

STILLWATER



A H Y A T T S P A

## STILLWATER SPA

Hyatt Regency Calgary

From start to finish Stillwater Spa provides authentic service in a tranquil environment using sustainable practices that inspire clarity of thought and renews strength of purpose. We invite each guest to retreat on a journey of relaxation, rejuvenation and wellbeing.

## STILLWATER Packages

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Explore our range of packages tailored to your personal needs and preferences. Please note tax & gratuity are not included.

### STILLWATER Express 1 ½ hours | \$195

Pressed for time and in need of a quick getaway? The Stillwater Express Package will do the trick! This package offers pampering from head to toe with the choice of an Express Massage or Facial before addressing your nail essentials with an Express Manicure and Pedicure.

Express Massage or Facial  
Express Manicure  
Express Pedicure

### STILLWATER Refresh 3 hours | \$305

A definite mood enhancer, designed to leave you refreshed and stress free. Start your spa day with a one hour Relaxation or Therapeutic Massage, followed by an indulgent Signature Manicure and Pedicure.

Relaxation or Therapeutic Massage  
Signature Manicure  
Signature Pedicure  
Includes a healthy gourmet entrée from our Stillwater Spa Cuisine menu

### STILLWATER Tranquility 3 hours | \$425

Escape to an urban oasis for the day. Enjoy your choice of a one hour Body Treatment, a one hour Relaxation or Therapeutic Massage and a Signature Facial.

Body Treatment  
Relaxation or Therapeutic Massage  
Signature Facial  
Includes a healthy gourmet entrée from our Stillwater Spa Cuisine menu

## STILLWATER Packages

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### STILLWATER Retreat 4 hours | \$525

The ideal retreat to combat stress and restore balance. Begin your retreat with your choice of a one hour Body Treatment, one hour Relaxation or Therapeutic Massage, Signature Facial and Signature Pedicure.

Body Treatment  
Relaxation or Therapeutic Massage  
Signature Facial  
Signature Pedicure  
Includes a healthy gourmet entrée from our Stillwater Spa Cuisine menu

### STILLWATER Pre-Natal 2 ½ hours | \$285

Moms-to-be need special nurturing, begin your relaxation with a one hour Pre-Natal Massage, followed by a soothing Signature Pedicure and refreshing Express Manicure. For mothers-to-be past the first trimester.

Pre-Natal Massage  
Signature Pedicure  
Express Manicure  
Includes a healthy gourmet entrée from our Stillwater Spa Cuisine menu

### STILLWATER Duet 2 ¾ hours | \$660 per couple

Prepare for a romantic escape with our Stillwater Duet couples package. Your journey begins with a private Eucalyptus steam shower followed by a one hour side-by-side Relaxation or Therapeutic Massage and our Express Facial, completing your escape with our soothing Signature Pedicure.

Side-by-Side Relaxation or Therapeutic Massage  
Express Facial  
Signature Pedicure  
Includes a healthy gourmet entrée from our Stillwater Spa Cuisine menu

## STILLWATER Packages

### STILLWATER Nourish Nooner

Feed your mind, body & soul. Now, there are no more excuses. Your choice of an express manicure, pedicure, massage or facial, all in under an hour. Schedule your next lunch break with us. Available Monday thru Friday between 11:00AM and 2:00PM.

Express Manicure	½ hour   \$68
Express Pedicure	½ hour   \$78
Express Massage	½ hour   \$98
Express Facial	½ hour   \$98

All Nooner packages include a healthy signature salad, with whole fruit and yogurt.

## STILLWATER Massages

### Express ½ hour | \$85

The fastest way to reduce tension in the back, neck and shoulders or your specific area of discomfort.

### Therapeutic ¾ hour/1 hour/1½ hours | \$120/\$140/\$185

Relieve tension with this deep muscle pressure massage aimed for those who need and enjoy intense bodywork.

### Relaxation ¾ hour/1 hour/1½ hours | \$120/\$140/\$185

A relaxing massage with lighter pressure calms the body, offering a reprieve from the chaos of daily life.

### Pre-Natal 1 hour | \$140

Supported by a pre-natal pillow, the Pre-Natal Massage offers full support and comfort for the expectant mother past her first trimester.

## STILLWATER Massages

### Reflexology 1 hour | \$135

Ignite your body's natural healing abilities as we apply pressure to specific points on your feet.

### Warm Stone 1 hour/1 ½ hour | \$165/\$205

The Warm Stone massage melts away tension and promotes deep muscle relaxation through the placement of warm stones on key points of your body. The heat of the stones along with a customized full body massage reduces stress and promotes deep relaxation.

### Heat & Stretch 1 hour | \$165

A deep tissue massage incorporating stretches and a heated thermophore to penetrate muscles and focus on relieving tension. This massage is especially effective for providing relief from back or neck pain, sciatic pain, muscle strains and arthritis.

## Massage Enhancements

Scalp Massage	¼ hour   \$15
Dry Brush	¼ hour   \$15
Couple's Suite with Private Eucalyptus Steam	¼ hour   \$15

## STILLWATER Body

### Express H2O Scrub ½ hour | \$100

Our Express H2O Scrub leaves your skin feeling rejuvenated and hydrated. This treatment includes an invigorating full body exfoliation, relaxing vichy shower and a moisturizing body butter application.

### Calming 1 hour | \$160

A tranquil body treatment designed to calm the body and soothe the spirit with a smoothing body polish, rich essential oil body butter application, hydrating mini facial and scalp massage all while cocooned in a warm duvet.

## STILLWATER Body

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### Rejuvenating

1 hour | \$160

Buff away dead skin and restore hydration with a gentle dry brush exfoliation and an application of a rich blend of klamath algae, mineral clay and relaxing lavender while wrapped in a warm duvet. Unwind with a hydrating mini facial, scalp massage and a moisturizing essential oil body butter application.

### Detoxifying

1 hour | \$160

Remove impurities, restore balance and be left with a healthy glow. This body detox engages the lymphatic system with a gentle dry brush exfoliation and a purifying volcanic mineral mud application. Relax in a warm duvet while you receive a hydrating mini facial, scalp massage and an essential oil body butter application.

### Pre-Natal

1 hour | \$160

Mom's to be need nurtured too! Supported by a pre-natal pillow the Mom to Be body treatment begins with a gentle dry brush, a hydrating body butter specially formulated for pregnancy, mini facial and scalp massage, while lightly wrapped in a warm duvet. For mothers-to-be past the first trimester.

### Pure Serenity

1½ hour | \$220

A tranquil, calm mind and body experience, Pure Serenity begins with a smoothing body polish, followed by a warm wild sage and patchouli mud application, hydrating mini facial, scalp massage, vichy shower and a rich essential oil body butter application. A truly decadent experience.

### Enrich

1½ hour | \$220

Indulge your senses with the exotic scent of sweet jasmine, ylang ylang and vanilla. Our Enrich treatment is a combination of a deep exfoliation and intense hydration. Begin your Enrich journey with a rejuvenating blend of sea salt, coffee and grapefruit to revive your skin, continue with a nourishing body oil, mini facial, scalp massage and hair treatment, finishing with a rich body butter.

## STILLWATER Facial

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### Express Facial

½ hour | \$85

This treatment cleanses, exfoliates and hydrates leaving your skin rejuvenated and refreshed in half the time.

### Radiance Peel

½ hour | \$95

An express Glycolic peel facial treatment to exfoliate and restore radiance. A regular monthly series of our Radiance Peel can even skin tone, improve fine lines and create a radiant complexion and healthy glow.

### Signature Facial

1 hour | \$145

Ideal for every skin type our Signature Facial is customized to target your specific skincare concerns. This facial includes cleansing, exfoliating, extractions, scalp massage and moisturizers to protect and maintain your skin's healthy glow.

### Oxygen Facial

1 ¼ hour | \$185

Breathe new life into your skin with our Oxygen Facial. Infusing Oxygen, Vitamins, Minerals and Bio-Swiss organic plant extracts, leaving your skin firm, hydrated and glowing.

### Advanced Facial

1 ¼ hour | \$195

The Advanced age-defying facial targets fine lines, pigmentation, skin tone and texture. The treatment includes a glycolic peel followed by a range of customized serums and masques to address your skincare concerns, from fine line reduction to soothing relief for sensitive skin. This facial is that extra boost your skin is looking for.

### Oxygen Add-On

¼ hour | \$30

## STILLWATER Facial

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### Silk Peel

Silk Peel Diamond Dermalinfusion technology is a completely unique, non-invasive skin perfecting procedure that has instant and cumulative results. This treatment exfoliates the damaged top layer while simultaneously infusing condition specific and anti-aging serums deep into the skin. Expect immediate results and noticeable improvement in volume, hydration, tone and texture.

**Express Silk Peel** ½ hour | \$120  
This half-hour treatment is for those looking for a deep exfoliation in half the time. This includes a double cleanse, SilkPeel exfoliation followed by customized serums and hydrating moisturizers.

**Signature Silk Peel** 1 hour | \$205  
This one-hour treatment is a complete facial beginning with a double cleanse, face and scalp massage, SilkPeel exfoliation, soothing masque, customized serums and hydrating moisturizers.

## STILLWATER Nails

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Stillwater Spa does not offer artificial nail services or removals. Guests must advise at time of reservation if gel polish is required as an add-on or removal.

**Express Manicure** ½ hour | \$55  
This treatment focuses on nails and the essentials they need for a quick refresh. Nail shaping, cuticle care, hydrating moisturizer and polish.

**Sport Manicure** ¾ hour | \$65  
This restorative treatment includes nail shaping, an exfoliating hand scrub, cuticle care, a hydrating masque and a relaxing massage. This treatment is great for those wanting the benefits of a Signature Manicure without polish.

**Signature Manicure** 1 hour | \$75  
This luxurious manicure is the ultimate hand and nail rejuvenation. It includes nail shaping and cuticle care, exfoliating hand scrub, deep hydrating masque, relaxing hand and arm massage and polish to finish.

## STILLWATER Nails

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**Express Pedicure** ½ hour | \$65  
The perfect pedicure for those in a rush or would like a quick foot refresh. This pedicure focuses on nail and cuticle care, an exfoliating leg and foot scrub, hydrating moisturizer and polish.

**Sport Pedicure** 1 hour | \$100  
This restorative treatment begins with shaping of the nails and cuticle care, followed by a lower leg massage and nail buffing. The Sport Pedicure is great for those wanting the benefits of the Signature Pedicure without polish.

**Signature Pedicure** 1 hour | \$105  
The Signature Pedicure provides all the essential details to soothe tired feet. This treatment includes nail shaping, cuticle care, dry skin and callus removal, your choice of a hydrating masque or exfoliating foot treatment, a relaxing massage and polish.

**Enrich Pedicure** 1 ¼ hours | \$130  
Take time to enjoy this luxurious pedicure. The Enrich Pedicure includes nail shaping, a calming wild sage and patchouli foot and leg masque, cuticle and callus care, an exfoliating scrub with a blend of sea salt, citrus and coffee followed by a hydrating foot wrap, relaxing massage and polish.

**Nail Enhancements**  
French Polish Add-On ¼ hour | \$10  
Polish Change ¼ hour | \$30  
French Polish Change ½ hour | \$40

**Gel Polish**  
Gel polish is a long wear polish that is cured under an LED lamp.  
Express Gel Polish Manicure ¾ hour | \$70  
Signature Gel Polish Manicure 1¼ hours | \$90  
Express Gel Polish Pedicure ¾ hour | \$80  
Signature Gel Polish Pedicure 1¼ hours | \$120

## STILLWATER Nails

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### Gel Polish

Soak-Off and Express Gel Polish Manicure	1 hour   \$85
Soak-Off and Stillwater Gel Polish Manicure	1½ hours   \$105
Soak-Off and Express Gel Polish Pedicure	1 hour   \$95
Soak-Off and Stillwater Gel Polish Pedicure	1½ hours   \$135
Soak-Off	½ hours   \$25
French Gel Polish Add-On	¼ hour   \$10

## STILLWATER Beauty Services

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### Tinting

Lash	\$35
Brow	\$25

### Waxing

Brazilian	\$100
French Bikini	\$70
Bikini	\$45
Full Face	\$60
Lip	\$20
Chin	\$30
Brow	\$30
Chest	\$55
Under Arm	\$35
Full Back	\$75
Half Back	\$45
Half Back & Arm	\$70
Full Arm	\$55
Half Arm	\$40
Full Leg	\$80
Upper Leg	\$50
Lower Leg	\$50

## HOW TO SPA

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### STILLWATER Hours

Monday thru Saturday:	8:00AM - 9:00PM
Sunday:	8:00AM - 7:00PM

### Spa Cuisine

Stillwater Spa is pleased to offer spa-inspired cuisine, specially created by Hyatt Regency Calgary's Executive Chef.

### Gift Certificates

Pamper your loved ones with the gift of rejuvenation. Stillwater Gift Certificates are available for purchase for all spa services or as a monetary value. Please visit our website or contact our Spa Concierge team for further information.

### Reservations

To cancel or reschedule an appointment and avoid a cancelation charge, we require a minimum of 24 hours advance notice for individual appointments and 48 hours advance notice for Stillwater Packages.

### Arrival

We encourage you to arrive 30 minutes before your scheduled treatment to relax and enjoy Stillwater amenities including our whirlpool, steam room and lounge. Arriving late will limit your treatment time. Swimsuits are required when using the facilities. Lockers, robes and slippers are provided. Stillwater Spa is not responsible for any lost or misplaced items. Please note parking validation is subject to availability.

### Spa Etiquette

Stillwater Spa is an adult facility available to men and women over the age of 18. For the comfort of others please refrain from using your cellphone. Your cooperation in maintaining our relaxing spa environment is greatly appreciated.

### Health Benefit

All massages are performed by registered massage therapists (RMT) with a minimum of 2200 hours. Please consult your benefit plan for eligibility.

# STILLWATER



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Hyatt Regency Calgary  
On Stephen Avenue Walk  
700 Centre Street SE  
Calgary, Alberta, T2G 5P6, Canada

403.537.4474

403.537.6801

[stillwaterspacalgary@hyatt.com](mailto:stillwaterspacalgary@hyatt.com)

[www.stillwaterspacalgary.com](http://www.stillwaterspacalgary.com)



