

WELL & BEING

IN-ROOM EXPERIENCES

Welcome to the Restorative Sleep Experience by Bryte™ at The Fairmont Scottsdale Princess in collaboration with Well & Being Spa. Below is an assortment of curated services, experiences, and products available at Well & Being Spa to further support your Bryte Restorative Bed experience.

As a reminder, Fairmont Gold guests have complimentary access to Well & Being spa throughout the duration of your stay.

AROMATHERAPY

SLEEP MASSAGE

Let your muscles and daily stresses melt away while you receive a light-pressured massage using a soothing blend of essential oils masterly crafted to promote total relaxation to allow for a soothing night's sleep. 60 MIN | 90 MIN

Note: Suggest using 'To Sleep to Dream' oil blend or 'Unwind' oil blend

HIMALAYAN STONE MASSAGE

This restorative massage uses warm salt stones to soothe sore muscles and naturally replenish the body with vital minerals, restoring balance to your mind and body. 60 MIN | 90 MIN

SINGING BOWL THERAPY

This ancient sound healing and massage practice harnesses the body's own vibrational and material properties on a cellular level. The effects of the vibration will activate the chakras and remove energy blocks to promote extreme sense and feeling of relaxation. 60 MIN

MAGNESIUM MASSAGE

This healing treatment works to promote detoxification and replenishing of commonly deficient magnesium levels in the body using heat-driven muscle repair through magnesium-infused hot towels and full-body therapeutic massage. 60 MIN | 90 MIN

ACUPUNCTURE

Our licensed acupuncturists use a series of fine needles to restore balance and elevate the mind and spirit. Acupuncture relieves pain, enhances sleep, alleviates anxiety and stress, and treats acute and chronic muscular and degenerative conditions. 30 min follow-up appointments only available upon completion of any 60/90 min service experience. 60 MIN | 90 MIN

SLEEP BATH

Formulated with pure botanicals and mineral-rich salts of Sage & Lavender, a classic blend of healing essential oils to eases stress and anxiety, soothes, and repairs damaged skin and promotes sound sleep. 30 MIN

Physical activity improves sleep quality and increases sleep duration. Exercise also reduces stress and tires you out.

PERSONAL TRAINING

Develop a customized workout plan for your activity level and body type. Training may include some or all of the following: Reformer Pilates, Mat Pilates, TRX, power walking, strength training, gym equipment overview and assisted stretch. 60 MIN

HYPERVOLT

ASSISTED STRETCH

The 60 min Hypervolt Assisted Stretch is a manual stretch enhanced with a state-of-the-art vibrating massage device designed to increase flexibility, improve blood circulation, and reduce muscular soreness. The Hypervolt provides up to 3200 percussions per minute to leave your muscles feeling relaxed and recharged from head to toe. 60 MIN

MEDITATION/BREATHING

Let our experienced mind/body experts customize a meditation and breathing session for you. Tapping into the many different meditation and breathing techniques, this curated experience will focus on what techniques resonate best for you and can help build a long-lasting practice to calm the mind and body. 60 MIN

Well & Being®
Spa & Wellness



SLEEP WELL

RESTORATIVE EXPERIENCES

LAVENDER PILLOW MIST

Be gently lulled to sleep with the soothing effects of pure lavender. More than simply a hypnotic scent, lavender calms the mind and promotes deep, restorative sleep. Spritz this aromatic mist directly onto your pillows just before bed and feel yourself sink into slumber.

European Spa Source 4oz \$42

EUCALYPTUS SHOWER MIST

Eucalyptus combined with steam gently prompts deeper breathing to relieve daily stress for a restful sleep. Spray this mist generously into a warm shower for a spa-like environment, and as the eucalyptus evaporates, feel yourself melt into the intensifying scent of calming lavender.

European Spa Source 8oz \$34

MUSCLE STICK

Ease the distraction of muscle tension that can often cause nighttime tossing and turning. Containing a powerful CO2 extract of arnica, along with menthol and a proprietary blend of essential oils, this quickly absorbing lotion stick eases inflammation in muscles and soft tissue.

Body Bliss 2.2oz \$24.50

SLEEP STICK

Quiet your mind in an instant with an intensely grounding experience. Enriched with the nerve-soothing benefits of lavender, vetiver and ylang-ylang to promote sleep, this body bar also nourishes with mango and shea butters. Applied to the upper chest and forearms before retiring, it will gently hasten slumber.

Body Bliss 2.2oz \$24.50

CHAMOMILE CALMING HONEY

A tasty wildflower honey infused with soothing herbs to help calm the mind and senses. Delicious on its own, drizzled over an evening snack or added to a cup of herbal tea, it's the perfect nightcap for deep sleep seekers.

Naturopathica .3oz \$22

PASSIONFLOWER & KAVA SLEEP TINCTURE

Let the blend of passionflower, known for helping with insomnia, valerian root, known to be a powerful sleep aide, and ashwagandha root, known to reduce stress, lull you to a deep state of rest. Tinctures are potent liquid herbal blends that can be added to any beverage or consumed neat by the dropperful.

Naturopathica 1.7oz \$33

TURMERIC MUSCLE & JOINT TINCTURE

With the anti-inflammatory and antioxidant power of turmeric, this herbal supplement naturally reduces muscle aches and inflammation to a pain-free night's sleep. Tinctures are potent liquid herbal blends that can be added to any beverage or consumed neat by the dropperful.

Naturopathica 1.7oz \$33

SCHISANDRA & CHAMOMILE ADAPTOGENIC STRESS TEA

A floral rapture of lavender and chamomile, blended with soothing linden and infused with oat straw, holy basil, and schisandra to fight stress. Beneficial any time of day to support healthy sleep cycles. Contact the Fairmont Gold Concierge for hot water.

Naturopathica One Tea Bag \$22

SPECIAL OFFER

NOLLAPELLI SHEET SETS

Your Bryte Bed experience includes the latest in bed linen technology. Blending skin-loving natural fibers, silky polymers, and fine pima cotton, Nollapelli developed a fabric innovation that actually helps improve sleep quality while preventing skin and hair damage. Nollapelli bedding works overtime, maximizing sleep while restoring your body.

Nollapelli Sheet Sets Queen \$375

Nollapelli Sheet Sets King \$410

Nollapelli Pillow Case Queen \$75

Nollapelli Pillow Case King \$85



LEARN MORE

PLEASE CALL EXT. 2732 TO PURCHASE ANY OF THESE WELLNESS SLEEP ITEMS.

Once ordered, your rejuvenating and relaxing purchase will be delivered to your guest room or made available for you to pick up in the Well & Being LifeStyle Boutique. Nollapelli Sheet Sets can be shipped directly to your home at no additional cost.



FAIRMONT
GOLD