an elegant ambiance, creating the perfect setting for you and your companion to enjoy a service together. Whether you're seeking a romantic escape with your partner or a rejuvenating day with your best friend, our side-by-side experiences provide a unique opportunity to unwind and reconnect. Immerse yourselves in tranquility and let our expert therapists cater to your every need, ensuring a memorable experience.

## SIGNATURE ULTIMATE ASCENT

*120 minutes*

While in our Spa Couple's Suite, experience deep relaxation with a warm, aromatic footbath and foot scrub, followed by a gentle dry-brush exfoliation and a soothing, hydrating massage. A warm wrap and a gentle face and foot massage complete your journey to tranquility and rediscovered energy.

## ROCKIES RETREAT

*60 minutes*

This experience is the perfect addition to your holiday for two. Following a side by side dry brush exfoliation, a rich mineral cream blended with organic essences of revitalizing neroli blossom, lavender or ginger oil is massaged into your skin, absorbed while you are cocooned in warm blankets. Drift peacefully together while your face, scalp, neck and feet are treated to a soothing massage.

## SIDE-BY-SIDE MASSAGE

*60 minutes | 90 minutes*

The perfect gift to give each other is time together. Let the pressures of everyday life melt away with your choice of side-by-side massage with your choice of oils and customized pressure, light medium or deep.







# FACIAL TREATMENTS

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*Includes spa access*

## CUSTOM CLEANSE FACIAL

60 minutes

Tailored to your specific needs to provide the maximum benefit, this anti-aging facial transforms the skin as it firms, hydrates, refines and tones. It features skin-renewing antioxidant formulas, marine proteins, a contouring and lifting massage technique, and a hydrating mask. Your treatment concludes with a personalized home-care consultation. The whole experience can be customized to address sensitive skin conditions.



## BRIGHTENING LUMINESCENCE FACIAL

60 minutes

This results-oriented treatment is specifically designed to address hyper pigmentation and premature aging. Includes an exfoliating multi-acid peel on the face, neck, décolleté and hands to revitalize your appearance, a deep-cleansing massage to promote circulation, and a unique brightening mask to immediately illuminate the skin.

## PURIFYING DETOX FACIAL

60 minutes

Created to address all skin types and reverse environmental signs of aging. This treatment is a comprehensive detoxification for your skin featuring unique purifying products, powered by fruit enzymes, purple clay and essential oils. Focused deep cleansing of congested pores.

We will add an 18% automatic gratuity and 5% tax. Prices will vary based on demand, time, and availability. Please contact our Spa Specialists at 1-800-404-1772 to find up to date pricing.



# FACIAL TREATMENTS

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*Includes spa access*

## ADVANCED CORRECTING FACIAL

90 minutes

Producing immediate results with the latest advances in skin-care products, this facial—based on a 30% multi-acid exfoliation, and using a state-of-the-art vitamin C essence—is customized to address and correct specific aging concerns, including hyperpigmentation, fine lines, uneven texture and premature aging. It involves a deep cleansing massage and a hydrating mask that will leave the skin vibrant. A Vitamin C ampoule is included and a takeaway for home care.

## NATURE'S TRUE INDULGENCE FACIAL

90 minutes

This exclusive facial includes a Quadruple – Masque System to act on each level of the skin delivering lifting, hydrating and correcting effects. Advanced muscle relaxing neuropeptides instantly reduce wrinkles, reinforce collagen and restore the skin's youthful cushion. Enjoy a luxurious Ageless Hand Treatment and signature facial massages to stimulate healthy circulation. Revive your tired eyes with a thermal-eye therapy masque that will reduce signs of fatigue and immediately give you radiant and healthy skin

## ALPINE GLOW LED FACIAL

60 minutes

Featuring advanced LightStim LED technology, this treatment targets specific skin concerns to promote healing and stimulate collagen production. Whether you're looking to smooth fine lines or calm irritated skin, our customized LED facial provides a rejuvenating experience that leaves your skin feeling balanced and radiant.



We will add an 18% automatic gratuity and 5% tax. Prices will vary based on demand, time, and availability. Please contact our Spa Specialists at 1-800-404-1772 to find up to date pricing.





# EVOLVED WELLNESS

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## PEAK PERFORMANCE WITH CUPPING MASSAGE

60 minutes | 90 minutes  
*Includes spa access*

This focused massage, inspired by ancient Chinese medicine, pairs the tradition of placing suction cups on selected areas of the body with therapeutic massage techniques to produce deeper results. This treatment is designed to relieve muscle tension, stress, promote lymphatic drainage and increase circulation.

## PEAK PERFORMANCE WITH PERCUSSION THERAPY

60 minutes | 90 minutes  
*Includes spa access*

Peak Performance Massage with Percussion therapy is a firm pressure treatment designed to address muscle knots and tension accumulated from your mountain adventures. Using a combination of slow, sustained pressure and the power of Hypervolt Pro Massage percussive therapy, your therapist targets specific areas of tension, delivering pulsing pressure to promote muscle recovery, enhance mobility, and reduce stress. This deeply restorative experience may cause mild soreness but will leave you feeling balanced, rejuvenated, and ready to take on your next outdoor challenge with improved flexibility and well-being.

## REIKI SESSION

60 minutes  
*Includes spa access*

Reiki derives from the Japanese words Rei “Universal” and Ki “Life force energy”, and is an energy-balancing technique that encourages the healthy flow of energy through the body to reduce stress and promote the body’s natural healing abilities.

## HARMONY MASSAGE & REIKI

60 minutes | 90 minutes  
*Includes spa access*

Immerse yourself in a transformative journey of relaxation and healing with our Tranquil Harmony Massage & Reiki Experience. This unique service combines the therapeutic benefits of a soothing massage with the subtle energy work of Reiki, providing a holistic approach to well-being.

## PERSONAL TRAINING CONSULTATION

30 minutes

When booking a personal training consultation, individuals can expect a 30-minute session focused on their specific fitness goals and needs. It gives the trainer an opportunity to gather information about the client’s current fitness level, medical history, and specific objectives. The trainer will collaborate with the client to establish realistic goals and develop a personalized training plan. Additionally, the consultation serves as an opportunity for the client to ask questions, discuss concerns, and gain insight into the training process.





# MANICURE SERVICES

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*Spa access not included*

Welcome to The Salon within Fairmont Spa, where we are dedicated to making you look and feel your absolute best.

Our Salon is a sanctuary of elegance and relaxation, specializing in nail services that deliver classically beautiful results. Indulge in our 60-75 minute treatments designed to pamper and perfect your natural nails. We offer a range of Manicure and Pedicure services, featuring both natural and Shellac Polish options to suit your preferences.

To enhance your experience, consider adding an optional Spa Access pass to our adult-only facility at a special reduced rate. This exclusive access allows you to unwind and rejuvenate in a serene environment, making your visit to The Salon a truly holistic escape.

## REVIVING MANICURE

*60 minutes*

Begins with a hand soak and an invigorating hand exfoliation. Followed by a nourishing paraffin treatment and a hand and arm massage with hydrating and skin-conditioning body butter and an application of polish.

## SHELLAC MANICURE

*60 minutes*

This Shellac Manicure includes a dry manicure to shape and clean the nail of built up cuticles preparing the nail for Shellac Application. Myrrh nail oil is applied to promote healthy nails, hand and arm massage using hydrating and skin conditioning hand cream with urea.

## EXECUTIVE HAND GROOMING FOR MEN

*60 minutes*

This deluxe treatment begins with a hand soak, nail oil application to promote healthy nails, hand exfoliation, and finishes with a luxurious hydrating and skin conditioning body butter hand massage and paraffin treatment to relieve dry skin.

We will add an 18% automatic gratuity and 5% tax. Prices will vary based on demand, time, and availability. Please contact our Spa Specialists at 1-800-404-1772 to find up to date pricing.





# PEDICURE SERVICES

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*Spa access not included*

## WOODLAND WALK PEDICURE

*75 minutes*

Experience ultimate relaxation with our Signature Mother Earth Pedicure, a 75-minute treatment that revitalizes tired legs and feet using the healing properties of birch and black spruce.

Indulge in a soothing soak, luxurious exfoliation, and a calming massage, followed by a refreshing polish application. Finish with a purifying mist of Mother Earth Sage Aromatherapy to clear negative energy and promote tranquility.

## REVIVING PEDICURE

*60 minutes*

An energizing lift for the whole body. Includes a foot soak in sea salts and minerals, an invigorating exfoliation and a hydrating paraffin treatment. A foot massage with hydrating body butter and an application of polish completes the treatment.

## SHELLAC PEDICURE

*60 minutes*

This Shellac Manicure includes a dry manicure to shape and clean the nail of built up cuticles preparing the nail for Shellac Application. Myrrh nail oil is applied to promote healthy nails, hand and arm massage using hydrating and skin conditioning hand cream with urea.

## EXECUTIVE FOOT GROOMING FOR MEN

*60 minutes*

This foot grooming stimulates circulation and revitalizes weary feet. Our deluxe pedicure includes a foot soak in sea salts and minerals, an exfoliation, a foot massage with hydrating body butter and a paraffin treatment hydrates, warms and relieves dry, cracked skin.





# HAIR SERVICES

*Spa access not included*

## MEN'S SHORT HAIR CUT

For a quick refresh of your current style.  
Men's hair only.

## SHORT - MID LENGTH CUT

Gender neutral, Guest hair from short to shoulder length.

## LONG LENGTH CUT

Hair length past shoulders and longer.  
Gender neutral.

## SHAMPOO & BLOW DRY

Service provided for short or long hair. Experience the epitome of relaxation and beauty with our top-notch shampoo and blow dry services. Let us pamper you, leaving you looking and feeling fantastic, ready to shine at any occasion that comes your way! Our stylists are excited to help you look your best for a special night at the hotel, a dinner party, or a photo session.

***If you require any hair to be pinned in place, an Updo is better suited for this purpose.***

## COLOUR

Pricing will vary depending on hair thickness, amount of colour used and length of hair. Hair cut is NOT included in this booking.

**+ add cut for additional cost**

## PARTIAL HEAD OF HIGHLIGHTS

Pricing will vary depending on hair thickness, amount of colour used and length of hair. Hair cut is NOT included in this booking.

**+ add cut for additional cost**

## FULL HEAD OF HIGHLIGHTS/BALAYAGE

Pricing will vary depending on hair thickness, amount of colour used and length of hair. Hair cut is NOT included in this booking.

**+ add cut for additional cost**

## REGROWTH COLOUR

Pricing will vary depending on hair thickness, amount of colour used and length of hair.

**+ add cut for additional cost**

We will add an 18% automatic gratuity and 5% tax. Prices will vary based on demand, time, and availability. Please contact our Spa Specialists at 1-800-404-1772 to find up to date pricing.



# SPECIAL OCCASION

*Spa access not included*

## BRIDAL

- Bridal Hair
- Bridal Hair with Extensions
- Bridal Hair Trial

## ENTOURAGE

- Hair Updo
- Shampoo & Blow Dry (Short/Long Length)
- Flower Girl Updo

## SALON DRINK MENU

Drinks menu provided upon arrival. Please contact Spa Specialists for up to date selection. We proudly feature selections from local brewery beers, offering you a taste of the best our community has to offer. For those who prefer something a bit more crafted, try our pre-mixed cocktails, meticulously prepared to suit any palate. And if you're in the mood for something bubbly, indulge in one of our sparkling options. Cheers to a relaxing and luxurious salon experience!



# GROUP EXPERIENCES

Imagine a place where luxury meets tranquility, and every detail is designed to provide an unforgettable experience. With outstanding Spa and Wellness Services and a highly personalized approach to service, your group is bound to have an exceptional experience. Your Group Event Specialist will work with you every step of the way, making organization simple and easy.

## GROUP EVENTS

Planning a corporate retreat or an incentive trip for your top sales people? Our group specialist is here to make the process seamless and stress-free for you. Whether your organizing an event for 10 guests or more, we specialize in booking spa services for larger groups. Our expert team will handle all the details, ensuring your guests enjoy a relaxing and rejuvenating experience. Let us help you create an unforgettable retreat that promotes wellness, relaxation, and team bonding.

## SPECIAL OCCASIONS

The Fairmont Spa is that special place, ideal for gathering and celebrating life's cherished moments. Whether you're planning a bachelorette party, a birthday celebration, or any other group event, our dedicated Group Specialist is here to assist you in creating a memorable occasion. At the Fairmont Spa, you can indulge in a variety of services, including rejuvenating massages, revitalizing facials, and soothing body treatments. Our serene environment, complete with luxurious amenities, offers the perfect backdrop for connecting with friends and loved ones.

## SALON PARTY

Imagine a delightful day where you and your friends are pampered with luxurious manicures and pedicures, all while sipping on sparkling drinks. We can make that dream a reality for you.

## PRIVATE CLASSES

Enhance your event or celebration with a curated class from our team of fitness and wellness specialists. Whether you're interested in Yoga, Sound Bathing, Dance Instruction, or Fitness-based sessions, we have something to suit every preference. Our offerings are available in both our state-of-the-art Fitness Studio and our serene Quiet Meditation Lounge within the Spa. Let us help you create a memorable and rejuvenating experience for your guests.

## GROUP SPECIALIST

Be connected with our Group Specialist via our Spa Reservations Team:

**+1 (403)-762-1772**

**[bsh.spareservations@fairmont.com](mailto:bsh.spareservations@fairmont.com)**





# INFORMATION & ETIQUETTE

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## **Spa Arrival**

We recommend that you arrive 15-20 minutes prior to your appointment. This allows time for you to arrive comfortably for your Spa/Salon services. Should you be late for your appointment, it will still finish on time in order to not affect other guests. Full price of the service will still be charged for the time reserved.

## **Health Matters**

Please inform us of any health conditions prior to arrival (e.g., high blood pressure, heart condition, allergies). Consumption of alcohol before, during or directly after spa treatments is not recommended. We will ask you to complete a medical-history form prior to your arrival, so we can best customize your experience.

## **Dining**

We do offer an array of snack items and drinks complimentary during your spa visit. For a full meal, alternative outlets are readily available at the Fairmont Banff Springs, outside the Spa vicinity.

## **Spa Environment and Etiquette**

Fairmont Spa is an adult sanctuary. Guests must be 18 years or older. We regret that babies, toddlers, and anyone under the age of 18 are not permitted to join you in the spa. For your peace and privacy, cell phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our team know and we will be happy to assist you. For the comfort of all guests, spa voices must be utilized throughout the spa. 3 hour exclusive access to our spa facility including mineral pool, water fall plunge pools, outdoor hot tub, fireplace resting lounge, quiet relaxation lounge, separate men's and ladies' areas (including saunas, steam rooms, eucalyptus inhalation rooms, whirlpools, change rooms, and lounges) are available with your spa service. You may choose to use the access before or after your spa service (we are open 8:00 am to 8:00 pm daily). Access to the Spa Facility is not included with Nail and Salon service pricing, however can be purchased in addition to the salon service.





# INFORMATION & ETIQUETTE

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## **Valuable items and personal belongings**

We wish to inform you that the Fairmont Spa Banff Springs cannot be responsible for any loss, theft or damage of personal items. We recommend that you do not bring valuable jewelry or belongings to the Spa.

## **Insurance policy**

We will supply receipts for massage services only (not body experiences). Should you require a receipt for insurance purposes, please advise our Spa Coordinators at time of booking your massage appointment. In the event that an insurance claim is denied, the Fairmont Spa bears no responsibility for reimbursement.

## **Cancellation Policy**

If you must reschedule or cancel any Spa, Salon, or Fitness appointment, please notify the spa 24 hours in advance to avoid being charged in full for the space reserved. (Cancellation of all services require 24 hours notice.) If your spa reservation is part of a group booking please contact your group organizer to reschedule or cancel any spa appointments arranged in your name. Missed appointments without proper notice are subject to a 100% charge for reserved services.

## **Taxes and Service Charges**

For your convenience, 18% service charge and 5% GST (goods and services tax) will be added to all spa services and packages. Rates are subject to change. Occasionally, not all services may be available.





FAIRMONT SPA

FAIRMONT BANFF SPRINGS