

STILLWATER



A HYATT SPA



Hyatt Regency Calgary

# STILLWATER SPA

Hyatt Regency Calgary

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

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

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

## STILLWATER Packages

---

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

---

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

## STILLWATER Massage

---

	Weekday (Mon-Thu)		Weekend (Fri-Sun)	
Therapeutic	\$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.

Relaxation	\$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.

Pre-Natal	\$160	1 hour	\$170	1 hour
-----------	-------	--------	-------	--------

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.

### 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. Booking must be made through phone call.**

## STILLWATER Massage Service Enhancements

---

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.

### 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.

### Body Butter

\$15

\$15

Close your eyes and bathe yourself in nature with the heavenly blend of rich Shea butter and Rocky Mountain Soap Company's soothing body lotion. An incredibly luxurious hydrating enhancement to your massage. The Body Butter Enhancement is added on to **Therapeutic or Relaxation** massages only.

**Stillwater Massage Service Enhancements are available as add-ons for 1 hour massage treatments only.**

## STILLWATER Body Treatment

---

Weekday (Mon-Thu)

Weekend (Fri-Sun)

### Moisture Drench

\$175 1 hour

\$185 1 hour

The ultimate skin conditioning treatment for the body. This treatment includes a hypnotic dry brush exfoliation and a mineral-rich gel masque infused with aromatic Japanese Ume Plum extracts to revitalize skin. Cocooned in a warming duvet, you will fall into a deep relaxation with a Manuka Honey Facial Massage and mesmerizing Wild Lime Scalp and Hair Treatment. A detailed full body hydration with a Sicilian Bergamot body butter blend followed by a revitalizing foot massage for a silky, satin finish.

### Lemongrass Mimosa Scrub

\$175 1 hour

\$185 1 hour

This refreshing body scrub hydrates and brightens dull skin. 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, Sicilian Bergamot and essential oil hydration application and a revitalizing foot treatment to invigorate the whole body.

### 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 nourishing hydration application, Manuka Honey Facial Massage, scalp and foot treatment to sooth tired prenatal toes and refresh the body. For the expectant mother past their first trimester.

## STILLWATER Facial

---

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

---

Weekday (Mon-Thu)

Weekend (Fri-Sun)

### Vitamin C Brightening

\$200 1 ¼ hours

\$210 1 ¼ hours

This treatment helps to reverse the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. This facial helps firm, brighten and dramatically reduce the appearance of fine lines.

### Advanced Anti Aging

\$210 1 ¼ hours

\$220 1 ¼ hours

Our Advanced Anti-Aging Facial featuring BIOEFFECT works to improve your skin's density, texture, and firmness. Through advanced skincare, BIOEFFECT brings to your skin a luminous, dewy, even-toned complexion that simply radiates wellbeing and youthful vitality.

### 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

---

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

A much-needed break for your hands our Signature Manicure begins with a brightening exfoliation. Followed by detailed nail shaping, cuticle care, intense hydrating masque massaged into hands and forearms. Completed with polish.

### 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.

### Sport Pedicure

\$105 1 hour

\$110 1 hour

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

## STILLWATER Nails

---

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 Splendour Pedicure

\$135 1 ¼ hours

\$140 1 ¼ hours

An aromatic soak to soothe your feet, followed by nail shaping, cuticle care and our signature three-step callus care. Soothing mineral rich clay is applied, an exfoliation scrub to polish feet and a hydrating foot masque. Continued with a leg and foot massage to restore circulation. Completed with polish.

## 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

---

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

---

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

---

We have implemented enhanced measures around cleanliness, sanitization and physical distancing 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, have been in close contact with someone who has travelled, required to self-isolate or 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 respectfully ask Spa guests to depart right after their service as part of our enhanced measure on physical distancing. We offer complimentary self-parking in the hotel's parkade based on availability.

### Face Covering Protocol

**Shared Areas:** Guests are **required** to wear **protective face coverings over their mouth and nose** as mandated by local government regulation **at all times**. This includes entering the hotel's parkade and public areas, the Spa reception, locker rooms, relaxation lounges and while moving around the Spa. Guests may remove their mask while enjoying a beverage.

**Treatments:** For body massages, guests may choose to remove their mask to enjoy their service while face-down. Once the treatment transitions to face-up, our therapist will provide a hand sanitizer and guests must put on their mask to continue the service. For nail and waxing services, mask is required to be worn all throughout. For facials and body treatments, our therapist will advise once face coverings can be removed.

**Colleagues:** All Spa colleagues are required wear face covering. Face shields will be utilized in facials, body treatments and pedicures as well as at the discretion of the therapist for other services.

## SELF-CARE WITH CONFIDENCE

---

### Safety Protocols

Wellness check for Spa colleagues are performed daily at the start of each shift as well as for guests at check-in. The Spa is accommodating limited capacity. While guests are required to wear protective face coverings, please refrain from wearing gloves. Practice physical distancing (6 ft) in the Spa's public areas. 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 now Global Biorisk Advisory Council (GBAC) STAR accredited which recognizes our gold standard protocols for cleaning, disinfection and infectious disease prevention in all our areas and facilities. Increased frequency of cleaning with hospital-grade disinfectants on all high-touch surfaces, Spa equipment and shared spaces. The time between treatments will be extended to allow for additional disinfection between guests.

### Temporarily Unavailable

The following facilities and services are temporarily unavailable in respect of physical distancing, and for guest and food safety: Whirlpool, Spa Cafe Lounge, Hair Tools and select Bath/Body Products.

### Spa Facilities

Spa guest must book in advance the 15 minute use of our Steam Room prior to services. The Steam Room may be used by a maximum of two guests belonging from the same household. Bringing in of beverage in the Locker Room is highly discouraged. Please remember to practice physical distancing (6 ft) and wear protective face coverings when in the Locker Room areas and all public spaces.

### Spa Cuisine

Enjoy spa-inspired cuisines to be served in the relaxation lounge. We encourage placing your food orders prior to your arrival due to the limited capacity of the lounge. Complimentary bottled and sparkling water are available upon request.

## SELF-CARE WITH CONFIDENCE

---

### 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 and to further reduce transmission, 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](http://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  
9:00 AM - 8:00 PM

Saturday, Sunday & Holiday Monday  
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)

