

IT'S SPA'RTY TIME

Well & Being is the perfect way to celebrate!

With outstanding spa and wellness services, food and beverage experiences, and a personalized and attentive approach to service your group is bound to have an exceptional experience. Your well & being group coordinator will work with you every step of the way, making organization simple and easy.

Let us plan your party for you. When groups of five or more book a 60-minute massage, body, or facial treatment each, you receive a Spa'rtly event planner to make all the arrangements and prepare every last detail, including a complimentary spa lunch and table reservations, special occasion sign announcing your group, and a special party gift for all!

To make a reservation, please call our spa reservations team at 480. 585. 2732.



Find your happy place

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 Bod Pod per member per year
- One complimentary 60-minute Personal Training Session per member per year
- Five guest day passes per membership

20% Discount on a la carte Spa services, a la carte Salon services, Spa and Salon retail, a la carte Intentional Living services, a la carte Fitness services.

10% Discount at La Hacienda, Ironwood American Kitchen, Bourbon Steak and Plaza Bar when you present your member identification.

To Book Spa Services, or confirm fitness class times, Call Ext. 7160
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



September – November 2017

ACTIVITIES GUIDE

Well & Being
Spa & Wellness

SPA SPECIALS

DISCOVER OUR SIGNATURE SPA TREATMENTS FROM OUR NEW MENU

HIMALAYAN SALT STONE MASSAGE – 60 | 90 MIN \$179 | \$259

This restorative massage uses warm stones to sooth sore muscles and naturally replenish the body with vital minerals, restoring balance and removing toxins.

DESERT OASIS DETOXIFYING WRAP – 60 | 90 MIN \$169 | \$249

This rejuvenating and detoxifying wrap and massage brings the rhythm of the ocean to the desert! This wrap also includes a magnesium infused mask to help reduce muscle fatigue and boost energy.

TUSCAN MANICURE – 60 MIN \$79

Essences of olive oil help exfoliate your hands and arms while a cucumber mist helps to soothe and tone. Next enjoy a mint mask to detoxify and tighten the skin. Finish with a relaxing hand and arm massage using ultra-hydrating cucumber body cream.

TUSCAN PEDICURE – 60 MIN \$99

Bring a touch of Tuscany to your desert escape with a soothing Pedicure. Essences of olive oil help exfoliate and revitalize your legs while a purifying mint mask helps to detoxify. Finish with a deeply relaxing leg and foot massage using ultra-hydrating cucumber body cream.

ORANGE SPICE PUMPKIN POLISH – 60 MIN \$129

Indulge in the scent of the season with the spicy organic purée of pumpkin and nutrient-rich muds combined with whipped honey sea salts in an invigorating exfoliation treat that leaves your skin spicy-fresh! The experience finishes with a honeysuckle orange-cream custard body lotion to leave you smelling and feeling amazing! *(Not inclusive of gratuity and not eligible for other discounts)*

SPICED CIDER PUMPKIN PEDICURE – 60 MIN \$69

Treat your feet to an invigorating whipped honey sea salt exfoliation followed by a warming pumpkin purée mud mask. To complete the service you will receive a foot and leg massage with a sweet-cinnamon scented Red Hot oil. *(Not inclusive of gratuity and not eligible for other discounts)*

SPA MORE, SAVE MORE EXPERIENCES

Receive a complimentary Bod Pod when you book a 90-minute service, or receive a complimentary 60-minute Personal Training or Assisted Stretch when you book a WellFIT Diagnostic.

FITNESS CLASSES

MONDAY

6:15-7:15 AM ^{*}Float Fit Yoga **SP** 8:30-9:45 AM ^{*}Aerial Hammock Yoga **AT**
7-8 AM Hatha Yoga **MB** 5-6 PM Float Fit Yoga **SP**
7:30-8:30 AM TRX Fusion **AT**

TUESDAY

7-8 AM Treadmill / TRX **AT** 9:15-10:15 AM WellFIT **FF**
8-9:15 AM Kundalini Yoga **MB** *(Well & Being Full Intensity Training)*
8-9:15 AM ^{*}Aerial Hammock Yoga **AT** 5:45-6:45 PM Candlelight Yoga

WEDNESDAY

6:30-6:50 AM Meditation **MB** 9:30-10:30 AM Spinyolaties **FS**
7-8 AM Deep Yoga Stretch **MB** 10:30-11:45 AM ^{*}Aerial Hammock Yoga **AT**
7:30-8:30 AM TRX Fusion **AT** 4-5 PM Zumba
8:15-9:15 AM Aqua Fitness **SP**

THURSDAY

7-8 AM WellFIT **FF** 8-9:10 AM Kundalini Yoga **MB**
(Well & Being Full Intensity Training) 9:15-10:15 AM Booty Barre Sculpt **FS**
7:30-8:30 AM ^{*}FloatFit Yoga **SP** 10:15-11:30 AM ^{*}Aerial Hammock Yoga **AT**
8-9 AM Aqua Fitness **SP** 5:15-6:15 PM Pilates Mat **FS**

FRIDAY

6:45-7:45 AM Treadmill / TRX **AT** 8 AM-9 AM WellFIT **FF**
7-8 AM Yin Yoga **MB** *(Well & Being Full Intensity Training)*
9:15-10:15 AM ^{*}Aerial Hammock Yoga **AT**

SATURDAY

6:30-7:20 AM Spin **FS** 8:30-9:45 AM ^{*}Aerial Hammock Yoga **AT**
7:30-8:30 AM TRX / SurfSet **AT** 9-10 AM WellFIT **FF**
7:45-8:45 AM FloatFit Fitness **SP** *(Well & Being Full Intensity Training)*
8-9 AM Hatha Yoga **MB** 9:45-11 AM ^{*}Aerial Hammock Yoga **AT**

SUNDAY

8:30-9:30 AM Hatha Yoga **MB** 10-11:15 AM ^{*}Aerial Hammock Yoga **AT**
9-10 AM Surfset Circuit **FS** 11:30-12:30 PM Pilates Mat **FS**

LOCATION KEY: **FS** Fitness Studio • **MB** Mind/Body Studio • **AT** Atrium
OD Outdoors • **SP** Sunset Pool • **CL** Canyon Lawn • **TR** Trellis

^{*}AERIAL HAMMOCK YOGA AND FLOATFIT YOGA INCUR A \$12 FEE.

\$55 Daily Access Fee/Fitness Center. Sign-up in person or via phone x2732 up to 24 hours prior to class

Full fitness class descriptions available at scottsdaleprincess.com

WELLNESS ACTIVITIES

VIOLIN SOUND HEALINGS *with Rebecca Sabine*

Discover the profound benefits of calming and focusing your mind as **Rebecca** plays healing music on violin, while guiding you on an inward journey. Come as you are and set yourself free.

September 14 – 15 • October 22 – 24 • November 28 – 30
(Performance starts at 6PM for all classes)

FULL MOON YOGA

Join us at Well & Being Spa under the moonlight for an empowering experience of self discovery with Full Moon Yoga.

October 5TH *(Full Harvest Moon)*, November 4TH *(Full Beaver Moon)*
December 3RD *(Full Cold Moon)*

CANDLELIGHT FLOW YOGA *every Tuesday 5:45PM - 6:45PM*

Filled with candlelight glow, you'll learn a series of yoga postures that flow from one pose to the next with your breath.

FLOAT FIT

Take stand up paddle boarding to the next level in this unique and fun group exercise workout. Inflatable "paddle boards" are tethered together for a inspiring, core conditioning, cardiovascular water workout. Float Fit incorporates and based movements like lunges, squats, aquaclimbers and more...all on water! *Swimsuit or water repellant workout gear required. Aqua shoes recommended.*



Today, I will find
balance in my life