



FAIRMONT SCOTTSDALE PRINCESS
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LIVE IT WELL

At Well & Being, we believe life is best enjoyed when the good and the good-for-us blend harmoniously. When those elements come together, we find balance in our lives and *Live It Well*.

We bring *Live It Well* philosophy to life at Well & Being through an innovative fusion of personalized luxury, cutting-edge spa treatments, and a holistic approach to wellness. Guided by a team of experts in fields ranging from massage therapy and beauty technology to yoga and medical wellness, we ensure how you *Live It Well* is as unique as you are.



Today, I will *Live It Well*



Signature Experiences

Explore our signature treatments and enjoy experiences unique to Well & Being.

CBD GEMSTONE RESTORATION – 90 MIN

Begin with a calming aromatic inhalation and soothing vibrational therapy to quiet the mind and ground the body. Warm CBD oil is gently massaged in to melt away tension, followed by a cooling gemstone eye mask and comforting cocoon wrap to enhance absorption and relaxation. While cocooned, a revitalizing scalp massage awakens the senses, and a gentle Gua Sha facial promotes lymphatic flow and radiant vitality. The ritual concludes with a final aromatic moment, leaving you deeply restored and exquisitely serene.

SUPREME YOUTH JOURNEY – 90 MIN

Indulge in the ultimate facial experience that restores youthful radiance and deep serenity from head to toe. This globally inspired treatment combines the rejuvenating power of specialized massage, including osteopathic and traditional Kobido Japanese face-lifting techniques, to visibly smooth fine lines and plump the skin of the face, eye, lip, and décolleté contours. While the complexion is renewed and revitalized, the back is enveloped in soothing warmth and infused with essential trace elements, delivering full-body relaxation and energetic balance. The result is luminous, refreshed skin and a profound sense of well-being.



Only at Well & Being Scottsdale



Enjoy expertly curated experiences solely found at Fairmont Scottsdale Princess.

HAVASUPAI FALLS REJUVENATION – 120 MIN

This Southwestern experience begins with a sage smudging ceremony to cleanse your energy. Following, you'll enjoy a scrub made with essential oil-infused desert salts. Continue your journey in a thermal mineral magnesium soak. Afterward, indulge in a massage using jojoba body butter, which will prepare your skin for chilled Gua Sha treatment. Let your mind drift wrapped in a cocoon of warmth. A Sedona clay mask will be applied to your face accompanied by a soothing scalp massage. Finally, the experience concludes with the application of a facial moisturizer to regenerate your skin.

COUTURE FACIAL – 90 MIN

Experience the next generation of facial treatments, a cutting-edge, non-invasive therapy designed to oxygenate, detoxify, and rejuvenate the skin from within. This multi-step treatment begins with gentle exfoliation and natural oxygenation, triggered by the body's own response, to enhance circulation and promote cellular renewal. A deeply nourishing blend of active ingredients is then infused into the skin using ultrasound and lymphatic massage to lift, tone, and contour the face. Ideal for all skin types, this facial delivers an immediate glow, visibly smoother texture, and a refreshed, radiant complexion.

Live It Beautifully

LUMINOUS RENEWAL FACIAL – 90 MIN

Fully unwind during this opulent facial experience that will leave your skin healthy and glowing, enhancing your radiant appearance. Using clean, result-oriented products address the effects of modern pollution and environmental stressors to repair and hydrate the skin while improving tone, texture, and elasticity. Relax as your face, neck, and décolleté are enveloped in a cooling bio-cellulose mask that deeply nourishes and reduces redness. Enjoy an arm and hand massage with products designed to deeply hydrate, firm, and tighten.

ESSENTIAL RADIANCE FACIAL – 60 MIN

Experience our signature facial, crafted to address compromised skin while delivering a radiant complexion. This treatment targets fine lines, uneven tone, and texture with high concentrations of active ingredients. Combat moisture loss, decrease redness, and enhance your skin's barrier function with a cooling bio-cellulose mask for beautiful, healthy skin.

REJUVENATING HYDRAFACIAL – 60 | 90 MIN

Reveal your best skin with HydraFacial, a powerful, multi-step treatment that delivers instant, glowing results. This advanced facial deeply exfoliates, extracts impurities, and infuses the skin with customized serums rich in antioxidants and hydrating hyaluronic acid. The experience concludes with LED Light Therapy. The skin is left visibly smoother, clearer, and radiantly refreshed.

SKIN ESCAPE FOR MEN – 60 MIN

This customized facial is designed to meet the unique needs of men's skin, whether you're looking to hydrate, soothe sensitivity, combat signs of aging, or protect against environmental stressors. Choose from a range of targeted treatments, each formulated to restore balance, boost vitality, and leave skin feeling revitalized, and perfectly groomed.

CUSTOM ESCAPE DETOX FACIAL – 60 MIN

This fully customizable facial harnesses the restorative power of the sea to detoxify and reawaken your complexion. Tailored to your skin's unique needs, this treatment repairs damage caused by environmental stressors while infusing hydration and energy. A toxin-absorbing clay scrub refines and purifies, followed by a sorbet mask that soothes, and brightens, leaving your skin nourished and deeply renewed.

INTRACEUTICALS CUSTOMIZED FACIAL – 60 MIN

Experience the ultimate in hydration and radiance with our advanced skincare treatment known for its immediate, visible results. Using hyperbaric oxygen to infuse a customized serum deep into the skin, this treatment plumps, lifts, and revitalizes from within. Ideal before special events or as part of a skincare routine, it leaves your complexion glowing, smooth, and beautifully refreshed—no downtime required.

Service enhancements are available and tailored to your needs with our service providers during your service.



Live It Comfortably

RESTFUL RESET – 60 | 90 MIN

Let tension melt away as your body surrenders to the gentle cadence of this massage. Designed to restore balance and calm, using flowing, rhythmic strokes to ease muscular tension, quiet the mind, and promote deep relaxation. Perfect for those seeking stress relief without deep pressure, this soothing treatment invites you to reconnect with stillness and leave feeling refreshed, grounded, and at peace.

HIMALAYAN SALT STONE MASSAGE – 60 | 90 MIN

This restorative massage incorporates warm Himalayan salt stones to gently soothe sore muscles, ease tension, and infuse the body with essential minerals. The salt's natural detoxifying properties help rebalance energy, promote deep relaxation, and leave you feeling renewed in both body and mind.

AROMATHERAPY MASSAGE – 60 | 90 MIN

Let your senses guide you. Begin your journey by selecting the aromatherapy blend that resonates most with your body's needs. This personalized, medium-pressure massage is designed to melt away muscle tension while calming the mind. The carefully chosen essential oils enhance relaxation, balance energy, and leave you feeling refreshed, centered, and deeply renewed.

DEEP TISSUE MASSAGE – 60 | 90 MIN

This full-body deep tissue massage features a therapeutic oil blend and targeted application of a botanical-infused gel to relieve inflammation and accelerate soft tissue recovery. Designed to ease sore, overworked muscles, this treatment helps break down adhesions, enhance circulation, and restore natural mobility, leaving your body feeling stronger, freer, and more balanced.

HOLISTIC MASSAGE – 60 | 90 MIN

Inspired by ancient Thai healing traditions, this luxurious massage blends flowing effleurage strokes, precise pressure, and gentle stretching to melt away tension and restore balance. Warm, aromatic linen bundles infused with soothing lavender and mineral-rich marine salts glide across the body, releasing therapeutic heat and calming the senses. As each area of tension dissolves, the mind drifts into deep serenity, leaving you replenished, rebalanced, and utterly restored.

CBD MASSAGE – 60 MIN

Drift into serenity with this calming, full-body experience. Warm CBD oil is luxuriously massaged into the body to release muscle tension, reduce stress, and soothe the nervous system. A revitalizing scalp massage and cooling gemstone eye mask enhance the sense of deep relaxation. Perfect for those seeking peace, balance, and total body renewal.

PRENATAL MASSAGE – 60 MIN

Nestled in our state-of-the-art prenatal massage table, you'll enjoy a deeply comforting experience prioritizing your safety and your baby's well-being. This gentle massage helps reduce stress, ease swollen joints and muscle tension, and promote restful sleep, leaving you feeling supported, relaxed, and beautifully nurtured.

All our massage offerings can be enjoyed as a couple's experience. Call to book.

Service enhancements are available and tailored to your needs with our service providers during your service.



Live It Refreshed

BODY SCULPTING RITUAL – 90 MIN

Flow into a sense of renewal with this two-part body refining ritual. Begin with slimming marine balneotherapy infused with OLIGOMER® trace elements to remineralize and energize the body. Followed by expertly performed contouring massage techniques that target areas of tension and fluid retention to promote circulation, sculpt the silhouette, and smooth the skin's texture. This ritual leaves you feeling lighter, balanced, and beautifully redefined.

AFTER-SUN BODY RECOVERY – 60 MIN

Soothe and restore sun-kissed skin with this cooling, collagen-infused body therapy designed to calm inflammation and replenish vital hydration. A refreshing body gel mask is delicately applied to the skin, reducing the visible effects of sun exposure while supporting natural collagen production. As the mask is slowly massaged into the skin, it melts into a nutrient-rich veil that helps lift, firm, and revitalize, leaving the body toned, supple, and deeply nourished. Perfect after travel, outdoor activity, or prolonged sun exposure.

DETOXIFYING WRAP – 60 MIN

For the ultimate relaxation and detoxification, this thermal cocoon of effervescent mud envelops the body in soothing warmth, easing muscle tension, purifying the system, and calming the senses. As the mud gently bubbles, it draws out impurities while reenergizing the body from within, leaving you feeling light, balanced, and deeply restored.

WELL BLENDED AROMATHERAPY SCRUB – 60 | 90 MIN

Awaken your inner alchemist with this bespoke body ritual. Your journey begins with a personalized aroma blending session, where you craft your custom body butter using pure essential oils. Next, choose a decadent body polish from our curated scrub bar to gently exfoliate and renew your skin. The experience culminates in a deeply soothing full-body massage, leaving you nourished, relaxed, and radiantly restored.

SATIN BODY POLISH – 60 MIN

A radiant desert escape for your skin. Begin with a personalized scrub that exfoliates and revitalizes your skin, followed by the application of a custom-blended body moisturizer to deeply nourish and leave your skin silky smooth and radiant.

Live It Balanced

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 are only available after completing any 60/90-minute service experience.

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 activate the chakras and remove energy blocks to promote good health. The mind is centered and focused on the sound.

Live It Stylishly

SISLEY MANICURE – 60 MIN

Experience Sisley's Phyto-Aromatic Manicure, a luxurious treatment that combines global massage rituals with the restorative benefits of aromatherapy. More than nail care, it nourishes, beautifies, and rebalances—leaving hands perfected, the spirit uplifted, and body and mind in harmony.

DETOXIFYING MARINE MUD MANICURE – 60 MIN

Immerse your hands in a warm, mineral-rich seawater soak to restore balance and awaken your senses. This is followed by expert nail and cuticle grooming to refine and perfect. Bubbling marine mud compresses are then applied to detoxify reflex points and ease tension, finishing with a deeply hydrating hand and arm massage that leaves the skin silky, supple, and renewed.

THERMAL LAVENDER MANICURE – 60 MIN

Hands are immersed in a revitalizing seawater soak to restore balance and energize the body. This is followed by meticulous grooming of the nails and cuticles. An extended massage of the hands and lower arms is then performed using a sea lavender-infused cream, while warm, steamed boluses filled with sea salt and lavender flowers are gently pressed along the arms and hands, delivering a deeply soothing moment of tranquility.

DESERT SOUL MANICURE – 45 MIN

Immerse your senses in a journey of renewal. Beginning with a gentle polish with our aloe exfoliant to smooth and revive the skin, followed by a warm herbal oil massaged on the arms and hands for complete relaxation. While your hands are nourished, a cooling eye mask soothes tired eyes. The experience concludes with flawless nail care, leaving you polished, radiant, and utterly renewed.

SISLEY PEDICURE – 90 MIN

Experience Sisley's Phyto-Aromatic Complete Pedicure, a revitalizing ritual that draws on the unrivaled expertise of Sisley and its exceptional use of natural plant extracts and essential oils. This intensive treatment restores vitality to the feet and lower legs through soothing massage techniques and energizing Shiatsu-inspired pressure points. Enhanced with meticulous nail care, it leaves you feeling renewed, balanced, and blissfully relaxed. Please note: gel or shellac removal requires an additional service.

DETOXIFYING MARINE MUD PEDICURE – 75 MIN

Begin your journey with a restoring seawater foot soak that rebalances the body and awakens the senses. Expert grooming techniques follow, leaving your feet impeccably renewed. Warm, bubbling marine mud compresses are then wrapped around the feet to detoxify reflexology zones and release muscular tension. A deeply moisturizing massage of the feet and legs completes the experience, leaving you feeling as though you're walking on air.

THERMAL LAVENDER PEDICURE – 75 MIN

Following a revitalizing foot soak and meticulous nail and cuticle grooming, a hydrating body polish is applied to reveal soft, radiant skin on the legs and feet. This is followed by a massage application using a luxurious, sea-lavender-infused cream, designed to relax and nourish the skin deeply. To complete the experience, warm steamed boluses filled with sea salt and lavender flowers are rhythmically pressed along the legs and feet, infusing the body with a calming sense of tranquility and well-being.

DESERT SOUL PEDICURE – 60 MIN

Indulge in this lavish botanical pedicure, beginning with a gentle aloe exfoliation to smooth and revive tired feet. A warm infusion of aromatic herbal oils is then massaged into the calves and soles to dissolve tension, while a cooling eye mask is applied to restore your tired eyes. The ritual concludes with meticulous nail care, leaving your feet radiant, polished, and deeply refreshed.

Well Styled

SISLEY HAIR RITUAL TREATMENT – 60 MIN

Experience the Hair Ritual by Sisley-Paris, a treatment designed to energize, fortify, and beautify both your hair and scalp. This service can be booked as an Add-on to any other hair service.

BLOWOUT STYLE – 60 MIN

Smooth, full and finished look.

HAIR CUT & STYLE ADDITIONAL SERVICES

Men's Shampoo, Cut & Style

Women's Shampoo, Cut & Style

Iron/Curling Work

Service enhancements are available and tailored to your needs with our service providers during your service.



Live It Strong

PERSONAL TRAINING PROGRAMS – 60 MIN

Develop a customized workout plan for your activity level and body type. Training may include Reformer Pilates, Mat Pilates, TRX, power walking, strength training, a gym equipment overview, and assisted stretching.

HYPERVOLT ASSISTED STRETCH – 30 | 60 MIN

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

ASSISTED STRETCH – 30 | 60 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.

REFORMER PILATES CLASS – 60 MIN

Experience the benefits of Reformer Pilates in a small group setting with guidance from an expert instructor. Using the Pilates Reformer, you'll engage in low-impact, full-body exercises that build strength, flexibility, and core stability while improving your posture.

INBODY BODY COMPOSITION – 30 MIN

Get a clearer picture of your health in under a minute. InBody screening is a quick, non-invasive wellness check that gives you valuable insight into your body's composition, including body fat, muscle mass, hydration levels, and metabolism. It even breaks down how your muscles are distributed across different areas of your body. After the scan, you'll sit with one of our fitness experts to review your results and receive personalized, practical wellness recommendations in a private and supportive setting. For the best results, avoid eating, drinking, or exercising for two hours before your appointment; no special clothing required.

GROUP FITNESS CLASSES

Well & Being provides an exceptional array of fitness classes that are available daily. View our current detailed schedule at 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, and Barre BURN. We also offer an array of more traditional movement and group exercise classes like yoga, meditation, Reformer and Mat Pilates, and strength training.**

Live It Up

SPA'RTY

Whether you're celebrating a birthday, a bride, a parent, or any event or special occasion, we'll make your Spa experience memorable! Please note this experience requires five or more guests.

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

Customize your day with your personalized Event Planner.

PRIVATE FITNESS CLASSES – 50 MIN

Get moving together with a private fitness experience designed just for your group! Whether you're catching your zen in Aerial Hammock Yoga, powering up with TRX, or sweating it out in a high-energy Boot Camp, our classes offer something for every vibe and fitness level. Contact our coordinator for custom group pricing and availability.

CAKE!

Treat the guest of honor to a slice of happiness. Whether you're looking for a single slice of gourmet cake or dreaming up the perfect custom creation, we've got something sweet for every occasion. Custom cake quotes are available upon request. Work with our coordinator to design a cake that's uniquely yours.

GROUP AROMATHERAPY BLENDING BAR

Craft your own signature body butter in this fun, hands-on experience. Explore the soothing world of essential oils and discover the benefits of aromatherapy as you blend your own luxurious Shea body butter. Each guest will leave with a 2oz jar of their personalized creation—perfect for indulging in self-care long after the experience ends.

CHAMPAGNE TOAST – 60 MIN

Celebrate in style with a sparkling touch. Raise a glass to your special day and share a moment of joy with your guests over a crisp, refreshing pour of champagne—the perfect way to toast love, laughter, and unforgettable memories.

Additional enhancements are available and can be booked at an additional cost.



Live It Nourished

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 inquire upon ordering for preparation time.



Scan to Book Your Experience ►

