



WILLOW STREAM

A FAIRMONT SPA

Find your energy
at Fairmont Le Montreux Palace



Willow Stream Spa Product Philosophy

Willow Stream Spas emphasis on many aspects when choosing spa products for each of our Spas around the world. With luxury in mind, each brand selected demands quality and result-driven treatments, which are personalised to suit the needs of our valued guests. Environmental sustainability is considered whenever and wherever possible, as a reflection of our social responsibility. Our relationships with our brand partners are important to ensure that we have premium spa products and training available for every encounter with our guests.

Niance

As a genuine premium Swiss brand, Niance develops effective anti-aging products and holistic treatment methods to visibly rejuvenate the skin. In the Swiss Glacier Complex®, exquisite substances from the Swiss Alps are combined to create precious anti-aging elixirs treating all layers of the skin. Niance represents the beauty care with no compromise. No longer need to choose between luxury, skin compatibility or effectiveness.

Biologique Recherche

For its treatments, Biologique Recherche strives to understand the skin's messages in order to constantly adjust its care protocols at each Instant de Peau®. The latter are thus always elaborated on the basis of a personalized dermo-cosmetic diagnosis. Face, body or scalp, all of Biologique Recherche's personalized treatments are treated with the same rigor and the same methodology.

Willow Stream Spa at Fairmont Le Montreux Palace

Nestled on the shores of Lake Geneva, the Willow Stream Spa instils wellbeing and a deep feeling of relaxation. Connecting you with the water elements in an inspiring decor, this haven of peace truly reflects the tranquillity and purity of the Swiss Alps.

Indulge yourself with a relaxing and rejuvenating visit to the Willow Stream Spa throughout an expansive 2,000-square-metre (21,500-squarefoot) facility. Experience treatments designed to restore your body and mind, from invigorating facials using natural ingredients to time-tested massages crafted to melt away your stresses.

Keep your heart rate up on the road with our brand new fitness equipment and classes supported by a team of professionals. Then immerse yourself in our indoor or outdoor pool and end your journey with a rest in the relaxation area or in the gardens, to let the spirit of the lake and the Swiss mountains soothe you to the very core. You leave the Willow Stream Spa feeling rejuvenated, though you only wish to come back!

Discover serenity at Willow Stream Spa. And discover your energy.

Willow Stream Wellness Facilities

We know that exercise is a vital component to daily life. We offer you high-quality, well-equipped fitness facilities and provide spacious dedicated wellness areas to meet all your needs. Catering to your own fitness level, ability, or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Fairmont Le Montreux Palace is the perfect environment to restore your energy with access available to hotel guests. Part of our facilities are currently under renovation. Our facilities offer the following services:

- Indoor swimming pool
- Outdoor heated swimming pool (during summer season)
- Fitness centre with cardio and strength machines and equipment
- Private gardens with sun beds overlooking the lake

Indoor and outdoor swimming pools

Our indoor swimming Pool benefiting from natural daylight is the ideal spot for rest and relaxation. Our outdoor swimming Pool overlooking Lake Geneva and benefiting from a view over the Alps will welcome you during spring and summer for a morning swim or a sunbath.



Lifestyle Activities

Fairmont Memberships encompasses a selection of lifestyle choices for the Fairmont guests to suit the needs of their everyday lives.

At Fairmont we understand the importance of exercise in our daily life. Our fitness centre is built to ensure our guests have a comfortable space to use the best fitness equipment. Our dedicated personal trainers are available to assist with any fitness goals, adapting their technics to every level, ability and age.

The fitness centre is located on the ground level and benefits from natural daylight. We offer the following private and group classes:

- Personal Training
- Yoga
- Collective lessons
- Aqua Aerobics
- Jogging

Fitness sessions

Express coaching session	30 minutes
Personal Training	60 minutes

Please speak to one of our team members who will help you choose activities that will suit the needs of your time here.

Facial Treatments

Kerstin Florian Advanced Correcting Facial—90 minutes

A multi-acid peel followed by a skin-refining facial designed to target specific skin concerns. After a consultation, your therapist will create a customized treatment plan for your specific skin conditions to provide immediate and lasting results. For all skin types.

Kerstin Florian Berry Plus anti-Oxidant Infusion—60 minutes

Ultra-oxygenating facial based on vitamin-rich super berries and plant cell cultures to fortify, rejuvenate and renew. This result-oriented treatment leaves a radiant glow and is perfect for all skin types, for ladies & gentlemen.

Niance Intensive by Willow Stream Spa—60 minutes

Nurturing and comforting intensive treatment which provides the skin with moisture, nutrients and vitamins. It targets specific skin concerns including fine lines and wrinkles caused by dryness, skin irritation, congestion and premature aging. For all skin types.

Booster Vip O2—60 minutes

Biologique Recherche latest 2019 innovation, exclusively at Willow Stream Spa. An oxygenating and anti-pollution, micro-massaging facial treatment for all skin types.

Personalized Facial Treatment—60 minutes

Boost your complexion with this moisturizer that will deeply nourish your skin and strengthen it to better protect it. This personalized and regenerating treatment considerably improves the skin's texture, color and elasticity, giving it a fresh and luminous appearance.

Restructuring and Smoothing Facial—60 minutes

Hydrating, soothing effects of hyaluronic acid with silk and royal jelly applied with unique smoothing, sculpting and pulsing techniques on your skin. Boost the repair capacity for sensitive and stressed skin with draining and renewing actions.

Lift CVS Facial—60 minutes

An efficient cocktail of micro-crystalline algae, silk extracts, and natural amino acid combined with modulating techniques and massage through a purifying ritual that redefines contours and firms the oval of the face. Your skin is luminous, firm and toned.

Fruit Acid Facial—60 minutes

An exfoliating and regenerating treatment for wrinkled, lackluster. It leaves the skin on your face, neck and chest smoothed and refined.



Body Treatments

Neroli Blossom experience—60 minutes

Embark for an energy balancing experience with the signature aroma of Neroli essential oil featuring an eucalyptus-infused foot cleansing ritual with reflexology to invigorate the body, a lymphatic dry brush massage with an application of Neroli Blossom oil to clear the mind. An express facial massage with acupressure completes the treatment.

Lavender Dreams experience—60/90 minutes

Breathe deep. Inhale the calming and balancing benefits of Wild Lavender in this completely uplifting spa experience. Earthly minerals are combined with the Lavender's healing properties in a gentle full body exfoliation, followed by a pampering massage for your back, neck and shoulders with organic lavender oil and warm healing stones (60-minute treatment). Enhance your experience with a foot and pressure point scalp massage while you nourish and relax inside a warm cocoon of lavender scented dreams (90-minute treatment).

Rose Hydrator—60 minutes

This intensely hydrating treatment offers after a gentle olive-grains exfoliation, the layering of rich rose serum oil and cream, to leave your body radiant, soft and smooth and your spirit bright and uplifted.

Body Lift Care—90 minutes

A firming and toning treatment that leaves you with a refined skin texture and a resculpted body.

Slimming Booster Care—75 minutes

A draining treatment to reduce the dimpled effects of cellulite and improve the appearance of your skin.

Slimming Algae Treatment—75 minutes

A purifying and detoxifying treatment. It helps eliminate toxins and improves micro-circulation.



Body Massages

Willow Stream Signature Massage Le Montreux Palace—90 minutes

Fairmont Le Montreux Palace offers you a 90 minute signature massage exclusively designed for a precious time. Listen to the music and enjoy an energizing Abhyanga massage performed with warm mountain herbal oil to stimulate your skin, muscles and circulation before sipping a fresh fruit juice to be chosen from our exclusive selection.

Californian massage – light to middle pressure—60/90 minutes

To reset one's body shape, enhance circulation of fluids and promote relaxation.

Shiatsu massage—60/90 minutes

Japanese massage based on the same principles as acupuncture, to regulate the energy levels and activate the self-healing body powers.

Lomi-Lomi massage—60/90 minutes

Hawaiian massage combining graceful and rhythmic techniques, using forearms and palms. Immersing.

Ultimate Aromatherapy Experience—60/90 minutes

Real Aromatherapy massage combining the power of pure essential oils with a specific massage technic using acupressure and foot reflex sequences to ease away the day's strains and to bring body and mind back into balance.

Swedish massage – firm pressure—60/90 minutes

To enhance muscle recovery by targeting areas that are sore from exercise or just the tension of daily life. Deep muscle work combined with stretching, rocking and circulation-enhancing strokes.

Reflexology—60 minutes

One of the world's oldest healing methods targeting reflex points in the feet and hands to bring all of the body's organs back into balance and promote relaxation.

Lymphatic Drainage—60 minutes

Therapeutic massage using gentle pressure combined with specific movements to lightly push lymph through the system, helping it to drain out of the tissues and move throughout the body.

Rose pregnancy massage—60 minutes

Full body massage designed to answer the developing needs of mother and baby, it helps to ease aches and pains with attention paid to back, neck shoulder and lower legs. (Massage only performed between 4th and 8th month of pregnancy)

Bachelorette Party—60 minutes

Relax with your friends before the D-Day. Select a treatment for each of the participants amongst the following: Berry Plus anti-oxidant infusion, Lavender Dreams experience and Californian massage, and share a glass of Champagne and petits fours at our Willow Stream Café.

Salon

Aroma Manicure—60 minutes

Nail polish / nail polish remover—15 minutes

Nail polish (French)—30 minutes

Waxing

Legs—45 minutes

Half-legs—30 minutes

Arms—30 minutes

Bikini—30 minutes

Bikini complete—45 minutes

Underarms—30 minutes

Eyebrows—15 minutes

Upper lip—15 minutes



Enhancing your spa experience

Spa environment

Willow Stream Spa is a place to restore your energy and relax. For your peace and privacy, phones and other electronic devices are not permitted. If you would like to receive messages during your time with us, please let one of our colleagues know and we would be happy to assist.

The use of glasses or breakable objects is strictly forbidden in the whole Spa area and around the swimming pool. Food is strictly forbidden around the indoor swimming pool. Diving, running or any other kind of disturbances around the pool or inside the Spa area will not be tolerated. No objects or floating toys, except certified swimming aids are allowed in the swimming pool.

Spa arrival and etiquette

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience. To make any changes to your booking, please contact the Spa on: + 41 (0)21 962 17 00

Personal matters

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we can better customize your experience to your needs.

Spa attire

You will receive a robe and slippers to wear between treatments, Lockers are available for your personal belongings. For your comfort, we provide you with undergarments that we recommend you to wear during treatments. We ask that you please leave jewellery and valuables in your hotel room or in the lockers.

Gift vouchers

Gift Vouchers for all Willow Stream Spa services and packages are available for purchase. Please contact our Spa Experience Coordinators for further information.

Taxes and service charges

For your convenience, all taxes are included in the treatment price.

Making spa appointments

Please call + 41 (0)21 962 17 00 or email us at spa.montreux@fairmont.com

Consult our Spa Experience Coordinators to select treatments that fulfil your personal requirements. The Spa is located on the level -1 of the Fairmont Le Montreux Palace. Advanced reservations are recommended to ensure availability.

Spa cancellation policy

If you wish to reschedule or cancel any spa appointments, please notify the Spa 24 hours in advance. Missed appointments without proper notice are subject to a 100% charge for reserved services.

In-room treatment charges

We can arrange in-room massage or specific treatment upon availability at the time of request with an extra 50% charge to the treatment price.

Children access

Sauna, hammam and jacuzzi are strictly forbidden for their safety.

Children willing to use the swimming pools must be under the surveillance of an adult at all times.

Our hotel guest's children have access to the indoor swimming pool on:

Mondays to Saturdays between 02.00 PM & 06.00 PM

Sundays from 9.00 AM to 12.00 PM & from 3.00 PM to 5.00 PM

During the opening of the outdoor pool, children of our members and hotel guests have access daily from 6.30 AM to 10.00 PM.

Hours of operations

Spa treatments: 10 AM to 7:30 PM daily

Fitness centre: 8 AM to 8 PM daily





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