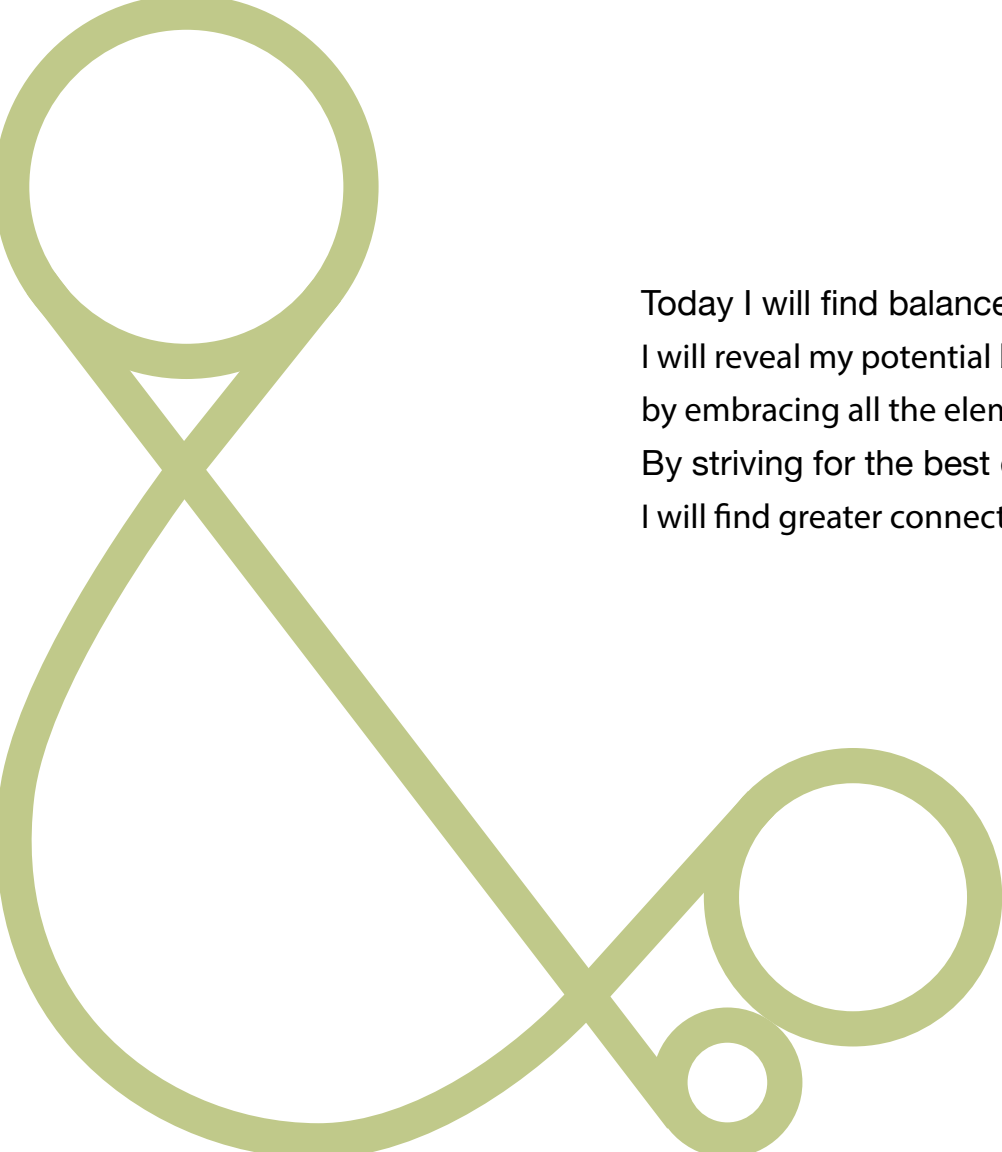


LIVE IT WELL

Well & Being®  
Spa & Wellness





Today I will find balance in my life.

I will reveal my potential by feeling and being healthy,  
by embracing all the elements that are on my path to well-being.

By striving for the best expression of me,

I will find greater connectedness to the world and to those I love.



Today, I will  
**LIVE IT WELL**

# Desert Oasis





AN  
INNOVATIVE FUSION  
OF SPA & WELLNESS.  
INDULGENCE & INSIGHT.  
PLAY & PURPOSE.

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Experience our desert oasis spa including a rooftop pool with private cabanas, co-ed waterfall grotto and a healthy spa cuisine menu. Enjoy a variety of amenities such as a steam room, eucalyptus inhalation room, Swedish dry sauna, hot therapeutic whirlpool, cold plunge pool and Swiss shower. Use of our fitness studio and select exercise classes are included with your spa booking.

Discover our Signature Services, from massages, facials and body treatments to unique fitness classes, acupuncture and singing bowl sound therapy.

- WELL & BEING SIGNATURE JOURNEY
- HIMALAYAN SALT STONE
- HAVASUPAI FALLS REJUVENATION
- DESERT OASIS DETOXIFYING WRAP
- WELL BLENDED AROMATHERAPY SCRUB
- THE WELL & BEING FACIAL
- DESERT BOTANICAL FACIAL
- DESERT SOUL MANICURE & PEDICURE
- DESERT SOUL BODY RITUAL
- THE FITNESS PRESCRIPTION
- AERIAL HAMMOCK YOGA
- ACUPUNCTURE
- SINGING BOWL SOUND THERAPY



FIND YOUR

Happy





Place

## MASSAGE THERAPIES & BODYWORK

The healing and rejuvenating power of touch has been known since ancient times. Modern science has proven that massage reduces muscle tension, reduces stress and anxiety, and provides pain relief. Our massage therapists provide an exceptional experience, whether you are looking for stress-relief, relaxation or a specific corrective therapy.



### WELL & BEING SIGNATURE JOURNEY – 60 | 90 MIN

This light-to-medium rhythmic massage will lull you into a deep state of relaxation and delight with a soothing scalp massage using wild lime oils. You depart refreshed, reawakened and ready to re-enter the world.

### HIMALAYAN SALT STONE – 60 | 90 MIN

Known for its purity, versatility and mineral content, Himalayan Crystal Salt offers wellness for the body. This restorative massage uses warm stones to sooth sore muscles and naturally replenish the body with vital minerals, restoring balance and removing toxins.

### AROMATHERAPY – 60 | 90 MIN

Customize your treatment by allowing your senses to choose the aromatherapy blend your body desires. This medium-pressure massage will leave your muscles relaxed and your mind rejuvenated.

### COUPLES ESCAPE – 60 | 90 MIN

Spend time together while enjoying your choice of side-by-side massages. Couples massage is an excellent way to share something you both love or spend quality time with mom, daughter or best friend.

### DELUXE COUPLES OASIS – 120 MIN

Experience peaceful alone time together in our couples soaking tub with a customized herbal bath followed by 90-minute side by side massages.

### ALPINE ARNICA DEEP TISSUE – 60 | 90 MIN

This full body deep tissue massage uses arnica oil with a targeted application of arnica-rich gel to help reduce inflammation and speed soft tissue repair. This treatment helps ease sore muscles by reducing adhesions and restoring mobility in the body.

### PRENATAL – 60 MIN

Using our state-of-the-art prenatal massage table, this pampering experience is designed with the safety and comfort of mother and child in mind. This relaxing massage reduces stress hormones, swollen joints and muscle pain while improving sleep.

### REFLEXOLOGY – 30 | 60 MIN

Reflex points in the foot relate to specific organs and glands, and stimulating those points promotes health in the organs via the body's energetic pathways. Our specially trained therapists restore overall health to your body by massaging the feet and reflex points, leaving you relaxed, rejuvenated and balanced.

### MASSAGE ENHANCEMENTS

Soothing Foot Scrub & Massage (no additional time required)

Hypervolt (no additional time required)

Knesko Mask (no additional time required)

CBD Oil (no additional time required)

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A variety of in-room massage services may be provided to you in the comfort of your guest room. Services and prices vary. Please call extension 2732.

A woman with her hair in a bun is seen from behind, sitting on a massage table. Her back is covered in white body paint or clay. She is wearing a white towel around her waist. In front of her, on the table, is a small lit candle in a woven basket. The setting is a bright, airy spa room with large windows and a wooden door in the background. The text "Mind & Body" is overlaid in a large, black, serif font across the center of the image.

# Mind & Body

## BODY SCRUBS & WRAPS

Discover a brand new you. Enjoy one of our muds, scrubs, wraps or hydrotherapy treatments to instantly improve your skin and clear your mind. As an enhancement, a customized body lotion or oil may also be created with our Blending Bar experience and select services.



### WELL BLENDED AROMATHERAPY SCRUB – 60 | 90 MIN

Play alchemist with this customized body treatment as your journey begins with an aroma blending experience utilizing essential oils to create your body butter. Your skin is then replenished after a full body polish of your choice from our scrub bar. Indulge in our treatment which includes a full body massage.

### HAVASUPAI FALLS REJUVENATION – 120 MIN

This Southwestern experience starts with a sage smudging to cleanse your energy followed by a scrub with essential oil infused desert salts. Continue your journey as you step into our rain shower before a thermal mineral magnesium soak. Afterward, a massage with jojoba body butter prepares your skin for Chilled Gua Sha Stones. A Sedona clay mask is applied to your face followed by a scalp massage and an herbal wrap. Finish with a facial moisturizer to regenerate skin.

### PURIFICATION RITUAL – 90 MIN

This detoxification ritual begins with a vigorous exfoliation and mud wrap in black silt clay containing extracts of Indian sarsaparilla and coffee arabica. Your face is then cleansed with an oat polish and nourished with hydrating aloe replenishing gel mask. Finally, enjoy a vigorous scalp massage and hair conditioning treatment, followed by a full-body massage with ultra-rich bergamot, citrus and aloe body lotion.

### DESERT OASIS DETOXIFYING WRAP – 60 | 90 MIN

This rejuvenating and detoxifying wrap and massage brings the rhythm of the ocean to the desert! Using coastal herbs and clay, we carry away layers of stress and fatigue from head to toe. Deeply relaxing and detoxifying, this wrap also includes a Turquoise Sage Mountain Arnica Body Lotion to help reduce muscle fatigue and boost energy. Indulge in our 90-minute treatment which includes a full body massage.

### DESERT SOUL BODY RITUAL – 60 MIN

This body ritual from the desert was created to connect, relax and protect mind and body. Based on Cactus Blossom with its floral scent brings relaxation to the nervous system and its powerful benefits to the skin which include antioxidants, vitamin C, Amino acids and fatty acids. All to protect and nourish the skin.

This body ritual begins with a Cactus Blossom Scrub to exfoliate, nourish and refresh. Followed by a soothing application of Cactus Blossom Oil to soothe, hydrate and heal the skin. An application of massage oil leaves your skin protected from dehydration finishing with a wrap and light acupressure toning facial massage.

### CBD GEMSTONE MASSAGE WRAP – 60 | 90 MIN

Glow from the outside in with this award-winning, deeply nourishing, clean range. Infused with dozens of potent, ultra-reparative botanicals and gold-standard CBD, the silky, antioxidant-rich formulas are exceptionally curated to calm inflammation, visibly brighten and heal the skin for an obsession-worthy radiance.

### HACIENDA RETREAT – 60 | 90 MIN

Begin your journey with a yellow corn & lime body polish to exfoliate the skin. A skin quenching application of our signature Mojito body butter, scented with lime zest, spearmint and lemon is then smoothed onto your skin. This experience finishes with a light moisturizing facial massage. Indulge in our 90-minute treatment which includes a full body massage.

### MOISTURE BOUND BODY WRAP – 60 MIN

This moisture-rich treatment begins with a candlewood and jojoba cream scrub to exfoliate, nourish and refresh before rinsing off in the shower. Followed by a soothing application of organic aloe vera and prickly pear gel to soothe, hydrate and heal the skin. Receive a light acupressure facial toning massage finishing with an application of pomegranate oil and refreshing cucumber mist leaves your skin with protection from dehydration.

### WELL & BEING BATHS – 30 MIN

(Available as an add-on for massage and body treatments only)

Formulated with pure botanicals and mineral-rich salts, each bath is a deeply relaxing experience that makes your massage and body treatment go further.

#### Magnesium & Kelp Bath:

Seaweed and salts relieve muscle tension, renew energy, re-mineralize the body and support skin health.

#### Sage & Lavender Bath:

A classic blend of healing essential oils eases stress and anxiety, soothes and repairs damaged skin and promotes sound sleep.

#### Rosemary & Pine Bath:


A blend of Rosemary, Pine and Ginger softens and soothes skin, stimulates the immune system and relaxes tired muscles.



# Indulgence & Insight

## FACIALS & SKINCARE SERVICES

Vibrant, radiant, even-toned skin is not only beautiful, it also promotes a healthy lifestyle. Well & Being offers a diverse and results-driven selection of skincare treatments and therapies personalized to each guest. Expert estheticians assess your specific skincare needs to create a fully customized service.



### 🌿 THE WELL & BEING FACIAL – 90 MIN

A fruit enzyme polishes the skin to reveal a smoother, brighter complexion. Micro current is used to tighten and tone skin. A natural collagen mask will enhance the lift by reducing fine lines to bring out a more youthful, radiant-looking skin.

### NATUROPATHICA REJUVENATING HYDRAFACIAL – 60 | 90 MIN

The HydraFacial deeply exfoliates, extracts and hydrates the skin using skin-specific solutions to bathe the skin in rich antioxidants and hydrating hyaluronic acid. This treatment concludes with Red LED Light Therapy which tones aging skin, and Blue LED Light Therapy.

### MEN'S FITNESS FACIAL – 60 MIN

This deep cleansing facial removes impurities with natural enzymes. Antioxidants neutralize aging free-radicals, while soothing aloe combats the harsh effect of daily aggressors.

### 🌿 CBD GEMSTONE FACIAL – 60 MIN

This indulgent facial is fueled by the power of natural crystals and CBD for beautiful skin and energy alignment. Refined powders of precious Ruby, Amethyst, and Green Tourmaline are paired with potent CBD, minerals, botanicals, and aromatherapy to provide a skin-specific facial as it transports you on a sensorial, holistic journey.

### 🌿 DESERT BOTANICAL FACIAL – 60 MIN

Embrace all the desert has to offer with this indigenous facial that will soothe and hydrate your skin while invigorating your senses. Our experts will tailor your session to address your concerns from sensitive skin to breakouts to fine lines, using the best of nature's remedies.

### TRANSFORMATION FACIAL – 60 MIN

This facial targets all signs of aging, instantly restoring balance. Smooth fine lines and tone with a medium peel, great for the most sensitive, dehydrated, and even breakout-prone skin.



## INTRACEUTICALS OXYGEN TREATMENTS

Intraceuticals uses oxygen under pressure to deliver hyaluronic acid, vitamins and powerful antioxidants, resulting in an immediate boost to dull dehydrated skin. Allow our experts to help you select the best treatment for your skincare concerns.



### INTRACEUTICALS CUSTOMIZED FACIAL – 60 MIN

The power of oxygen drives this ultra-hydrating facial, giving an undeniable radiance to your skin.

**INTRACEUTICALS SERIES** The results of the Intraceuticals Treatments are accumulative and continue to improve with repeated application. A series of six applications over six weeks is recommended to achieve optimum results. Five specific programs available. 60 MIN EACH

## FACIAL ENHANCEMENTS

NuFace (no additional time required)

Soothing Back Treatment

Dermaflash (no additional time required)

Knesko Mask (no additional time required)

LightStim

### WAXING

(times and prices vary)

Brow

Lip

Full Face

Chin

Under Arm



# THE HEALTHY MALE

Living it Well every day is achievable. Discover a variety of services, programs and therapies specifically targeted to the wellness needs of men. Enjoy therapeutic bodywork to help your internal “weekend warrior” repair itself, or embark on a personalized fitness program tailored to your needs.



## THERAPEUTIC BODY WORK

- Well & Being Signature Journey Massage
- Aromatherapy Massage
- Alpine Arnica Deep Tissue Massage
- Singing Bowl Therapy
- Acupuncture
- Acupressure

## SCRUBS & WRAPS

- Hacienda Retreat
- Desert Oasis Detoxifying Wrap

## GROOMED TO PERFECTION

- Men’s Fitness Manicure & Pedicure

## HEALTHY SKIN

- Men’s Fitness Facial
- Enhanced Oxygen Facial

## FIT FOR LIFE

- Personal Training Programs
- The Fitness Prescription: Individualized Fitness Solution
- Assisted Stretch
- Individualized Diagnostic Assessments: InBody

## SALON SERVICES

Whether you're desiring a brand new look, exploring some much-needed beauty TLC or planning an updo for a special occasion, our skilled technicians are dedicated to delivering the most beautiful you.



### WELL & BEING MANICURE – 60 MIN

Start with an organic coconut oil polish scented with essential oils. Enjoy a soothing application of Vitamin C and beta-carotene-enriched Repairing Hand Serum, then drift away during the massage with Well & Being's richest shea hand balm focused on reflex points.

### TUSCAN MANICURE – 60 MIN

Essences of olive oil help exfoliate your hands and arms while a cucumber mist helps to soothe and tone. Next enjoy a mint mask to detoxify and tighten the skin. Finish with a relaxing hand and arm massage using ultra-hydrating cucumber body cream.

### CHAMPAGNE COUTURE MANICURE – 60 MIN

While you sip on Champagne, the royal treatment begins with a mask of red Arizona clay to refresh dull skin. A massage, a lavender-infused towel and a paraffin treatment completes the experience.

### 🌿 DESERT SOUL MANICURE – 45 MIN

Fresh botanicals create a seasonal palette of herbal treatments to soothe and refresh. After a gentle polish with aloe our custom desert soul exfoliant, enjoy warm herbal concoctions massaged into your arms, leaving you blissfully relaxed.

### MEN'S FITNESS MANICURE – 45 MIN

Following an invigorating jojoba glaze exfoliation, our signature salve is used in a meticulous massage of the muscles in the hands and forearms. Warm towels aid the absorption of the natural plant nutrients that leave hands conditioned and protected.

### WELL & BEING PEDICURE – 75 MIN

Begin with a refreshing and stimulating leg and foot polish formulated with a blend of organic essential oils and botanical extracts. A cooling mask enriched with magnesium is then applied while you enjoy a soothing foot rub to help stimulate energy flow leaving your feet feeling soft, conditioned and relaxed.

### TUSCAN PEDICURE – 60 MIN

Bring a touch of Tuscany to your desert escape with this cooling, soothing and uplifting Pedicure. Essences of olive oil help exfoliate, soothe, tone, and revitalize your legs while a cooling and purifying mint mask helps to detoxify and tighten. Finish with a deeply relaxing leg and foot massage using ultra-hydrating cucumber body cream.

### CHAMPAGNE COUTURE PEDICURE – 75 MIN

As you sip a glass of Champagne, the royal treatment begins with an exfoliating mask of red Arizona clay to refresh dull skin. Melt away while we massage your tired legs with a rich shea butter followed by a paraffin treatment on your feet. An age-defying diamond radiance eye mask will be applied for the ultimate relaxation experience.

### DESERT SOUL PEDICURE – 60 MIN

Fresh botanicals create a seasonal palette of herbal treatment to soothe and refresh. After a gentle polish with our custom desert soul exfoliant, enjoy warm herbal concoctions massaged into your legs, leaving you blissfully relaxed.

### MEN'S FITNESS PEDICURE – 60 MIN

Your service begins with an aromatic leg and foot polish made with ancient desert salts and stimulating oils of rosemary and ginger, followed by a cooling gel mask enriched with magnesium oil. Legs are wrapped while you enjoy a foot rub that focuses on reflex points on the soles of the feet.

## NAIL ENHANCEMENTS

Paraffin (no additional time required)

Lemon Peel (no additional time required)

Gel Add-On & Removal – 30 MIN

French Add-On (no additional time required)



# Beauty & Style

## WELL STYLED

A refreshingly simple concept; we wash, blow and style your hair, whether preparing for a night out, special event or simply for fun. A shampoo, aromatherapy scalp massage and a glass of champagne are included, along with your choice of styles.

- **BLOWOUT STYLE** – Smooth, full finished look

## HAIR CUT & STYLE ADDITIONAL SERVICES

- Men's Shampoo, Cut & Style
- Women's Shampoo, Cut & Style
- Formal Bridal Hair Service
- Wedding Day Hair
- Iron/Curling Work

Hair color available by request

## IT'S SPA'RTY TIME

Let us plan your party for you. Well & Being is the perfect way to celebrate! With outstanding spa and wellness services, food and beverage, your group is bound to have an exceptional experience. Your Spa'rtly Coordinator will work with you every step of the way, making organization simple and easy.

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Whether celebrating a birthday, bachelorette, wedding, or any event or special occasion, we'll make your Spa'rtly a memorable experience!

- Girlfriend Getaways
- Bachelorette Parties
- Birthdays
- Anniversaries
- Family Gatherings
- Baby Showers
- College Reunions
- Couples Groups

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To make a reservation, please call our Spa reservations team at 480.585.2732. 7-day advanced reservations are required for booking a Spa'rtly. 72-hour cancellation/rescheduling policy.

CUSTOMIZE YOUR DAY — With your personalized Event Planner

### PRIVATE FITNESS CLASSES – 50 MIN

Enjoy a selection of various fitness classes including Aerial Hammock Yoga, TRX, Boot Camp and many more. Contact coordinator for quotes.

### CAKE!

Who doesn't love a great slice of gourmet cake? Indulge in a delectable treat! We offer cake by the slice, or you can customize your own cake. Contact coordinator for quotes.

### GROUP AROMATHERAPY BLENDING BAR EXPERIENCE

Create your own custom body butter and learn about the benefits of essential oil aromatherapy. Each guest will take home a 2oz sample of personalized shea body butter.

### CHAMPAGNE TOAST

Cheers to yours special day with a crisp glass of champagne for you and your guests.

Additional Enhancements Available







# Balance & Harmony



# PERSONAL FITNESS TRAINING & ASSESSMENTS

Whether you are a beginner, just starting out on a new fitness regimen or a seasoned pro, Well & Being's robust class offerings and personal training are sure to address your every fitness need. From FloatFit to Aerial Yoga and TRX classes to Meditation and Boot Camp, we offer something for everyone. Leave feeling enlightened and empowered.



## 🕒 THE FITNESS PRESCRIPTION: INDIVIDUALIZED FITNESS SOLUTIONS – 90 | 120 MIN

Whether you want to take your athletic performance to the next level, build lean muscle, reduce body fat or optimize your health, the Fitness Prescription provides you with a roadmap to achieve your goals. Your personal fitness goals, exercise preferences and lifestyle all align to create a personalized fitness plan.

## PERSONAL TRAINING PROGRAMS – 60 MIN

Develop a customized workout plan for your activity level and body type. Training may include some or all of the following: Reformer Pilates, Mat Pilates, TRX, power walking, strength training, gym equipment overview and assisted stretch.

## HYPERVOLT ASSISTED STRETCH – 60 MIN

The 60-minute Hypervolt Assisted Stretch is a manual stretch enhanced with a state-of-the-art vibrating massage device designed to increase flexibility, improve blood circulation, and reduce muscular soreness. The Hypervolt provides up to 3200 percussions per minute to leave your muscles feeling relaxed and recharged from head to toe!

## ASSISTED STRETCH – 30 MIN

Our certified personal trainers will guide you through a series of stretches based on your flexibility. Each session helps increase flexibility, correct muscular imbalances, prevent injury and aid in workout recovery. Wear loose-fitting, comfortable clothing.

### INBODY BODY COMPOSITION – 30 MIN

In just 45 seconds, the InBody screening will provide you with a comprehensive view of your body composition. This state-of-the-art tool measures body fat percentage, skeletal muscle mass, water composition, pounds of body fat, skeletal lean mass breakdown (right vs. left side arms/legs/trunk) and basal metabolic rate (how many calories you will burn in a resting state, based on lean muscle mass)—all the components in assessing the status and health of the body. Try to avoid food, drink or exercise for two hours prior to your appointment. Together, you and our fitness experts review the results and provide you with healthy recommendations in a confidential setting. This wellness session is non-invasive. No special clothing required.

### GROUP FITNESS CLASSES\*

Well & Being provides an exceptional array of fitness classes available daily. View our current detailed schedule at [scottsdaleprincess.com](http://scottsdaleprincess.com). Choices include a wide variety of classes for all fitness levels, body types, and abilities. Some of our most unique classes include Aerial Hammock Yoga, FloatFit, TRX, Barre BURN, along with Wall Yoga. We also offer an array of more traditional movement and group exercise classes like yoga, meditation, Reformer and Mat Pilates, and strength training.

The above treatments may be booked as 30-minute stand-alone services or add-on to a personal training session.





# Play & Purpose



# Cuisine & Wellness



# NUTRITION & HEALTH

Food and nutrition play an integral part in ensuring you can live life to its fullest with abundant energy. Using evidence-based approaches, our registered nutrition coaches work with you in a relaxed setting to help customize your eating plan in a highly personalized and results-oriented manner.

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## HEALTHY SPA CUISINE

We encourage you to partake in our Healthy Spa Cuisine menu developed through the combined efforts of our Registered Dietitian and Executive Chef. Food offerings are available daily and can be ordered at the spa front desk. Please plan for a 30-minute preparation time when placing your order.

- InBody Composition Assessment
- Weight Management Discussion and Strategies
- Pre and Post Workout Nutrition
- Grocery Store Checklists
- How to Read Nutrition Labels
- Recommended weekly workout schedule including strength and cardiovascular activity recommendations
- Basic Nutrition Guidance
- Goal Setting for Future Success
- Supplement Recommendations

Please note this consultation is not intended to address specific medically related issues or concerns.

## HEALING THERAPIES

Mind your body. Embody your mind. Our exclusive healing therapies feature a full range of massage modalities to enhance healthy sleep patterns and to relax the mind and body. Allow our experts to guide you toward the best treatments and therapies to help improve alertness, mental clarity, muscle relaxation and circulation while reducing stress and anxiety.



### ACUPUNCTURE – 60 | 90 MIN

Our licensed acupuncturists use a series of fine needles to restore balance, and elevate the mind and spirit. Acupuncture relieves pain, enhances sleep, alleviates anxiety and stress, and treats acute and chronic muscular and degenerative conditions. 30-minute follow-up appointments only available upon completion of any 60/90-minute service experience.

### ACUPRESSURE – 30 | 60 MIN

Acupressure is a therapy developed over 5,000 years ago as an important aspect of Asian, especially Chinese, medicine. This treatment uses finger pressure rather than fine needles on specific points along the body to reduce stress, tension and alleviate aches and pains. This release allows energy to flow more freely through the meridians, promoting relaxation, healing and the restoration of proper function.

### CUPPING – 60 MIN

In this traditional Chinese medical technique the therapist uses heat to create a vacuum in a cup, then quickly places it on the body using a gliding motion along the skin. The resulting suction moves energy, or Qi, to increase local circulation, relieve pain and promote healing. Cupping may be performed on the back and shoulders or along the thighs and upper buttocks to help reduce the appearance of cellulite. Cupping may cause bruising.

### CRANIOSACRAL – 60 MIN

Craniosacral therapy is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. This treatment seeks to restore the natural position of the bones and can decrease stress from chronic injuries as well as provide relief from migraine headaches, neck and back pain. For this experience you will be required to wear loose-fitting clothing for the session.

### MYOFASCIAL RELEASE – 60 MIN

This powerful treatment focuses on fascia, the tough connective tissue that surrounds, separates, and supports muscles throughout the body. Your therapist locates areas that feel tight and immobile, and using focused pressure and gentle stretching, works to release the fascia, improving mobility and reducing pain and tension.

### 🌿 SINGING BOWL THERAPY – 60 MIN

This ancient sound healing and massage practice harnesses the body's own vibrational and material properties on a cellular level. The subtler effects can include regulating energy flow in the astral body. The bowls can be used to activate the chakras and remove energy blocks to promote good health. The mind is centered and focused on the sound.



## A SPA AND LIFESTYLE BOUTIQUE W&B – THE COLLECTION

Explore our amazing spa and lifestyle boutique with a variety of unique wellness gifts, skincare products, fun clothing and workout wear. If you saw it here, experienced it here, used it here, we have it here! Come explore and let our retail specialists provide you with the perfect collection of take-home items to continue the Well & Being experience.

Forget something or want to reorder? Just call us at 480. 585. 2732 and we will ship it to you.

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Well & Being is proud to partner with some of the best known, well-respected and authentic product companies available. Ensuring the efficacy of ingredients and always considerate of our global footprint, we know you will enjoy your Well & Being experience and encourage you to continue the lasting benefits at home.

Who says getting fit can't be fashionable? Our Well & Being retail collection provides a beautiful array of clothing and attire sure to not only complement your look but also delight you on your path to total wellness. Here you will find on-trend, lifestyle driven mixes of resort casual, active wear, yoga and fitness collections.




# Shop & Explore





LIVE YOUR LIFE MORE PLAYFULLY AND HEALTHFULLY



FAIRMONT SCOTTSDALE PRINCESS | Arizona  
7575 E Princess Drive | Scottsdale, AZ 85255 | 480. 585. 2732  
[scottsdaleprincess.com](http://scottsdaleprincess.com) | [wellandbeing.com](http://wellandbeing.com)

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Well & Being®  
Spa & Wellness