



TEMPLE MOUNTAIN SPA

AT POST HOTEL



Let Go and Indulge

AT TEMPLE MOUNTAIN SPA

A soothing, blissful sanctuary that combines – and caters to – health, wellness, beauty and therapy. The spa menu was developed using a harmonious blend of products and techniques to serve the unique needs of the Post Hotel & Spa's guests. Services range from therapeutic to luxurious with a wide selection of massage therapies, body and facial therapies and beauty services.

SPA POLICY & RESERVATIONS

Please visit posthotel.com/spa
or call 403.522.0401 to reserve your appointments.

To ensure you receive all the spa treatments of your choice at the time you wish, we recommend that you book all appointments in advance of your arrival. Guests are encouraged to book at least one week in advance, especially during busy weekend and holiday periods.

Please note, all treatment prices do not include 5% GST or gratuities. Prices are subject to change without notice. Health insurance receipts issued if guest states requirement upon booking.

Hours of operation: 8 am - 8 pm



TEMPLE
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Facials

COLLAGEN INFUSION FACIAL

Our most luxurious facial, plump and densify your skin from the inside out while smooth fine lines and wrinkles.

The effect of this treatment is amplified with collagen biomatrix mask to lift and reshape the facial contour.

Scalp, hand, and foot massage included.

90 Minutes | \$250

CUSTOMIZED FACIAL UNISEX

Perfect for all skin types and will target your specific skin care needs. Your esthetician will choose a plan that works best for you.

60 Minutes | \$175

BABOR HSR LIFTING FACIAL

Turn back the clock with this cosmeceutical treatment that provides immediate visible results. Targeted active ingredients not only smooth visible wrinkles but prevent new wrinkle formation and slow the aging process. The potent formulations and specialized massage techniques improve skin firmness, tone and elasticity and redefine facial contours.

The skin is plumped from within revealing a firmer, smoother and more youthful looking skin. Target for all skins with wrinkles and loss of elasticity.

75 Minutes | \$195



Indulgence Packages

TEMPLE MOUNTAIN ESCAPE

Firming Body Treatment & Thai Stem Massage

Your escape begins with a renewing salt body scrub followed by a firming body algae masque to nourish and elasticize the skin.

Then, an exotic Thai Stem Massage combines yoga-like stretches, heated herbal stem and deep tissue massage techniques to help release toxins, increase circulation, relax muscles, and work out painful knots. Breathe deep – the aroma of lemongrass will surround you.

135 Minutes | \$410 (No Health Insurance Receipts Issued)

TEMPLE MOUNTAIN STOP THE AGING

Thermal Mud Body Treatment & Babor HSR Lifting Facial

Your treatment begins with a sea salt body scrub to prepare the body for a warming Thermal Mud to relieve tense muscles and sore joints. While enveloped in your wrap, expert hands will perform a Babor HSR Lifting Facial. This treatment is completed with a nourishing body cream.

120 Minutes | \$340



Body, Foot & Leg Treatments

THERMAL MUD BODY TREATMENT

Your treatment begins with a body scrub to prepare the body for a warming, therapeutic mud treatment. The Thermal Mud is excellent for pain relief and soothes tense muscles and tender sore joints after a day in the mountains. This treatment is completed with a light massage application of a nourishing body cream.

60 Minutes | \$170

REFRESHING SALT SCRUB

Tired, achy body after a vigorous day of skiing or hiking. Unveil silky smooth skin and refresh your senses with an infused Sea Salt Scrub. Your treatment is finished with a gentle massage.

60 Minutes | \$170

REVIVING FOOT THERAPY

So much more than a foot massage! The journey starts with soaking your feet in a Seaweed Concentrate foot bath, followed by an exfoliation with sea salt scrub and a massage with a choice of Lola's Body Souffle.

A deeply hydrating Paraffin wax treatment seals in moisture and completes your experience, leaving your feet refreshed and rejuvenated. This treatment addresses inflammation, soreness and stiffness.

30 Minutes | \$95



MOUNTAIN MEADOW MANICURE

It begins with an effervescent hand soak with minerals and brighteners and a hands and forearms massage with a nourishing lotion. It is followed with a paraffin treatment and complete with a polish application.

45 Minutes | \$85 *French Manicure:* 60 Minutes | \$95

MOUNTAIN MEADOW PEDICURE

Total foot revival is the objective of our Spa. Everything for the well-being of your feet. After soaking in an herbal bath, lower legs are exfoliated and followed by a relaxing massage, a moisturizing paraffin treatment and a polish application. You will feel like you are walking on clouds!

60 Minutes | \$115 *French Pedicure:* 75 Minutes | \$125

TIMESAVER MANICURE & PEDICURE

This is a shortened version of our manicure and pedicure without that scrub or paraffin treatment. Your nails will be shaped, cuticles groomed, hands and feet massaged, and nails polished to perfection.

75 Minutes | \$165

His Manicures & Pedicures on next page.



PEAK PERFORMANCE MANICURE

Relax and enjoy a massage of the hands and lower arms and a final moisturizing paraffin treatment.

30 Minutes | \$75

PEAK PERFORMANCE PEDICURE

Complete foot and nail care. Consist of a Gehwol herbal soak for intensive cleansing and long-lasting deodorizing properties, exfoliation to stimulate circulation and refresh the skin, lower leg and foot massage to relax the muscles and a paraffin treatment to lock in moisture. Your feet will be rejuvenated and ready to their next adventure.

45 Minutes | \$105



Massages

AROMATHERAPY MASSAGE

60 or 90 Minutes | \$180/\$245

SWEDISH MASSAGE

60 or 90 Minutes | \$170/\$235

COUPLES MASSAGE

60 or 90 Minutes
\$180/\$245 per person

REGISTERED MASSAGE THERAPY

60 or 90 Minutes | \$180/\$245

ACTIVE SPORTS MASSAGE

90 Minutes | \$280

PREGNANCY MASSAGE

60 or 90 Minutes | \$180/\$245

THAI STEM MASSAGE

90 Minutes | \$260
(No Health Insurance Receipts Issued)

HOT STONE MASSAGE

90 Minutes | \$260



Enhancement Add-On Treatments

MINI FACIAL

Cleanse, tone, facial mask and moisturizer application.

30 Minutes | \$95

SCALP OR HAIR TREATMENT

Our customized treatment addresses the needs of your scalp or hair.

15 Minutes | \$55

SUBLIME EYE TREATMENT

Immediate effective Foreo eye treatment and eye massage to correct signs of fatigue and puffiness.

15 Minutes | \$55



Waxing & Tinting

Lip, Brow or Chin | \$30

Full Face | \$70

Underarm | \$35

Full Arm | \$50

Bikini | \$50

Upper or Lower Leg | \$70

Full Leg | \$90

Back or Chest | \$80

Brazilian | \$90

Brow Tinting | \$30

Lash Tinting | \$30

Lash & Brow Tint | \$55



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