

STILLWATER



A HYATT SPA



Hyatt Regency Calgary

# STILLWATER SPA

Hyatt Regency Calgary

Welcome to your personal oasis of calm right in the heart of downtown Calgary where relaxation, combined with thoughtful, caring and personalized attention awaits.

The safety of our guests and colleagues is always a top priority.

This brochure provides information on our spa services including our enhanced safety protocols that have your utmost wellbeing and comfort in mind.

## STILLWATER Packages

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

### STILLWATER Refresh

\$330 3 hours

\$350 3 hours

Your refreshing day begins with a one-hour Relaxation Massage or Therapeutic Massage, followed by our Signature Manicure and Pedicure. For the ultimate refresh, an entrée from our Spa Cuisine Menu is included.

Relaxation or Therapeutic Massage  
Signature Manicure  
Signature Pedicure  
Spa cuisine entrée prepared by Hyatt Chefs.

### STILLWATER Tranquility

\$465 3 hours

\$495 3 hours

This mindful Spa escape renews our purposeful journey into the tranquil. Begin with a serene one-hour Body Treatment, a one-hour Relaxation or Therapeutic Massage, followed by our Moisture Drench Facial. To nourish your soul, this package includes an entrée from our Spa Cuisine Menu.

Moisture Drench Body Treatment  
Relaxation or Therapeutic Massage  
Moisture Drench Facial  
Spa cuisine entrée prepared by Hyatt Chefs.

## STILLWATER Packages

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

### STILLWATER Escape

\$490 4 hours

\$520 4 hours

Awaken your senses with a revitalizing Spa escape. Your getaway begins with a one-hour Body Treatment followed by a Moisture Drench Facial. Continue your escape with a Signature Manicure and Pedicure Package includes an entrée from our Spa Cuisine Menu.

Moisture Drench Body Treatment  
Moisture Drench Facial  
Signature Manicure  
Signature Pedicure  
Spa cuisine entrée prepared by Hyatt Chefs

### STILLWATER Pre-Natal

\$315 2 ½ hours

\$335 2 ½ hours

Take a deep breath and enjoy this memorable repose. Begin with our Soothe & Restore Facial followed by our Signature Pedicure and Express Manicure. This package includes an entrée from our Spa Cuisine Menu. Designed for the expectant mother past their first trimester.

Soothe & Restore Facial  
Signature Pedicure  
Express Manicure  
Spa cuisine entrée prepared by Hyatt Chefs

### Couple's Treatment Room

Side by side massages in our couple's treatment room is available upon request.

**Stillwater Spa offers a couple's steam for \$20 per person. Bookings must be made in advance through our Spa reservation line 403 537 4474.**

## STILLWATER Massage

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	Weekday (Mon-Thu)		Weekend (Fri-Sun)	
<b>Therapeutic Massage</b>	\$160	1 hour	\$170	1 hour
	\$215	1 ½ hours	\$225	1 ½ hours

A deep muscle massage utilizing peppermint oil to promote circulation and heat pack to penetrate muscles. This massage is effective for providing relief from back or neck pain, sciatic pain, muscle strains and arthritis.

<b>Therapeutic Cupping</b>	\$175	1 hour	\$185	1 hour
	\$230	1 ½ hours	\$240	1 ½ hours

Cupping is an ancient therapy that promotes circulation, reduces pain and increases range of motion among many other benefits. Cups are a therapeutic massage modality to decompress and optimize the body's balance and mobility. Stillwater Spa's Registered Massage Therapists can modify cup pressure to suit your individual needs and ensure the most effective treatment in the time you have chosen.

1 hour Therapeutic Cupping is a targeted treatment focusing on body-specific areas discussed with RMT.

1 ½ hours Therapeutic Cupping allows for a targeted and full body treatment providing optimal therapeutic results.

<b>Relaxation Massage</b>	\$160	1 hour	\$170	1 hour
	\$215	1 ½ hours	\$225	1 ½ hours

A relaxing massage with lighter pressure utilizing the benefits of Lavender Blossom oil to calm, relax and soothe the body and mind.

<b>Pre-Natal Massage</b>	\$160	1 hour	\$170	1 hour
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Supported by a pre-natal pillow, the Pre-Natal Massage offers full support and comfort plus extra attention to the belly to avoid stretch marks. For the expectant mother past her first trimester.

## STILLWATER Massage Service Enhancement

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

### Wild Lime Scalp Treatment

\$35 ¼ hour

\$35 ¼ hour

This mesmerizing scalp treatment is designed to release muscle tension in the neck, shoulders, and scalp, as well as deeply condition the hair. The session begins with our opening inhalation ritual followed by an application of Wild Lime Revitalizing Scalp and Hair Oil to promote renewed energy and re-boot tired minds. Available as an add-on to 1 hour massage treatments only.

### Energized Foot Therapy

\$35 ¼ hour

\$35 ¼ hour

A revitalizing foot treatment designed to invigorate the whole body. Feet are massaged with energizing Peppermint and stimulating Horse Chestnut to enhance circulation. Available as an add-on to 1 hour massage treatments only.

### Body Butter

\$15

\$15

Melt into paradise with our luxurious Body Butter Enhancement. Guests can choose from Stillwater Spa's Signature Body Butters. Rich and nourishing floral scents, soft citrus profiles and relaxing grounding notes makes this an essential enhancement to your Therapeutic or Relaxation massage. Available as an add-on to all massage treatments.

## STILLWATER Body Treatment

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

**Moisture Drench Body Treatment**     \$175   1 hour                     \$185   1 hour

The ultimate moisture enhancing body treatment. Beginning with a hypnotic dry brush exfoliation, mineral-rich gel masque infused with aromatic Japanese Ume to nourish skin. Following our custom blended body butter application, fall deeper into relaxation while cocooned in a warming duvet. A mesmerizing Wild Lime Scalp and Hair Treatment, Manuka Honey facial massage and a revitalizing foot massage concludes this sublime body treatment.

**Lemongrass Mimosa Body Scrub**     \$175   1 hour                     \$185   1 hour

This refreshing full-body exfoliation hydrates and brightens, leaving your skin silky smooth. Micronized Walnut Shells exfoliate while Mimosa and Bamboo Extracts create lasting softness. This head-to-toe body experience includes a Manuka Honey facial massage, Wild Lime Scalp and Hair Treatment, full-body hydration application and a revitalizing foot massage.

**Pre-Natal Rest & Renewal**                     \$175   1 hour                     \$185   1 hour

This deeply restorative treatment is designed for moms-to-be to help improve sleep, reduce stress and soothe muscle fatigue. The session begins with a dry brush exfoliation followed by a Manuka Honey facial massage, nourishing Wild Lime Scalp and Hair Treatment and gentle foot massage to soothe tired prenatal toes. For expectant mothers past their first trimester.

## STILLWATER Facial

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

### Clarifying

\$155 1 hour

\$165 1 hour

Improve skin clarity, reduce blemishes and soothe inflammation with a powerful blend of exfoliating Pumpkin Enzymes and Moss Extract for deeper cleansing. Anti-inflammatory Alpine Willow and Rosemary promote healing and control oil for balanced, clear skin.

### Men's Rebalancing

\$155 1 hour

\$165 1 hour

Designed for men's skincare needs, this balancing facial effectively renews skin tone and texture while helping to soothe and restore devitalized, sun-damaged or razor-burnt skin.

### Soothe & Restore

\$155 1 hour

\$165 1 hour

This healing and restorative facial is ideal for sensitized or rosacea-prone skin. Designed to calm inflammation and redness, this facial features regenerating calming Chamomile and Calendula, as well as a hydrating and soothing Aloe Replenishing Gel Mask to provide immediate relief for irritated skin.

### Moisture Drench

\$155 1 hour

\$165 1 hour

Nature's cure for thirsty skin! This deeply hydrating facial replenishes the skin with botanical blends leaving your skin radiant and protected from harsh environmental elements.

## STILLWATER Facial

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

### Advanced Anti-Aging

\$210 1 ¼ hours

\$220 1 ¼ hours

Our Advanced Anti-Aging Facial featuring BIOEFFECT works to improve skin-density, texture, and firmness. Innovative skincare, BIOEFFECT, imprints a luminous, dewy, even-toned complexion that simply radiates wellbeing and youthful vitality. Gua Sha facial massage brings energy to the skin encouraging collagen production, reducing muscle tension, contouring and smoothing fine lines. The perfect facial to glow!

### SilkPeel Dermal Infusion

\$220 1 hour

\$230 1 hour

SilkPeel Dermal Infusion is a non-invasive treatment using microdermabrasion technology to slough away dry, damaged skin cells while the dermal infusion delivers specialized skincare serums. This advanced skin resurfacing treatment initiates repair and recovery from hyperpigmentation, fine lines and uneven texture.

### Gua Sha Facial Enhancement

\$15

\$15

The ancient art of Gua Sha brings energy to the skin encouraging collagen production, reducing muscle tension, contouring and smoothing fine lines. The perfect facial enhancement to achieve radiant skin.

## STILLWATER Nails

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

### Express Manicure

\$60 ½ hour

\$65 ½ hour

This treatment focuses on nails and the essentials they need for a quick refresh. Nail shaping, cuticle care, hydrating moisturizer and polish.

### Sport Manicure

\$70 ¾ hour

\$75 ¾ hour

Our Sport Manicure provides the same relaxing service as our Signature Manicure without polish.

### Signature Manicure

\$80 1 hour

\$85 1 hour

Designed to delight the senses, this deeply hydrating manicure begins with detailed nail shaping and an uplifting sugar scrub to polish and heal overworked hands. The exfoliating sugar scrub is followed by cuticle care and a therapeutic paraffin treatment for deep repair to dry hands. To finish, a relaxing hand and arm massage and polish application. A true treat for your hands!

### Express Pedicure

\$70 ½ hour

\$75 ½ hour

The perfect pedicure for those who would like a quick foot refresh. This pedicure focuses on nail and cuticle care, an exfoliating leg and foot scrub, hydrating lotion application and polish.

### Sports Pedicure

\$105 1 hour

\$110 1 hour

Our Sports Pedicure provides the same relaxing details as our Signature Pedicure without the polish.

## STILLWATER Nails

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

### Signature Pedicure

\$110 1 hour

\$115 1 hour

Stillwater's Signature Pedicure provides all the essential details to soothe tired feet. Beginning with an aromatic soak to soften the feet, followed by nail shaping, cuticle care and our signature three step callus care. Customized to your choice of hydrating foot masque or invigorating exfoliation. Continued with a restorative leg, foot massage and polish application.

### Pure Splendor Pedicure

\$135 1 ¼ hours

\$140 1 ¼ hours

Take time to enjoy moments of Pure Splendor with our most luxurious pedicure treatment. Combined with our Stillwater Signature Pedicure, the Pure Splendor Pedicure nourishes legs and toes beginning with a mineral rich mud mask, a warming sugar scrub and deeply hydrating therapeutic paraffin foot treatment. Relaxing massage and polish are the finishing touches to this blissful journey.

### Nail Enhancements

French Polish Add-On

\$15

\$15

Gel Polish Add-On

\$20

\$20

Gel Polish Removal  
with Service

\$15

\$15

Gel Polish Removal  
& Re-application with Service

\$30

\$30

## STILLWATER Beauty Services

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

### Tinting

Brow	\$30	\$35
Lash	\$40	\$45

### Waxing

Full Face	\$65	\$70
Brow	\$35	\$40
Lip	\$25	\$30
Lip & Chin	\$55	\$60
Chin	\$35	\$40
Under Arm	\$40	\$45
Full Arm	\$60	\$65
Bikini	\$50	\$55
Brazilian	\$110	\$115
French Bikini	\$75	\$80
Full Back	\$85	\$90
Full Leg	\$100	\$105

## STILLWATER Beauty Services

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Weekday (Mon-Thu)

Weekend (Fri-Sun)

### Waxing

Full Leg & Bikini	\$145	\$150
Full Leg & Brazilian	\$200	\$205
Full Leg & French	\$170	\$175
Half Leg	\$60	\$65
Half Leg & Bikini	\$105	\$110
Half Leg & Brazilian	\$165	\$170
Half Leg & French	\$130	\$135

## SELF-CARE WITH CONFIDENCE

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We have implemented enhanced measures around cleanliness in an effort to ensure our colleagues and guests enjoy a healthy, safe and comfortable environment.

### Show You Care. Stay Home.

For your wellbeing and ours, an email will be sent prior to your visit reminding you if you have travelled outside of Canada and are required to self-isolate or are experiencing COVID-19 symptoms to please reschedule your visit to Stillwater Spa. Symptoms include fever, cough, difficulty breathing, runny nose, body aches, loss of taste or smell or sore throat. We can arrange for you to be rebooked after two weeks.

### Arrival

You may arrive 15 minutes early to prepare for your treatment. Sanitized and pre-assigned lockers, robes and slippers are provided. The Spa will not be responsible for any lost or misplaced items. We offer complimentary self-parking in the hotel's parkade based on availability.

### Safety Protocols

Wellness check for Spa colleagues are performed daily at the start of each shift. Hand sanitizers are located in various areas of the Spa, please use regularly. An additional relaxation lounge adjacent to the Spa will be offered to allow for more physical distancing.

### GBAC STAR Facility

We are pleased to announce that we are Global Biorisk Advisory Council (GBAC) STAR accredited which recognizes our gold standard protocols for cleaning, disinfection and infectious disease prevention in our facilities.

### Spa Facilities

The 15 minute use of our Steam Room and Whirlpool must be booked in advance prior to services.

## SELF-CARE WITH CONFIDENCE

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### Retail

Naturopathica and BIOEFFECT skin care and body products are sold at the Spa. Please allow a Spa team member to assist with retail purchases. All sales are final. Complimentary curbside pick-up can be arranged.

### Connectivity

Select @Hyatt\_WiFi on your device for complimentary internet connection.

### Spa Etiquette

Stillwater Spa is an adult facility available to guests over the age of 18. For the comfort of others, please silence your cellphones and use Spa voices throughout your stay. We invite you to take calls outside of the Spa and waiting areas. Your cooperation in maintaining our relaxing spa environment is greatly appreciated.

### Payment

As an added protection for our guests and colleagues, Stillwater Spa highly encourages use of credit and debit cards.

### Gift Certificate

Give the gift of luxury with a Stillwater Spa Gift Certificate - the perfect present for all occasions. Available for purchase as a monetary value at our website, stillwaterspacalgary.com, or at the Spa Front Desk.

### Health Benefit

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

### Reservations

To cancel or reschedule an appointment and avoid a cancellation charge, we require a minimum of 24 hours advance notice for individual services and 48 hours advance notice for packages.

## STILLWATER SPA Hours

Monday to Tuesday  
Closed

Wednesday to Friday  
10:00 AM - 8:00 PM

Saturday to Sunday  
9:00 AM - 7:00 PM

Operation hours may change. Our dedicated Spa Reservations line is open daily from 9:00 AM - 5:00 PM. Please call 403 537 4474.

Follow us on Instagram or visit our website  
for up-to-date promotions and product information.

[@stillwaterspacalgary](#)  
[stillwaterspacalgary.com](http://stillwaterspacalgary.com)

