
NOURISHED BY NATURE

The grandeur of Jasper does more than simply take your breath away: It inspires you to slow your pace. To breathe deeply. To reflect on the amazing artistry of nature. This reflection underscores every treatment and experience offered at the Fairmont Spa.

At Fairmont Spa Jasper Park Lodge, we channel the natural elements that surrounds us through treatments designed to enliven your skin, restore your muscles and soothe your spirit. Here, we unite ancient modalities of movement with sophisticated technologies to transform our awareness of what our bodies can achieve.

We invite you to share this space with us and begin your own story of connection—to the powerful mountains and the elemental brilliance of nature, but most of all, to yourself.





TREATMENT OF THE MONTH

NOVEMBER

Each month we highlight a treatment curated to strengthen you through the month's challenges. Feel your energy balance with this powerful treatment that will reconnect your mind, body, and soul.

HONEY & GINGER BODY ELIXIR

60 min

All natural, pure organic honey is coupled with the healing and immune system benefits of ginger in this body scrub ritual. Rich in vitamins, minerals and amino acids, honey contains powerful antioxidants that will leave your skin feeling hydrated, radiant and smooth. The treatment begins with an invigorating scrub, and includes a massage application and wrap.

FACIAL TREATMENT SPECIAL

Indulge in any of our spa facials and get complimentary 'Game Changer' Eye Rescue treatment which is clinically proven to visibly reduce wrinkles, increase hydration and plump lines in just one application.



BODY TREATMENTS

Make time for your body, and it will return the favour. These treatments will bring together sensation and scent to heighten your perception of your physical self and your environment, leaving the mind at peace and the body restored. Re-enter the world feeling truly at home in your skin and spirit.

FOREST THERAPY

90 min

Bring the serenity of nature to your mind, body and skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness and agitation. Forest Therapy's® unique essential oil blend and treatment massage will reinforce your intention to feel refreshed, tranquil and grounded. Commencing with a cleansing, guided inhalation and tension releasing acupressure massage, followed with a warm mud mask to recharge through face, hands and feet. Finally, restoring tranquility to the mind with our expert scalp massage.

NEROLI BLOSSOM SENSORY EXPERIENCE

90 min

Awaken the senses with the signature aroma of neroli in this deeply relaxing yet uplifting experience featuring energy balancing, Eucalyptus infused foot cleansing ritual with a reflexology inspired massage to clear the mind, a lymphatic dry brush technique followed by a neroli blossom meditative massage.

JASPER WRAP

60 min / 90 min

This nourishing wrap is designed to relieve muscle tension and promote detoxification and hydration. Following a dry brush exfoliation is a luxurious application of aromatherapy oils and rich mineral crème. While you are cocooned in warm blankets, drift peacefully while your scalp, neck and feet are treated to a soothing massage.

REFLECTIONS OF BLUE

90 min

Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep; inhale the calming and balancing benefits of lavender in this balancing and rejuvenating spa experience. To begin, earthly minerals are combined with lavender's healing properties in an invigorating full body exfoliation. Following is a thoughtful back, neck and shoulder massage with lavender oil. Then you'll nourish and relax inside a warm cocoon while a nourishing foot and scalp massage completes this head-to-toe service.

HONEY AND GINGER BODY ELIXIR

60 min

All natural, pure organic honey is coupled with the healing and immune system benefits of ginger in this body scrub ritual. Rich in vitamins, minerals and amino acids, honey contains powerful antioxidants that will leave your skin feeling hydrated, radiant and smooth. The treatment begins with an invigorating scrub, and includes a massage application and wrap.

SOLE RENEWAL

60 min

Sooth weary feet and tired muscles with an exfoliation of mineral salts and herbal extracts and a revitalizing foot massage. Warming booties and a hand, shoulder and neck massage take you to a new level of relaxation.



COUPLE TREATMENTS

Amplify your energies together with our couple treatments designed to create genuine bonds like our natural elements that surrounds us—the deep thick forests, the roaring Rocking Mountains, the fields of foliage. Together, reconnect your minds as your muscles recover to create a powerful bond with each other.

RETREAT

60 min / 90 min

This massage for two is ideal for couples, mothers and daughters, or friends wishing to reconnect. Side-by-side massages with nourishing essential oils help you unwind and allow the pressures of everyday life melt to away.



MASSAGE

Originating with ancient practitioners in cultures all around the world, and perfected over the centuries, massage has become an essential modality of today's well-being—to promote relaxation, improve circulation, aid in muscle recovery and boost immunity. It's also the key to getting the most out of Jasper, from preparing for a day on the trails to unwinding in one of dining experience offered at Fairmont Jasper Park Lodge. Our experiences target specific moods and muscles, leading to results that linger longer after you've left our spa.

THERAPEUTIC MASSAGE

60 min / 90 min

This massage is designed to enhance muscle recovery targeting areas sore from exercise or tension of daily life. Muscle work is combined with stretching, joint mobilization, rocking and circulation enhancing strokes to move lactic acid out of the system. A mild soreness may result. This massage is customized between you and your therapist to focus on the areas of your body that are most tense and involves the use of muscle-melting massage oil.

AROMATHERAPY RELAX

60 min / 90 min

This classic, light pressured massage uses Swedish style techniques to provide relief, healing and balance throughout the day. Customize your experience by choosing one of our therapeutic aromatherapy blends to renew your well-being.

PREGNANCY MASSAGE

60 min / 90 min

This nourishing experience—designed with the safety of the mother and child in mind—involves gentle or unscented oils and support cushions for optimum comfort.



FACIAL TREATMENTS

The sun shines on us, charging us up with the energy we need to get the most out of our days. Your skin deserves to shine too, no matter where you're headed or what you're doing. That's why our skin care treatments feature products that will help repair your skin, and have you feeling refreshed. With a natural touch and scientific expertise, we can bring even more beauty to every body so that we can all enjoy the best of the sun.

ADVANCED REPAIR FACIAL

90 min

This results-oriented treatment is customized to address specific skin conditions, including hyperpigmentation, sensitivity, oily skin and premature aging. Includes an exfoliating multi-acid peel on the face, neck, décolleté and hands to renew the skin, a deep cleansing massage to promote circulation and a masque to balance and nourish the skin. A customized intensive serum treatment and a heated hand treatment complete the experience.

BRIGHTENING FACIAL

60 min / 90 min

The ultimate facial for brightness and luminosity. Advanced formulas target, hands, face, neck and décolleté for immediate improvement in texture, tone, clarity and luminosity. Using a powerful blend of skin-illuminating botanicals along with a multi-acid peel and a unique cooling masque with luminous rice, skin appears lighter, brighter and more refined.

CUSTOM CLEANSE FACIAL

60 min / 90 min

Transform your skin with the power of essential oils. This customized facial is perfect for all skin types and will target your specific skin care needs, including dryness and dehydration, problematic and congested skin, or dull skin that needs an instant boost. Your therapist will do a full consultation and choose a plan that works best for you.

GENTLEMAN'S FACIAL

60 min / 90 min

This deep-cleansing and revitalizing facial is designed specifically for the needs of men's skin, including exfoliation and razor burn relief. To complete the treatment, a face, neck and shoulder massage is performed making this the traditional barber experience (without the shave). Additional care is taken to analyze the skin for sensitivities and specific conditions.

FACIAL ENHANCEMENTS

EYE RESCUE

15 min

PARAFFIN FOR HANDS & FEET

15 min

BACK TREATMENT

15 min / 30 min

HAIR & SCALP TREATMENT

15 min

HAIR & SCALP MASSAGE

15 min

FOOT MASSAGE

15 min



FAIRMONT SIGNATURE EXPRESSIONS

Signature Expressions bring together the key elements of face and body as one. We place careful emphasis on creating locally inspired experiences that will leave you feeling connected to the surroundings while encouraging restoration of personal energies.

JASPER'S INDULGENCE

120 min

This immersive experience will relieve muscle tension, promote detoxification and hydration, and leave you feeling renewed. In this journey you will receive a nourishing 90-minute Jasper Wrap, accompanied with an revitalizing back facial, and hydrating hair and scalp treatment. You will be sure drift off throughout.

ROCKIES RITUAL

120 min

Give your feet, back and face the love it deserves. You will start your experience with a mineral foot soak and scrub that will help bring your body balance and promote relaxation. Unwind with a back treatment including an exfoliation, mask and acupressure oil massage. To finish off the experience you will be cocooned in warmth and comfort while your face is treated to a 90-minute facial utilizing essential oils that are customized to target your specific skincare needs. This treatment is sure to promote clearer, brighter skin and deep relaxation.



SPA ESSENTIALS / PACKAGES

HEAD TO TOE

150 min

Treat yourself to a Classic Manicure, Classic Pedicure and your choice of one of the following 60 minute experiences: Jasper Wrap, Custom Cleanse Facial or Relaxation Massage.

ACTIVE OUTDOORSMAN

120 min

Achieve a heightened sense of relaxation and well-being with a 60-minute Deep Tissue Massage and a Gentleman's Facial or Custom Cleanse Facial.

HEAD TO TOE DELUXE

210 min

Enhance your Head to Toe treatment with an Aroma Manicure and Alpine Pedicure, and one of the following 90 minute experiences: Jasper Wrap, Custom Cleanse Facial or Relaxation Massage.



NAIL SERVICES

Get inspired by the beauty of nature—the vibrant flower petals, the luscious foliage green, emerald waters of Lac Beauvert, or the powerful shades of the Rocky Mountains. Stimulate your circulation and remineralize yourself to awaken your senses with our manicure and pedicure treatments.

ALPINE PEDICURE

60 min

This pedicure helps to stimulate circulation, as well as, revitalize and remineralize tired feet. Feet are soaked in mineral salts and eucalyptus oil, exfoliated with a creamy eucalyptus salt mixture, and massaged with a natural foot balm rich in menthol, eucalyptus and lavender. Completed with a nourishing paraffin treatment.

FOOT GROOMING FOR MEN

60 min

This pedicure helps stimulate circulation, as well as, revitalize and remineralize tired feet. Feet are soaked in mineral salts and eucalyptus oil, exfoliated with a creamy eucalyptus salt mixture, and massaged with a natural foot balm rich in menthol, eucalyptus and lavender. A paraffin treatment completes the experience.

AROMA MANICURE

60 min

This deluxe manicure incorporates a unique multi-acid hand exfoliation treatment based on four natural plant enzymes. Hands are soaked in minerals and essential oils, massaged with aromatherapy oil and nourished with a paraffin treatment.

HAND GROOMING FOR MEN

60 min

This deluxe manicure incorporates a multi-acid peel for hand exfoliation, moisturizing myrrh nail oil, a hand soak in muscle-relieving minerals and essential oils. Treatment is completed with nourishing paraffin, and a relaxing hand and arm massage.

CLASSIC MANICURE AND PEDICURE

45 min

This treatment includes a hand or foot soak, nail shaping, massage and polish application.

NAIL ENHANCEMENTS

SHELLAC POLISH
APPLICATION

SHELLACK POLISH
REMOVAL

EYE RESCUE
15 min



TREATMENT ADD - ONS

Enhance your experience by adding one of these treatments to your existing booking.

HEAD, NECK & SHOULDERS

REFRESHER FACIAL

TURKISH BODY SCRUB

BACK TREATMENT



IN - ROOM SPA KITS

Bring the healing powers of the spa to your guest room. Our In-Room Spa Kits can be delivered to your room, or made available for pick-up at the Spa. For more information, or to order, please contact us at jpl.spa@fairmont.com or 780 852 6014.

SWEET DREAMS

\$222

The ultimate bedtime routine. Using the calming essential oils of chamomile, ylang ylang and sandalwood, you'll infuse your bath to seal in hydration, calm your mind through gentle massage and prepare to slip under the sheets for a blissful and undisturbed sleep.

Includes:

Aromatherapy Associates Deep Relax Shower and Bath Oil / 1.85 fl oz

Aromatherapy Associates Relax Body Oil / 3.38 fl oz

Aromatherapy Associates Deep Relax Rollerball / 0.33 fl oz

MINERAL IMMUNITY

\$239

Boost your immune system and harness the power of magnesium, colloidal silver and calcium in each of these products. Exfoliate dull skin with this eucalyptus-infused body scrub before bathing in our Mineral Wellness Soak, followed by the Thermal Mineral Shower and Bath Gel. Soothe achy muscles with our Remineralizing Body Crème.

Includes:

Kerstin Florian Turkish Body Scrub / 11.6 oz

Kerstin Florian Mineral Wellness Soak / 16.0 oz

Kerstin Florian Thermal Mineral Shower Bath Gel / 13.5 fl oz

Kerstin Florian Remineralizing Body Crème / 4.5 fl oz

FOREST THERAPY

\$163

Dissolve the stresses of everyday life and immerse your senses in the healing experience of our Forest Therapy blend inspired by the Japanese art of Forest Bathing, or spending time in nature amongst the trees to rejuvenate your mind, body and spirit.

Includes:

Aromatherapy Associates Forest Therapy Shower & Bath Oil / 1.85 fl oz

Kerstin Florian Mineral Wellness Soak / 16.0 oz

Aromatherapy Associates Forest Therapy Rollerball / 0.33 fl oz

POST ADVENTURE ESSENTIALS

\$199

Reward your body after a day full of adventure. Kerstin Florian’s Mineral Wellness Soak contains over 60 trace minerals including magnesium, colloidal silver and iron to nourish and heal the body. Use the Fub Balm infused with menthol and pine bark to help ease your achy muscles while the Ginger Body Oil can be applied to the skin or in the bath to promote circulation and stimulate tired muscles.

Includes:
Kerstin Florian Mineral Wellness Soak / 16 oz

Kerstin Florian Fub Balm / 4.5 fl oz

Kerstin Florian Ginger Bath
& Body Oil / 3.4 fl oz

ULTIMATE HYDRATION QUENCH

\$276

This Kerstin Florian leading duo is sure to quench your skin’s thirst. The Hyaluronic Serum binds 1000 times it’s weight in water to the surface of the skin, while the Rescue Crème seals in the moisture and protects from environmental stressors to soothe redness. Improvement in skin texture is often seen within the first application. Can be used both day and night on your face, neck and décolleté.

Includes:
Kerstin Florian Correcting Hyaluronic Serum / 1.0 fl oz

Kerstin Florian Correcting Rescue Crème / 1.7 fl oz

STRESS RELIEF

\$332

The Theragun mini is your pocket-sized partner, giving you quality muscle treatment with unparalleled portability. Treat yourself to a massage at home, work or on the go with this compact but powerful Theragun mini that goes wherever you do. Soothe stimulated muscles with the cooling and invigorating Kerstin Florian Fub Balm, featuring menthol, rosemary, pine and lavender botanicals to help ease tension and soreness in muscles and joints.

Includes:
Mini Theragun Massager
1.0 fl oz

Kerstin Florian Fub Balm
4.5 fl oz





ABOUT



FAIRMONT JASPER PARK LODGE

The bracing air, mountain vistas, majestic forests and cool streams of the surrounding region are reflected in the spa's design. From the moment you step into the lodge-inspired entrance, you will be soothed by the sigh and sound of water gently flowing over undulating tiers of natural rock. A reflection lounge, accented by pine and stone, provides a restful place to relax alone or with friends in the warm glow of a fire. Our treatment rooms, steam rooms and saunas, reminiscent of pure glacial waters, allow guests to unwind in true mountain luxury, while pine corridors represent the tree-lined paths that wind throughout Jasper.

HOURS OF OPERATION

FAIRMONT SPA

Mon - Thurs | 10:00 AM - 7:00 PM
Fri - Sat | 8:30 AM - 7:30 PM

FITNESS CENTRE

24 hours, accessible via guest room key

POOL

Daily | 8:00 AM - 10:00 PM

OUR PRODUCT PHILOSOPHY

Fairmont Spa place emphasis on many aspects when choosing products for each of our Spas around the world. With luxury in mind, each brand selected demands quality and results-driven treatments, which are personalized to suit the needs of our valued guests. Environmental sustainability is considered whenever and wherever possible, which reflects our social responsibility. Our relationships with the product houses are important to ensure that we have premium spa products and training available for every encounter with our guests.

MAKING APPOINTMENTS

You can consult our spa experience coordinators to determine which treatments will benefit your specific needs. Advance reservations are recommended to ensure availability. Book with us in person at the spa, located on the lower level of the Main Lodge or contact us via phone or email:

T +1 780 852 6014
E jpl.spa@fairmont.com
Online at fairmont.com/jasper/spa

ARRIVAL AND ETIQUETTE

We recommend you arrive 15–30 minutes prior to your appointment to allow yourself time to enjoy the facilities and ensure your treatment starts as scheduled. Late arrivals may result in reduction of your treatment experience. As Fairmont Spa Jasper Park Lodge is a place of calm and focus, please refrain from the use of cell phones and other electronic devices for the peace and privacy of all our guests.

PERSONAL MATTERS

Please inform us of any health concerns, allergies, medical conditions, pregnancies, recent injuries, surgeries or anything else we need to be aware of at the time of the booking.

SPA CANCELLATION POLICY

To cancel or reschedule an appointment, please notify the spa 24 hours in advance. If we cannot resell your appointment with 24 hours notice, it will be charged to your credit card. Cancellation of packages requires 48 hours notice.

TAXES AND SERVICE CHARGES

For your convenience, an 18% service charge and 5% GST will be added to all spa experiences and packages. Rates are subject to change.



A SPACE FOR THE SENSES

Duality lies at the heart of all we do here—the natural and the technological, movements and stillness, sunrise and sunset. And much like the iconic hotel that we can home, Fairmont Spa Jasper Park Lodge blend timeless mid-century modern interiors with thoughtful contemporary touches to situate every guest in the present moment. Warm welcoming woods complement the natural elements that surround the resort, supporting mindfulness and well-being before treatment begins.

Beyond our traditional spa services, you can enjoy our fitness centre, featuring premium exercise equipment, studio space for fitness classes and an outdoor heated pool to hydrate your senses while you overlook Lac Beauvert. Through our change room doors, we encourage you to take a deep breath in our Eucalyptus infused steam room and dry sauna after your treatment to stimulate the senses and aid in relaxation. For those looking to raise their heart rate outdoors, we also offer a running app, RunGo App, and workout apparel, Fairmont Fit. No matter where you are on your well-being journey, you can take the next step here at Fairmont Spa Jasper Park Lodge.



