



The RIMROCK
SPA & FITNESS

TREATMENT MENU



For a truly serene mountain experience like no other. Escape the hustle and bustle of the outside world and step into the boutique Spa at the Rimrock Resort Hotel for a luxurious spa experience.

Be instantly transported to a state of pure tranquility with extraordinary signature treatments and breathtaking mountain views. For the weary traveller and adventurous soul alike.

Rimrock Resort Spa
Free yourself from the ordinary

MASSAGE

For the Weary Traveller

MASSAGE

<i>Registered Massage Therapist</i>		<i>Relaxation Therapist</i>	
30 Minutes - \$100	45 Minutes - \$135	30 Minutes - \$90	45 Minutes - \$125
60 Minutes - \$175	90 Minutes - \$230	60 Minutes - \$165	90 Minutes - \$220

Performed by your choice of Relaxation or Registered Massage Therapist, this custom full body massage specifically targets points of strain and discomfort.

THE WEARY TRAVELLER

75 Minutes - \$190

Begin your journey with a calming herbal foot soak and invigorating scrub to sooth aching, tired feet. A full body massage is then performed to improve circulation and revitalize using a unique aromatherapy oil blend. Leave feeling renewed and refreshed.

VOLCANIC HOT STONE MASSAGE

80 Minutes - \$230

Feel your stress and tension melt away and allows muscle relaxation under the comforting warmth of hot basalt stones. Paired with your choice of aromatherapy oil blend for enhanced relaxation.

MOUNTAIN MAMA

60 Minutes - \$165 · **90 Minutes** - \$220

An extraordinary experience for the Mom-to-be. Increase circulation, reduce swelling and ease fatigue with a full body massage. Performed by a Registered Massage Therapist. A specially designed maternity pillow is provided for maximum comfort.

COUPLES MASSAGE

Reconnect with your special someone in one of two Mountain View Couples Suites located on the 4th and 5th floors. Enquire with our Spa Concierge for details on transforming select treatments into a luxurious experience for two.

MASSAGE ENHANCEMENTS

These enhancements may be incorporated into select treatments to customize your spa experience.

AROMATHERAPY OIL ENHANCEMENT · \$10

FOOT ENHANCEMENT **15 Minutes** - \$40

Treat tired feet with a warm towel application followed by a soothing foot massage.

SCALP ENHANCEMENT · **15 Minutes** - \$40

Enjoy a tension-relieving scalp massage with warm aromatherapy infused oil blend.

BODY

For the Adventurous Soul

REJUVENATING FIRMING WRAP

75 Minutes - \$185

Targeting areas of loose, aging skin, this instantly effective treatment begins with the application of a gentle yet powerful exfoliating enzyme. Next, a warm skin firming full-body mask is applied to problem areas before you are wrapped in a comforting cocoon. While you enjoy your wrap, a soothing scalp massage is performed. Your journey is completed with a full body moisturizing and elasticizing oil application.

For lasting results, a series of treatments is recommended.

DETOXIFYING THERMAL MUD WRAP

60 Minutes - \$160

A muscle warming, re-mineralizing and purifying body wrap for a deep sense of renewing vitality. Beginning with a full-body volcanic scrub exfoliation, warm mineral mud from the shores of Italy is applied to the body before you are wrapped in a cocoon of warmth and comfort. Next, experience the gentle luxurious rain fall of the Vichy Shower wash over you. Your treatment is completed with a hydrating body cream application leaving your skin silky smooth.

CELLU-LITER THERMOGENIC WRAP

75 Minutes - \$185

Focusing on areas of cellulite, fat deposits and water retention. Your treatment begins with the application of a powerful exfoliating enzyme designed to target problem areas. A warming, cellulite reducing mask is applied to your full body, before you are enveloped in a warm wrap. While you enjoy your wrap, a soothing scalp massage is performed. Finished with a full body moisturizing and elasticizing oil application.

For lasting results, a series of treatments is recommended.

BODY GLOW

45 Minutes - \$120

Begin with an invigorating full body exfoliation, using a hydrating volcanic cream scrub. Enjoy the luxurious cascade of the Vichy Shower before an application of a rich aromatherapy lotion finishes your experience. Leaving you feeling relaxed and exquisitely smooth.

Suitable for pregnancy.

REPAIR HAIR MASK ADD-ON

\$35

Enjoy Scalp massage with hair mask which strengthen and nourish dry and damaged hair

WARM HIMALAYAN SALT STONE MASSAGE AND WRAP

75 Minutes - \$195

An exclusive detoxifying and revitalizing treatment for the body and mind. Equivalent to a 3 day detoxification, your experience begins with warmed Himalayan Salt bars used to lightly massage the body, drawing out impurities. An oil and crystal salt body wrap is then performed to soften and stimulate the skin. Finish your journey with a full body cream application. Leaving you feeling refreshed and rebalanced.

**To increase the detoxification process, we recommend using the Banff Upper Hot Spring Pools prior to receiving this treatment.*

FACE

Free the Beauty Within

HYDRAMEMORY

30 Minutes - \$95 • 60 Minutes - \$170

For profound skin hydration, elasticity and luminosity. This deeply hydrating & antioxidant treatment for face, neck & décolleté leaves the skin hydrated, silky & bright. Ideal for dehydrated skin showing signs of premature aging.

SKIN REGIMEN

60 Minutes - \$170

Re-plump, lift and soften expression lines and wrinkles. This rejuvenating treatment re-densifies the facial tissues thanks to a double corrective and protective action. Combat the major signs of aging leaving skin vibrant and energized. Ideal for all skin types.

SUBLIME SKIN DELUXE LIFT

75 Minutes - \$195

Renew, re-plump and firm to correct the signs of aging. Active ingredients stimulate elastin & collagen production for visibly rejuvenated skin. Ideal for mature, aging skin and those with a loss of elasticity.

ACTIVE PURENESS

30 Minutes - \$95 • 60 Minutes - \$170

To purify and rebalance the skin. A deep cleansing treatment that gives an immediate luminous, smooth & even appearance. An intense mattifying peel-off Spirulina Algae mask will leave skin feeling fresh and toned. Ideal for oily, acneic and combination skin with impurities.

SKIN REMEDY

60 Minutes - \$170

A gentle nourishing treatment for delicate, sensitive skin. Renew and smooth, soothe redness and reinforce skin's natural defences. Ideal for fragile, sensitive skin, prone to redness or after sun exposure.

EYE ENHANCEMENT

\$30

Reduce the appearance of dark circles, puffiness, fine lines and wrinkles around the eye area. May be added to any facial treatment.

[comfort zone]

SKIN SCIENCE SOUL

Rimrock Resort Spa is delighted to be the premier day spa in Banff to exclusively carry [comfort zone] skincare and body care products. A holistic and family owned artisan brand. Originating in Parma, Italy [comfort zone] sustainably sources natural ingredients from all over the world. With 97% natural origin [comfort zone] is vegan as well as cruelty free. Ignite your soul, awaken your senses and let science be your guide.



NAILS

For Everyday Indulgence

LUXURY MOUNTAIN VIEW PEDICURE

75 Minutes - \$95

Begin with a warm aromatic foot soak. Cuticle & foot work is followed by an including an invigorating foot scrub and warm towel foot wrap. A soothing foot & lower leg massage is then performed followed by an ultra-hydrating paraffin dip. Finished with a nail polish application.

MOUNTAIN VIEW PEDICURE

45 Minutes - \$80

Begin with a warm aromatic foot soak & foot work, followed by an invigorating foot scrub and warm towel foot wrap. Finish with a soothing foot massage and nail polish application.

SHELLAC POLISH APPLICATION

30 Minutes - \$30

Includes nail shaping & shellac application, giving you a manicure that can last up to 2 weeks.

LUXURY MOUNTAIN VIEW MANICURE

60 Minutes - \$75

Begin with a warm aromatic nail soak. Nail & cuticle work is followed by an invigorating scrub and warm towel hand wrap. A relaxing hand & forearm massage is then performed before a soothing paraffin dip. Finished with nail polish application.

MOUNTAIN VIEW MANICURE

45 Minutes - \$60

Begin with a warm aromatic nail soak. Nail & cuticle work is followed by an invigorating scrub and warm towel hand wrap. Finish with a relaxing hand massage and nail polish application.

PARAFFINE ADD-ON

10 Minutes - \$10

Soothing and healing the skin as it increases blood flow and improves joint stiffness

NAIL ENHANCEMENTS

May be added to any of our nail experiences.

SHELLAC POLISH ADD-ON

15 Minutes - \$20

Add a shellac polish application to any nail treatment.

SHELLAC POLISH REMOVAL

15 Minutes - \$15

NAIL POLISH CHANGE

15 Minutes - \$20

Removal of existing polish and a fresh application of your colour choice.

FRENCH POLISH

15 Minutes - \$15

MAKEUP ARTISTRY

Where Results and Elegance Meet

FULL MAKE UP APPLICATION

45 Minutes - \$80

For a full face polished look. Perfect for a night out on the town or a day-time event, designed to last as long as you do!

BRIDAL MAKEUP

60 Minutes - \$100

HD Camera ready make up, applied to last through the tears & laughter. With a flawless finish and luminescent glow that will shine throughout your special day.

FALSE EYELASH APPLICATION

15 Minutes - \$25

Want the full false lash look with none of the hassle? Let us do the work for you! A set of strip lashes is included in each application. Add to any make up service

BRIDAL MAKEUP - IN ROOM

60 Minutes - \$115

All the benefits of Jane Iredale bridal make up in the comfort of your hotel room.

jane iredale
THE SKIN CARE MAKEUP®

WAXING AND TINTING

Full selection of waxing and tinting services are available

HALF-LEG WAX \$45

FULL LEG WAX \$65

BIKINI WAX \$50

BRAZILIAN BIKINI WAX \$75

BIKINI & FULL LEG WAX \$90

BACK OR CHEST WAX \$65

BROW, LIP & CHIN WAX \$55

BROW WAX & TINT \$40

BROW & LASH TINT \$45

UNDERARM WAX \$25

ARM WAX \$40

SPA FACILITIES

Guests of the Rimrock Spa enjoy complimentary access to our mountain view indoor pool and hot tub, sauna, steam rooms and private outdoor spa terrace.

SPA PACKAGES

Transform your spa treatments into a complete blissful adventure. Enquire with our Spa Concierge for details on turning select treatments into a day of pampering. Book 2 or more service with 60 minutes or longer for each service, then you will receive 10% Discount in total amount

GROUP RESERVATIONS

We are delighted to welcome groups for celebrations, special occasions or a simply serene escape. To preserve the tranquil intimacy of our spa environment, kindly note that we may accommodate groups of up to 6 persons at one time. Please enquire with our Spa Concierge for more details, or if you have a larger group.

BRIDAL PARTIES

Prepare for your special day with an exclusive Bridal Party Package. Enjoy customized pampering treatments while your group indulges in the unique experience of having the spa all to yourselves! Varying lengths and options are available, please enquire with our Spa Concierge for more details.

**Kindly note, a minimum of 30 days advance booking is required*

SPA ETIQUETTE

Parking: If you are a spa guest and not residing in the hotel we will provide you with complimentary daily parking.

Arrival: Please arrive 15 minutes prior to the commencement of your treatment to allow yourself time to check-in

Attire: A robe and slippers will be provided for use within the spa. Professional draping will be performed throughout your treatment.

Mobile Phones: In order to provide a serene experience for all guests, we kindly ask that mobile phones be turned to silent while inside the spa.

Cancellation Policy: Appointments cancelled with less than 24 hours notice will be subject to a 50% Cancellation charge. Appointments cancelled on the day of service or failure to arrive will be subject to a 100% charge.

RESERVATIONS AND ENQUIRIES



The RIMROCK
SPA & FITNESS

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Local: 403.762.1835 ext. 1

Email: spa@rimrockresort.com

Rimrock Resort Hotel and Spa 300 Mountain Avenue, Banff Alberta