



WILLOW STREAM  
A FAIRMONT SPA



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Find your energy

AT FAIRMONT SINGAPORE



**Fairmont Singapore**

Level 6, Fairmont Singapore  
80 Bras Basah Road, Singapore 189560

TEL +65 6339 7777

FAX +65 6337 1554

E-MAIL [willowstream.enquiries@fairmont.com](mailto:willowstream.enquiries@fairmont.com)

[willowstream.com](http://willowstream.com)

[fairmont.com/singapore](http://fairmont.com/singapore)





## Willow Stream Singapore Spa Menu

Indulge in an urban hideaway located in the heart of Singapore, the spa and hotel are minutes away from lush greenery in the city. Step into a world where energy is created, culture and traditions are embraced by uniting East and West philosophies.

Experience authentic eastern spa traditions in any of our 23 luxuriously appointed treatments rooms inclusive of 2 couples suites, male and female relaxation areas complete with sauna and steam rooms, jacuzzis, showers and locker areas.

Willow Stream Spa also features a 50,000 square-foot fitness facility with private and group fitness studios, personal training, and memberships utilising the best in fitness equipment. Complete your wellness experience at the outdoor pool where you can relax the day away.

Willow Stream Spa offers a variety of different authentically inspired massage, body treatment and facials for all your individual skin care needs using premium spa products. Our spa experiences create a place to spend time and re-energise either on your own or in a social space. Step away from the chaos of the city and find your energy at Willow Stream Spa.

## About Willow Stream Spa

Willow Stream Spas are acclaimed around the world for our focus on finding innovative ways to help guests discover their own energy. Energy makes the difference between living and living well; recharging our energy allows us to flow, rather than fight through life. That is why energy renewal is our mission.

Each of our spas are designed to reflect the beauty and ambience of its location and of the hotel in which it is located, so no two are alike. But all of our spas have this in common: they deliver an outstanding experience. Simply being here—away from the chaos of everyday life, relaxes our guests and starts them on their energy journey.

Our spa experiences combine authentic and effective treatments with a place for you to spend time alone or with your friends. Social spaces by the pool, relaxation lounges and steam rooms, yoga and fitness areas are all designed to stir our passion for living with abundant energy.



## Our name: Willow Stream

We believe these two words reflect our philosophy and our connection to nature's elements.

**Willow:** The willow represents our deep-rooted authenticity, strong centre and flexible spirit.

**Stream:** The stream represents our energising journey through life-bending and changes in a peaceful, purposeful manner as it finds its way around obstacles.

### Our logo

Our logo is composed of ancient symbols for the world's essential elements: earth, air, fire and water. The willow—wood—is the fifth element. Balancing these elements puts us in sync with nature's equilibrium

## Willow Stream Spa Product Philosophy

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

### Gaylia Kristensen

Introducing a range of revolutionary, cosmetic breakthrough products from Australia's newest, most dynamic skincare company. State of the art, molecular polypeptide and protein technologies have been combined with natural Australian botanicals to create the most advanced anti-ageing solutions in the world today.

### Kerstin Florian

Kerstin Florian is a luxury skincare company that focusses on results. The guiding philosophy of Outer Beauty, Inner Health inspires a sense of well-being through powerful plant, marine and technically-advanced ingredients as well as professionally-designed spa services.



## Willow Stream Spa Wellness Facilities

We know that exercise is a vital component to daily life, especially for travellers on the go who appreciate the desire for high-quality and well-equipped fitness facilities. Fairmont Singapore provides spacious customised wellness areas and fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Willow Stream Spa is the perfect environment to restore your energy with access available to hotel guests as well as local members, offering the following facilities and services:

- Personal training
- Group and private Yoga, Pilates, Zumba classes in our private studio
- Two free-form swimming pools
- Wet spa area - Aroma Steam, Sauna, Whirlpools, Cool plunges, Bubble lounges
- Relaxation lounge and Meditation lounge
- Shower, changing rooms and private locker area
- Heart healthy cuisine inspired by healthy living

### Personal Training, Nutrition & Lifestyle

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions. Allow our personal trainers help you create a customised programme, aimed at balancing physical activity with relaxation.

### Yoga

The word “yoga” translates as the “union” or “discipline” of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels to energise and restore the mind. Our certified instructors at Willow Stream Spa offer a variety of different yoga techniques, available in personal or group classes at our private studio.



## Fitness and Memberships

At Fairmont, we understand the importance of exercise in our everyday life. Our fitness centers are built to ensure our guests have a comfortable space utilising the best in fitness equipment. Preva networked fitness consoles by Precor provides spacious, customised wellness areas and supplies fitness facilities to suit all your needs. Catering to your own fitness level, ability or age, our dedicated personal trainers are here to assist you with all your fitness goals. (18 years and above.)

Fairmont Singapore offers exclusive individual memberships, giving you access to a comprehensive spa and wellness facility. As a valued member you will enjoy the following benefits of:

- Best Available Rate at Fairmont Singapore and Swissôtel The Stamford Room nights. (Terms and conditions apply)
- Privileged pricing on selected F&B outlets at Fairmont Singapore and Swissôtel The Stamford.
- Privileged Pricing on Spa Treatment (excluding retail and not applicable with other discounts or promotions)
- Birthday benefits
- Use of the two free-form swimming pools
- Use of fitness centre and wet spa facilities
- Priority to all group classes booking
- Short term and corporate membership are available

**Willow Stream Spa reserves the right to amend any terms and conditions without prior notice.**

## Hydrotherapy Wellness Experiences

### Steam Room Wellness

Maintained at 42-45°C, the humid aromatic heat experience is highly beneficial for those who suffer from asthma and bronchitis as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. A humid environment is especially beneficial before or after a massage treatment to increase circulation.

### Sauna Wellness

Maintained between 80-90°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, migraines, and headaches, or as a way of warming down the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

### Outdoor Swimming Pool

The outdoor pool is open to hotel guests and members as a private sanctuary to rest and relax. Bathed in natural light, the two free-form swimming pools are the ideal spot for rest and relaxation.

## Willow Stream Signature Expressions

Willow Stream Expressions bring together the key elements of face and body to one. We place a careful emphasis on our guests feeling locally connected whilst encouraging relaxation, restoring one's personal energies resulting in feeling revived.

### Pearls and Caviar Ultimate Anti-Ageing Rejuvenation

**150 minutes**

This ultimate anti-ageing face and body experience promises full body and mind rejuvenation. Your experience begins with a full body polish using the gentle pearl beads, followed by a bamboo and ginger massage to invigorate the senses and relax muscles aches. Finish the treatment with the caviar anti-ageing facial, resulting in a youthful radiant glow.

### Ginger Renewal

**120 minutes**

Allow ginger's healing and warming properties to invigorate and nourish in this renewing head-to-toe treatment. Earthy minerals are combined with ginger's healing properties for an invigorating full body exfoliation. Enjoy a pampering back, neck and shoulder massage with ginger oil, whilst warm healing stones melt into your muscles. Next, nourish and relax inside a warm cocoon while a forehead, ear and pressure point scalp massage complete this uplifting experience to awaken your senses.

## Classic Facials

Willow Stream Facials are result-oriented facials, customised to meet the requirements of different skin types and conditions. Our professional therapists work synergistically with exclusive top quality products to rebalance and harmonise the skin, bringing it to its ultimate vitality and beauty.

### K-Lift Technology Facial Enhancement Machine

For the most advanced facial results, Kerstin Florian is proud to present their K-Lift Age Management System. This advanced system integrates the strength of three modalities, each penetrating deep into the transdermal layers of the skin, targeting a specific function to improve the overall skin rejuvenation.

### Ultimate Facelift

#### Using Kerstin Florian's K-Lift Technology

**90 minutes**

Featuring Kerstin Florian's Signature Caviar collection, this decadent facial provides immediate anti-ageing results by infusing essential nutrients to the deep layers of the skin. This non-invasive therapy offering immediate results is achieved with the Kerstin Florian patented K-Lift machine, utilising three high performance energy technologies - red LED light therapy and impulse micro-currents (kinetic energy). Expect to see smoother lines, resulting in a youthful radiant complexion.

### Youthful Glow Anti-Ageing Facial

**90 minutes**

This facial offers the cosmetic solution for an immediate lifting effect without surgery. Gaylia Kristensen's specific new generation of highly advanced anti-ageing youth actives act to tone and lift the skin, reducing fine lines and expression lines, leaving a luminous youthful glow.



### Vitamin C Luminescence Facial

90 minutes

Using Kerstin Florian's correcting line, this results-oriented facial is specifically designed to address hyper pigmentation and premature ageing - utilising the powers of multi-acid peels, Vitamin C and marine extracts leaving your skin luminous and shining.

**\* For best results, this facial can be combined with the K-Lift technology.**

### White Magic Brightening Facial

60/90 minutes

A powerful facial treatment by Gaylia Kristensen using a new generation of highly advanced anti-ageing youth actives that will help you stay looking younger for longer without injections or surgery. Designed to instantly brighten and firm your skin, a natural collagen infusion mask is used to plump and hydrate the skin followed by a unique massage to lift and tighten the face, lower neck, scalp and feet to melt away all stress.

### Customised Deep Cleansing Facial

60 minutes

Personalised to provide you with the most benefits, this Kerstin Florian deep cleansing facial includes a professional skin analysis, gentle exfoliation, a facial massage to promote circulation, a nourishing masque and antioxidants to restore the skin.

**\* For best results, this facial can be upgraded with the K-Lift technology.**

### Gentleman's Power Facial

60 minutes

A unique cleansing and therapeutic facial designed specifically for the special skin care needs of men. Relaxing the skin as it refines the pores and hydrates the skin with Gaylia Kristensen's new state-of-the-art products that specifically addresses sensitive and razor burn skin, followed by a signature luxury massage that covers your face, lower neck, scalp and feet to melt away all stress.

### K-Lift Express Add-ons

#### *Express Lift*

A preventive treatment designed to maintain energy in the cells, strengthen muscle tone and delay the ageing process.

#### *Express Eyes*

Designed to help strengthen and brighten the muscles around the eye area and increase circulation. Ideal for targeting the signs of ageing around the eye area to diminish the look of fine lines and wrinkles.

#### *Express Lips*

Lip lines, lower cheeks and jaw areas are lifted, toned and smoothed with this treatment specifically designed for the lip and lower portion of the face. Fine, feathery lines around the lips are smoothed and jaw muscles are lifted to help achieve a more youthful looking appearance.

#### *Express Congestion*

This treatment is designed for oily skin conditions to help eliminate excess sebum increase lymphatic drainage and enhance circulation. Helps to reduce puffiness and inflammation.

### Kerstin Florian Ampoule Therapy

Infuse your skin with one of our intensive ampoule upgrades. Consult our expert spa therapist during your facial to select the most suitable ampoule for your skin type.

- Intensive Repair Ampoule
- Vitamin C Ampoule
- Co-Enzyme Q10
- Chitosan Hydration Masque
- PRO 30 Multi-Acid Peel

### Gaylia Kristensen's 30-minute Facial Upgrades

- Luscious Lips and Sparkling Eyes
- Firming Neck Upgrade



## Body Treatments

### Energising Spirulina Detox

90/120 minutes

Awaken your senses with this purifying journey of invigoration. Experience a stimulating dry brush exfoliation followed by an energising, deep cleansing salt scrub infused with Juniper Essential Oil to help detoxify and promote circulation. The body is then wrapped with Spirulina Algae for an instant nutrient boost along with intensive grounding and cleansing results. An energising body massage completes the treatment to further stimulate the skin for a firmer, more toned appearance.

### Dream Time

90 minutes

This indulgent treatment combines face and body for complete stress release. Enjoy a full body massage with warm stones that glide on the back and feet, followed by an anti-ageing facial, leaving your skin and body completely rejuvenated and your mind in a dreamy state.

### Pure Energy

60/90 minutes

Capture the essence of pure energy in this uplifting treatment that stimulates, refreshes and energises the body. Through a unique blend of organic essential oils and a head-to-toe experience, a sense of renewal is delivered to the body and mind. The experience begins with a refreshing Eucalyptus full body exfoliation; followed by a partial or full body massage of your choice with organic revitalising oil.

### Calm Mind

60 minutes

Created to promote restful sleep and relieving stress, the body is cocooned in a warm organic lavender oil to relieve muscle tension. The face and scalp are then massaged with a restorative blend of peppermint and lavender to release any remaining tension. A calming experience to soothe the body, mind and spirit as one.

## Body Massages

### Fairmont Singapore Signature Massage

90 minutes

Designed to relax fatigued muscles, this signature massage created by Fairmont Singapore uses elements of warmth along with restorative massage techniques to nurture the body and soothe muscles. Warm herbal compress infused with local Asian herbs and spices release stored energy, improve circulation and relieve aches. This authentic aromatic experience leaves you mentally energised and physically relaxed.

### East meets West Hot Stone Massage

90 minutes

This indulgent full body massage soothes muscle tension and encourages circulation. Using nourishing organic essential oils and warm volcanic stones to penetrate tired aching muscles combined with healing hands, this will allow you to unwind into a restful state of mind.

### Traditional Thai Massage

90 minutes

This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of vitality.

### Rescue & Release Deep Tissue Massage

60/90 minutes

Whether you are in need of stress relief or releasing deep-seated tension, this massage is designed to focus on muscle and joint stress. Specialised techniques will focus on specific areas of concern and ease common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.

### Jetsetter Recovery Massage

60/90 minutes

Designed with the Jetsetter in mind, Fairmont Singapore has considered all your travelling needs. Begin this experience with a warm eucalyptus foot bath and invigorating foot scrub to increase circulation after long hours of travel, complete with a soothing foot massage. Enjoy the signature jet lag oil blend specially selected to focus on problem areas and restore energy depleted through long hours of travelling on the road. Finish the treatment with a face and scalp massage focussing on decongesting the sinus cavities and uplifting the spirits. Feel completely rejuvenated and ready in a new time zone.



### Aromatherapy Relaxation Massage

**60/90 minutes**

Using the art of movement combined with ancient aromatherapy oils, this Swedish style full body massage uses gentle techniques to help restore harmony and relax the mind and body.

### Foot Retreat

**60 minutes**

Begin with an invigorating lower leg and foot salt scrub and soak to improve circulation and remineralise the skin. Drift off to sleep as your tired feet melt into the dancing fingertips of your therapist. The perfect retreat after a long day of sightseeing or shopping.

**\*Note this is not a reflexology treatment.**

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## Couples Treatments

### Couples Bliss

**60/90 minutes**

Relax together with this pampering massage, which uses a blend of essential oils and purpose-designed movements to stimulate circulation, promote deep relaxation and restore the flow of energy throughout the body. This wonderfully soothing and rejuvenating experience is ideal for couple time.

### Dream Two – Gather

**120 minutes**

Share a dream together in our signature VIP couple suite as you and your companion immerse yourselves in a warm Thermal Mineral Bath. Then experience the sense of scent and touch as you both receive a face and body therapy from Gaylia Kristensen's Signature Ritual, exclusive to Willow Stream Spa Singapore.

## Additional time

For those who would like to upgrade any of our present treatment list with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30-minute mini treatments including:

- Foot Reviver
- Back, Neck and Shoulder Massage
- Head and Scalp Massage
- Body Scrub
- Express Facial
- Thermal Mineral Bath
- Healthy lunch or snack

## Salon Services

### Classic Manicure

**45 minutes**

Starts with cutting and shaping of nails, followed by a relaxing warm soak before cuticle cutting and a pampering hand massage with moisture replenishing lotion. Finish with your choice of polish skillfully applied to perfection.

### Spa Manicure

**80 minutes**

This pampering hand experience includes a hand soak, nail oil application, hand exfoliation, hand and arm massage with hydrating and skin conditioning products and nourishing hand mask treatment. Nail shaping, polish and buffing are included.

### Classic Pedicure

**60 minutes**

Nails are cut and shaped carefully according to your liking, followed by a relaxing warm foot soak before cuticle cutting and a soothing foot massage with moisture replenishing lotion. Finish with your choice of polish skillfully applied to perfection.

### Spa Pedicure

**80 minutes**

This experience is not only a beauty treatment for your feet, but an energising lift for the whole body; including a foot soak in sea salts and minerals, an exfoliation, a foot and calf massage with hydrating and skin conditioning products and nourishing foot mask treatment. Nail shaping, polish and buffing are included.

## Willow Stream Spa Day Packages

### Executives Escape

**2 hours**

Customised for the busy executive who has limited time but wants to rejuvenate and feel energised. Enjoy the perfect combination of tension releasing massage, revitalising foot massage and a hydrating facial to ensure you look your best.

- Foot Reviver
- Customised Full Body Massage
- Express Facial

### Detoxifying Spa Day

**4.5 hours**

Re-energise by eliminating the toxins in your body in exchange for healthy and potent minerals from the sea. Kick off your metabolic rate with a one-hour workout with our experienced personal trainer before dipping into a series of thalassotherapy seaweed baths, body wrap, massage and deep cleansing facial.

This package includes a healthy lunch; which will leave you feeling relaxed, nourished and alive!

- One Hour Personal Training Session
- Thermal Mineral Bath
- Spirulina Detox Body Wrap
- Aromatherapy Relaxation Massage
- Express Facial
- Healthy lunch or snack

## Spa Etiquette

**Spa Environment:** Willow Stream Spa is an adult and private sanctuary to restore your energy and relax (18 years and above only). For your peace and privacy, phones and other electronic devices are not permitted. If you would like to receive messages during your time with us, please inform our colleagues and we will be happy to assist.

**Spa Arrival and Etiquette:** We recommend you arrive 30 minutes prior to your appointment to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

**Personal Matters:** Please inform us of any health conditions at the time of booking. This includes recent surgery, pregnancy, high blood pressure, heart condition and allergies. You will also be asked to complete a medical history form upon arrival to better customise your experience.

**Spa Attire:** You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. For your comfort, disposable undergarments are provided before the start of your spa treatments. Our therapists are highly trained in proper draping procedure for your complete privacy. We ask that you please leave jewellery and valuables in your hotel room.

**Gift Vouchers:** Gift vouchers for all spa services/values and packages are available for purchase. Please contact our Spa Experience Coordinator for further information.

**Making Spa Appointments:** The Spa is located on the 6th floor of the Fairmont Singapore. Please consult our Spa Experience Coordinator for assistance in selecting treatments to fulfill your personal requirements. Advanced reservations are recommended to ensure availability. To make your appointment, Fairmont Singapore guests can either phone the spa by pressing the “Willow Stream Spa” button or visit the spa at level 6. Swissôtel The Stamford guests can either phone the spa by pressing “Swiss Service” or visit the spa at level 8 via the swimming pool. Alternatively, call Willow Stream Spa Singapore at +65 6431 5600 or email [willowstream.enquiries@fairmont.com](mailto:willowstream.enquiries@fairmont.com).

**Spa Cancellation Policy:** If you wish to reschedule or cancel any spa appointments or packages, please notify the Spa 12 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

**Taxes:** All treatment prices are subject to 10% service charge and prevailing taxes

### Hours of Operation:

- **Fitness Facilities** - Operational hours from 7.00am to 10.00pm
- **Swimming Pool** - Operational hours from 7.00am to 10.00pm
- **Wet Spa Facilities** - Operational hours from 7.00am to 10.00pm
- **Spa Treatments and Services** - 9am to 10pm (Last appointment 8.45pm)

