

LIVE IT WELL EVERYDAY

WELL & BEING MEMBERSHIP

Live life well today with membership to Well & Being Spa. All membership packages include access to our 44,000 sq.ft. spa facility for the day including fitness classes, steam room, sauna, Swiss shower, aromatherapy room, hot and cold plunge pool, waterfall grotto, private rooftop pool, men's and women's lounges and more.

WELL & BEING MEMBERSHIP BENEFITS

- Unlimited Spa Access
- Unlimited access to daily classes and lectures
- One complimentary BodPod per member per year
- One complimentary 60-minute Personal Training Session per member per year
- Five guest day passes per membership
- 20% Discount on Spa & Salon retail and à la carte: Spa services, Salon services, Intentional Living services, and Fitness services.
- 10% Discount at La Hacienda, Ironwood American Kitchen, Bourbon Steak and Plaza Bar when you present your member identification.

MEMBERSHIP PRICING

Single Membership | \$225 per month
Couple's Membership | \$300 per month



Find your happy place

REVIV WELLNESS

Well & Being Spa is proud to offer REVIV services, featuring intravenous vitamin hydration and wellness therapy. REVIV's certified medical staff offers 5 IV infusions that replenish hydration as well as vitamin and nutrient booster shots that provide natural and lasting energy, enhancing metabolism, promoting overall wellness and more.

Service is offered 7 days a week from 9AM-5PM.
Appointments Recommended. Call Ext. 7161 to schedule.



To Book Spa Services, or confirm fitness class times, Call Ext. 7161
Toll Free 800.908.9540

FAIRMONT SCOTTSDALE PRINCESS
7575 E Princess Dr. | Scottsdale, AZ 85255 | 480.585.2732

scottsdaleprincess.com | wellandbeing.com

Well & Being
Spa & Wellness



June—September 2019

EVEN SUPERHEROS
NEED A BREAK.

SPEND THE SUMMER SPA SIDE.

Well & Being
Spa & Wellness

SUPER SPA SPECIALS

BE REFRESHED: PURIFICATION RITUAL | 90 MIN \$229

This detoxification ritual begins with a vigorous exfoliation and mud wrap in black silt clay. Your face is then cleansed with an oat polish and nourished with a hydrating aloe gel mask. Followed by a vigorous scalp massage, hair conditioning treatment and a full-body massage. *Products used in this service are available for purchase: Espresso Mud (\$42), Aloe Replenishing Mask (\$58), Bergamot Lotion (\$38)*

BE CALM: CLEMENTINE DREAMS | 60 MIN \$149

Enjoy a soothing massage using sweet ripe clementine oranges. Antioxidant rich Olive Fruit and Grapeseed oils combine with Orange Peel, Jojoba, Sunflower Seed and Apricot Kernel oils to nourish and calm your sun kissed skin leaving it silky smooth. *Products used in this service are available for purchase: Farmhouse Fresh Clementine Body Oil (\$22) Farmhouse Fresh Citrine Beach Body Milk (\$29)*

BE COOL: APRÈS SUN TREATMENT | 60 MIN \$159

Allow the healing and soothing properties of Sea Fennel combined with the mineralizing properties of Irish Moss and Green Algae to soothe your body after a day of indulgence at the pool. This hydrating body wrap concludes with a luxurious face and scalp treatment. *Products used in this service are available for purchase: Wild Lime Scalp Oil (\$38), Aloe Replenishing Gel Mask (\$58), Manuka Honey Cleansing Balm (\$78)*

BE BEAUTIFUL: TRANSFORMATIONAL FACIAL | 60 MIN \$165

This facial targets all signs of aging, instantly restoring balance. Smooth fine lines and tone with a medium peel, great for the most sensitive, dehydrated, and even breakout-prone skin. *Products used in this service are available for purchase: Revitalizing Mask (\$70), Sheer Tint Broad Spectrum SPF 45 (\$59), Hyaluronic Acid Boosting Serum (\$137)*

BE POLISHED: BEACH READY

45 MIN MANICURE \$59 | 60 MIN PEDICURE \$79

Begin with shaping the nails, a soak, a cuticle treatment and a gentle exfoliation and finish with a revitalizing massage and polish color of your choice. *Products used in this service are available for purchase: Sweet Cream Body Scrub (\$28), Sweet Cream Body Milk (\$34)*

BE REVIV'D: SUPER POWER BOOST | STARTING AT \$29

Enjoy being replenished and revitalized with one of our energizing booster injections. *Vitamin B12 Pure Energy | Glutathione Master Antioxidant | Slimboost Metabolic Weight Loss | CoQ10+ Power Fitness*

SPA MORE, SAVE MORE

Enjoy a 10% savings when you purchase one featured retail item and 20% when you purchase two the same day as your service!

FITNESS CLASSES

MONDAY

7:00-7:30AM Tabata HIIT ► FS
7:00-8:00AM Hatha Yoga MB
7:30-8:30AM TRX Fusion AT

8:30-9:30AM Step Workout FS
9:30-10:30AM *Aerial Yoga AT
2:00-3:00PM Spin Cycle ► FS

TUESDAY

6:30-7:05AM Kickboxing Intervals ► FS
7:00-8:00AM Wall Pulley Training MB
8:00-9:00AM Mobility & Flexibility FS
8:00-9:15AM Kundalini Yoga MB

9:00-10:00AM *Bungee Fitness AT
10:00-11:00AM *Aerial Yoga AT
4:00-5:00PM Candlelight Restorative Yoga MB

WEDNESDAY

6:30-7:30AM Spin Cycle ► FS
6:30-7:15AM Tai Chi MB
7:00-8:00AM Aqua Fitness SB
7:15-8:15AM Deep Yoga Stretch MB

8:00-9:00AM TRX Fusion AT
8:30-9:30AM *FloatFit Yoga SP
10:00-11:00AM *Aerial Yoga AT

THURSDAY

7:00-8:00AM Spin Cycle ► FS
8:00-9:00AM Aqua Fitness SB
8:00-9:10AM Kundalini Yoga MB

9:15-10:15AM Booty Barre Sculpt FS
10:15-11:15AM *Aerial Yoga AT
4:00-5:00PM Total Body Bootcamp ► FS

FRIDAY

7:00-7:30AM Total Body Blast ► FS
7:00-8:00AM Yin Yoga MB
8:00-9:00AM WellFIT (Circuit Training) FS
8:30-9:30AM *FloatFit Yoga SP

9:15-10:15AM *Aerial Hammock Yoga AT
10:00-11:00AM Booty Barre / Pilates FS
4:00-4:15PM Ab Workout ► FS

SATURDAY

7:00-8:00AM *Wall Yoga MB
7:00-8:00AM Spin Cycle ► FS
7:15-8:15AM *FloatFit Yoga Fitness SP
8:00-9:00AM Hatha Yoga MB

8:30-9:30AM *Bungee Fitness AT
9:15-10:15AM WellFIT (Circuit Training) FS
10:15-11:15AM *Aerial Yoga AT
2:00-2:25AM Fat Scorching Cardio ► FS

SUNDAY

8:00-8:30AM Tabata HIIT ► FS
8:30-9:30AM Hatha Yoga MB
9:00-10:00AM *FloatFit Yoga Fitness SP
9:30-10:30AM Surfset Circuit FS

10:30-11:30AM Booty Barre Sculpt FS
11:30-12:30PM *Aerial Yoga AT
11:35-12:20PM Power Pilates ► FS

LOCATION KEY:

FS FITNESS STUDIO • MB MIND/BODY STUDIO • AT ATRIUM
SB SUNSET BEACH POOL • SP SPA POOL • ► FITNESS ON DEMAND

*AERIAL YOGA, FLOAT FIT YOGA, WALL YOGA, & BUNGEE FITNESS INCUR A \$12 FEE PER PERSON. \$55 Daily Access Fee/Fitness Center. Sign-up in person or via phone Ext. 7161 up to 24 hours prior to class

Full fitness class descriptions available at scottsdaleprincess.com

SUPER WELLNESS HIGHLIGHTS

THE POWER OF NATURE - **NEW!** Garden to Skin Massage

Add our CBD stress less oil enhancement to quiet the mind and relax the body to any 60 minute or longer massage, facial or body treatment for only \$35 (reg. \$50). Plus for a limited time, enjoy the remainder of your oil to take home for application!

SUPER RELAXATION, SUPER RECHARGE

Let our specialized therapist help relax and recharge the superhero within you. Enjoy a light to medium pressured massage to relax your body and mind, paired with the use of Hypervolt a state-of-the-art vibrating massage device to recharge your body by increasing circulation, flexibility, and reduce soreness. This massage will leave you ready to take the day in leaps and bounds. 60 MIN \$149

Volt into a Super Stretch with - HYPER VOLT ASSISTED STRETCH

The 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 \$125

Be Super Fit with - THE FITNESS PRESCRIPTION

An individualized fitness solution just for you. Whether you want to take your athletic performance to the next level, build lean muscle, reduce body fat, improve your energy or optimize your health, the Fitness Prescription provides you with a personalized roadmap for achieving your goals. Let our skilled fitness team create a customized exercise program that will include a fitness assessment and risk analysis. Your personal fitness goals, exercise preferences and lifestyle all align to create a personalized fitness plan. 90 MIN \$129

Super Virtual - **NEW!** *FITNESS ON DEMAND VIRTUAL WORKOUT CLASS

Your Favorite Classes | Your Favorite Instructors | Your Schedule
Well & Being welcomes Fitness On Demand™ a Virtual Workout Class that delivers high quality fitness programming with both certified and celebrity fitness instructors, creating the ideal virtual fitness experience for our Well & Being spa guests. Classes include Tone and Shred, Plyoga, Turbo Barre, Dance Fitness and Xtreme Burn HIIT, Cycling and more!

*Based on availability. Visit in-person or call Ext. 7161 for more details.



Today, I will find
balance in my life