



Well & Being™
Spa & Wellness

AT FAIRMONT SCOTTSDALE PRINCESS

LIVE IT WELL

NEWS CLIP REPORT



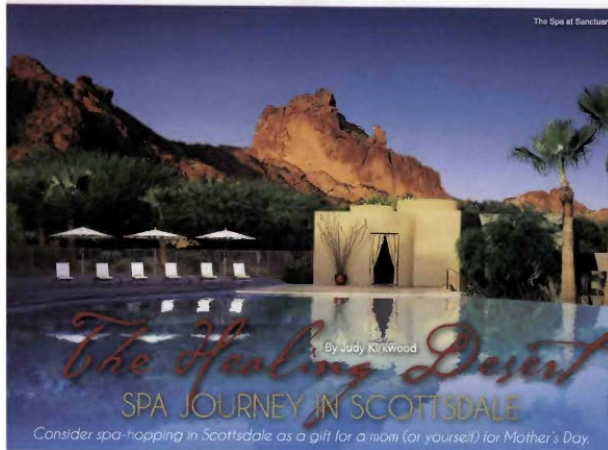
JOURNEY TO WELLNESS

Looking for an experience that changes, well, everything? The **Fairmont Scottsdale Princess** in Scottsdale, Ariz., will open Well & Being at Willow Stream Spa on Jan. 1. The new personalized, medically guided spa concept emphasizes a foundation of whole health, combining health, fitness, nutrition, integrative medicine and advanced skincare for a program designed to provide guidance and support long after the resort experience is over. Services are offered a la carte or as a package and range from diagnostic health tests to massage and traditional Eastern therapies.

Surrounded by the beauty of the Sonoran Desert, the 44,000-square-foot spa facility features 50 treatment and consultation rooms, a full-service salon, fitness studios, a rooftop pool, saunas, eucalyptus inhalation rooms and relaxation pools. Nutritious meals are provided, as well as cooking classes, guest lectures and personal fitness training. fairmont.com/scottsdale



{DESTINATIONS}



Waldorf Astoria Spa, The Boulders



Fairmont Scottsdale Princess



Waldorf Astoria Spa, The Boulders



Well and Being at Willow Stream

that look as though they just tumbled off a mountain. Everywhere you look is a balancing act; but one that's been solid for longer than we can imagine. Although there are 160 casitas, 60 villas, 6 restaurants, and 2 golf courses the resort never feels crowded. In fact, you feel like you might meet a coyote on the way to dinner.

34631 N. Tom Darlington Dr., Carefree, 480-488-9009; theboulders.com

BEST LEISURE ACTIVITY OUTSIDE THE SPA: A desert photo tour at sunrise or sunset that explores the most scenic areas of The Boulders with a professional nature photographer.

*Well and Being at Willow Stream,
Fairmont Scottsdale Princess*

EXPERIENCE: My friend Georgia, who joined me here ten years ago for Mother's Day weekend, drove down from Flagstaff to celebrate our 50+ year friendship. This time I wanted to try the spa's brand new Well and Being program, a medically guided customized approach that combines integrative medicine with fitness, nutrition, and spa services. While I saw a doctor, exercise physiologist, and nutritionist, Georgia had her favorite Spirit of the Stone massage and took advantage of the inhalation and steam rooms to banish her cold. Dr. Diane Downing made some suggestions for dealing with my piriformis syndrome (literally pain in the butt or piriformis muscle), one of which was to try a different drug for my high cholesterol.

Craig Cristello put me in a space age like "bod pod" to measure lean and fat body weight and designed an exercise program for improving my pain level and building strength. And Chrissy Barth helped me with a practical plan for weight loss. I also was one of the first guests to experience the spa's aerial hammock yoga class, in which silk sling are used both as "cocoon" and as ropes to support yoga positions.

RESULT: I left with a detailed plan for dealing with a physical problem that had sabotaged my exercise program for years that I've been able to follow-up at home and with my own doctor, and Georgia and I had the biggest laughs about my attempts at aerial hammock yoga.

RESORT: The Fairmont Princess is huge, with over 800 rooms and casitas. Our room was convenient to the spa and La Hacienda restaurant, where we sampled tequilas and mini-tacos, fell in love with our attentive waiter Julio, and were entertained by the fireworks of flaming coffee. We loved the flowers cascading down pillars and exquisite floral designs around the property. If you can swing a Fairmont Gold status, the Gold Club offers a relaxed breakfast buffet and cocktail hour.

7575 E. Princess Dr., Scottsdale, 480-585-4848; fairmont.com/scottsdale

BEST LEISURE ACTIVITY OUTSIDE THE SPA: We loved the cabanas at the rooftop Mesa pool, where you can also have spa services and small meals. {stb}

THE ARIZONA REPUBLIC

Local resorts offer deals for festive July 4th

Question: We usually head to California or Colorado for the Fourth of July but have decided to stay close to home this year. Can you recommend a resort getaway in Phoenix or Tucson with holiday activities and fireworks?

Answer: Oh, the choices. Where else can you stay at a luxury resort over a summer holiday weekend and still have room left on your credit card?

Rates have crept up over the past few years as the economy has improved, but you can still find bargains even after you add in taxes and those dreaded resort fees. See a deal you like? Grab it. The most popular resorts fill up on key holiday dates, even when it's a gazillion degrees outside.

Here are several options.

Fairmont Scottsdale Princess: I would check into the Princess for the Fourth with my kids if they didn't have other plans. The north Scottsdale resort will host its third Fourth of July Freedom Fest on July 4-7, with an unmatched lineup of activities including concerts, military demonstrations and nightly fireworks. Rates start at \$179 per night, but the best deal is the Sip, Savor & Splash package, which starts at \$189 a night and includes a daily \$50 resort credit.

Details: 480-585-4848, scottsdaleprincess.com.

Pointe Hilton resorts: Pointe Hilton Tapatio Cliffs and Pointe Hilton Squaw Peak, all-suite resorts in north Phoenix, are among the most affordable in the area and have non-stop activities. Squaw Peak, which has the River Ranch water park and is popular with families, offers poolside activities, a July 4 kids parade and a star-spangled street dance with a DJ that evening. At Tapatio Cliffs, which has a mountainside pool complex called Falls Water Village, activities include water games and dive-in movies. Holiday rates start at \$94 a night at Tapatio Cliffs and \$129 at Squaw Peak.

Details: 800-947-9784, pointe Hilton.com.
Arizona Biltmore Resort & Spa: Last summer's Hollywood and Wine theme has been

replaced with a Rockin' Summer program. There's a rock and roll exhibit, rock-themed movies and spa treatments and a Mexican fiesta on holidays, including July 4. Holiday activities include wine tasting, marshmallow roasts, splash cinema, a photo scavenger hunt and crafts. The Phoenix resort, which offers fireworks every summer Saturday, plans an additional show July 5. Rates start at \$109.

Details: 800-950-0086, arizonabiltmore.com.

Westin La Paloma Resort: The highlight at this Tucson property will be the Red, White & Blues laser-light show July 4. It will feature music and laser lights over the pools. Dining packages include priority seating at the show. Other activities include poolside balloon animals, a watermelon-eating contest and a demonstration from Reid Park Zoo. The best summer deal, the Passport to Summer Savings, is unavailable for stays that include July 4. Rates for a July 4-6 stay start at \$124 a night. The Passport package is available July 5-7 for \$99 a night. The code is PASSPORT.

Details: 888-627-7201, westinlapaloma.com.

Hilton Tucson El Conquistador Golf & Tennis Resort: The Tucson resort is planning a Stars & Stripes Classic Barbecue on July 4 with a local band and 9 p.m. fireworks show. The barbecue costs \$25 (\$12 for children). The resort has a summer "edu-tainment" series that includes mad-science workshops, golf clinics and poolside movies. Rates start at \$144 per night.

Details: 520-544-1244, hiltonelconquistador.com.

Loews Ventana Canyon: Jazz lovers will want to head to this Tucson hotel. On July 5, the summer concert series, in partnership with the Tucson Jazz Society, will feature a concert called West Coast Cool. Featured artists are Mark Winkler and Cheryl Ben-tyne of Manhattan Transfer. Loews also will have fireworks and its traditional summer activities, including a poolside teen lounge, animal demonstrations from the Arizona-Sonora Desert Museum and a culinary series. The Jazz Getaway Package starts at \$139 and includes tickets to the concert.

Details: 800-234-5117, loewshotels.com/ventana-canyon-resort.

Prices and availability are based on a midweek search last week for a two-night stay beginning July 4. Rates vary based on check-in date and length of stay.

— Dawn Gilbertson



At destination spas across the globe, you'll find skilled professionals teaching detailed Pilates and exercise programs targeting your imbalances and weaknesses. These programs encourage full range of motion, core conditioning, stability, strength development and pain-free movement. Best of all, they break from your daily routines, and if you'll step away from your smartphone for an hour, provide a much-needed respite from the daily grind.



EXPERIENCE SCENIC POOLS AND BEAUTIFUL SPAS AFTER AN INTENSE PILATES SESSION AT THE FAIRMONT SCOTTSDALE PRINCESS.

UNITED STATES

Fairmont Scottsdale Princess
Scottsdale, AZ
www.scottsdaleprincess.com
480-985-8842

Well & Being at Willow Stream Spa's robust fitness, mind/body and movement programs help guests focus on total health, from this year, two studios housing Pilates, yoga and meditation. Pilates Reformer are available for one-on-one training and clients to enjoy with a friend; mat classes are also offered. Complement your practice with movement-based therapies, hammock-style aerial yoga, core-stability training on the exciting RipSurfer, surfboard unit, and a variety of yoga options. The Spa also has its own medical doctor and certified

integrative medical practitioners on staff to implement a specialized holistic approach toward healthy living. "Resort guests benefit from having easy access to services during their stay and online support long after they leave the property," says Terrence Lee, MD, chief medical officer at Well & Being. Unique to each guest, Well & Being is designed to be flexible and personalized to an individual's own path and definition of health. Each guest creates a personalized profile with the easy touch of an iPad. Once the guest returns home, this online experience continues, and includes a tailored, socially interactive e-magazine, allowing for continued education, inspiration and conversation year-round.

ELIZABETH ARDEN RED DOOR SALON—Skin, body and hair care, and several pampering packages. www.reddoorspas.com. Biltmore Fashion Park, 602.553.8800; The Wigwam, 195 Old Litchfield Rd., Litchfield Park, 623.535.4967. **Valley Map P8**

FOUR SEASONS SPA—Signature treatments that change with the seasons (of course), plus Ayurvedic rituals, massage, wraps, masques and facials. Fitness center and salon too. www.fourseasons.com. Four Seasons Resort Scottsdale, 10600 E. Crescent Moon Dr., 480.513.5145. **Valley Map F20**

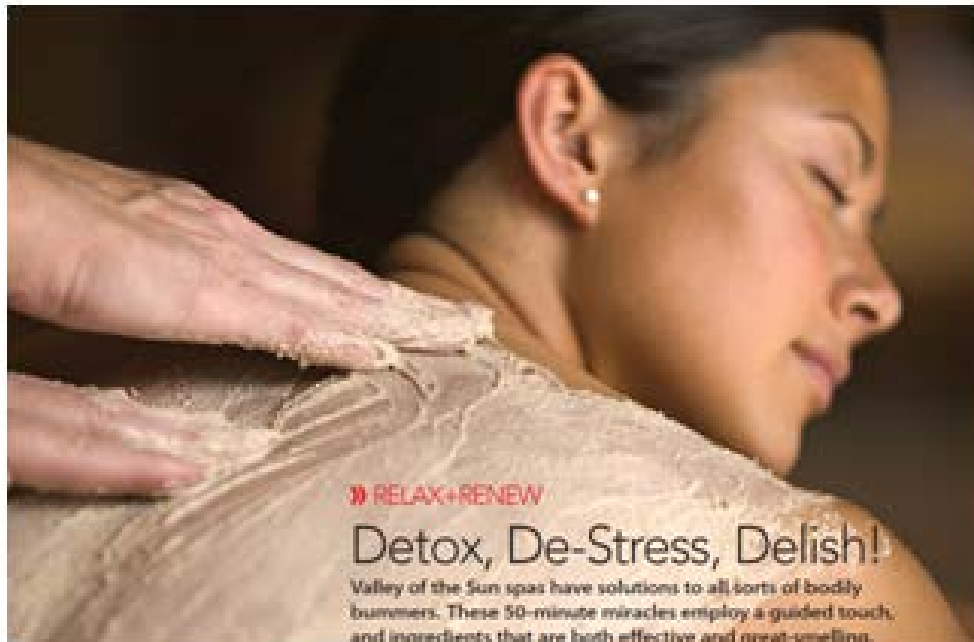
FUCHSIA—A friendly, casual day spa that entertains with clever tees and cute jewelry retail, but takes its massage, facial and nail services seriously. www.fuchsiaspas.com. Dana Park, 480.813.7465.

GOLDEN DOOR SPA—Native American-inspired wraps and therapies. www.goldendoorspas.com. The Boulders, 34631 N. Tom Darlington Dr., Care-free, 480.595.3500. **Valley Map B18**

services (rubs, scrubs, wraps), half- and all-day packages, and salon services. www.thelamar.com. 5115 N. Scottsdale Rd., 480.945.7066. **Valley Map O19**

SUDDENLY SLIMMER—Serious services targeting aging, cellulite, toxins, tension and unwanted hair, plus feel-good treatments like body scrubs with mangosteen and acai or green tea and wasabi, a 24-karat-gold facial, and a variety of specialty massages. www.suddenlyslimmer.com. 3313 E. Indian School Rd., 602.952.8446. **Valley Map O16**

WILLOW STREAM—A new "Well & Being" platform provides a doctor and integrative-medicine practitioner on staff, nutrition and fitness consultations, and spa services derived from local desert plants and practices. www.fairmont.com/scottsdale. Fairmont Scottsdale Princess, 7575 E. Princess Dr., 480.585.2732. **Valley Map I18**



» RELAX+RENEW

Detox, De-Stress, Delish!

Valley of the Sun spas have solutions to all sorts of bodily bummers. These 50-minute miracles employ a guided touch, and ingredients that are both effective and great-smelling.

How 'Well' is Done

There's more than one way to wellness, and there's more than one spa program in Scottsdale named after the goal. **Willow Stream Spa** at the Fairmont Scottsdale Princess has launched a "Well & Being" concept that provides a doctor and integrative-medicine practitioner on-staff, and offers nutrition and fitness consultations to take away as self-sustaining souvenirs (480.585.2732). **The Centre for Well-Being**, meanwhile, is The Phoenician resort's longtime spa, where specialty services include chakra balancing, tarot card reading, "cupping" massage and hypnotherapy (480.423.2452). Both spas offer traditional facials, massages, scrubs and nail services, too.

Get healthy in 2013 with the Fairmont Scottsdale Princess resort

SCOTTSDALE | JANUARY 2, 2013 | BY ELIZABETH ROSE | [Subscribe](#)



With the dawning of [2013](#), Fairmont [Scottsdale](#) Princess further elevates its status as one of Scottsdale's premier properties with the debut of a new spa concept – Well & Being at Willow Stream Spa.

Drawing on the Southwest's indigenous roots and time-tested Asian influences, the new spa by Trilogy Spa Holdings is the first of its kind at a luxury resort in the United States, allowing visitors to choose from a bevy of a la carte spa services or develop a health and wellness program that factors in mental and physical wellbeing.

Those who choose the latter will be assisted by [Tieranona Low Dog](#), a renowned medical doctor and certified Integrative Medicine practitioner specializing in health assessments, spa and beauty services, and fitness and nutrition consultation.

SELF

FLASH

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9

HEALTH

BY AMANDA MACMILLAN AT 12:38 PM

2013's Healthy Hotel Trends



Got any interesting travel booked yet for the year ahead? I just spent some time reading about new trends in the hospitality industry, and let me tell you—I cannot wait to get myself to a hotel, like STAT. Don't care where it is or what I'm doing there, necessarily; these health and wellness initiatives promise to make guests' time spent at the resort a vacation in itself. I am so in. Check out what experiences I'll be bugging my husband about as soon as we get our tax refund back.

ON-SITE WELLNESS EVALUATIONS

Meet with on-site nutritionists and exercise physiologists who can help you determine your daily calorie needs, metabolic rate, body fat composition and more. And of course, your complete wellness package will also include state-of-the-art spa and relaxation treatment, too. Find it at [Fairmont Scottsdale Princess](#) and at [Canyon Ranch](#) properties in Tucson, Miami Beach and Lenox, Mass.

Luxury Travel MAGAZINE

Inspiration for Discerning Travelers

Spa & Wellness

Fairmont Scottsdale Princess Spa Offers New Year, New You

January 9, 2013



Having opened its doors just last week on January 1, the AAA Five Diamond Fairmont Scottsdale Princess's new spa concept—Well & Being at Willow Stream Spa—offers the chance for a fresh start to the new year for those who wish to incorporate optimal health and lifestyle choices into their vacations, and into their daily lives once they've left the spa setting.

As it's easy to lose sight of new goals despite one's best intentions, Well & Being at Willow Stream Spa will help visitors to embark on manageable and personalized programs to meet guests wherever they are within their wellness journey.

Well & Being at Willow Stream Spa is uniquely notable for the focused approach on mind and body synergy, as devised by Well & Being's chief medical officer, Dr. Tierona Low Dog, a world-renowned expert in Integrative Medicine and author of "Life is Your Best Medicine."

In addition to luxurious and relaxing massage, facial and Eastern medicine treatments to start the New Year off on a balanced note, Well & Being at Willow Stream Spa offers in-depth nutrition and health evaluations, providing you with a digitized dietary assessment that identifies potential nutrient gaps and areas of excess. There is also an onsite exercise physiologist who conducts fitness assessments, including a determination of your metabolic rate and fitness level, body fat composition, lean muscle mass, resting energy expenditure, and anaerobic threshold.

In the months ahead, guests may also put their resolutions in to action by selecting from specialized Well & Being retreats such as the "Living Fearlessly" and "Women's Wellness" lasting 3-4 days each, and offering accommodations, retreat speaker events, related treatments, and breakfast and lunch daily.

On the cutting edge of wellness, Fairmont Scottsdale Princess is the first luxury resort in the U.S. to implement this medically-guided and fully-customized wellness experience that combines health, wellness, nutrition, integrative medicine, fitness and advanced skincare. These services and programs will be offered a la carte or as part of a package for overnight resort guests, spa day guests, and for conversions with prices starting at \$99 for wellness treatments and \$529 per day for overnight packages.

More information: www.scottsdaleprincess.com and www.wellandbeing.com

ELLE CANADA

Get pampered: Top 10 spas to try this year

Get pampered like a princess at these amazing spas you'll need to visit in 2013.

BY HAREN KWAN

The most precious thing in the world? Forget diamonds, gold and even cold, hard cash. A little me-time is all too often what we don't allow ourselves to indulge in, and stressed, exhausted, waiting-to-exhale is no way to live your life. Make yourself the VIP in your life with some pampering with some [amazing spa treatments](#) and the [world's leading spas](#). A visit to a local day spa is fine if that's what your schedule and bank account can afford, but if hopping on a flight is an option (start putting away pennies to make it an option), here are some top-notch spas around the world that you need to get yourself to.

Willow Stream Spa, Scottsdale, Arizona

If the golf and indulging in great grub at Scottsdale's restaurants hasn't quite been enough to get you feeling totally at ease, putting yourself in the skilled hands of a registered massage therapist at the [Willow Stream Spa at the Fairmont Royal Princess](#) hotel will get you there. After a luxurious, reinvigorating 90 minutes of their signature Well & Being massage, relax in the warm Arizona sunshine on the Mesa rooftop to the comforting sound of the spa's Havusupal waterfall.

BLACKCREEK MERCANTILE & TRADING, CO.

WEDNESDAY, JANUARY 11, 2012

New Stockist!

Well & Being

AT WILLOW STREAM

Happy to announce that Well & Being at Willow Stream in the Fairmont Scottsdale Princess is now carrying our cutting boards & cutting board oil. Well & Being recently opened & we are happy to be included in their product assortment.

The Fairmont Scottsdale Princess
Well & Being at Willow Stream
7575 East Princess Drive
Scottsdale, AZ 85255
p. 480-585-2676
w. www.wellandbeing.com



PARTY'S OVER, TIME TO DETOX!

ALLISON • JANUARY 22, 2013 • 1

For me, the holidays were a bit of a Champagne-induced blur. And even though I've long set my flute down, I'm still feeling the after-effects. Let's call it my lingering holiday hangover. Thankfully, you don't have to go on a 10-day juice fast or a sweat-fueled [exercise](#) bender to detox; you just have to go to your favorite Valley spa. They've got re-energizing wraps, renewing mud treatments and plenty of refreshing extras. Here's a rundown...

3. Purification Ritual

[Well & Being at Willow Stream at Fairmont Scottsdale Princess](#)

90 minute \$269

More than a treatment, the Purification Ritual is 90 minutes of total detox indulgence. It starts with a vigorous exfoliation followed by a clay and coffee mud wrap to boost circulation and minimize the appearance of cellulite. And it's not just your body that gets the royal treatment – your face gets lots of love too, including an oat polish and hydrating aloe & prickly pear mask. The icing on the cake: a scalp massage and hair conditioning.

Detox bonus: Your spa treatment gives you access to all the fit extras at this new and improved rejuvenating sanctuary. Sweat it out in one of the cutting-edge classes: TRX, CrossFit, Crank Cycle, Rip Surfer and aerial [yoga](#).



Yoga & Pilates room at Well & Being

FAIRMONT SCOTTSDALE TO DEBUT REVOLUTIONARY HEALTH AND WELLNESS PROGRAM

January 3, 2013 on 5:40 pm | In [Southwest, Spa Resorts](#) | [Comments Off](#)

On Jan. 1, 2013, Fairmont Scottsdale Princess will further elevate its status as one of Scottsdale's premier properties with the debut of a new spa concept - Well & Being at Willow Stream Spa.

Drawing on the Southwest's indigenous roots and time-tested Asian influences, the new spa by Trilogy Spa Holdings is the first of its kind at a luxury resort in the United States, allowing visitors to choose from a bevy of a la carte spa services or develop a health and wellness program that factors in mental and physical wellbeing.

Those who choose the latter will be assisted by Tieranona Low Dog, a renowned medical doctor and certified Integrative Medicine practitioner specializing in health assessments, spa and beauty services, and fitness and nutrition consultation.

Enhance your health and wellness plan with the resort's new Aerial Yoga, where yoga poses are done with the support of a suspended cloth sling to allow for greater stretch and more inversion.

The facility also will offer a wide range of fitness equipment and programs such as TRX Suspension Training, CrossFit, Crank Cycle and Immersive Rip Surfer Classes, in addition to state-of-the-art exercise technology and personal training sessions.

Take home what you've learned during your stay with the help of a socially interactive personalized e-magazine that provides health tips and access to the resort's wellness experts year-round.

Fairmont Scottsdale Princess Announces Well & Being At Willow Stream Spa In Partnership With Trilogy Spa Holdings

Friday, October 05, 2012

Fairmont Scottsdale Princess, a distinctive Southwest resort and meeting destination in the heart of the Sonoran Desert, has announced an exclusive partnership with Trilogy Spa Holdings, to launch an innovative spa program at the AAA Five-Diamond property owned by Strategic Hotels & Resorts.

Opening January 1, 2013, the new spa concept – Well & Being at Willow

Stream Spa – will deliver a personal and sustainable wellness program to guests who wish to incorporate optimal health and lifestyle choices into their vacations to continue long after they leave the resort setting. Fairmont Scottsdale Princess is the first luxury resort in the United States to implement Well & Being's medically-guided and fully-customized wellness experience at its spa, combining health, wellness, nutrition, integrative medicine, fitness and advanced skincare. These services and programs will be offered a la carte or as part of a package for overnight resort guests, spa day guests and for convention groups. Local memberships will also be available.



"The introduction of Well & Being at Willow Stream Spa is a strategic addition to the experiences we offer guests at the resort," said Jack Miller, general manager of the Fairmont Scottsdale Princess. "Willow Stream Spa has earned an exceptional reputation as one of the world's leading spas. It was important that we find a partner to build upon the luxurious Willow Stream Spa experience and expand our services into the wellness/intentional living arena," Miller said. "Well & Being's extensive staff of experts will provide a comprehensive, holistic approach to personal health. The experience will be personalized to meet guests where they are within their wellness journey. Guests may take advantage of as much or as little of the menu of wellness tools and experiences as they choose. It won't be a restrictive, cookie cutter wellness experience, but a personal experience that provides tools, resources and philosophy for our guests to take home into their daily lives," he said.

The Well & Being brand, managed by Trilogy Spa Holdings, embraces a foundation of whole health, inspiring guests to be healthy, balanced and more energetic versions of themselves. This is a focused, customized approach that encompasses physical, natural and mindful services and programs.

Unique to each guest, Well & Being is designed to be flexible and personalized to the individual's own path and definition of health. A dynamic array of services will range from diagnostic health tests and specifically-targeted skincare treatments such as the HydraFacial, to acupuncture, massage, aromatherapy and traditional Eastern therapies. Additionally, Well & Being at Willow Stream Spa will offer cooking classes, guest lectures, and popular fitness programs, including multiple mind-body offerings, encompassing traditional and cutting-edge yoga, Pilates and movement classes.

Along with all of the new offerings, the spa menu of services is expanding with an even greater variety of massage, body and skincare treatments. Spa-goers can still simply enjoy a massage and a manicure or their favorite Willow Stream signature treatments such as the Ultimate Facial or the Pure Ener-G body treatment, as well as authentically-local treatments including the Havasupai Falls Rejuvenation and the Hacienda Retreat body polish.

Under the direction of world-renowned expert in Integrative Medicine, Tieraona Low Dog, MD, Well & Being at Willow Stream Spa will have its own medical doctor and certified Integrative Medicine practitioner on staff to implement a specialized holistic approach toward healthy living and lifestyle, giving guests exclusive access to a team of experts who specialize in various fields of complementary and alternative medicine. Utilizing state-of-the-art diagnostics, Dr. Low Dog has developed the Well & Being program to offer integrative medicine, health assessments, spa and beauty services, yoga practice, along with fitness and nutrition consultation.

"Resort guests will benefit from having easy access to services during their stay and online support long after they leave the property," said Dr. Low Dog, Chief Medical Officer of Well & Being. "It's this on-going relationship that distinguishes the Well & Being program, creating a progressive wellness experience unlike any other, allowing guests to maintain their desired health/fitness plan and goals outside the resort, receiving motivation through community engagement and year-round online and local support from leading practitioners and providers."

FAIRMONT SCOTTSDALE PRINCESS TO LAUNCH WELL & BEING AT WILLOW STREAM SPA

Posted on October 12, 2012 by [Scottsdale Living](#)



Scottsdale Princess Willow Stream Spa. Photo: Fairmont Scottsdale Princess



Fairmont Scottsdale Princess is partnering with [Tilou, Spa Holdings](#) to launch an innovative spa program and concept, Well & Being at Willow Stream Spa, which will open on January 1, 2013. Willow Stream Spa will also expand its spa menu of services, its fitness facilities and its spa boutique.

Combining health, nutrition, fitness, advanced skincare, integrative medicine and mind-body programs, the Well & Being at Willow Stream Spa program will be medically-guided and fully-customized. Fairmont Scottsdale Princess is the first luxury resort in the nation to implement this experience to its spa.

"The introduction of Well & Being at Willow Stream Spa is a strategic addition to the experiences we offer guests at the resort," said Jack Miller, general manager of the Fairmont Scottsdale Princess, in a press release.

"It was important that we find a partner to build upon the luxurious Willow Stream Spa experience and expand our services into the wellness-oriented living arena," Miller said. "Well & Being's extensive staff of experts will provide a comprehensive, holistic approach to personal health."

This personal and sustainable wellness program will take a physical, natural and mindful approach, to inspire guests to live a more healthy, balanced and energized life both during their vacations and well after.

"Guests may take advantage of as much or as little of the menu of wellness tools and experiences as they choose," Miller said.

Well & Being at Willow Stream Spa will offer an array of services, from diagnostic health tests and targeted skincare treatments — including the HydraFacial, acupuncture, massage, aromatherapy and traditional Eastern therapies — to cooking classes, guest lectures and fitness programs, such as multiple mind-body offerings, encompassing traditional and cutting-edge yoga, Pilates and movement classes.

"It won't be a restrictive, cookie-cutter, wellness experience, but a personal experience that provides tools, resources and philosophy for our guests to take home into their daily lives," Miller said.

Well & Being at Willow Stream Spa will be under the direction of world-renowned expert in Integrative Medicine, Tieraona Low Dog, MD, who will be utilizing state-of-the-art diagnostics. Guests will have exclusive access to a team of experts specializing in various fields of complementary and alternative medicine.

"Resort guests will benefit from having easy access to services during their stay and online support long after they leave the property," said Dr. Low Dog, chief medical officer of Well & Being. "It's this on-going relationship that distinguishes the Well & Being program, creating a progressive wellness experience unlike any other, allowing guests to maintain their desired health/fitness plan and goals outside the resort, receiving motivation through community engagement and year-round online and local support from leading practitioners and providers."

Guest will create their personalized profile with an iPad, and once they return back home, this online experience will include a socially-interactive, tailored e-magazine, featuring a team of wellness professionals, spa resources and personalized customer service, continuing the education, inspiration and conversation with guests year-round. The e-magazine will be available by subscription (or complimentary with select wellness packages or memberships) and delivered via computer, tablet or mobile device.

Other Willow Stream Spa Expansions, Additions

Fitness Facilities

Well & Being at Willow Stream Spa will also expand its fitness facilities, dedicating several studio spaces to yoga, meditation, tai chi and breath work. The facility will also offer a wide range of fitness equipment and programs, such as TRX Suspension Training, CrossFit, Crank Cycle and immersive Rip Suffer Classes, state-of-the-art exercise technology, including Virtual Active forward-motion videos designed to diversify cardio workouts using Matrix fitness equipment, top-tier personal trainers to guide guests through a tailored fitness routine and to assist with goal-setting; and interactive, group studio sessions, which will offer an exciting selection of fitness classes for all levels.

The Boutique

As guests are heading out from a day of wellness and fitness programs, they can stop by the spa boutique, which will expand, adding a "lifestyle" shopping experience. To create the ultimate experience in skin-care pampering and maintenance, exclusive, performance-based product lines will be available, including Radical Skincare, Naturopathica, Body Bliss and Willow Stream Ener-G.

The Salon

Additionally, the spa's salon will become a stand-alone, easily-accessible facility, directly adjacent to the spa, with a dedicated nail and pedicure lounge, and hair and makeup services. In the spa, plans also include the installation of new mud-scrub bars and rain showers in four private treatment patios.

For more information about Well & Being at Willow Stream Spa at the Fairmont Scottsdale Princess, visit scottsdaleprincess.com or call (480) 585-2732.

Fairmont Scottsdale Princess
Where: 7575 E. Princess Dr., Scottsdale
Contact: (480) 585-4848
Online: scottsdaleprincess.com
[Facebook](#) | [Twitter](#)



Fairmont Scottsdale Princess Announces Well & Being At Willow Stream Spa

SCOTTSDALE, Ariz., Oct. 18, 2012 /PRNewswire/ -- Fairmont Scottsdale Princess, a distinctive Southwest resort, has announced an exclusive partnership with Trilogy Spa Holdings to launch an innovative spa program at the AAA Five-Diamond property. Opening January 1, 2013, the new spa concept Well & Being at Willow Stream Spa will deliver a personal wellness program to guests who wish to incorporate optimal health into their vacations. Owned by Strategic Hotels & Resorts, the Fairmont Scottsdale Princess is the first luxury resort in the United States to implement Well & Being's medically-guided and fully-customized wellness experience at its spa, combining health, nutrition, integrative medicine, fitness and advanced skincare. These services and programs will be offered a la carte or as part of a package for overnight resort guests, spa day guests, convention attendees and local residents.

(Photo: <http://photos.prnewswire.com/prnh/20121018/LA95564>)

"The introduction of Well & Being at Willow Stream Spa is a strategic addition to the experiences we offer guests at the resort," said Jack Miller, general manager of the Fairmont Scottsdale Princess. "Our Willow Stream Spa has earned an exceptional reputation as one of the world's leading spas. It was important that we find a partner to build upon the luxurious Willow Stream Spa experience and expand our services into the wellness/intentional living arena," Miller said.

The Well & Being brand, managed by Trilogy Spa Holdings, embraces a foundation of whole health, inspiring guests to be healthy, balanced and more energetic versions of themselves. A dynamic array of services will range from diagnostic health tests and skincare treatments such as the HydraFacial, to acupuncture, massage, aromatherapy and traditional Eastern therapies. Well & Being at Willow Stream Spa will offer cooking classes, guest lectures and fitness programs, including multiple mind-body offerings, encompassing traditional and cutting-edge yoga, Pilates and movement classes.

Spa-goers can still simply enjoy a massage and a manicure or their favorite Willow Stream signature treatments such as the Ultimate Facial or the Pure Ener-G body treatment, as well as authentically-local treatments including the Havasupai Falls Rejuvenation and the Hacienda Retreat body polish.

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SOURCE Fairmont Scottsdale Princess

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Fairmont Scottsdale Princess Announces Well & Being At Willow Stream Spa

PR Newswire | 18 Oct 2012 | 01:24 PM ET

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(Photo:

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Thu Oct 18, 2012 1:24pm EDT

PRESS RELEASE:

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PR Newswire

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Press Release: Fairmont Scottsdale Princess – Thu, Oct 18, 2012 1:24 PM EDT

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Fairmont Scottsdale Princess in Arizona [Click Here to Download Image](#)

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Fairmont Scottsdale Princess to launch holistic Well & Being spa program

SPA NEWS FROM WILLOW STREAM SPA AT THE FAIRMONT SCOTTSDALE PRINCESS | OCTOBER 19, 2012 | BY: PATTI PIETSCHMANN | [Subscribe](#)



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Fairmont Scottsdale Princess, a distinctive resort located in Scottsdale, Arizona, announced today, October 19, 2012, an exclusive partnership with **Trilogy Spa Holdings** to launch an innovative spa program at the AAA Five-Diamond property.

"The new spa concept called Well & Being at Willow Stream Spa will deliver a personal wellness program to guests who wish to incorporate optimal health into their vacations," said Jack Miller, general manager of the Fairmont Scottsdale Princess.

View slideshow: Fairmont Scottsdale Princess to launch holistic Well & Being spa program

Owned by **Strategic Hotels & Resorts**, the

Fairmont Scottsdale Princess is the first luxury resort in the United States to implement Well & Being's medically-guided and fully-customized wellness experience at its spa, combining health, nutrition, integrative medicine, fitness and advanced skincare. The services and programs will be offered a la carte or as part of a package for overnight resort guests, spa day guests, convention attendees and local residents.



Holistic Well & Being program announced by Fairmont and Trilogy Spas
Photo credit: Fairmont Scottsdale Princess

"Our introduction of Well & Being at Willow Stream Spa is strategic addition to the experiences we offer guests at the resort," said Miller. "Our Willow Stream Spa has earned an exceptional reputation as one of the world's leading spas. It was important that we find a partner to build upon the luxurious Willow Stream Spa experience and expand our services into the wellness/intentional living arena," he added.

The new program, which debuts in January 2013, features an array of services ranging from diagnostic health tests and skincare treatments such as the HydraFacial, to acupuncture, massage, aromatherapy and traditional Eastern therapies. There will also be cooking classes, guest lectures and fitness programs, including multiple mind-body offerings, encompassing traditional and cutting-edge yoga, Pilates and movement classes.

For spa-goers who prefer to simply relax, the facility will still offer massages, manicures, and **signature treatments**, such as the Ultimate Facial or the Pure Ener-G body treatment, as well as authentically-local treatments including the Havasupai Falls Rejuvenation and the Hacienda Retreat body polish.

Under the direction of world-renowned expert in Integrative Medicine, **Tieraona Low Dog, MD**, the cutting-edge program will utilize state-of-the-art diagnostic. It will also have an on-property medical doctor to implement a specialized holistic approach toward healthy living and lifestyle through wellness consultations with guests.

Those who go through the Well & Being program will have their progress tracked through an online follow-up system that includes a socially-interactive tailored e-magazine, featuring a team of wellness professionals, spa resources and personalized customer service, continuing the education and conversation, year-round.

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Fairmont Scottsdale Princess Launches Wellness Program

By [Anitra Brown](#), About.com Guide October 23, 2012

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I've been spa-watching (and going) a long time. Resort spas used to call themselves destination spas without delivering the health and wellness goods. Then destination spas, afraid of being pigeon-holed as only for the health crowd, began calling themselves resorts. The latest shift is for classic resort spas to offer a true health and wellness experience -- without losing their luxury image.

Beginning January 1, 2013, Fairmont Scottsdale Princess will be the first luxury resort to implement Well & Being, a new wellness and integrated medicine program able to replicate the health makeover you get at destination spas like Canyon Ranch and Miraval.

Staff will include a medical doctor trained in integrative medicine, nutritionist, acupuncturist and exercise physiologist alongside a full complement of fitness classes, new beauty technologies, wellness therapies and pampering spa treatments. Guests will be able to personalize their spa experiences and stay in contact to sustain the benefits once they have returned home. Locals can also receive the services, which should work well in a metro area as large as Scottsdale/Phoenix.




"Well & Being's extensive staff of experts will provide a comprehensive, holistic approach to personal health", says Jack Miller, general manager of the Fairmont Scottsdale Princess. "The experience will be personalized to meet guests where they are within their wellness journey. Guests may take advantage of as much or as little of the menu of

wellness tools and experiences as they choose.

"It won't be a restrictive, cookie cutter wellness experience, but a personal experience that provides tools, resources and philosophy for our guests to take home into their daily lives," he says. Well & Being is the creation of Trilogy Spa Ventures, and will be implemented at other resorts down the road.

This is the final phase of the Fairmont Scottsdale Princess' five-year, \$60 million property renovation plan, which coincides with the resort's 25th anniversary in December 2012. Set to be complete in spring 2013, the final \$25 million phase includes the debut of the Palomino Conference Center and remodeling of the Princess Conference Center; the introduction of the innovative Well & Being at Willow Stream Spa; the outdoor enhancement of Michael Mina's BOURBON STEAK; the addition of a "living wall" to the resort's facade; a new concept for the resort's three-meal restaurant, LV Bistro; and enhancing the Fragrance Garden for weddings and group events.

SPA RENOVATIONS AT SCOTTSDALE PRINCESS

 NICHOLE  DECEMBER 3, 2012  0

Come January, The Fairmont Scottsdale Princess will debuting a new spa experience designed to deliver wellness at the resort and beyond.



The new spa concept called Well & Being at Willow Stream Spa is a medically guided and customizable experience that combines health, wellness and nutrition with skincare. The concept differs from the resort's previous spa offering through the incorporation of diagnostic health tests, acupuncture and traditional Eastern therapies. Cooking classes, guest lectures and movement classes like yoga and Pilates will assist guests in implementing newly acquired tips and techniques upon their return home. A new conference center is also among the renovation to be unveiled in January. An example of the resorts already gorgeous guests rooms (not included in the renovations) is pictured below.



"We are proud to unveil these exciting additions, which will highlight the resort's meetings and events, spa and culinary offerings," said Jack Miller, General Manager of the Fairmont Scottsdale Princess. "We are particularly eager to debut the new Palomino Conference Center and newly renovated Princess Conference Center," Miller said. "The expanded and upgraded facilities will further establish Fairmont Scottsdale Princess as a preeminent meetings and events destination, and our cutting edge spa and wellness offerings will serve as great assets to planners and guests alike."

DR DIANE DOWNING MD: INTEGRATIVE WELLNESS EXPERT

ALLISON DECEMBER 10, 2012 0



The Willow Stream Spa at the Fairmont Princess Scottsdale has some exciting news: They're launching a new holistic Well & Being spa program on January 1st that combines health, nutrition, pampering, fitness and mind-body programs. They'll even have their own medical doctor on staff: integrative health guru Dr. Diane Downing. As well as a medical degree from the University of Arizona in Tucson and a two-year fellowship at the famed Center for Integrative Medicine (Dr. Weil's school), Dr. Downing has training in botanical medicine, nutrition, energy medicine and mind/body therapies, plus she's a certified Reiki practitioner. So yeah, she pretty much knows it all. Here, she reveals the secret to health and happiness and her best stress-busters. Take notes...

Name: Diane Downing

Age: 51

Title: Medical Doctor

Married/Single: Happily married 32 years

Kids: 3 adult children

Live: Part-time Tucson, Part-time Scottsdale

Continued on next page....

I'M INSPIRED BY...

The beauty in nature, people who see the good in others and the silver lining in challenges. People who love what they do and are doing what they love.

THE PERFECT DAY WOULD BE...

Spent with my husband and 3 kids hiking in Sedona, flying kites, laughing and just enjoying being together.

FAVORITE CALORIE-BURNER...

Power walking.

MY FRIDGE IS ALWAYS STOCKED WITH...

Organic produce and yogurt, a nice sharp cheddar, avocado and French vanilla soy creamer for my morning coffee.

ONE THING I CANNOT LIVE WITHOUT...

The love and respect of my family.

THE ONE PERSON WHO MOTIVATES ME IS...

My husband – he's always there to help me over the hurdles and cheer me on.

NO SWEAT SESSION IS COMPLETE WITHOUT...

A cool down at the end – and a little time to appreciate all the hard work just done.

MY MOTIVATION...

Seeing the transformation that can occur in people when they incorporate positive lifestyle changes that enhance their health and well-being.

MY STRESS RELIEF ...

Sometimes I like to be active—power walking or doing yoga; sometimes more introspective with mindful practices like breathing exercises and meditation; sometimes I just like reading an inspiring book or listening to music.

THE BEST MEDICINE...

Is to take charge of your health, take responsibility for the way you live your life, embrace all aspects of your health – physical, mental, emotional and spiritual.

BEST FITNESS/NUTRITION ADVICE...

Find an activity you like to do – you are much more likely to do it. Go through your fridge and pantry and get rid of the foods with trans fats and high fructose corn syrup.



Spas and Suppliers Give Back in December 2012

Posted: December 28, 2012

The [Fairmont Scottsdale Princess](#) in Scottsdale, AZ, has exclusively partnered with Trilogy Spa Holdings to launch the spa concept Well & Being at [Willow Stream Spa](#) to help deliver personal and sustainable wellness programs to clients who wish to incorporate optimal health and lifestyle choices into their vacations to continue. An array of services will range from diagnostic health tests and specifically targeted skin care treatments, and will also incorporate cooking classes, guest lectures and fitness programs. 480-585-2732

THE VOICE OF THE AIRPARK BUSINESS COMMUNITY FOR 32 YEARS

SCOTTSDALE Airpark News

JANUARY 2013

hospitalitybuzz

Princess Debuts New Spa Concept

On Jan. 1, Fairmont Scottsdale Princess debuts a new spa concept: Well & Being at Willow Stream Spa. Drawing on the Southwest's indigenous roots and time-tested Asian influences, the new spa by Trilogy Spa Holdings is the first of its kind at a luxury resort in the United States, allowing visitors to choose from a bevy of a la carte spa services or develop a health and wellness program that factors in mental and physical wellbeing. The facility also will offer a wide range of fitness equipment and programs such as TRX Suspension Training, CrossFit, Crank Cycle and immersive Rip Surfer Classes.

Smart meetings

The Intelligent Way to Plan

March 2017 • 21

Attitude Adjustment

Are you overdue?



PLUS

HOT, HO!
LATIN AM.
MEETINGS

THAT ORDER

ET-
IN | BOOK ABE LINCOLN
FOR YOUR NEXT
VIRGINIA EVENT

MEET WELL

Alleviate stress and tension at Arizona spas

By Nikki Gloudeman

SCOTTSDALE ▼

For a medicinal and personalized approach, consider Willow Stream Spa at the AAA Five Diamond **Fairmont Scottsdale Princess**. The Well & Being concept, which debuted in January, offers the services of a medical doctor and certified integrative medicine practitioner, plus a well-rounded array of offerings, from diagnostic health tests, acupuncture massages and aromatherapy to cooking classes, guest lectures and movement sessions. The services are available a la carte as part of a customized package for convention groups.



LUXURY TRAVEL
WITH A HEALTHY TWIST

Aerial Yoga and Dance Classes Soar in Phoenix

MARCH 13, 2013 BY DENA R

If you want to stick to a fitness routine, you gotta make it fun. And what could be more fun than harkening back to childhood with playful activities like aerial dance and aerial yoga that let you soar?

Cirque du Soleil introduced legions to tricks on silk ropes that astound for their grace and athleticism. Now the average person can get a small taste of that in Phoenix with aerial dance classes and aerial yoga.

The Fairmont Scottsdale just launched its [Well & Being Spa](#) with a signature aerial yoga class.

The class gives yogis and yoginis a chance to experience yoga in an entirely new way, while also being easy enough to follow for a yoga novice.

Aerial yoga is done using a hammock that is made from the same fabric and rigging system used by Cirque du Soleil. The class is geared for all levels and is most like Hatha yoga with some elements of Flow.

The hammocks can support up to 400 lbs and are placed at different heights to ensure a good fit for everyone in the class. The hour-long class begins on the ground with some basic Sun Salutations before moving to the silks. We do some backbend poses where the body is supported by the silks and some standing poses, like Tree Pose, in the hammock. Inversions were my favorite; including an inverted frog and pigeon pose. Because the hammock supports so much of your weight, Aerial yoga helps decompress tight joints, avoids back and neck compression during inverted moves and allows for a greater stretch and better alignment in each pose.



Aerial yoga at the Fairmont Scottsdale Well & Being Spa

Instructor Sierra Ramm is a fun instructor that demonstrates and explains each pose with ease. Her goal with the class is that we approach it with a playful spirit, which is not hard to do. Aerial yoga will bring out your inner child! And shavasana cocooned in a swaying hammock is one of the most relaxing experiences you'll ever have at a yoga studio.

For an even greater Cirque experience try aerial dance at [The Dance Shoppe](#). The intro class starts with a fairly long stretching session before moving to the trapeze. We learn some basic inverted moves and how to get to a sitting position on the bar. On the silks we learn how to wrap secure footholds that allow us to do some moves like Goldfish, where we are horizontal in the air or Jesus, where we are in the air in a cross position.

The aerial dance class requires participants to be fit and pretty strong to successfully do the moves. I go the gym everyday and a few poses were hard for me and my arms and upper back were sore for several days after the class. Despite that, I really enjoyed the experience and again felt it was a very playful form of exercise.



Restart Your New Year's Resolutions: 3 New Fit Travel Ideas

ON MARCH 19, 2013 12:00 PM



Spring has sprung, but your New Year's Resolutions have no doubt already sprung a leak. If you're off-track, Fitglobetrotter Dena Roché offers three ways to use travel to restart your healthy living resolutions.

Don't give up your goal to get healthy in 2013. Simply use travel to make it more fun and more likely you'll stick with it. By associating the pleasurable act of travel with the maybe not so fun task of getting fit, you're able to train your brain that healthy eating and exercise can be exciting and fun. Best of all you can take this new-found passion back home and have a better chance of sticking with your 2013 resolution to get healthy.

Take Flight

There's nothing new about yoga or yoga retreats, but at the [Fairmont Scottsdale](#)'s just launched [Well & Being Spa](#) a new spin on yoga is in the air-literally.



Aerial yoga is taking flight at the five-star resort, and the class will not only give you a new perspective on your yoga practice, but shows how playing and having fun can go hand-in-hand with exercise. Aerial yoga is done using a hammock that is made from the same fabric and rigging system used by the high-flying acrobats in Cirque du Soleil. Thankfully, you don't have to be Gumby to participate, the class is geared for all levels and is most like Hatha yoga with some elements of Flow worked in. The poses may be familiar, but taking them in the air shakes them up a bit and adds a new dimension to your practice.

The hammocks can support up to 400 lbs and are placed at different heights to ensure a good fit for everyone in the class. The hour-long class begins on the ground with some basic Sun Salutations before we move to the hammock. We're

introduced to poses that use the hammock to support back bends, or standing on the hammock for tree pose and my favorite poses, an inverted frog and inverted pigeon. Because the hammock supports so much of your weight, Aerial yoga helps decompress tight joints, avoids back and neck compression during inverted moves and allows for a greater stretch and better alignment in each pose.

Instructor Sierra Ramm easily guides our class into each posture and encourages us to have fun and play. There is no doubt that Aerial yoga will bring out your inner child! And shavasana cocooned in a swaying hammock is one of the most relaxing experiences you'll ever have at a yoga studio.

Willow Stream Spa at The Fairmont Scottsdale Princess



WHY CAN'T I FOLLOW?

A FORBES TRAVEL GUIDE 4-STAR RATED SPA



7575 E. Princess Drive
Scottsdale, AZ 85255
480-585-2732



Overview

The facilities at the Fairmont Scottsdale are top-notch — from championship golf courses to award-winning restaurants — and the spa is no exception. Many of the treatments make use of the Havasupa ... [MORE](#)

Map



[View Large](#)



Q What is the best way to get an appointment at Willow Stream Spa at The Fairmont Scottsdale Princess?

To make an appointment at Willow Stream Spa at The Fairmont Scottsdale Princess, all you have to do is call it directly. The Four-Star spa doesn't offer online reservations, which means you will have to pick up the phone to book treatments like the hydrating Cashmere Spice Body Wrap, which uses scents like orange, clove and vanilla. If that...



[SEE ALL ANSWERS \(1\)](#) [+ FOLLOW QUESTION](#)

What is the cancellation policy at Willow Stream Spa at The Fairmont Scottsdale Princess?

If you have to hold off on a relaxing visit to Willow Stream Spa at The Fairmont Scottsdale Princess, its cancellation policy offers some leeway. After booking an appointment, you have four hours...



[SEE ALL ANSWERS](#)

What kinds of nail services are offered at Willow Stream Spa at The Fairmont Scottsdale Princess?

Willow Stream Spa at The Fairmont Scottsdale Princess offers many different nail services that reflect both its Southwest setting and the spa's dedication to the elements...



[SEE ALL ANSWERS](#)

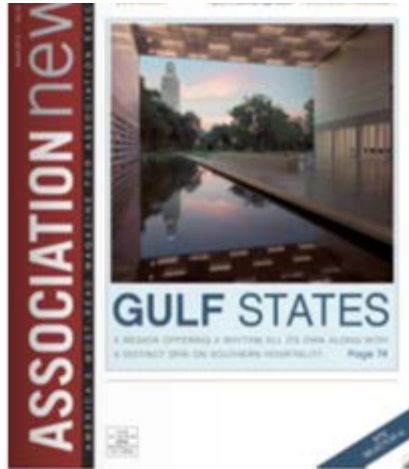
What should I wear to a treatment at Willow Stream Spa at The Fairmont Scottsdale Princess?

Don't worry about what you should wear to a treatment at Willow Stream Spa at The Fairmont Scottsdale Princess. It doesn't matter if you're arriving in your golf skirt and tennis shoes...



[SEE ALL ANSWERS](#)

How old does my child need to be to visit Willow Stream Spa at The Fairmont Scottsdale Princess?



GOING BEYOND THE SPA: ADDING A WELLNESS COMPONENT TO MEETINGS

By Ann Sheppard

It's been more than 10 years since the spa boom hit the meetings industry. In those days, the spa was seen simply as a leisure-time amenity. Today, the elements that made spas so popular have grown into an emphasis on overall wellness and can be incorporated into the meeting itself. These benefits are designed to help attendees not only leave behind the stress of their professional lives and focus better on the tasks at hand but also to return home feeling rejuvenated.

Meeting planners looking for a wellness component will find that many of these new wellness offerings are focused as much on the inside (healthy offerings and fitness breaks) as they are on the outside (treatments found in a traditional spa setting). One group that recently enjoyed the effects of both was the Empire State Society of Association Executives, which chose the Tarrytown Resort & Casino in central New York for its two-day "Wellness & Leadership Retreat" in September. "Balance is necessary to succeed both personally and professionally," the group's brochure encouraged members.

Earlier this year, Arizona's **Fairmont Scottsdale Princess** opened its Well & Being at Willow Stream Spa, which is described as drawing upon the Southwest's indigenous roots and Asian influences. The medically guided program combines health, wellness, nutrition, integrative medicine, fitness and skin care and can be customized for groups. New fitness classes include aerial yoga, which uses a suspended cloth sling to assist and supports yoga poses.

THE AGE

Traveller

Aerial yoga? Don't worry, you'll get the hang of it March 9, 2011



Dial om for yoga: Wellness adherents turn their world upside down at the Fairmont Scottsdale Princess resort in Arizona.

Scottsdale, in Arizona, is an embarrassment of wellness riches, with the highest number of destination spas per capita of any city in the US.

The city is further plumped with the addition of Well and Being at Willow Stream at the Fairmont Scottsdale Princess, a resort of 649 rooms and suites in Spanish colonial-style architecture, five swimming pools and a championship golf course.

The spa, with expanded fitness areas dedicated to meditation, tai chi and breath work, also has seven styles of yoga. The aerial version will have you posing in a suspended cloth sling for greater stretch of the body and more inversion, believed to assist circulation and flexibility.

Personal trainers can tailor a fitness routine and assist with goal-setting (those pesky last five kilograms perhaps?).

Guests and day visitors can also retreat to one of 30 treatment rooms or the rooftop pool in the spa with a three-storey therapeutic waterfall, river rocks, fountains, streams, gardens and filtered natural light.

Separate men's and women's areas have steam rooms, saunas, eucalyptus-inhalation rooms and relaxation pools. There are plans for mud-scrub bars and rain showers in four private treatment patios.



It's not all inner health at the resort in the heart of the Sonoran Desert; there are lounges for manicures, pedicures, hair and beauty to ensure the spring in your step comes with perfect nails and your "om" from glossed lips.

Arizona Foothills

FITNESS

4 TIPS TO JUMPSTART YOUR SPRING DETOX

MARCH 8, 2013



Sierra Ramm, Yoga & Movement Supervisor/Instructor

When you think spring detox, you usually think diet, but food is just one piece of the detox puzzle. Sierra Ramm, the Yoga & Movement Supervisor at [Well & Being at Willow Stream](#), a rejuvenating sanctuary within the Fairmont Scottsdale Princess, follows a much more holistic approach that includes realigning her energy and setting time aside to get pampered (yes please!). Here's Sierra's 4-part plan:

1) Cleanse – Once the weather starts warming up in Scottsdale, I do a simple diet cleanse for 3-5 days where I eliminate caffeine, alcohol, starches and sugars. Instead, I consume vegetable and fruit juices, whole grains, nuts and legumes, vegetable broth and fresh produce. This is like hitting a 'reset' button, purging out toxins in my body and sending a message to my brain that it's time to clean house and start fresh for the season. I might feel a little 'icky' for a day or two, but this is just all the junk releasing from my system.

2) Holistic Tune-Up – I visit our in-house Acupuncturist, Tammy Mullins, for the Traditional Chinese Medicine 90-minute treatment. She provides cupping, acupuncture, acupressure and energy work to relieve stagnation and get the chi flowing through my body for optimal performance. Tammy also takes a look at my vitamins and supplements and makes suggestions to help the seasonal transition.

3) Get Moving – I also ramp-up my exercise routine, adding in more cardio, especially outdoor activities like walking, jogging, hiking, playing tennis and practicing yoga with my feet in the grass. Not only is the fresh air invigorating, I get a healthy dose of Vitamin D and feel-good sunshine.

4) Pamper – As simple as it sounds, it also feels really good to just take care of yourself. I spend time in the Well & Being steam and sauna, as well as the hot whirlpool to warm up my core temperature. I also sit quietly in meditation in our eucalyptus inhalation room. *Ahhhhhhh!*

USA... USA... USA...

EVOLVE AT THE *Scottsdale Princess*



THE Fairmont Scottsdale Princess and Trilogy Spa Holdings have joined forces to open an innovative spa program at the AAA Five Diamond property in the heart of the Sonoran Desert. The new spa concept - 'Well & Being at Willow Stream Spa' - delivers a personal and sustainable wellness program to guests who wish to incorporate optimal health and lifestyle choices into their vacations.

The Fairmont Scottsdale Princess is the first luxury resort in the United States to implement Well & Being's medically-guided and fully-customized wellness experience at its spa, combining health, wellness, nutrition, integrative medicine, fitness and advanced skincare. These services and programs are offered a la carte or as part of a package for overnight resort guests, spa day guests and for convention groups. "The introduction of Well & Being at Willow Stream Spa is a strategic addition to the experiences we offer guests at the resort," said Jack Miller, general manager of the Fairmont Scottsdale Princess. "Willow Stream Spa has earned an exceptional reputation as one of the world's leading spas. It was important that we find a partner to build upon the luxurious Willow Stream Spa experience and expand our services into the wellness/intentional living arena."

The Well & Being brand embraces a foundation of whole health, inspiring guests to be healthy, balanced and more energetic versions of themselves. This is a focused, customized approach that encompasses physical, natural and mindful services and programs. A dynamic array of services range from diagnostic health tests and specifically-targeted skincare treatments, to acupuncture, massage, aromatherapy and traditional Eastern therapies.

Arizona Foothills FITNESS

TAKE A SURFING CLASS IN SCOTTSDALE!

ALLISON MARCH 1, 2013



Have you ever tried surfing? I have, twice. I went all the way to Hawaii to bite it (repeatedly) in 1-foot high baby swells. I did get a workout (my arms, my core, my legs), but mostly I just swallowed a ton of water, not to mention my pride.

That's why I was so excited that Well & Being at Willow Stream, the new and improved spa at the Fairmont Princess Scottsdale www.scottsdaleprincess.com, is serving up dry surf classes – no plane ride to Hawaii or wetsuit required. Sign me up!

One of the pluses of resort [fitness](#) classes is they're small and intimate. Lots of personalized attention! One of the minuses is you can't hide in the back of the class, which is kinda what I wanted to do. Balance isn't my strong suit. I sway in tree pose and that's on a stationary surface – and the surfboard used in the TRX/SurfSet Fusion class sits on resistance [balls](#), meaning it moves and grooves with your body weight (it's designed to mimic the real thing). With each wobble, I felt like a total fish out of water. But with the help of Debbie, a bubbly personality who's been teaching at [the Princess](#) for 10 years, and my fellow surfers (most first-timers), we all left our comfort zones and braved the new waters together.

Before I knew it, Debbie had us squatting, kicking, paddling, planking and even jumping on our boards. At first, the jump seemed impossible — no way was I leaping into the air and landing on an unsteady surface — but my "I can't" attitude quickly changed to "I can" with the you-can-do-it cheers from my fellow Hang Ten-ers. That one jump turned out to be one giant leap in confidence. In a flash, I went from a wishful wallflower to a surf diva willing to attack the imaginary waves with gusto. The larger-than-life surf [footage](#) playing in the background only added to my new attitude.

I was so busy having fun, I forgot I was burning some serious calories. My heart rate was up and my core engaged the whole time. Ditto during the TRX portion (holy burn!). Actually, I'm pretty sure every single muscle group got a workout. I walked away with burning thighs and a burning desire to surf again at the Princess.

Psst: Surfing isn't the only class offered at Well & Being, a spa that prides itself on fitness as much as pampering. There's Ballet, Aerial Hammock Yoga, Pilates and Krank Fusion to name a few. By booking a spa treatment, you have access to all the fab fitness offerings.



healthnews

YOUR MONTHLY RX FOR EATING, THINKING, AND LIVING STRONG
By Joanne Chen



MENTAL GETAWAY

WELL & BEING AT WILLOW STREAM SPA at the Fairmont Scottsdale Princess, Scottsdale, Arizona (wellandbeing.com)

WHAT: Preventive medicine turned luxe destination resort. **ON CALL:** Experts, led by Dr. Tieraona Low Dog, a natural medicine practitioner. **ON THE AGENDA** (besides yoga, cooking classes, hikes): Retreats or customized escapes, including aromatherapy massage, CrossFit, or metabolic screening. **WHY GO:** Address all the aches, pains, and health questions you haven't had time to face at home. (From \$288 per night, including accommodations, a spa treatment, and classes)

Is Hybrid Yoga the Next Big Thing in Trendy Fitness?

By Lena Katz

Yoga these days has gone so far beyond Hatha and Vinyasa. Hybrids are all the rage, as multi-certified instructors figure out how to combine it with other practices like martial arts, dance, swimming and more. Aside from the obvious health and wellness benefits of incorporating yoga into your lifestyle, many of the formerly specialized yoga types are finding a new user base as people look to stretch their bodies and psyches to challenging new places. From hardcore to low-impact, and from tasty to downright silly, this list comprises all of our favorite hybrids that are currently on the market.



Aerial Yoga

Work on flexibility, challenge your circulation, and pretend you're a Cirque du Soleil performer by taking your poses aerial. Companies like AntiGravity Yoga put people in a suspended cloth sling that supports the core but gives greater freedom of movement to the limbs, shoulders and trunk. Aerial yoga is offered at various studios and even some hotel spas, including the **Fairmont Scottsdale Princess**.

April 2013

Arizona's resort spas are boosting the wellness quotient for meetings

Rejuvenating Rendezvous

by Maria Lenhart

SCOTTSDALE

Fairmont Scottsdale Princess

Earlier this year, the Fairmont Scottsdale Princess launched Well & Being at Willowstream, a new spa drawing on both the Southwest's indigenous roots and Asian influences. While a wide range of traditional spa treatments are offered, the spa also has a menu of wellness options that range from stress-relief exercises to healthy cooking classes and full-scale health assessments.

Led by a medical doctor, the spa's wellness team includes experts in exercise physiology, nutrition, traditional Chinese medicine and mind-body therapies. All of the wellness programs can be specifically tailored to the needs of groups, says Pam Gilbert, director of sales and marketing.

"We work with the planner to help attendees set aside the pressures they brought with them to the meeting so they can be fully present in the moment," she says. "It can be through anything from breathing exercise to aerial yoga. They can be two-hour sessions or as 15-minute breaks between meetings."

Get Fit at Fairmont Properties

Fairmont Hotels & Resorts are breathing new life into on-the-go fitness, offering unique exercise classes at a number of properties

By [Kelly Rosenfeld](#)



Fairmont Hotels & Resorts are breathing new life into on-the-go fitness, offering unique exercise classes at a number of properties. // © 2013 Fairmont Hotels

Fairmont Hotels & Resorts are breathing new life into on-the-go fitness, offering unique exercise classes at a number of properties.

The Fairmont Orchid, on Hawaii's Big Island, offers floating yoga, where participants use stand-up paddleboards to glide out onto the ocean before performing sun salutations, balancing poses and more. At Fairmont Beijing, guests can take part in a Tai Chi program that begins with deep breathing exercises followed by meditation and 14 basic movements per session. Lessons are available by appointment and cost approximately \$80 per session. Other programs include aerial yoga at the Fairmont Scottsdale Princess, sunrise yoga at Fairmont Southampton, TRX suspension training at Fairmont Sonoma Mission Inn & Spa, hula hooping at Fairmont Kea Lani, running programs at various Fairmont properties and more.

In addition, if guests forget their workout gear, the Fairmont Fit program will deliver Reebok brand workout apparel and footwear to members of Fairmont President's Club, the complimentary guest-recognition program. www.fairmont.com

where

CONCIERGE

PHOENIX+SCOTTSDALE | MARCH/APRIL 2013

NEWSLETTER

**Well & Being At
Willow Stream**

Located at the Fairmont Scottsdale Princess. Focuses on medically guided, personalized and fully-integrated wellness experiences. The 44,000 sq. ft. facility features cutting-edge fitness and training programs, overnight retreats, mind-body classes including yoga and meditation, healthy meals, cooking classes, an exceptional spa and a full service salon. 7575 E Princess Dr, 480.585.2732, www.wellandbeing.com



The 640-room **Fairmont Scottsdale Princess** in Arizona is a rejuvenating destination for groups with purple Sonoran desert skies and the vibrant McDowell Mountain Preserve in its backyard. It's easy to chill out at the pristine 65-acre property with warm desert temperatures, world-class golf, celeb chef restaurants and a one-of-a-kind spa.

The Fairmont unveiled its new \$20 million Palomino Conference center in late 2012, increasing total indoor/outdoor meeting space to 158,000 sf. Following the addition, the hotel is now the largest meetings hotel in the Fairmont portfolio.

"With the double ballroom space, we try to make it feel as if you are off property and in a totally different environment," says Valerie Lee, director of public relations, who told us about an annual client that recently used both ballrooms. "They suspended the dance floor so you can see below it. Cool Lo Groen performed and all three of our restaurants contributed to the menu."

Our favorite event venue is the Wild West-themed town called Crown P. Corral. The venue seats 800 pax for dinner and 1,000 for standing receptions. This sandy meeting space is ideal for thematic events including horse rides, country music, gunfighter stage shows, trick ropers and a photo booth for attendees dressed in traditional frontier costumes.

Groups can sit back on rocking chairs and sip jalapeño spiced lemonade with the mountains as the perfect backdrop, while a blacksmith makes leather luggage tags for the whole group. We recommend you bring your cowboy hat and boots.

"Crown P. Corral is a replica of an 1880s Western town," says Lee. "You feel the immediate shift in setting, even though it's steps away from your hotel room."

The **Willow Stream Spa** is hidden above the beautiful Hacienda Plaza on the resort's expansive grounds. Be sure to try the Willow Stream hot tub experience, a water pressure massage that focuses on all tension points.

The oasis features a luxurious rooftop pool, private cabana's, a eucalyptus inhalation room and lush gardens. Fairmont debuted the "Well & Being" program this year, which is a medically guided wellness experience that combines health, nutrition, integrative medicine, fitness, skincare treatments and spa services.

"The spa is not just about over indulgence," says Brennan Evans, spa coordinator. "It's a spa that will help groups be proactive about their health."

Another big selling point for the Fairmont Scottsdale is the direct access to the **TPC Scottsdale** golf courses. Groups up to 200 can enjoy customized golf events throughout the two golf courses and clubhouse at the 16th hole. The Champions Course and Stadium course feature upscale amenities that let everyday golfers play like the professionals.

"When groups come here, they can experience a day-in-the-life of a PGA player," says Eric Walker, tournament manager. The course has a new 20,000-seat coliseum structure at the 16th hole, making it the largest spectator golf venue in the country. "It's not your average golf game."

Celebrity Chef Michael Mina is showcasing contemporary American steakhouse cuisine for group dinners at his **Bourbon Steak** restaurant. Dry aged beef is prepared in butter, poached and then grilled slowly over Mina's specially designed wood flame cooking stations. Bourbon Steak makes it easy for planners with a 5-course group menu served in any of the five semi-private rooms.

To end our trip we headed 8,000 feet in the air inside a 250,000-cubic-foot balloon. Based in Phoenix, **Hot Air Expeditions** operates a dozen balloons for groups that can each hold up to 12 pax. The best part may have been the al fresco meal at the end. To learn more about our balloon flight, check out the full story on page 28.

fairmont.com; hotairexpeditions.com; experiencescottsdale.com



9 Hottest Hybrid Yoga Trends By LENA KATZ, JustLuxe.com April 23, 2013

Aerial Yoga Photo credit:

Work on flexibility, challenge your circulation, and pretend you're a Cirque du Soleil performer by taking your poses aerial. This new yoga type puts people in a cloth sling that supports the core but gives greater freedom of movement to limbs, shoulders and trunk. It's offered at various studios and also some hotel spas including the Fairmont Scottsdale Princess.



Willow Stream Spa/Fairmont Scottsdale Princess

Luxury Travel MAGAZINE

Inspiration for Discerning Travelers

Fairmont Scottsdale Princess Offers Summer Spa Specials

April 29, 2013



As we approach the summer months, the Fairmont Scottsdale Princess' innovative new spa concept Well & Being at Willow Stream Spa is offering two rejuvenating packages designed to help guests relax and refresh.

The following pampering escapes provide a tranquil setting aimed at alleviating stress and nurturing the senses:

Spa-minded guests will rejoice in the A Suite for Spa Season Package, which offers a luxury stay combined with daily spa credits.

- Elegant accommodations in a Luxury Fairmont Suite complete with lavish amenities
- Daily breakfast for two adults
- A \$20 Well & Being at Willow Stream Spa credit towards any 60-minute body or facial treatment, per night, per adult
- Rates for the A Suite for Spa Season Package start from \$359 per night, based on double occupancy in a Fairmont Suite. This offer is available now through June 15, 2013

Guests seeking a restorative getaway are invited to spend their visit receiving spa treatments, relaxing in private poolside cabanas (located on the roof of the spa), taking a dip in the waterfall treatment pool, relaxing in the aromatherapy inhalation room, and working up a sweat during a specialty fitness class with the Well & Being Willow Stream Relaxation Package:

- One night of luxurious accommodations in a signature Fairmont room
- A \$200 credit per room, per paid night, to be used at the plush Well & Being at Willow Stream Spa
- The Well & Being at Willow Stream Relaxation Package is offered year-round, and rates are based on double occupancy. Rates begin at \$359 for the summer season



PRINCESS PAMPERING

Scottsdale, Ariz.

The Fairmont Scottsdale Princess celebrates its 26th anniversary with Early Bird Specials, and includes daily food and beverage credit.

Deal: Discounted rooms start at \$125 and include a \$25 daily food and beverage credit. Book by April 30

to stay between Memorial Day and Labor Day.

Experience: Sedona and the Grand Canyon are just a short drive away. Hot air ballooning and jeep tours are also nearby.

Book it! (480) 585-4848, fairmont.com/scottsdale.



Get Fit at Fairmont Properties

Fairmont Hotels & Resorts are breathing new life into on-the-go fitness, offering unique exercise classes at a number of properties. By Kelly Rosenfeld



Fairmont Hotels & Resorts are breathing new life into on-the-go fitness, offering unique exercise classes at a number of properties.

The Fairmont Orchid, on Hawaii's Big Island, offers floating yoga, where participants use stand-up paddleboards to glide out onto the ocean before performing sun salutations, balancing poses and more. At Fairmont Beijing, guests can take part in a Tai Chi program that begins with deep breathing exercises followed by meditation and 14 basic movements per session. Lessons are available by appointment and cost approximately \$80 per session. Other programs include aerial yoga at the Fairmont Scottsdale Princess, sunrise yoga at Fairmont Southampton, TRX suspension training at Fairmont Sonoma Mission Inn & Spa, hula hooping at Fairmont Kea Lani, running programs at various Fairmont properties and more.

In addition, if guests forget their workout gear, the Fairmont Fit program will deliver Reebok brand workout apparel and footwear to members of Fairmont President's Club, the complimentary guest-recognition program. www.fairmont.com



Arizona's resort spas are boosting the wellness quotient for meetings *by Maria Lenhart April 2013*

With its healing desert plants, Native American traditions, sunny climate and long history as a wellness destination, it shouldn't be too surprising that Arizona boasts a stellar concentration of resort spas offering much more than massages and facials. From Sedona to Tucson, resort spas are enriching meeting programs with everything from lifestyle lessons to energizing meeting breaks and stress-relieving meditation sessions.

While spa usage at meetings was viewed as indulgent during the recession, more organizations are now embracing wellness opportunities for attendees, according to Pam Gilbert, director of sales and marketing for the Fairmont Scottsdale Princess.

"Companies see spa programs as an investment in the health of their executives," she says. "Fitness, stress relief and nutrition guidance are things that companies are striving to provide because they know their costs will be lower if they do. We can help them achieve this."

LUXURY TRAVEL ADVISOR

FAIRMONT SCOTTSDALE PRINCESS

Willow Stream Spa Announces 'Intentional Living' Retreats

Well & Being has been launched at Willow Stream Spa, which developed the calendar of new "Intentional Living" retreats for 2013. Collaborating with wellness experts, these three- to four-day weekend getaways are themed with topics such as fearless living, women's health, healing sleep, nutrition and fitness. Participants engage in interactive programming and enjoy pampering spa services, all while vacationing in the **Fairmont Scottsdale Princess** (pictured).

"Adventure in Everything" is slated on June 13 to 17, with mountain guide Matt Walker, author of "Adventure in Everything", who will take guests on a journey to discover the five elements of adventure: high endeavor, total commitment, uncertain outcome, tolerance for adversity and companionship. This retreat includes a group hike in the nearby McDowell Sonoran Preserve, journaling and meditation.

"Healing Sleep, Healing Dreams" is slated on June 27 to 30, with Rubin Naiman, MD. Naiman addresses biomedical, psychological and environmental factors that may stand in the way of healthy sleep habits, along with offering personalized strategies for improving dream patterns and slumber.

"Women's Wellness Retreat I" is scheduled on July 21 to 24 with Diane Downing, MD, Lana Holefski, MD, and Barbara Close. "Women's Wellness Retreat II" is scheduled on August 25 to 29 with Tieraona Low Dog, MD, Mimi Guarnen, MD, Diane Downing, MD, and Siri Chand Kaur, MD.

Topics for the first Women's Wellness Retreat include: Navigating Menopause: The Role of Natural Medicine and Bio-identical Hormones; Fabulous Coaching Tips for a Better Life: Igniting the Feminine Flame of Desire; and Radiant Skin from the Inside Out. Topics for the second Women's Wellness Retreat include: The Heart Speaks: Preventing Heart Disease in Women; 10 Natural Remedies Every Woman Should Know; and Luminous Foods: Nourishing the Body and Soul. Tired of Being Tired? Learn the best way to optimal thyroid function.

"Breathing Breakthrough, The Mind-Body Connection" is slated on August 15 to 18 with Diane Downing, MD and Gja Bennett. They will teach how to create a positive impact on a diverse range of health responses from energy, aging, brain and immune strength to sleep, happiness, family and even sex.

"Keep it Fresh & Easy", from August 21 to 24 is with Laura McIntosh, who will host cooking classes.

"Well & Being Boot Camp" is from September 12 to 16.

"Well & Being Personal Health Retreat", from October 9 to 13 with Diane Downing, MD, will be a consultation for any diagnostic testing to evaluate heart disease, digestive health, hormonal and other genetic biomarkers.

"Take a Delicious Healthy Bite Out of Life" is from October 31 to November 3 with Alison Levitt, MD.

Owned by Strategic Hotels & Resorts, the Fairmont Scottsdale Princess is a AAA Five Diamond resort and meeting destination in the heart of the Sonoran Desert and is the first resort in the country to partner with Trilogy Spa Holdings to create Well & Being. The facility offers a selection of spa experiences, medically-guided programs and a fully-customized wellness experience, combining integrative medicine, nutrition, fitness and advanced skincare.

Well & Being at Willow Stream Spa also offers focused single-day packages, ranging from relaxing spa and beauty retreats to full benefits driven health programs like our Total Immersion Golf Performance Workout, Body & Soul (massage), Beauty from the Inside Out (skincare), The Playtat (couple's treatment), and Mansome (men's treatment). Fitness programs, working with a nutritionist, or receiving a comprehensive health assessment are all available through the day programs at Fairmont Scottsdale Princess. In addition to the retreat events and packages, Well & Being at Willow Stream Spa's services include Connected Living spa services, Beautiful Living salon treatments and Active & Balanced Living programs.

Well & Being at Willow Stream Spa offers 30 treatment and wellness consultation rooms, a full-service salon, fitness studios, a rooftop oasis pool and light nutritious meals. Separate men's and women's locker rooms include steam rooms, saunas, eucalyptus inhalation rooms and relaxation pools. Inspired by the Havasupai Falls, a hidden oasis deep in the Grand Canyon, the spa's design and architectural accents highlight a three-story therapeutic waterfall, Sedona sandstone, river rock, fountains, streams, gardens and abundant natural light throughout the facility.

Well & Being at Willow Stream is a resort spa catering to vacationers, day visitors and local residents.

where
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NEWSLETTER

9900 W. CHASE SCOTTSDALE, AZ | MARCH/APRIL 2011

Well & Being At

Willow Stream

Located at the Fairmont Scottsdale Princess, focuses on medically guided, personalized and fully-integrated wellness experiences. The 44,000 sq. ft. facility features cutting-edge fitness and training programs, overnight retreats, mind-body classes including yoga and meditation, healthy meals, cooking classes, an exceptional spa and a full service salon. 7575 E. Princess Dr, 480.585.2732, www.wellandbeing.com



Kimpton Launches New Aqua Yoga Program with Lululemon [April 23, 2013 at 12:16 PM](#) | by [justluxe](#) | [Comment \(1\)](#)

We're excited to see how the rest of Kimpton's hotels get yoga-riffic in 2013. **It'll be interesting to see if they can compete with Fairmont** – which is already offering some awesome specialized programming like **Aerial Yoga** at [Fairmont Scottsdale Princess'](#) Willow Stream Spa, and **Flo-Yo** (standup-paddleboard yoga) at the [Fairmont Orchid](#) on the Big Island of Hawaii. We're also our fingers that [EPIC Hotel](#) in Miami, one of our favorite Kimpton properties, brings back **Shake Your Chakra** – possibly the best "gal-pal getaway" yoga retreat ever on offer.



Thursday, April 25th, 2013

SUMMER SPAAH SERIES

Filed under: Spas | By JoAnne Zetserberg

This summer, take some time to experience Scottsdale's many pampering resort spas and unwind at prices that will leave you feeling serene before you even begin your treatment. Find out for yourself why Scottsdale is called "the world's finest resort-spa destination" but at a fraction of the price. From massages and facials to pedicures and wraps, the summer spa deals will cover all of your relaxation needs.



Willow Stream Spa at the Fairmont Scottsdale Princess

It's all about you at Willow Stream Spa. Create your own spa package as part of "Spa Me" for only \$199. Choose from a 60-minute stress-relief massage, relaxation massage, or a deep cleansing facial followed by a 45-minute express manicure or pedicure. Finish off your treatments with lunch from Nourish Café, offering a delicious menu of healthy cuisine, or lounge at the spa's rooftop pool. [website](#)

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Insider's Guide to Spas

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It's #SkincareSunday & we're liking our new Eye Revive Creme from Radical Skincare—a potent new paraben-free line created by sisters Liz & Rachel Edlich. We tried the Radical Discovery Facial at the revamped spa at the Fairmont Scottsdale Princess & are curious to learn more about the line. Fairmont Hotels & Resorts

facebook



No Stress Business

April 11 · 🌐

What a month WE have ahead of us! There are new products to look forward to, the launch of three new monthly wellness broadcasts at the Trivita Wellness Center and our accelerated March to a Million Wellness Challenge campaign:

We want you to be a part of this year's Galaxy of Stars 2013, so much so, that if you register to attend by April 15, 2013 you'll automatically receive 50 M2M entries. Plus, if you book your GOS stay with the host hotel, the Fairmont Scottsdale Princess Resort by April 15, 2013, you'll receive another 50 M2M entries (entries from hotel booking apply to one person per room).

We've opened the door to more wellness challenges than ever before! From here on in until we award the March to a Million winners, every new initial Trivita and Amazon Herb product purchase by new and existing WEs and Members will result in an M2M entry for the Enroller!

So every time you share wellness, you raise your chances to win! And with \$250,000 USD as the Grand Prize and ten \$25,000 USD cash prizes to give away, getting down to business has never been more exciting! Look for updated details in your Back Office soon.

And...on last night's WE webinar, we hinted around a new "Submit Your Story" promotion for the Detox Challenge.

Submit your Detox Challenge story by April 30, 2013 for a chance to win:

\$500.00 Credit at Fairmont Scottsdale Princess Resort
(applies towards your GOS stay at this resort)

If your 60 day Detox Challenge isn't completed by April 30, 2013, get your completed story in by May 31, 2013 as we'll do this special drawing again! For more information on how to submit your challenge, go here.

Get busy with us. Stay grateful. And have fun!

Don't forget to take a break and tell us about your Trivita product and people experiences. Drop us a line or two at mamie@trivita.com.



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[#Hotels](#) [#Hospitality](#) Fairmont Scottsdale Princess Offers Summer Spa Specials
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1:40 PM - 29 Apr 13



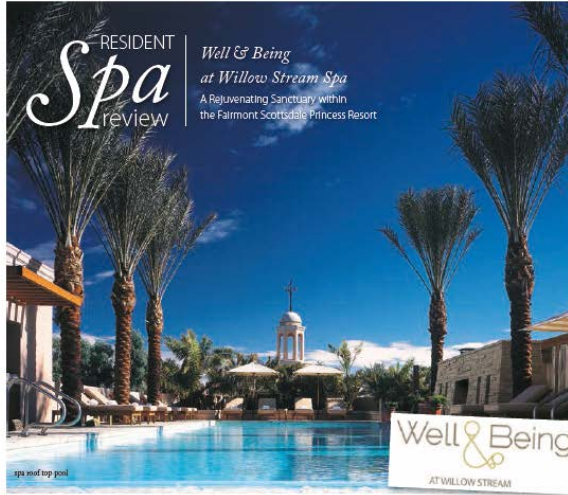
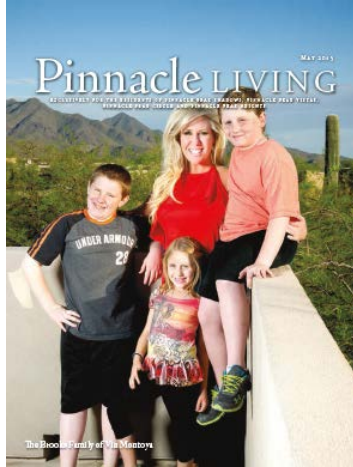
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@familytravels4um Follow

Summer Family Package at Upscale Fairmont Princess Scottsdale Resort:

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2:41 PM - 29 Apr 13



Building upon Willow Stream's exceptional reputation as one of the country's top-rated spas, the Fairmont Scottsdale Princess Resort is excited to introduce their new wellness program at Well & Being offering the only medically guided, personalized and fully-integrated wellness experience available in a luxury resort setting. Offered is a wealth of encouragement, information and resources regarding health, beauty, fitness and nutrition, along with their luxurious spa and salon experiences.

Escape to 44,000 square feet of tranquility and enjoy their heated rooftop pool and waterfall therapy. Experience exceptional body and beauty treatments. Get a fresh new look at their full-service salon. Be your strongest self with cutting-edge fitness, personal training programs, and mind-body classes including yoga and meditation. Learn new skills in the kitchen with nutritious cooking classes.

Pinnacle residents were treated to a wonderful day at the new Fairmont Princess Resort Well & Being Spa; and here's what they had to say:

Staci Brooks: I was excited to see the expansive renovation of the Princess Spa! My treat was a "leg works" pedicure, which started with a fresh glass of pink lemonade. The warm aromatherapy neck wrap sent me to heaven! My toes were soothed by a cactus mud wrap and the best leg and foot massage this side of the Mississippi!! The finishing touch was my choice of essential oils: mind, body and spirit. After being completely relaxed, my freshly manicured toes got a beautiful coat of luxurious color!! I would recommend this for anyone!!

Jamie Conkley: "Wow what an amazing place. Our day began with a tour of the Well & Being at Willow Stream. The place is truly a tranquil sanctuary. The atmosphere was soothing and



Jamie Conkley, Marlene Johnson and Staci Brooks



Relaxing in the tranquil courtyard



Hanging out in Aerial Yoga



Timmy Mullins, L.A.C., acupuncturist with Doree Downing, M.D., Medical Director



Jamie Surfing



calming throughout. After the tour we enjoyed a boot camp class and then headed for the real treat, the massage. This was indeed a pleasurable reward after a challenging workout.

We continued the day with some shopping at the hotel boutique, then headed straight to the roof-top pool for some good conversation, sunshine and a light lunch. All in all it was an extremely gratifying afternoon that provided a pleasant day of R&R. I look forward to returning and experiencing a different rejuvenating treatment on my next visit."

Marlene Johnson, Assistant Publisher/Editor: "It's a tough job, but somebody has to do it! Yeah, going to the spa is part of my job... Aside from getting to know Jamie and Staci on a more personal level, it was a great opportunity to enjoy Well & Being's wonderful "radical facial" - 45 minutes of pure bliss Radical is one of the most powerful anti-aging skin care lines available (Cwynth Paltrow and other Hollywood stars swear by it). Afterwards, my glowing skin felt refreshed and nourished. I definitely felt renewed, relaxed and ready for my next deadline!"

Sparty Celebrations at Well & Being!

Mom's, Daughters, Girlfriends let us plan a special time together for Mother's Day or any other special occasion party! Call to book a Sparty - 3 or more guests booking a 60-minute massage, body or facial treatment receive a *spa lunch complimentary*, a party favor from the spa and spend the rest of the day enjoying a fitness class together, lounging at the spa rooftop pool and in the heated waterfalls. Advanced 24 hour reservations are required for all parties.

- Individual offers (cannot be combined with above sparty)
 - Book two 60-minute spa treatments and receive \$20 off, a \$40 savings
 - Book two 90-minute spa treatments and receive \$50 off, a \$100 savings

**Book two treatments offers are available for you to enjoy alone, or to share with a friend. Services must be booked for the same day!*

Please mention *Pinnacle Post* when booking your services to receive your special savings.

DISCLAIMER: The business services in this section provided products and/or services free of charge in exchange for this review.



10 Wellness Retreats for Every Type of Traveler

05/02/2013 | 12:25 PM

According to a 2012 study published in Travel Pulse, 9 out of 10 Americans say they feel happier after taking a vacation. That's not surprising, considering the negative effects a busy schedule can have on your mind and body. If travel is so good for your health, why not unplug with a wellness retreat? Put a healthier twist on your next vacation with the following ideas:

8. Total Spa: The [Fairmont Scottsdale Princess' Well & Being at Willow Stream Spa](#) draws on Southwestern roots and time-tested Asian influences. The first of its kind in the United States, it offers spa and medical services, nutrition consultation and innovative fitness classes like aerial yoga.



WHERE TO STAY

The Phoenix-Scottsdale area is home to dozens of award-winning and stunning hotels and resorts. While the choices are virtually endless, here are a few standouts to get you started:

Fairmont Scottsdale Princess: Situated on 65 acres, the AAA Five Diamond Fairmont Scottsdale Princess is an oasis in the desert, offering 640 oversized guest rooms, five swimming pools, a kid's program, four award-winning restaurants, state-of-the-art meeting facilities and a brand new spa concept: Well & Being at Willow Stream. For those who come to golf, the resort is adjacent to two 18-hole championship golf courses, including the Stadium Course, home to the PGA Tour's Waste Management Phoenix Open and named one of the "Top 10 Public Golf Courses in Arizona" by Golf Digest. (scottsdaleprincess.com)

Sanctuary Camelback Mountain Resort and Spa: Luxurious mountain and spa casitas offer awesome views of this 53-acre, AAA Four-Diamond resort, which features an Asian-inspired spa experience, dining by "Iron Chef America" winner Beau MacMillan at Elements, plus swimming, tennis and hiking. (sanctuaryoncamelback.com)

Four Seasons Resort Scottsdale at Troon North: Relax in a one- or two-story adobe casita, enjoy one of three restaurants, or head to the spa for a customized, signature treatment at this 230-room resort nestled at the foothills of Pinnacle Peak. (fourseasons.com/scottsdale)

FireSky Resort & Spa: Experience the four elements at FireSky, a resort designed to create a magical world of comfort and beauty near Old Town Scottsdale, where you can shop, visit local galleries, dine, hit the nightclubs and more. Or, take a short trip to see Cactus League spring training. Scottsdale Stadium, the official San Francisco Giants spring training facility, is located just 10 minutes away. (cactusleague.com). Back at the resort, enjoy dining, spa treatments or a poolside cocktail. (fireskyresort.com)



The Fairmont Scottsdale Princess offers the perfect oasis of relaxation in the desert.

10 Wellness Retreats for Every Type of Traveler

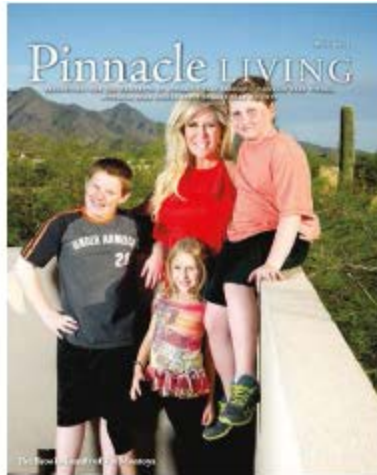
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RELATED: [Now Boarding. Learn To Fly Right For Better Health](#)

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Tammy Milby, L.A.C. acupuncture with
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Jimie Soeing



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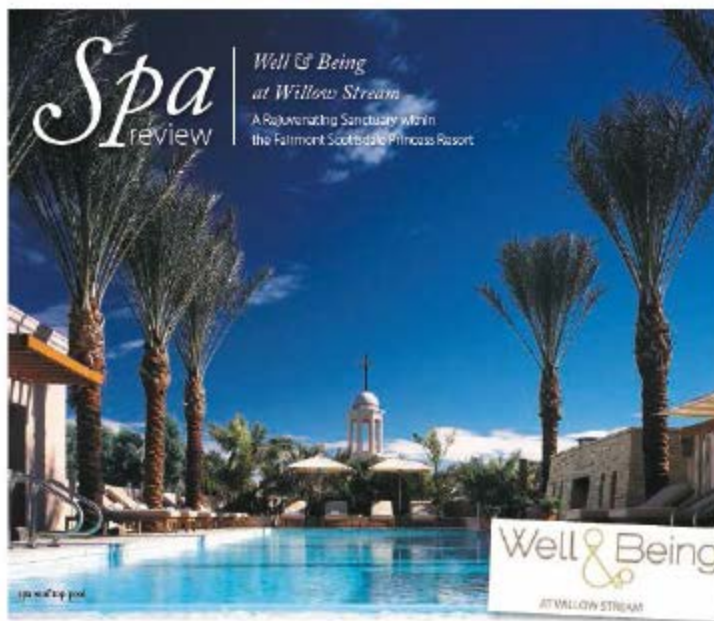
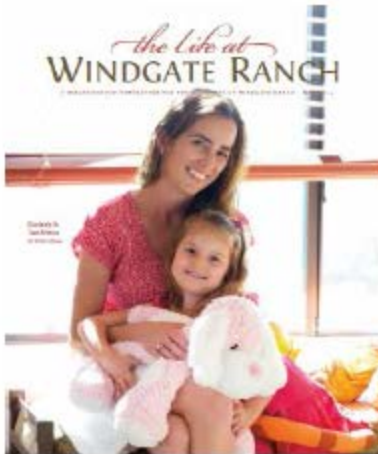
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DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review



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Escape to 44,000 square feet of tranquility and enjoy their heated rooftop pool and waterfall therapy. Experience exceptional body and beauty treatments. Get a fresh new look at their full-service salon. Be your strongest self with cutting-edge fitness, personal training programs, and mind-body classes including yoga and meditation. Learn new skills in the kitchen with nutritious cooking classes.

Windgate residents Traci Cavendish, Tracy Davis and Diana Fradkowski were treated to a wonderful day at the new Fairmont Princess Resort Well & Being Spa; and here's what they had to say:



From Resident Traci Cavendish
Service: Hydrofacial

I thoroughly enjoyed my experience at Well & Being! The gym was well appointed with top of the line equipment. There were so many fitness classes to choose from; I wanted to take them all! I thought the suspended yoga was so innovative and I had a blast giving it a try. The spa facilities were gorgeous and the staff was very accommodating. I immediately felt relaxed. My hydrofacial was something I had never experienced. It felt like



my skin was being refreshed and nourished. Afterwards, my face glowed and was very soft. Lunch poolside was beautiful with comfortable chairs and mountain views. I could have stayed there all day. I would highly recommend Well & Beings and will definitely be going back. We are so lucky at Windgate, paradise is just down the street!



From Resident Tracey Davis:
 Services: Therapeutic Pedicure
 Facial & Well & Being Renewal (separate visit)

This was my first visit to the spa at the Princess. One of the first things I enjoyed was how accessible it is to our community. The facility is spacious and well decorated. One of the first things I did was to participate in their boot camp class and immediately wanted to return for the supercool-looking surfing class that uses "real" surfboards set on boost balls (we did a small test-scoo fun).

The salon is a beautiful building with lots of windows overlooking the tennis courts and grounds. The massage chair was the best I've experienced. It was also the best pedicure ever - the foot and leg mask and essential oils were amazing!

But, the Well & Being Renewal and Facial took the cake. Instead of good-smelling lotions, the spa uses essential oils, natural and local ingredients. Another first - a 90-minute massage - pure heaven! The facial used one of the latest technologies to stimulate my skin and I definitely looked and felt renewed after!



From Resident Diana Frankowski
 Services: Acromotherapy Massage

The Willow Stream Spa has always been my favorite spa in the valley. The Fairmont just renovated the

continued.



→ **Well & Being at Willow Stream Spa at [Fairmont Scottsdale Princess](#)** offers unique fitness classes such as **RIP SURFER**. RIP SURFER class utilizes SurfSET, which reinvigorates the typical cardio and weight training routine by fusing all the elements of surfing into a high-intensity fat-burning session. SurfSET shakes things up, continually challenging the body with dynamic angles, a fast tempo and an unstable surface.



Some of the best meals you'll have are served inside some of the top resorts. I checked into **Fairmont Scottsdale Princess**, which embraces Southwest decor

with custom, colorful architecture, a number of pools, and beautiful gardens. There are 540 rooms, five swimming pools, and five dining and bar options, including Richard Sandoval's *La Hacienda*. The creative Mexican dishes are insanely good, and don't think about leaving without trying the lobster tacos or nice posole and sipping one of their 240 tequilas. Commemorating their 25th anniversary last December, Fairmont Scottsdale Princess celebrates this year with special events and offerings. The biggest news is the debut of their new spa concept at the 44,000-square-foot **Well & Being Spa at Willow Stream**. It has a water circuit, steam, sauna, aromatherapy room, plunge pools, tennis courts, a terrace/pool, and some exciting treatments like the *Myofascial Release Massage*, which focuses on fascia, the tissue that needs to be fully relaxed for maximum benefit. If you're a yogi, sign up for *Hotel Yoga*, also new and so in demand they added more classes. It offers more stretch than mat yoga, considering you're using body weight for stretches rather than muscle strength. Fairmont is also a popular option for meetings, thanks to their brand-new, \$20-million, 32,000-square-foot, Palomino Conference Center. This addition increases the resort's total indoor/outdoor meeting and event space to 158,000 square feet, making it the largest meetings hotel in the entire Fairmont Hotels & Resorts collection worldwide.

TRAVEL+LEISURE

► Scottsdale: Spa package at the Fairmont Princess

 Arizona, Phoenix, Scottsdale

Why Go:

The Fairmont Scottsdale Princess is home to a Willow Stream Spa that's a desert oasis nestled in between cottonwood trees and majestic purple mountains. Most of the 27 treatment rooms have a private patio and other amenities include a waterfall cascading over red-hued stones. Try a Desert Moonlight Massage, which concludes with an evening swim under the stars.

Well & Being Willow Stream Relaxation

Package includes:

- Overnight accommodations
- \$200 credit per room, per night for Well & Being at Willow Stream Spa

For more information or to book, please visit [Fairmont Scottsdale Princess](#), or call (800) 267-7644.

→ [MORE DEALS](#)

PRICE From \$209

BOOK BY August 31, 2015

For more information or to book, please visit [Fairmont Scottsdale Princess](#), or call (800) 267-7644.



Photo: Courtesy of Fairmont Scottsdale

TRAVEL+LEISURE HOT DEALS

TODAY'S **HOT DEALS**

Sizzling Deals



Luxury Travel MAGAZINE

Inspiration for Discerning Travelers

Fairmont Scottsdale Princess Offers Rejuvenating Spa Packages this Summer Spa & Sport May 13, 2013 - Spa & Wellness, Golf Travel



As we approach the summer months, the Fairmont Scottsdale Princess' innovative new spa concept Well & Being at Willow Stream Spa is offering two rejuvenating packages designed to help guests relax and refresh.

The following pampering escapes provide a tranquil setting aimed at alleviating stress and nurturing the senses:

Spa-minded guests will rejoice in the A Suite for Spa Season Package, which offers a luxury stay combined with daily spa credits:

- Elegant accommodations in a Luxury Fairmont Suite complete with lavish amenities
- Daily breakfast for two adults
- A \$20 Well & Being at Willow Stream Spa credit towards any 60-minute body or facial treatment, per night, per adult
- Rates for the A Suite for Spa Season Package start from \$359 per night, based on double occupancy in a Fairmont Suite. This offer is available now through June 15, 2013

Guests seeking a restorative getaway are invited to spend their visit receiving spa treatments, relaxing in private poolside cabanas (located on the roof of the spa), taking a dip in the waterfall treatment pool, relaxing in the aromatherapy inhalation room, and working up a sweat during a specialty fitness class with the Well & Being Willow Stream Relaxation Package:

- One night of luxurious accommodations in a signature Fairmont room
- A \$200 credit per room, per paid night, to be used at the plush Well & Being at Willow Stream Spa
- The Well & Being at Willow Stream Relaxation Package is offered year-round, and rates are based on double occupancy. Rates begin at \$359 for the summer season



wednesday may 15, 2013



Dear Scottsdale Guest,

Sierra Ramm, teaches Aerial Yoga @ The Fairmont Princess, she is wearing our Scoop Me Up tank & our reversible Wunder Under Crop! We are so excited that this class is offered at Well & Being located at the Scottsdale Princess just down the street from us! We cannot wait to have her teach our Sunday yoga class here at the store @ 10:30. Do not forget to come flow with us this Thursday at W Hotel @ 8:30pm on the wet deck. Our ambassador Tawny Calvet & Samantha Lang will be teaching our hour flow! Hope to see you on your mat!

MOTHER'S DAY

HYATT MOTHER'S DAY PACKAGE

Treat your mother, grandma, mommy-to-be or favorite aunt to a special weekend. The package includes deluxe room accommodation with guaranteed check-in by 4 p.m. and a 2 p.m. checkout, plus a 10 percent discount on Spa Avania retail items. Prices begin at \$125 per night, excluding tax and resort fee, and the offer is subject to availability. Make reservations at bit.ly/MOM2013.

Details: 4 p.m.-2 p.m. Thursday through Sunday. Hyatt Regency Scottsdale Resort and Spa at Gainey Ranch, 7500 E. Doubletree Ranch Road, Scottsdale. Starting at \$125 per night. 480-444-1234. scottsdale.hyatt.com.

WELL & BEING AT WILLOW STREAM SPA

Mom and two friends can receive a \$20 discount each on a 60- or 90-minute spa treatment, plus a free spa cuisine lunch, in honor of Mother's Day. Use of the spa facilities, including exercise classes, workout equipment, sauna, steam, inhalation room, cold plunge, Swiss shower, therapy waterfalls and a rooftop pool, are included on the day of service. Dads can take advantage of the 24-

hour curbside pickup for gift certificates, already wrapped. Place orders daily from 6 a.m. to 10 p.m.

Details: 6 a.m. daily through Sunday. Well & Being at Willow Stream Spa at Fairmont Scottsdale Princess, 7575 E. Princess Drive. \$169-\$279. 480-585-2732, scottsdaleprincess.com.

ZOLTON'S SALON AND DAY SPA SPECIALS

Get a mother of pearl facial for \$69.95 exclusively from Carmen Cherry, or a spa facial and manicure/pedicure package for \$110 from select staff members. Zolton's also is offering a gift valued at \$30 with the purchase of a Mother's Day package, and other offers and specials on products in the salon. Specials are good throughout May. Manicures and pedicures not available on Sundays.

Details: 8:30 a.m.-5 p.m. Mondays, 7:30 a.m.-8 p.m. Tuesdays-Fridays, 7:30 a.m.-6 p.m. Saturdays, 11 a.m.-5 p.m. Sundays (through May 31). Zolton's Salon and Day Spa, 20821 N. Scottsdale Road, Scottsdale. \$69.95-\$110. 480-513-8414, zoltons.com.

MOTHER'S DAY COMEDY SHOWS

SEE NEXT PAGE

AZ REPUBLIC 5-8-13

Fairmont Scottsdale Princess Serves up 4th of July all Summer Long

JUNE 25, 2013 BY [ARIZONA HOME GROUP](#)



Wondering what to do this summer for your Stay-at-home vacation. Check out the [Fairmont Scottsdale Princess Resort](#) for a long weekend of family fun. Summer fun at the resort includes cool rides down water slides, zooming across a zip line and fireworks lighting up the night. Celebrating its 25th anniversary in star-spangled style.

The AAA Five Diamond resort is unfolding its "Fourth of July Freedom Fest," with concerts, fireworks, all-American fare, military tributes and poolside activities, with vacation packages benefiting military families, July 4 – 7, 2013.

Poolside, 200-foot water slides are lined by shady cabanas with all the amenities, with Dive-In movies and the Techno Glo Pool Party taking center stage weekend nights. During the day, the resort's new zip line offers a 240-foot, 25-MPH thrill ride across the lagoons. For more adventure, kids of any age cast a reel for bluegill, shoot hoops on the sport court, meet Cecil the desert tortoise or roast s'mores at the camp fire. Meanwhile, grown-ups can sample any of 240 tequilas at La Hacienda, escape for a day to Well & Being at Willow Stream Spa or savor an exquisite dish at Michael Mina's Bourbon Steak.

As the sun sets at the Fairmont Scottsdale Princess, fireworks light up the sky every Saturday night through Labor Day, September 2, 2013. The summer celebration crescendos during the Fourth of July Freedom Fest, July 4-7, with all-American picnics, concerts, Uncle Sam and ends over Labor Day saying bon voyage to summer with a "Dreamcation" a cruise ship themed weekend.

Every week in between, the resort has added activities for the whole family to enjoy such as the Techno Glo Pool Party after dark. Black lights, lasers, fog, LED hula hooping, glow-in-the-dark bubbles and a DJ pulsating techno music rock the pool 8 p.m. – 10 p.m. Friday and Saturday nights. Or, families can just chill and swim at the Dive-In movie, weekends at 8 p.m., with an intermission for fireworks at 9 p.m. on Saturdays.

TRAVEL • CULTURE • STYLE • ADVENTURE • ROMANCE!
PASSPORT

Some of the best meals you'll have are also inside some of the top resorts. I checked into **Fairmont Scottsdale Princess**, which embraces Southwest décor

with Spanish, colonial-style architecture, a number of plazas, and beautiful gardens. There are 649 rooms, five swimming pools, and five dining and bar options, including Richard Sandoval's **La Hacienda**. The creative Mexican dishes are insanely good, and don't think about leaving without trying the lobster tacos or mole poblano and sampling one of their 240 tequilas. Commemorating their 25th anniversary last December, Fairmont Scottsdale Princess celebrates this year with special events and offerings. The biggest news is the debut of their new spa concept at the 44,000-square-foot **Well & Being Spa at Willow Stream**. It has a water circuit (steam, sauna, aromatherapy room, plunge pools), tennis courts, a terrace pool, and some exciting treatments like the Myofascial Release Massage, which focuses on fascia, the tissue that needs to be fully relaxed for maximum benefit. If you're a yogi, sign up for Aerial Yoga, also new and so in demand they added more classes. It offers more stretch than mat yoga considering you're using body weight for stretches rather than muscle strength. Fairmont is also a popular option for meetings, thanks to their brand-new, \$20-million, 52,000-square-foot Palomino Conference Center. This addition increases the resort's total indoor/outdoor meeting and event space to 156,000 square feet, making it the largest meetings hotel in the entire Fairmont Hotels & Resorts collection worldwide.

Holistic Healing News: New Spa Concept at the Fairmont Scottsdale Princess - August 5, 2013

HOLISTIC HEALING NEWS

Your Source for Growing, Healing and Thriving

New Spa Concept at The Fairmont Scottsdale Princess



The new Well & Being program at Willow Stream Spa at the Fairmont Scottsdale Princess is a doorway of infinite possibilities. Well & Being blends the very best of conventional and complementary medicine to guide guests on a quest for optimal health.

Led by Medical Director and staff physician Diane Downing, MD, a graduate of the University of Arizona Center for Integrative Medicine Fellowship, Well & Being's team of experts in exercise physiology, nutrition, Traditional Chinese Medicine (TCM) and mind-body therapies focus on getting to the root of the problem, not just treating or masking symptoms.

In her new role, Dr. Downing will oversee the daily operations and staff associated with the medical, wellness, and integrative health programs offered through the new Well & Being program. She will also assist Dr.

Tieraona Low Dog, chief medical officer of Well & Being, in creating new programs and amenities. In addition, she will be seeing patients and providing health and wellness consultations.

Dr. Downing's areas of expertise include women's health, preventative medicine, cardiovascular health, and integrative medicine. She also has training in botanical medicine, nutrition, and energy medicine as well as mind/body therapies and lifestyle modification as approaches to disease management and prevention. Dr. Downing is a certified Reiki practitioner and has training in counterstrain osteopathic manipulation.

Whether patients are dealing with a chronic health problem, facing a major life event such as surgery or cancer, want options for managing menopause or are looking to enhance their energy and vitality, Well & Being's experts are here to guide them on their journey.

For more information about Well & Being at Willow Stream Spa, visit <http://www.scottsdaleprincess.com/well-and-being-at-willow-stream>



Valley Scene Magazine ONLINE EDITION

GREAT ESCAPES

Scottsdale for Spa is Just the Thing

By Rita Cook

An easy flight from Los Angeles, Scottsdale, Arizona is the perfect getaway with plenty of things to see and do. The spa lover will find this destination a virtual paradise and, if you should decide to bring your golf-loving spouse, there is plenty for him or her to do while you indulge at one of the area spas.

Top three spas include Morilocca Resort and Spa's Joya Spa, the Fairmont Scottsdale Princess's Willow Stream Spa and the Boulder's Resort renowned Golden Door Spa and you won't want to miss the signature treatments at each one.

At the Boulder's Resort, indulge in not only the spa, but spend a few nights too since the place is named after the 12-million-year-old granite boulders that encompass the landscape and you really can feel the energy of the earth at this little paradise.

Indeed, the Boulder's is nothing short of a desert hideaway with 160

guest suites and 61 villas, seven restaurants, two championship Jay



Morilocca-designed golf courses, eight tennis courts and, of course, the 33,000 square-foot spa.

The Boulder's Resort Golden Door Spa takes spa to the next level with an eclectic spa menu including the Astrological Soul Reading. The Astrological Soul Reading is all about guests being given the ability to gain

insight into the story of their soul's journey through the astrological chart, which is calculated by the spa guest's birth date, both time and birth place.

There is also a shamanic ceremonial healer onsite offering two treatments on the spa menu that combine natural regional ingredients with Native American traditions.

The spa uses the elements of Feng shui giving the entire place a Zen-like ambience that is reminiscent of the original Golden Door in Encinitas, California, but here the property has stayed true to its Native American roots in an effort to combine both parts to make a unified whole.

www.TheBoulder.com

Morilocca Resort and Spa is set in the foothills of Camelback Mountain with 295 guest rooms and 35 acres of desert landscape. If you stay at the property there is poolside dining including the signature restaurant and shopping menu onsite, but the real draw here is Joya Spa.



The spa is an oasis with a feel of being as you experience the spa's most modern take on the interpretation of the Hawaiian preparing the mind and body for *ahohu*. The spa was designed by Sylvia Sepiella who has spent time designing the likes of other domestic spas in the area and as far

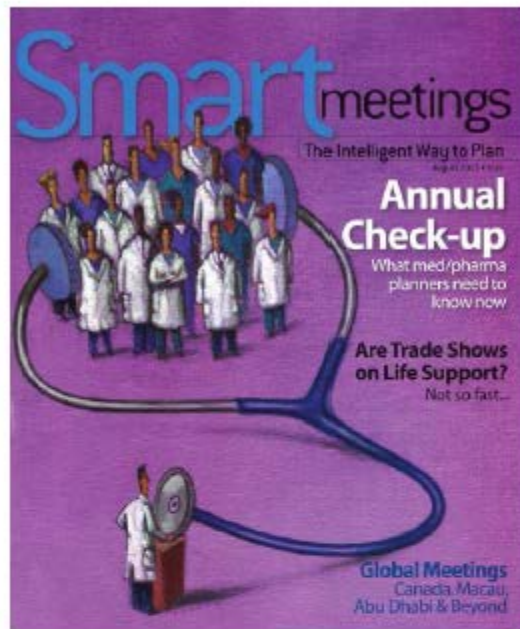
away as Hawaii, but the spa would be nothing without the treatments offered of which there are many to enjoy.

The reflexology practiced at Joya concentrates on their own version of this traditional practice and also includes the scalp and ear pressure points being manipulated as well.

The Joya Signature Manicure and Pedicure carries highly recommended and the manicure includes the use of organic Javanese sugar scrub, jojoba and diamond light exfoliator to get dry hands moving again, this is also offered in the pedicure as well. www.morilocca.com

The Fairmont Scottsdale Princess sits majestically on 450 acres in the heart of the Sonoran Desert. You get a mix of sophisticated Southwestern style alongside the amazing desert landscape. With two golf courses, a number of pools and tennis courts, the 44,000 square-foot Willow Stream Spa is the real draw here though for any spa junkie with an interior featuring sandstone interiors and waterfalls and lush onsite at the North, Calif. so you can start the relaxation experience early.

Putper yourself with a 90-minute stress relief massage hitting all the pressure points from head, neck, shoulders, back and feet and then by one of the facials like the Ultimate Advanced Age Correcting Facial with the latest skincare technology used in conjunction with a multi-acid exfoliant on the face and neck as well as hands and décolleté. Vitamin C and skin renewing enzymes to correct hyperpigmentation, fine lines and uneven skin texture are also used in this treatment so you come out feeling pampered and beautiful. www.fairmontscottsdaleprincess.com



>> INTELLIGENCE REPORT

Fitness First

Get Ripped

To help attendees stay high-energy and prepare for long days traversing the trade-show floor, fitness programs are key. Across the nation, properties are rolling out exciting new classes that are sure to get even the most exercise-resistant meeting-goers ready to break a sweat.



- Using interactive fitness machines at **Fontainebleau Miami Beach**, participants control characters on a TV screen with their aerobic and strength-training body movements—think Wii on steroids.
- **The Ranch at Live Oak/Malibu** in California tests the cholesterol of guests upon arrival and departure so they will see the change in their lipid profile. A week-long routine restricts guests to a 1,500-calorie-per-day vegetarian diet and gets them active with a four-hour hike, weights, body toning and yoga.
- For those who've always wanted to surf but don't live near an ocean, the **Fairmont Scottsdale Princess** in Arizona is offering Rip Surfer classes. The program utilizes land-based surfboards called SurfSet, which attendees board to perform a series of aerobic exercises mimicking the motions of surfing.



Organic Spa Magazine: *Desert Hot Spots* - August 2013

Health, Wellness, & Modern Green Living

organic spa

MAGAZINE

Desert Hot Spots

The Grand Canyon State offers some of the best eco-friendly spas in the country. Take a look at seven standouts in Scottsdale.

By Jonnie Nunn

There's much more to Scottsdale, Arizona, than sizzling temperatures, pristinely manicured golf courses, swimming pools lined with cabanas and palm trees. Framed by iconic Camelback Mountain and dotted with architectural gems such as Frank Lloyd Wright's Taliesin West, the city is home to some of the most innovative natural healing treatments at resorts and spas in the country. From healing turquoise-infused body wraps to inventive magnetic exfoliating scrubs to eliminate toxins, read on for spas and treatments to place on the don't-miss list.

WELL+ BEING SPA AT WILLOW STREAM FAIRMONT SCOTTSDALE PRINCESS

Just opened this year, the new Well+Being Spa at Willow Stream features onsite medical doctors, fitness and nutrition consultations, including a one-on-one body composition test done in a Bod Pod machine, and group classes such as Aerial Yoga done using a suspended, hammock-like cloth. Spa menu options range from an immune-boosting Ginger and Rosemary Bath to the Hacienda Retreat (60 minutes; \$179), complete with a yellow corn and lina body polish, a shea butter mask and an application of mojito body butter. scottsdaleprincess.com



The Business Voice of the Airpark for Over 30 Years

SCOTTSDALE Airpark News

All is Well & Being at Willow Stream Spa

Scottsdale Princess partners with
Trilogy Spa Holdings and expands spa
into the 'intentional living arena'

By Kimberly Hundley
Photos courtesy of Fairmont Scottsdale Princess

When folks at the Fairmont Scottsdale Princess began discussing changes last year to the resort's acclaimed spa, talk turned to how Willow Stream Spa could anticipate where the industry was going and differentiate its offerings among the "competitive set" as well as local spas.

Emerging trends around the world pointed to a comprehensive wellness approach vs. a sole focus on luxury relaxation.

"The idea being that groups, companies, individuals—everyone is realizing health care costs are on the rise, and it's far better to be an active proponent of your own health," says Brennan Evans, the spa's managing director. "Stress is such a huge factor of your total well-being, the spa could play a much greater role in helping people



Willow Stream's new state-of-the-art Aerial Yoga, where yoga poses are done with the support of a suspended silk sling to allow for great stretch and more intensity, promoting circulation and flexibility.



Orchid-jambian-arkia decorates from the swimming pool.



Architectural and design accents throughout the spa are inspired by Hawaiian Polki, a hidden oasis in the Grand Canyon.

be proactive. It could be a one-stop shopping experience where you could touch on the many facets of health and wellness."

The concept was also a savvy fit with the resort's target client.

"Fairmont Scottsdale Princess does a high volume of group business—60 percent of our total business is group related, and the rest is luxury leisure travel,"

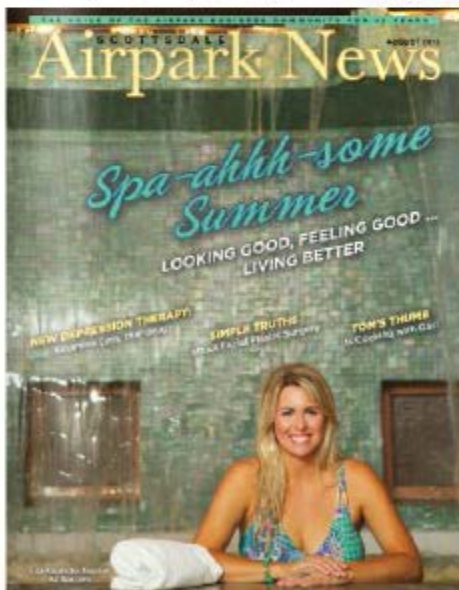
says Evans. An ability to emphasize health benefits to companies looking for a retreat destination counteracts the dreaded AIG Effect. "It allowed groups to say, 'We can be more on board with investing in this if there is truly a health benefit to our employees, and they can come here for an event, reduce stress levels and develop better as a team.' That's far different than saying, 'We're footing the bill for a luxurious facial and massage.'"

Whole Health

To develop the new spa concept, the Fairmont partnered with Trilogy Spa Holdings, which marries the "Well & Being" brand, embracing a foundation of whole health, inspiring guests to be healthy, balanced and more energetic versions of themselves. The spa's also has a new name, Well & Being at Willow Stream Spa, the first luxury resort in the United States to implement Well & Being's medically guided and customized wellness experience at its spa, combining health, wellness, nutrition, integrative medicine, fitness and advanced skincare.

Jack Miller, general manager of the Fairmont Scottsdale Princess, said it was important to find a partner to "build upon the luxurious Willow Stream Spa experience and expand services into the wellness/intentional living arena."

Services and programs are offered a la carte or as part of a package for overnight resort guests, spa day guests and for conven-



tion groups. Locals who purchase any spa treatment are welcome to attend a variety of fitness and other classes at no charge.

Guests may take advantage of as much or as little of the menu of wellness tools and experiences as they choose.

New Offerings

The array of new services ranges from diagnostic health tests and targeted skincare treatments, to acupuncture, massage, aromatherapy and traditional Eastern therapies. Additionally, Well & Being at Willow Stream Spa now offers cooking classes, guest lectures, and popular fitness programs, including mind/body offerings encompassing traditional and cutting-edge yoga, Pilates and movement classes.

Along with all of the new offerings, the spa menu of services expanded with an even greater variety of massage, body and skincare treatments. Spa-goers can still simply enjoy a massage and manicure, as well as local treatments such as the Havasupai Falls Rejuvenation and the Hacienda Retreat body polish.

Under the direction of integrative medicine expert Tiernon Low Dog, M.D., Well & Being at Willow Stream Spa has its own medical doctor and certified integrative medicine practitioners on staff to implement a specialized holistic approach toward healthy living and lifestyle.



The Bio Pod, an infrared sauna, is used for infrared sauna treatments, and is among the services employed by the spa's physicians.

Fitness

The spa has also expanded its fitness facilities, dedicating several studio spaces to yoga, meditation, tai chi and breathwork, reinforcing the emphasis on intentional living and mind and body balance. One of the most popular new yoga offerings—especially for corporate groups—is Aerial Yoga, where yoga poses are done with the support of a suspended sling to allow for great stretch and more inversion, promoting circulation and flexibility.

The facility also offers a wide range of fitness equipment and programs such as TRX Suspension Training, CrossFit, and Immersion Rip Surfer Classes, in which participants balance on a board attached to inflated balls, simulating the outboarding experience—complete with videos of Hawaii beach waves.

"People can get like they are surfing the wave. Fun is very important to these people. You don't want it to be too hardcore, heavy or intense," says Evans. "Everybody has priorities and deadlines. If we can help provide a respite from that, that in and of itself is a really great thing."

A recent addition this summer is Floor Thai Massage, also called "lazy man's yoga." Participants, who sit on a futon mat and wear loose-fitting clothing, are stretched out by the therapist, who applies pressure with hands, feet, body, etc.

Already, Willow Stream has seen a lot of traction among clients with the new fitness and group exercise programs. "We've pretty much doubled the number of classes," Evans says.

Along with the fitness programs, the spa boutique has been expanded, creating a "lifestyle" shopping experience featuring performance-based product lines such as Radical Skincare, Naturopathica, Body Bliss and Willow Stream Ener-G.

The spa's salon is now a stand-alone facility, directly adjacent to the spa, with a dedicated nail and pedicure lounge, and hair and makeup services.

Capturing the essence, elegance and energy of its surroundings, the 44,000 square-foot Well & Being at Willow Stream Spa offers 30 treatment and wellness consultation rooms, a full-service salon, fitness studios, a rooftop oasis pool and light, nutritious snack. Separate men's and women's locker rooms include steam rooms, saunas, mud/crystal inhalation rooms, and relaxation pods. Inspired by the stunning aquamarine beauty of the Havasupai Falls, a hidden oasis deep in the Grand Canyon, Willow Stream's design and architectural accents highlight a three-story therapeutic waterfall, Sedona sandstone, river rock, fountains, streams, gardens and natural light throughout the facility. ■

More: www.scottsdalepress.com 480.525-2732

About.com – July 18, 2013
New Treatments at Scottsdale Spas



New Treatments At Scottsdale Spas

By [Anitra Brown](#), About.com Guide

Having watched this [video](#) on interesting new treatments that you can get at spas in Scottsdale, I have a new spa to-do list:

the "bod pod" body composition test and aerial hammock yoga class at Well&Being at WillowStream, the new destination-style spa at The Fairmont Scottsdale Princess
Tok Sen, an ancient vibrational therapy treatment from Thailand that you can only get at The Spa at Sanctuary on Camelback Mountain
an "intuitive body buff" at The Waldorf Astoria Spa at The Boulders. It will be introduced in the Fall. I know it will involve exfoliation, but other than that, I can only imagine.

New Beauty – July 12, 2013
10 Unique Spa Treatments Worth Trying: Cupping

NEWBEAUTY

THE BEAUTY AUTHORITY



Cupping

Where to try it: [Well & Being at Willow Stream, Fairmont Scottsdale Princess, Scottsdale, AZ](#)

What it is: A Chinese medicine tradition that is quickly becoming popular with celebrities, the cupping treatment features a therapist who uses heat to create a vacuum in a cup as she quickly places it along the skin in a gliding motion. Typically performed on the back and shoulders or thighs and butt, the suction technique works to shift the body's energy, or Qi, in order to increase circulation, promote healing and relieve pain, as well as help reduce the appearance of cellulite. Because toxins are being pulled to the surface, discoloration or slight bruising may occur temporarily post-treatment.

Local Luxe – July 2, 2013

Experience Fairmont Scottsdale Princess' Third Annual Fourth of July Freedom Fest

LocalLuxe Find a Destination

Experience Fairmont Scottsdale Princess' Third Annual Fourth of July Freedom Fest

Posted: Jul. 2nd, 2013



The **Fairmont Scottsdale Princess** is gearing up for Independence Day with their 3rd annual Fourth of July Freedom Fest from July 4-7. The luxurious AAA Five-Diamond resort will be hosting concerts, fireworks, and patriotic picnics during the four-day event. They will also feature military salutes and a new zip line for guests to experience.

Beginning on July 4, tribute band **Zowie Bowie** will kick off the nightly concerts against a fireworks-laden sky. On Saturday, **Foreverland** will take the stage as they recreate hits from the Jackson 5 era. During the weekend, each of the five sparkling pools and 200-foot waterslides will be open, a welcomed treat under the Valley's hot sun. Featuring fog, disco lights and a live DJ, the **After-Dark Techno Waterslide** is a great way to spend the summer evening. New this year, the speedy 25 mph, 37-foot-high zip line will take you 240-feet across the lagoons.

Further highlighting the holiday, an all-American breakfast, lunch and dinner buffet will be served and concert treats will include snow cones and a full cash bar from 7 p.m. - close. What is the Fourth without an all-American picnic? Throughout the event, poolside barbeques will be serving hot dogs, hamburgers, baked beans, potato salad and a pie buffet. Adults will also be invited to try out the festive custom-crafted cocktails and boozy slushies.

For families, the resort has created poolside games, lagoon fishing, a sport court and Trailblazers Family Adventure Center to keep children entertained during their stay. While lounging out by the pool, check out the array of stations set up for a day of fun with a giant bubble making corner, wooden turtle races, badminton, volleyball, limbo, bocce ball and underwater bingo. **Bobcat Billy**, the resort's mascot, will also be making an appearance. Family flicks will be screened at the Dive In movies on Friday and Saturday nights as guests float on inner tubes in the South Pool beginning at approximately 8 p.m.



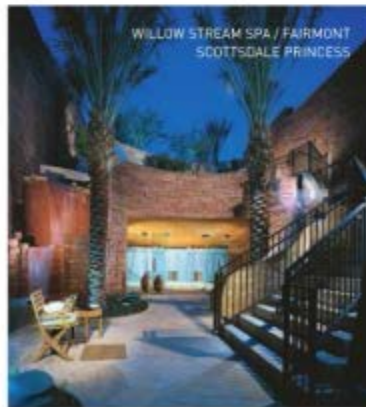
Hosted by **Shake Rattle and Troll** radio and famed fisherman **Don McDowell**, the resort's fishing tournament will begin at 8 a.m. on July 4. Prizes will be awarded for biggest fish and other categories; separate children and adult divisions will be available. Activities around the resort include pampering at the spa, a first-class golf course, and dining at an award-winning restaurant. If you're craving a holiday-weekend of rejuvenation, the Fairmont Scottsdale Princesses' **Well & Being at Willow Stream Spa** is a great way to unwind after all the celebrating. The 44,000-square-foot spa offers a comprehensive program of services and treatments including cutting-edge fitness classes.

Elite Traveler – July/August Issue
Desert Detox



DESERT DETOX

Prepare for the royal treatment at **Fairmont Scottsdale Princess's** new **Well & Being at Willow Stream Spa**. The addition of the innovative and personalized wellness programs not only helps complete the final phase of the \$60 million renovation at the AAA Five Diamond resort, but makes this oasis in the desert ideal for health-conscious vacationers. Customized experiences combine health, wellness, nutrition, integrative medicine, fitness and advanced, pampering skincare at the spa that has chief medical officer Dr. Tieraona Low Dog and integrative medicine expert Dr. Diane Downing on staff and offers diagnostic health tests and acupuncture. Fresh offerings include aerial yoga in the recently unveiled spa atrium, cooking classes at the exhibition kitchen and the HydraFacial (\$149), a results-oriented treatment designed to improve skin texture, hydration and tone while providing the highest level of antioxidant protection. Also new is a calendar of "Intentional Living" retreats led by



world-renowned wellness experts. The three- to four-day weekend getaways feature topics such as fearless living, healing sleep and women's wellness. Of course, spa-goers can still enjoy their favorite signature treatments and authentic, local therapies, like the two-hour Havasupai Falls Rejuvenation (\$319), which includes a body exfoliation, massage and scalp massage, as well as the features the spa has come to be known for, such as the rooftop oasis pool, eucalyptus inhalation rooms and relaxation pools.

Contact: Managing Director of Well & Being at Willow Stream Spa Brennan Evans, (866) 540-4495; scottsdale@fairmont.com; www.scottsdaleprincess.com

Style.com – July 17, 2013
The 411: Naturopathica's Barbara Close



BEAUTY Counter *blog*

THE 411: Naturopathica's Barbara Close

BEAUTY INSIDER July 17, 2013 2:17pm

The Relaxing Fix: Well & Being Spa

"Well & Being at the Fairmont in Scottsdale, Arizona, offers a comprehensive range of natural therapies with some of the best alternative health practitioners in the States today. This is a destination point for renewal not to be missed."

For more information, visit scottsdaleprincess.com



SUNNY SCOTTSDALE

Servicing Your Well Being Chris Ryall



26 APR 2013: After being in a car accident last month my mind and body were craving some soothing and relaxing. Being the spa addict that I am it was only natural that I headed to one of the best spa destinations anywhere in the world – Scottsdale, Arizona. A four hour flight away and you are guaranteed sunshine with no guest appearances from Old Man Winter.

Scottsdale, Camelback, Lincoln are all roads in Scottsdale that lead you to spa salvation. You never have to go more than a few blocks to find a spa. Without question one of the premiere spas in Scottsdale and in fact in North America is Fairmont Scottsdale Princess' Well & Being at Willow Stream Spa.

It used to be simply called the Willow Stream Spa but the "Well & Being" was added in January 2013. It is the first and only luxury spa in the United States currently to implement Well & Being's medically guided and fully-customized experience which combines health, wellness, nutrition, fitness and integrative medicine.

Even before the change this spa has won numerous accolades from Travel & Leisure's "Top 25 Hotel Spas", Conde Nast Traveler "Top 50 Spas", SpaFinder "Reader's Choice World's Top 10" and Mobil Travel Guide "Four Star Spa."

Though ranked as one of the best spas anywhere fortunately it doesn't come with that attitude. The only star treatment is the one every guest will receive.

MY KIND OF WELL BEING

The Well & Being at Willow Stream spa breaks down its vast range of treatments and services into five areas: Connected Living (Spa) – a variety of massages, scrubs, body wraps, facials and signature treatments; Beautiful Living (Salon) – hair treatments from shampooing to waxing, pedicures, manicures, colour tinting and bridal services; Active & Balanced Living (Fitness & Mind-Body) – group exercises, yoga, strength conditioning and weights; Intentional Living (Medical & Health) – health and nutritional assessments, fitness plans, acupuncture, cupping, intentional living coaches, metabolic testing and Zoo sleep manager.

The final area is Experiential Living (Workshops). There must be a minimum of four people but why not try out these 50 minute workshops – “Discover Your Inner Foodie”, the “Conscious Epicurean” or even “Good Night Sweetheart.”

The Zoo Sleep Manager is an interesting programme which monitors your sleeping patterns overnight. You need to download the software program and app onto your iPad or iPhone. Unfortunately it isn't Blackberry friendly so that was my excuse to my wife since she wanted to check out to see if I had sleep apnea.

It was stressful just to decide which treatment I wanted. I figured I can just say “Good Night Sweetheart” to my wife when I return – just practice on the plane. I wasn't ready to do a fitness or nutritional assessment since during my stay I was doing an intensive microbrew evaluation study. The study was going well – the increased weight and my noticeable paunch proved it.

The “Transformation Facial”, “Correcting Anti-Aging Facial” or “Miracle of Life” and “Deep Tissue Odyssey Massage” massages all sounded tempting. Let's face it my body needs help. I decided on the 90-minute Purification Ritual (\$269 US). Friends and family are split on whether my mind or body needs purifying most.

PURIFY ME

A friendly receptionist welcomes me – thankfully the non-pretentious kind. I go on a tour first of the 44,000 square foot sprawling facility which has 27 treatment rooms, spa suite for couples, relaxation lounges for men and women, water therapy rooms, spa café, salon, fitness centre, MVP room for men, outdoor waterfall treatment area, yoga classes, and rooftop pool and cabanas – only for spa guests.

During the tour I was intrigued by the Cirque de Soleil style set-up in their gym. I had the urge to give their TRX suspension training a try until thankfully my brain cells kicked in just in time. Seeing a chubby 50 year old man suspended in the air is not aesthetically pleasing.

After the useful tour I dashed off to the men's change room. The designer got it right – it's mainly (insert bear chest motion here) and not a floral pattern in sight. I utilize the steam room, dry sauna, inhalation room and hot tub before my treatment to get that knotted body of mine relaxed and warm.

Let the purifying begin.

In the simple but warm and inviting treatment room with gender neutral décor Tami the therapist begins with an exfoliation – cast away those dead skin cells I say. She applies a Black Silt clay containing Indian Sarsaparilla and Arabica coffee – I'm beginning to emit a freshly brewed coffee off my body. This wakes me up searching for my cup of java. Tami applies this mud wrap all over my hairy body. Hollywood backsons – I could now play the part of a hairy swamp-like monster from a horror movie.

Thankfully being an older experienced therapist she's seen her share of monster-like bodies. The mud wrap is supposed to increase circulation and help in minimizing cellulite. Next stop on the road to purification is my face. She cleanses it with an oat polish followed by a refreshing aloe and peckly pear mask. Thankfully the peckly pear is no longer peckly – cactus needles and my face wouldn't get along. Tami works and rejuvenates my face as I'm all wrapped up in a cocoon. She gives me a very pleasing and invigorating scalp massage and hair conditioning treatment using avocado oil mixed in with essences of lime blossom and sweet blood orange. With all these fruit extracts and essences around my head and face I feel I could become the male version of Carmen Miranda.

After a thorough rinse in the shower I hop back on the table for a very soothing full-body massage by Tami who uses a combination of bergamot, citrus and aloe body lotion.

Was I purified? Well my skin felt silky smooth, body rejuvenated, and my mind in a peaceful state. But purified? That's a challenge with me. I now wanted to seek out the Tequila Goddess employed by Fairmont Scottsdale Princess that I saw the night before at their fine dining restaurant La Hacienda.

We still had some lessons in tequila tasting to complete.

www.scottsdaleprincess.com
www.willowstream.com

Experience Scottsdale – July Issue
Huge Meeting Space; Killer Spa & TPC Golf



The 649-room **Fairmont Scottsdale Princess** in Arizona is a rejuvenating destination for groups with purple Sonoran desert skies and the vibrant McDowell Mountain Preserve in its backyard. It's easy to chill out at the pristine 65-acre property with warm desert temperatures, world-class golf, lavish chef restaurants and a one-of-a-kind spa.

The Fairmont unveiled its new \$20-million Palomino Conference center in late 2012, increasing total indoor/outdoor meeting space to 166,000 sq ft. Following the addition, the hotel is now the largest meetings hotel in the Phoenix portfolio.

"With the double ballroom spaces, we try to make it seem as if you are off property and in a totally different environment," says Yvonne Lee, director of public relations, who told us about an annual client that recently used both ballrooms. "They suspended the dance floor so you can see below it. Our La Oron performed and all three of our restaurants contributed to the menu."

Our favorite event venue is the Wild West-themed four-story Crown P. Canal. The venue seats 600 pax for dinner and 1,200 for standing receptions. This fancy meeting space is ideal for thematic events including horse rides, country music, gunfight stage shows, rock shows and a photo booth for attendees dressed in traditional frontier costumes.

Groups can sit back on rocking chairs and sip piñon wine on the terrace with the mountains as the perfect backdrop, while a blacksmith makes leather luggage tags for the whole group. We recommend you bring your cowboy hat and boots.

"Crown P. Canal is a reprise of an 1800s Western town," says Lee. "You feel the immediate shift in setting, even though the steps away from your hotel rooms."

The **Willow Stream Spa** is hidden above the beautiful Hacienda Plaza on the resort's expansive grounds. Be sure to try the Willow Stream hot tub experience, a water pressure massage that focuses on all tension points.

The spa features a luxurious rooftop pool, private cabanas, a eucalyptus inhalation room and lush gardens. Fairmont debuted the "Well & Being" program this year, which is a medically guided wellness experience that combines health, nutrition, integrative medicine, fitness, skincare treatments and spa services.

"The spa is not just about over-indulgence," says Brennan Evans, spa coordinator. "It's a spa that will help groups be proactive about their health."

Another big selling point for the Fairmont Scottsdale is the direct access to the **TPC Scottsdale** golf courses. Groups up to 200 can enjoy customized golf events throughout the two golf courses and club house at the 18th hole. The Champions Course and Stadium course feature upscale amenities that let everyday golfers play like the professionals.

"When groups come here, they can experience a day-in-the-life of a PGA player," says Chris Walker, tournament manager. The course has a new 20,000-seat coliseum structure at the 18th hole, making it the largest spectator golf venue in the country. "We're not your average golf course."

Deliriously Chef Michael Mink is showcasing contemporary American steakhouse cuisine for group dinners at his **Bourbon Steak** restaurant. Dry aged beef is prepared in butter, seared and then grilled slowly over Mink's specially designed wood flame cooking pit. Bourbon Steak makes it easy for planners with a 5-course group menu served in any of the five semi-private rooms.

To end our trip we floated 5,000 feet in the air inside a 200,000-cubic-foot balloon. Based in Phoenix, **Hot Air Expeditions** operates a dozen balloons for groups that can each hold up to 12 pax. The best part may have been the all-foam meal at the end. To learn more about our balloon flight, check out the full story on page 28.

fairmont.com; hotairexpeditions.com
experiencescottsdale.com

Redbook Magazine – July Issue

The Top 10 Most Relaxing Resort Spas in the U.S. – Well & Being at Willow Stream Spa

redbook

The Top 10 Most Relaxing Resort Spas in the U.S.

From havens of six-mile sunrise hikes to destinations that encourage full days of chilling in pool cabanas, Kindle and cold drink in hand, we present the best hotel and resort spas across the country. Lay back, relax, and breathe very deeply. By Sandra Ramani



Fairmont Scottsdale Princess, AZ

With two golf courses, five restaurants, 65 Sonoran Desert acres, and numerous fire pits, lagoons, and fountains, this **iconic resort** does things big. New is Well & Being at Willow Stream Spa, a whole-body concept that takes Fairmont's spa offerings to the next level. The beautiful amenities—like a rooftop pool for spa guests only, a courtyard with waterfall pools, and a food-and-fitness-focused atrium—alone are stress-relieving. You can choose à la carte treatments like desert salt scrubs, Sedona clay masks, massages, and hydrating facials, or dig deeper with individual health, fitness, and nutrition consults, or a session in traditional Chinese medicine. We particularly love the Zeno Sleep Manager, a gadget that you borrow overnight to help track your sleep patterns, then return for results and take-home tips—or a follow-up with a sleep coach.

spa radar

ARTISAN ESCAPE

Painters heading for inspiration will find it with The Art of Relaxation package at the Montage Resort and Spa (Napa, CA). The promotion debuted in April in conjunction with Napa Valley's Arts in April, a month-long celebration of art and culture. Available through the summer, it includes a set of easels, canvases, palettes of paints, and brushes for two open checks in. Also included are museum hotel accommodations, a bottle of sparkling wine, and a Spa Terra welcome amenity at turndown, as well as multiple spa treatments in the award-winning spa. "This is a package designed to allow guests to experience the true beauty of the Napa Valley and to make memories that will last a lifetime," says David Thomas, director of sales and marketing. "Where else can you go and not only take breathtaking photographs but also paint your own masterpiece? The Art of Relaxation embraces the picturesque vistas of Napa and encourages our guests to channel their inner artist while having a truly relaxing, memorable, and magical vacation." —J.C.C.



The Touché Hotel Napa and Spa provides inspiration to artists.



Floating and aerial yoga are among the unique offerings at Fairmont properties.



yoga mania

Yoga enthusiasts can find a home on the road at one of many Fairmont hotels that are offering unique hybrid yoga sessions. Flo-Yo (Floating Yoga), for example, is a total core workout at The Fairmont Orchid (Kohala Coast, HI) where guests perform 40 minutes of serene floating yoga (sun salutations, balancing poses, and more) atop standing paddleboards at sea. The participants of Aerial Yoga at The Fairmont Scottsdale Princess's **Well & Being at Willow Stream** use a fabric hammock suspended from the ceiling to glide and release into each soothing pose. In Bermuda, at the Fairmont Southampton, guests rise and shine with Sunrise Yoga on the beach, while the Fairmont Singapore offers Full-Moon Yoga in September during the Mid Autumn Festival of the Chinese Lunar calendar. For world travelers who want to keep up with their practices, it's a mantra made in heaven...j.c.c.



SONORAN ADVENTURE

Outdoor adventures are just as much a draw to the Phoenix-Scottsdale area as the famed golf, spas and spring training.

BY MICHELLE MYERS

LOCATED A HALF-DAY'S DRIVE OR SHORT ONE-HOUR DIRECT FLIGHT FROM JOHN Wayne Airport, the Phoenix-Scottsdale area makes for a perfect desert escape from Orange County. While Phoenix is the country's most populous state capital at nearly 1.5 million, the smaller resort town of Scottsdale is the destination of choice for many desert lovers looking for a getaway. Golf remains one of the main attractions, with nearly 200 golf courses offered locally, while others partake in some rest and relaxation in Scottsdale's spas—the city is known for having one of the highest numbers of destination spas per capita, as well as some of the country's most luxurious spas and top wellness practitioners.

In addition, the area is increasingly known for its plethora of outdoor activities and abundant open space. Located in the vast and unique Sonoran Desert, Scottsdale boasts 350-plus days of sunshine a year and is home to the 21,400-acre McDowell Sonoran Preserve, perfect for hiking, biking, climbing, horseback riding, rafting, fishing, bird-watching and more.

WHERE TO STAY

The Phoenix-Scottsdale area is home to dozens of award-winning and stunning hotels and resorts. While the choices are virtually endless, here are a few standouts to get you started.

Fairmont Scottsdale Princess: Situated on 85 acres, the AAA Five-Diamond Fairmont Scottsdale Princess is an oasis in the desert, offering 648 customized guest rooms, five swimming pools, a kid's program, four award-winning restaurants, state-of-the-art meeting facilities and a brand-new spa concept: Well & Being at Willow Stream. For those who come to golf, the resort is adjacent to two 18-hole championship golf courses, including the Stadium Course, home to the PGA Tour's Waste Management Phoenix Open and named one of the "Top 10 Public Golf Courses in Arizona" by Golf Digest (scottsdaleprincess.com).

Sensory Camelback Mountain Resort and Spa: Luxurious mountain and spa casita offer awesome views at the 50-acre, AAA Four-Diamond resort, which features an Aaliya-inspired spa experience, dining by "Iron Chef America" winner Beau MacMillan at Elements, plus swimming, tennis and hiking (utahyondercamelback.com).

Four Seasons Resort Scottsdale at Troon North: Relax in a one- or two-story adobe casita, enjoy one of three restaurants, or head to the spa for a customized, signature treatment at this 210-room resort nestled at the foothills of Pinnacle Peak (fourseasons.com/scottsdale).

Firesky Resort & Spa: Experience the four elements at Firesky, a resort designed to create a magical world of comfort and beauty near Old Town Scottsdale, where you can shop, visit local galleries, dine, hit the nightclub and more. Or, take a short trip to see Cactus League spring training; Scottsdale Stadium, the official San Francisco Giants spring training facility, is located just 10 minutes away (cactusleague.com). Back at the resort, enjoy dining, spa treatments or a poolside cocktail (fireskyresort.com).

76 DUNS.1E.COM



Hitting the Trails

The skies are wide open and blue, framed by striking mountains. The Sonoran Desert, which stretches from Arizona down into Mexico, is a magical place with its towering saguaro found only in the Sonoran. These iconic cacti only grow "arms" when they reach 20 to 100 years old. They can reach 50 feet tall and live between 150 and 200 years. This special desert ecosystem is bursting with unique flora and fauna, and because Scottsdale has so much open space, there are countless ways to get out and explore nature.

The Scottsdale area is home to 300 miles of trails, 60 of which are in the McDowell Sonoran Preserve. Head out to hike or mountain bike in the early morning to view the most animals as well as beat the heat. Keep a special eye on the blooming and fruiting plants, which attract birds and butterflies. You may even spot a desert

terrace, which can grow up to 14 inches long and live up to 40 years.

Those seeking a tougher challenge can go vertical, with more than 200 named climbs in the preserve under a variety of difficulty ratings. The desert isn't all dry either. The Verde, Upper Salt and Lower Salt rivers make for great rafting, kayaking, canoeing, fishing and tubing. There are also six lakes within an hour's drive.

If you don't want to go it alone, sign up for a naturalist-led hike, or climb, bike or hit the waters with an outfitter. Several area outfitters offer horseback riding as well, for a true Western experience and a great vantage point for viewing the Sonoran Desert.

Flying High

Ready to take a hot air balloon ride? The Phoenix-Scottsdale area offers great weather for taking off and enjoying sunrise views of the sub-

PHOTO: SHUTTERSTOCK/STEFAN WOLFF; COURTESY OF THE SCOTTSDALE PRINCESS; COURTESY OF THE SCOTTSDALE PRINCESS; COURTESY OF THE SCOTTSDALE PRINCESS; COURTESY OF THE SCOTTSDALE PRINCESS



Bourbon Steak's sliders, Fairmont Scottsdale Princess



Four Seasons Resort Scottsdale



Enjoy one of Scottsdale's famed golf courses, such as those at the Four Seasons Resort Scottsdale at Troon North.

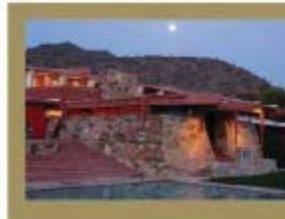
ky and coconuts, with several hot air balloon companies showcasing. Those who are afraid of heights may be surprised that the hot air balloon experience is so slow and smooth — almost like floating — that most people aren't scared at all, and find the adventure truly astounding. To celebrate a successful voyage, participants end the ride with a Champagne toast and breakfast as the balloon is packed away.

Balloons aren't the only way to take to the skies in Scottsdale; visitors can also book a multi-year adventure to see the Native American cliff dwellings, take a helicopter tour to the Grand Canyon's South Rim, or try a powerful parachute experience.

While golfing, spa and Cactus League baseball spring training are all great reasons to visit the Phoenix-Scottsdale area, coastal Orange County's outdoorers will find the natural adventures yet another reason to head west.

Whether dining, flying, taking a top tour or any adventure in between, the singular Sonoran Desert transports visitors to a Western landscape just made for outdoor play.

To learn more about the activities mentioned here, visit experience.scottsdale.com and



VISITING TALES IN WEST

Travelers who appreciate architecture aren't just in luck: a trip to Taliesin West, the winter home and school of Frank Lloyd Wright from 1937 until his death in 1959. The school is still open to the grounds, where architects draft and work daily. This architectural gem from the master himself is open for tours daily. mrandywright.org

WHERE TO DINE

Many of Scottsdale's resorts feature celebrated restaurants by star chefs. La Hacienda by Richard Serdovai at the Fairmont Scottsdale Princess was voted the No. 1 Mexican Restaurant in Arizona (Ranking Arizona, 2012). The restaurant features a tequila bar with more than 200 varieties to go with its delicious, indigenous ingredient-driven Mexican cuisine. The resort is also home to Bourbon Steak by acclaimed chef Michael Mina, offering natural, organic and hormone-free cuts of beef, slow-poached and finished over the wood-burning grill. fairmont.com/portofobolanding

Experience Native American culture at Kai Restaurant at Sheraton Wild Horse Pass Resort & Spa, where Chef de Cuisine Joshua Johnson uses local ingredients from the Gila River Indian Community to capture the essence of the Pima and Maricopa tribes. wildhorsepassresort.com

With a long list of awards, Cuesence Restaurant at the Fern at South Mountain is famous for its daily menus featuring contemporary American cuisine focused on seasonality. cuesencerestaurant.com

Partake in the well-known and well-celebrated hybrid cuisine of chef Vincent Guarnault at Viteo at Camelback, where the French-trained chef combines classic techniques with the flavors of the Southwest. viteoatcamelback.com

Visit Zagat (zagat.com) to peek into more of the area's top restaurants.



gadgets

2013-05-20 11

We all know how hard it can be to motivate yourself to hit the gym while on vacation, but some hotels are making working out more appealing by offering cutting-edge fitness technology and diagnostic testing. Going far beyond the standard hotel gym, **Fontainebleau Miami Beach**, **Fairmont Scottsdale Princess** and **The Ranch at Live Oak / Malibu** have taken the lead in providing guests with customizable tools designed to help them achieve their health and fitness goals.



Well & Being at Willow Stream Spa at Fairmont Scottsdale Princess offers unique fitness classes such as **RIP SURFER**. RIP SURFER class utilizes SurfSET, which reinvigorates the typical cardio and weight training routine by fusing all the elements of surfing into a high-intensity fat-burning session. SurfSET shakes things up, continually challenging the body with dynamic angles, a fast tempo and an unstable surface.

<http://www.fairmont.com/scottsdale/>

texas
weddings

Magic Spa IN THE DESERT

Fairmont Scottsdale Princess

Located on 65 acres in the beautiful Sonoran Desert, the Fairmont Scottsdale Princess features two huge conference centers for corporate events, 649 guestrooms and suites, five unique restaurants and lounges, five heated outdoor swimming pools including slides and waterfalls, and five tennis courts.

It is also the home of two golf courses – the famous Stadium and Champion courses.

Well and Being at Willow Stream

If that's not enough to keep you busy, then the 44,000 square-foot, AAA Five Diamond Willow Stream Spa will. It delivers a personal wellness program for anyone who wishes to include optimal health into their vacation. Well and Being's medically guided and customisable programs combine, health and nutrition, as well as integrated medicine and fitness. Combine your choice of skin-care, body wraps and massage.

My Experience

This was one of my best spa experiences! I started the day with a Pilates class in the morning. After donning a robe, I headed to the steam room which was eucalyptus infused. I followed this up with a dip in the hot Jacuzzi Whirlpool for a few minutes. To cool my body off, I jumped into the Cold Pool and then headed to the Inhalation Room.

What is an Inhalation Room you may ask? It's a room-temperature, eucalyptus-infused, holistic experience that helps your breathing ability. In the room, I found myself meditating and praying with a sense of gratefulness to be in this magical place.

Next, I meet up with a group of girls for a spa lunch. In the afternoon, I engage in a 90-minute Well & Being Renewal Body Treatment which included a gentle body scrub followed by a massage with essential oils to uncover fresh glowing skin. My second treatment was a 90-minute Anti-Age Correcting Facial, which incorporated a multi acid, exfoliate of the face, neck, décolleté and hands that helps with hyper-pigmentation and a hydration mask. The face mask was put over my eyes and lips, too, which was unusual at first, but I found myself falling asleep before it was over.

The Spa Mesa Rooftop Pool is not only a great place to get a tan but to enjoy the beautiful Arizona sunset. Part of the spa experience is the waterfall that cascades over the red Sedona-hued stones. The waterfall provides a hydro massage for your shoulders and back. I came back to the spa the second day just to indulge in the pool and the waterfall experience.

I came back from this trip renewed, motivated and re-charged! Looking for that same feeling? Schedule your bachelorette party at the Fairmont Scottsdale Princess.

Carla Menendez

www.fairmont.com/scottsdale





healthytravel

FALL 2013

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DAUGHTER
GETAWAY

KEY WEST
WELLNESS

ROMANCE
IN TENNESSEE



Fall Fresh Skin

Experts weigh in on their favorite autumnal spa treatments

by SHELBY LANDRY

Fall and beauty go hand-in-hand: Just like trees shed their leaves in preparation for the long winter ahead, it's also a great time to replenish skin after the harsh, hot summer and sneak in some personal relaxation before the holiday chaos takes over. We asked some of our favorite beauty experts to share their favorite fall beauty treatments with us.

BRENNAN EVANS

*Managing Director at Well & Being
at Willow Stream Spa at Fairmont
Scottsdale Princess, Scottsdale, Arizona*

"Embracing the concept of total well-being is a full-spectrum experience. At Well & Being our goal is to provide a comfortable, world-class environment that allows guests to not only learn about wellness but also appreciate the time taken to luxuriate in body and skin therapies. Our mud/scrub bar services are designed for total customization based on skin types and needs. Our exclusive blending bar features a full range of locally sourced body polishes and detoxifying muds that restore skin and replenish energy."
(800) 257-7544; fairmont.com/scottsdale

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TRAVEL & OUTDOORS

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WILLOW STREAM

Fairmont Scottsdale Princess
7575 E. Princess Drive,
480-585-8848
scottsdaleprincess.com/well-and-being-at-willow-stream.

This is not the place to dash in, get your massage and leave. Plan to arrive when this palatial spa opens and leave when it closes. Start with a fitness class your gym probably doesn't offer, such as aerial hammock yoga. Choose a traditional spa treatment such as a massage, facial or pedicure. Or go all out and sample the new health and wellness offerings, which include an integrative health assessment and stress-management techniques. Have a healthy lunch at the spa cafe. Relax at the rooftop pool. End your decadent day at La Hacienda restaurant next door to the spa. The happy-hour menu features gourmet tacos for \$4 and margaritas for \$6.

— Dawn Gilbertson

BEST NORTH VALLEY
HIKE
NORTH MOUNTAIN
NATIONAL TRAIL

North Mountain Park
10600 N. Seventh St., Phoenix,
602-262-7901,
phoenix.gov/parks/trails/locations/northhiking.

Need an invigorating hike you can squeeze in before work, even in the summer? Head for North Mountain Park and the paved North Mountain National Trail. Think of it as nature's stair climber. Those in reasonable shape can do it in less than an hour. The hardest exercisers run up the path and back—twice. Parking is plentiful in the lots off of Seventh Street and Peoria Avenue. From those lots, a short hike through a rocky area leads to the trail. The big decision when you reach it: head up the path to the towers, or make it more challenging by heading down to the beginning of the paved path and starting from the bottom. (Parking at that trailhead is sparse.)

— Dawn Gilbertson

BEST EAST VALLEY
HIKE
GARDEN VALLEY
LOOP

Superstition Wilderness, First
Water Trailhead

Forest Road 78 (off Arizona
88 just east of Lost Dutchman
State Park), Apache Junction,
480-610-3300.

www.fs.usda.gov/tonto.

This gem of a hike packs considerable diversity into 5 miles. Because the route involves three trails and several choices for closing the loop and returning to your car, it's best to bring a map. You'll start out winding through typically rugged Superstition terrain. This is a good place to see flowers in the spring. Soon enough the rocks give way to the wide, flat Garden Valley. You might spy potsherds here, and it's worth your time to climb the small hill just west of the trail junction to look for grinding holes used by the area's early residents. You'll walk across the grassy area, then drop

From Laughing Yoga to Optimal Performance: Fairmont Scottsdale Princess Presents Inspiring New Spa Elements for Meetings



Energized, enlightened and empowered to live life more productively; that's the "Live It Well" philosophy of the new meetings menu with a wellness twist at the Fairmont Scottsdale Princess. Well & Being at Willow Stream Spa, a new spa concept the resort introduced earlier this year, combines health, wellness, nutrition, integrative medicine, cutting edge fitness classes and advanced skincare. Now, conference planners can

incorporate this innovative spa approach in their event programming, offering attendees a broad array of spa-themed experiences that encourage optimal productivity and performance, both in and outside of the workplace.

This comprehensive group menu offers fully-customizable and fun activities that meeting planners can weave into their meetings, retreats and events held at this AAA Five Diamond resort. Either taking place in the spa itself, or taking the "spa experience" to the resort's expansive new Palomino Conference Center, wellness group options range from breakout sessions with stretching or short dance workouts, to meeting enhancements such as a Wellness Lounge with soothing music and smoothie shooters or a Spa Lunch with tips for mindful eating techniques. Attendees have limitless opportunities for engaging in healthy pursuits as part of their conference time. Fairmont Scottsdale Princess' new offerings include:

Meeting Enhancements such as:

15-Minute Conference Breakout Sessions with Well & Being at Willow Stream Spa fitness experts who lead guests in breathing, stretching, laughing, relaxing, reviving and other movement designed to stimulate blood flow, relieve tension, relax muscles, re-focus minds and energize bodies.

Wellness Meeting Enhancements such as salt scrubs at all sinks, warm or cooled towels during each break, smoothie shooters, healthy fruits and snacks, plus a lounge where attendees can put their feet up, listen to relaxing music and collect their thoughts.

Group Challenges are available in the form of a Mason Jar Challenge food preparation demo and contest to learn about preparing healthful foods in a fun and competitive atmosphere. A Ropes Tug-of-War and Zumba Challenges are also available to energize and burn calories.

Spa Fitness Series that comprise private group fitness classes held in the spa's workout studio, yoga room, or outdoors in the serene and beautiful surroundings of Fairmont Scottsdale Princess. Conference guests can select from Fitness Hula Hooping, Yoga, Boot Camp, Zumba, Rip Surfer, Aerobics and Meditation classes to name a few.

Spa Lunch and Learn Series topics are educational and enjoyable, sharing lifestyle benefits and healthful culinary arts. Examples of these interactive group sessions include:

Savor Every Bite – Mindful Eating has a focus on women's health topics and provides mindful eating techniques, with a healthy cuisine lunch.

Relax, Detoxify & Slow Aging – This session teaches the group about slowing the aging process through food, supplements and exercise. Demonstration on acupressure and stress-busting techniques are provided with a healthy cuisine lunch.

Customized Group Spa Experiences – Well & Being at Willow Stream Spa's Group Experience Manager will design the ideal itinerary combining treatments and classes that best fit a group's specific program needs and appeal to guest interests. These include:

- o Spa and Salon Treatment blocks, up to 30 treatments per hour, which includes a personalized welcome flier for the group
- o Fitness Activities and Classes, such as Fun Run, outdoor meditation or Yoga, and Zumba
- o Ten-minute Chair Massages, ideal for groups, particularly upon arrival
- o Biometric Health Screenings and Wellness Fair, up to 32 guests receive confidential health screenings followed by fun, interactive demonstrations
- o Tennis – Tournaments, CardioTennis, or round robins for larger groups
- o Gift Baskets filled with spa wear, shoes, healthy items and supplements from the Well & Being Community Market

Owned by a joint venture between Strategic Hotels & Resorts, Inc. (NYSE: BEE) and Walton Street Capital, L.L.C., Fairmont Scottsdale Princess is a AAA Five Diamond resort and meeting destination in the heart of the Sonoran Desert. The resort's recent expansion of its conference facilities, including the new Palomino Conference Center and renovated Princess Conference Center, has further established it as a distinctive meeting destination. The resort now has a total of 156,000 square feet of indoor/outdoor meeting and event space, making it the largest meetings hotel in the Fairmont Hotels & Resorts collection worldwide.



Well & Being brand, managed by Trilogy Spa Holdings, embraces a foundation of whole health, inspiring guests to be healthy, balanced and a more energetic version of themselves. The Fairmont Scottsdale Princess is the first location to have Well & Being, delivering a personal and sustainable wellness program to guests who wish to incorporate optimal health and lifestyle choices with guidance before, during and long after they leave the resort setting. The resort is located at 7575 East Princess Drive in Scottsdale. More information about Fairmont Scottsdale Princess is available at www.scottsdaleprincess.com or by calling (480) 585-4848.

SPECIAL EVENTS

New Skirball Guerin Pavilion, Spa Options at Fairmont Scottsdale, Princess, Blue Train Tours Oct 23, 2013



Fairmont Scottsdale Princess Adds Spa Options

Event planners can add experiences from the "Live It Well" spa program to their meetings at the Fairmont Scottsdale Princess in Scottsdale, Ariz. Either taking place in the spa itself, or taking the "spa experience" to the resort's new Palomino Conference Center, wellness group options range from breakout sessions with stretching or short dance workouts, to meeting enhancements such as a Wellness Lounge with soothing music and smoothie shooters or a Spa Lunch with tips for mindful eating techniques. The resort offers a total of 156,000 square feet of indoor/outdoor meeting and event space.

Incentive Travel Heats Up Again

By Carolyn Koenig October 2013

Planners seek unique options for food, adventure, wellness and more

Wellness is In

Van Dyke reports that 62 percent of the respondents in IRF's last survey say they are either concerned about wellness as a part of their programs or are reviewing how to incorporate it, or have actually implemented a series of changes to integrate wellness into their program's experience. "We anticipate that this trend will increase substantially in the coming years, driven by both business and participant demand," she says.

Pam Gilbert, director of sales and marketing for the Fairmont Scottsdale Princess in Arizona, has seen the trend gain momentum firsthand. "The fitness side of incentive programs is becoming more popular," she says. "Top performers are also invested in taking care of themselves, and value the opportunity to stay fit while they're here." The Arizona property offers a wellness component at its spa and a nutritionist who provides lunchtime cooking classes, tips on how to have a great meal and eat healthy, and how to pack healthy lunches for school kids.



Fairmont Scottsdale Princess

www.TheMeetingMagazines.com
CORPORATE
& INCENTIVE TRAVEL
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Fairmont Scottsdale Princess Debuts Wellness Meetings Menu

The Fairmont Scottsdale Princess launched a new meetings menu with a wellness twist. Well & Being at Willow Stream Spa, a new spa concept the resort introduced earlier this year, combines health, wellness, nutrition, integrative medicine, cutting-edge fitness classes and advanced skincare. This comprehensive group menu offers fully customizable and fun activities that meeting planners can weave into their meetings, retreats and events held at the 649-room resort. Wellness group options range from breakout sessions with stretching or short dance workouts, to meeting enhancements such as a Wellness Lounge with soothing music and smoothie shooters or a Spa Lunch with tips for mindful eating techniques as well as dozens of additional options. Attendees have limitless opportunities for engaging in healthy pursuits as part of their conference time. The luxury Arizona resort, which boasts 156,000 sf of indoor/outdoor meeting and event space, is the largest meetings hotel in the Fairmont Hotels & Resorts collection worldwide. www.scottsdaleprincess.com



Lawn yoga at The Fairmont Scottsdale Princess.

OCTOBER 2013

THE SPA PROFESSIONAL'S CHOICE

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MILK + HONEY (AUSTIN, TX)



(From the Deck)



What has been your favorite or most successful holiday promotion?



"The holiday season is all about giving. At Well & Being at Willow Stream Spa, this really means taking the opportunity to give someone the gift of health, relaxation, and total wellness. Our Drive Through gift

card program is by far our most successful program that we run every year. All you do is call our spa reservations line and purchase a gift card over the phone. We then package it up beautifully—

continued on page 56

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perfect for placing under the tree—and all they have to do is drive through our hotel front entrance valet, and we have it ready for them. No wait, no hassle, no long lines. We also find that partnering with charitable organizations every year (last year, we supported Phoenix Children's Hospital) where a percentage of the proceeds for services booked goes to benefit the charity is a great way to get people in the holiday and giving spirit while pampering themselves in the process."—Brennan Evans, managing director, Well & Being at Willow Stream Spa at Fairmont Scottsdale Princess (AZ)

TRAVEL BLOGS

THE **BLOG**

*Featuring fresh takes and real-time analysis from
HuffPost's signature lineup of contributors*

5 Hip and Cool Yoga Destinations

Posted: 10/21/2013 9:44 am

2. Fairmont Scottsdale - Scottsdale, Arizona

Take Your Practice to new heights using a fabric hammock suspended from the ceiling for the incredible experience of Aerial Yoga. This unique practice allows guests to overcome gravity as they glide and release into each soothing pose. Specially trained yoga instructors guide guests through each pose safely, designing classes for everyone, regardless of yoga experience and fitness level. (866) 540-4495; scottsdaleprincess.com

A DESERT DEPARTURE

Scottsdale, Arizona

WHEN WINTER ON THE EAST Coast gets too sloshy, chilly and gray, a trip to the verdant Sonoran Desert offers a clear solution. Home to some of the best golfing in the world, Arizona also features premiere spas, adventure activities, and cultural education about the experiences of indigenous people.

Fall and winter are popular times for northeastern families in search of fantastic cuisine and fun. Doug MacKenzie of Visit Phoenix says the city boasts "an endless array of activities to keep the kids happy and active," with outdoor options including swimming, hiking, ATV and jeep tours. Museums like the Children's Museum of Phoenix or Musical Instrument Museum provide stimulation for growing minds. If you prefer to divide and conquer, parents can set their kids up with entertainment during the day and venture out on their own for relaxation. "There are several kids' fun camps like the Phoenicians Kids Club at The Phoenician [*thephoenician.com*] or The Trailblazers Kids Club at Fairmont Scottsdale Princess," MacKenzie tells *Scouter*.

Luxurious Lodging

The 65-acre five-diamond-rated Fairmont Scottsdale Princess resort [*scottsdaleprincess.com*] boasts an impressive family-friendly agenda: well-appointed suites and casitas give families plenty of room to spread out, and special Fairmont Gold packages allow access to a sanctuary clubhouse with concierge service, complimentary breakfast and a cocktail hour, plus lounges and movies. Aside from a professional tennis center and pools (including a splash pool with 200-foot watersides), a major draw to the resort is the 36-hole TPC Scottsdale Stadium Golf Course.

"We have plenty of parents who drop their kids off and return in time for family dinner," says Ethan Brown, director of the resort's Kids Club and Trailblazers program. The center offers wildlife exploration, fishing, arts and crafts, games, sports, water sports—even panning for real gold. The Kids Club team caters to each young participant's needs, so kids are in charge of how they

spend their days. One of Brown's newest additions is a popular weekend zip line that rushes riders across a pool at nearly 25 mph.

Fanciful Fare

For farm-to-table families, Scottsdale won't disappoint, with dozens of choices for every palate. A great choice for starters is the Fairmont's La Hacienda, which serves up Mexican cuisine with European flare. They offer great kids' options, as well as meatier plates (and over 240 tequilas!) for adults. Do not miss the incredible, seasonal guacamole menu.

In a historic 76-year-old adobe home, you'll find Old Town Tortilla Factory [*oldtowntortillafactory.com*], which blends Native American and Sonoran recipes with delicious regional ingredients like corn, chilies, cactus, beans, citrus, and more than two dozen types of tortillas. If you're looking for a fun, sports-grill atmosphere for the whole family, make a reservation at the Four Seasons' newly opened eatery Proof. Here you can savor home-style comfort fare and grilled food sourced entirely from America's 50 states. The beers are out of this world.

Parental Indulgence

While the kids are busy enjoying the Fairmont's Trailblazers recreational programming, sneak out for a tour of

Scottsdale's finest spas. Kick off your day at the rewfangled Well & Being at Willow Stream Spa at the Fairmont. Select a treatment from the Trilogy Spa Holdings' *à la carte* menu, then meander from steam room to bath to the state-of-the-art fitness center and just rejuvenate.

Next, head to the foothills of Pinnacle Peak, where you'll discover The Spa at Four Seasons Resort Scottsdale at Troon North [*fourseasons.com/Scottsdale*], renowned for its numerous treatments that rely on the natural botanicals and oils of the Sonoran Desert.

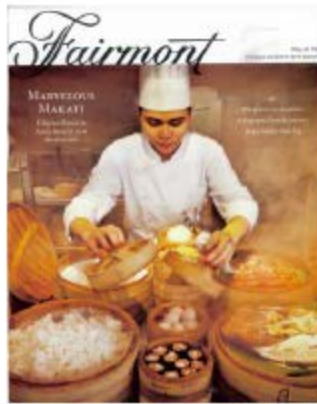
If you have time to spare before picking up the kids, make the hike to the stunning Spa at Camelback Inn [*camelbackinn.com*], where you can pamper yourself with an Adobe Clay Purification Treatment.

Active Amusement

Wake up early and take a hot air balloon ride with Hot Air Expeditions [*hotairexpeditions.com*]. It's a phenomenal way to introduce the Sonoran Desert landscape to the family through experienced captains and locals. On this smooth, breathtaking ride, your family can view the lush flora and varied fauna from well over 1,500 feet, or as low as 10 feet as you coast over the lower habitats. Once you've safely landed, enjoy a 100-year tradition of break-



The state-of-the-art interactive learn and learn lab program at the Musical Instrument Museum is an exciting way to learn about music from cultures around the world.



Thrill Seeker

A photograph showing two people practicing aerial yoga in a studio. They are suspended in blue fabric hammocks, performing various poses. The studio has a wooden floor and a stone wall in the background. The lighting is warm and inviting.

Beyond the Mat

Stretch your limits on the ground and in the air with tips from Fairmont's yoga experts.



CHRISTMAS IN SCOTTSDALE
Fairmont Scottsdale Princess

Ring in the holidays in sunny Arizona with the Christmas at the Princess Family Package. From November to January, the desert hotel becomes a winter wonderland with activities like ice skating and visits from Santa Claus for the kids (and fireside winter cocktails for the grown-ups).
fairmont/scottsdale.com

Award-Winning Facilities

The grounds at the Fairmont Scottsdale Princess include a mystical landscape of lagoons, fountains, waterfalls, fire pits, date palms and other colorful desert plants, expansive green spaces, and present lush contrast to the desert surroundings. This magnificent 66-acre resort in the heart of the Sonoran desert offers world-class hospitality and is a proud recipient of the AAA Five Diamond Award.

A favorite place to meet, play or simply relax, this breathtaking destination offers five award-winning restaurants and lounges, state-of-the-art indoor and outdoor meeting facilities and wedding venues and all of the superb amenities you'd expect to find at a world-class resort. Enjoy the lush Wet & Being Spa at Willow Stream Spa, a modern fitness center, two championship-level TPC golf courses, two sparkling heated pools, as well as outstanding dining, entertainment and recreation for the whole family.

Kids can venture out to Trailblazers Kids Club, visit the desert tortoise habitat or swim in the Sonoran Splash Pool – a 6,000-foot complex with two 200-foot slides for the big kids and pop jets for the little ones. Families can also enjoy catch-and-release fishing in the stocked lagoons or even experience a taste of the 1800's complete with Western gunslingers, working blacksmiths, happening bands and liver tasty barbecues at Crown Court, a fun private venue facility.

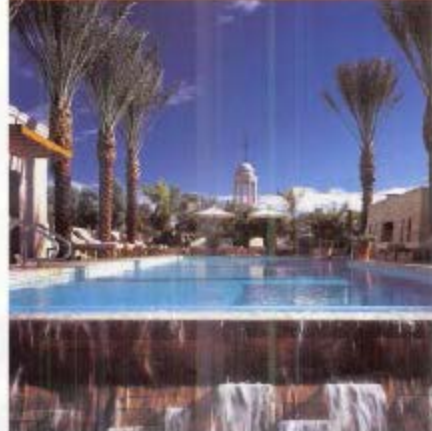
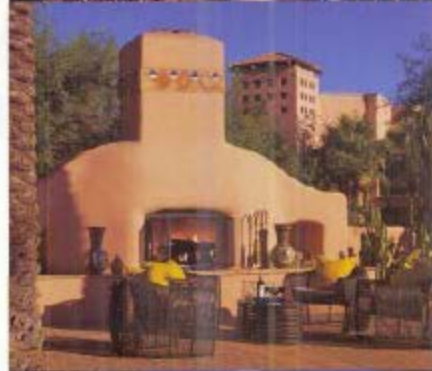
Adults looking to unwind can be pampered poolside, take in a yoga class, enjoy a massage and other lavish spa treatments, or dine in style at any of the award-winning eateries. Enjoy a cozy dinner for two at Michael Mina's Bourbon Steak, sample exotic potions mixed up by a certified Tequila Goddess at La Hacienda, take a romantic stroll around the waterfall oasis or even take an evening dip at the adult-only rooftop zero-level pool at the spa. The Fairmont Scottsdale Princess truly has something for everyone!

“After a great day in the sun, visit La Hacienda by Richard Sandoval, and enjoy signature lobster tacos and any of 240 tequilas.”

Fairmont Scottsdale Princess

7575 East Princess Drive
Scottsdale, Arizona 85255
(480) 585-4648

scottsdaleprincess.com





Best place to dance the fat away: Pure Barre

Best place to dance the fat away

Pure Barre
 Pure Barre's fitness routines revolve around a ballet bar and carefully choreographed exercises to maximize fat burning. Each class focuses on common "problem areas" and requires intense focus, which aims to leave participants feeling mentally refreshed.
purebarre.com | 480.309.0100

Readers' choice: Pure Barre

Best place to get eyeliner tattooed

Sally Hayes Permanent Makeup
 Never again will you get out of bed or the pool worried about what your "makeup" looks like. The Valley's best place for permanent eyeliner tattooing promises lasting results that won't fade.
permanentmakeup.com | 480.951.0539

Readers' choice: Get Up and Go Makeup

Best budget day spa

Canyon Falls Spa & Salon
 Want an exceptional spa experience without deviating from your budget? Grab four- to six-hour body services for less than \$100.
canyonfalls.com | 480.998.1330

Readers' choice: Canyon Falls Spa & Salon

Best splurge day spa

Willow Stream at the Fairmont Scottsdale
 Soak in a jacuzzi, inhale the steam or take a Swiss shower at this top-notch spa. Willow Stream offers body scrubs, fitness activities, acupuncture and aromatherapy, and an integration of wellness services worth the splurge.
fairmont.com/scottsdale/willow-stream | 480.585.4848

Readers' choice: Sanctuary Camelback Mountain Resort & Spa

Best place to wax it

Serenity Skin Spa
 Getting rid of unwanted hair can be painful and uncomfortable. Serenity Skin Spa offers an option that prevents the wax from sticking to the skin, so you can get the look you desire without suffering all the pain. The Valley's leading licensed esthetician creates a calming environment to make you more comfortable during your session, making it the best place to wax it.
serenityskinspa.com | 480.601.0205

Readers' choice: Salon D'Shayn



Fit to Travel

Ever come back from a vacation only to feel like you need a vacation? It may be time to try one that focuses on wellness. **BY JEFFREY JAMES KEYES**

Whether you'd prefer to hit a canyon hiking trail, catch a wave or practice yoga in a rain forest, there are plenty of destinations where downtime and fitness go hand in hand. We've selected options from which you're sure to return feeling revitalized and looking more chiseled. You might even bring home a new dedication to living well as a souvenir.

THE ISLAND EXPERIENCE

The Island Experience is an exotic adventure fitness and cleansing program founded by a group of friends on Ilha Grande, Brazil—just down the coast from Rio de Janeiro. Their seven-day program is designed to detoxify and de-stress. Visitors take two yoga classes per day, eat a completely plant-based diet, embark on exciting outdoor activities and receive a series of massages to leave guests feeling like a million bucks. Other activities include rain forest hiking in one of the last strongholds of the Atlantic Forest, and sea kayaking/snorkeling on Lagoa Azul and Praia da Felicidade. In addition to fitness and nutritional programming, guests are also introduced to elements of the Brazilian culture through samba, capoeira, painting and the local arts scene. islandexperience.com

WELL & BEING

The rainforest Sotomaior Princess (a Southwestern resort in the heart of the Sonoran Desert) partnered with Tiligay Spa Holdings in 2012 to launch an innovative spa concept: Well & Being at Willow Stream Spa, a personal, sustainable wellness program. Well & Being utilizes a medically guided, customized wellness experience that combines nutrition, integrative medical fitness and advanced skincare. Among the extraordinary offerings are aerial yoga, Pilates, TRX Suspension Training, CrossFit, Gunk Cycle, cooking classes and lectures. Additionally, the resort has a medical doctor and osteopath. Integrative medicine practitioners offer a specialized holistic approach towards healthy living in their 44,000 square-foot state-of-the-art facility inspired by the stunning beauty of the Havasupai Falls, an oasis deep in the Grand Canyon. Guests are even encouraged to create a wellness "profile" to bring home and continue the wellness work they've begun in Sotomaior. wellandbeing.com

OMEGA INSTITUTE FOR HOLISTIC STUDIES

Omega is a nonprofit center for lifelong learning nestled in the town of Rhinebeck in New York's Hudson Valley. In 1977, founders Stephen Reichschiel and Elizabeth Lesser were inspired by Eastern meditation to create a dynamic "university of life" designed to foster personal growth and social change. Ahead of

their time, the pair envisioned how the exploration of holistic living and spiritual reflection could propel people to live better lives.

Omega's wellness programs allow guests to unlock their potential through the exploration of "the intimate connection between body, mind and spirit through yoga, meditation, spirituality and personal growth." This is accomplished via a variety of retreats and workshops. Standard accommodations include lodging, three meals per day and daily classes in yoga, tai chi, meditation and movement. Guests can also canoe, kayak, swim, play basketball and tennis and explore nature trails. Evenings at Omega include concerts, films, workshops and lectures with extraordinary and inspiring individuals like Bill Clinton, Deepak Chopra, Mia Farrow and Al Gore. omega.org

american spa

Successful Spa-Holiday Promotions

December 5, 2013
Jennifer Barnes

I'm excited to kick off a blog series on creative holiday specials from spas across the U.S. and around the world. The treatments offered all have a festive flair and help clients glow through the season. Earlier this fall we asked a group of spa directors for their most successful holiday promotions and here are a few of their recommendations:



- "Our Drive Through gift card program is by far our most successful program that we run every year. All you do is call our spa reservations line and purchase a gift card over the phone. We then package it up beautifully and all they have to do is drive through our hotel from entrance valet, and we have it ready for them." —Brennan Evans, managing director, Well & Being at [Willow Stream Spa at Fairmont Scottsdale Princess](#) (AZ)

2. WEEK IN REVIEW: SCOTTSDALE CELEBRATES COMMERCE, SPAS, LIBATIONS, MORE IN DECEMBER

(Scottsdale, Ariz.) - With so much business and lifestyle news going on in December, we encourage you to read through the stories of the past week on our website. **TODAY** - SB+L provided an overview of the **Arizona Spa Girls** event at **Well & Being at Willow Stream Spa** on Sunday. (Think great food, music, drinks, and an aerial yoga demonstration set to the tune of "Santa Baby," pictured below.)

That's all for this **Week in Review** and *take that*, "McLaughlin Group" on PBS (just kidding - really.) If you'd like to place advertising in e-newsletters or on our website, let us know at info@scottsdalebusinessandlife.com

ALSO: If you appreciate what we are doing as a company, please do continue to **tell your friends and family**. We've grown our readership at a consistent rate through good-word-of-mouth and we appreciate all that the community gives back to us. So, once again, happy holidays! 🍷





For Canadian planners, a Scottsdale program has a lot going for it. There's plenty of airlift, striking hotels and resorts, exhilarating signature experiences and the weather can't be beat.

Warm desert sunshine with little chance of rain encourages planners to break out of the familiar meeting room mold and plan with confidence, allowing groups to spill out onto terraces, patios and creative outdoor space.

With the *Connect in Scottsdale* promotion, groups that book through the Scottsdale Convention & Visitors Bureau around the American Thanksgiving holiday from 2013 to 2015, can get free Wi-Fi service in

guestrooms and meeting space at over 33 prestigious resorts and hotels. The time to connect in Scottsdale is now.

And when the meetings are done, there's still plenty of time to discover all that the city has to offer. From culinary discoveries to great golf or outdoor adventures in the Sonoran Desert, there's never been a better time to connect and conduct business in the Valley of the Sun.

ConnectInScottsdale.com

CONNECTED MEETING SPACE

Scottsdale resorts and hotels know that being wired is no longer a "nice to have" but a "must have" in the hyper-connected world of today's business.

Technology needs have never been greater, as most delegates travel with at least two or three devices. The **Connect in Scottsdale** promotion eases the burden on the planner's bottomline and provides attendees with a way to stay connected with family and friends at home, too.



The Palomino Conference Centre

Notable Spaces

The 2012 opening of the Palomino Conference Centre at the Fairmont Scottsdale Princess added 52,331 sq. ft. of additional meeting space, anchored by the 23,000-sq.-ft. Palomino ballroom. Bi-folding "nano" tech glass doors in the centre of the room open to outdoor terraces and the warm Arizona sunshine, with views of the surrounding mountains. The adjoining Princess Conference Centre was refurbished with contemporary furnishings, lighting, and Frank Lloyd Wright-inspired carpeting, which seamlessly integrates the two spaces. Private walkways between the two ballrooms ensure groups their privacy.

fairmont.com/scottsdale



CONNECTING MIND, BODY & SOUL

Scottsdale spa treatments utilize the serenity of the desert environment to rejuvenate mind, body and soul.

Signature Spa Treatments

Waldorf Astoria Spa at the Boulders

The signature Turquoise Wrap treatment is based on the Native American belief that turquoise is a color of protection, self-confidence and positive energy. The 33,000-sq.-ft. spa houses 24 treatment rooms.

theboulders.com

Well & Being at Willow Stream Spa at the Fairmont Scottsdale Princess

This new spa concept incorporates health, wellness, nutrition, integrative medicine and cutting-edge fitness classes. Now, a comprehensive group menu brings health and wellness to the conference floor. During spa fitness breaks, experts to your meeting lead guests in breathing, stretching and relaxation movements to stimulate blood flow and refocus minds. Private group fitness classes can be held in the spa's workout studio, yoga room or on the grounds of the resort.

fairmont.com/scottsdale

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ĀWILI SPA AND SALON at Andaz Maui at Wailea

■ The name “Āwili” is Hawaiian, meaning to “blend.” Which doesn’t seem like a natural name for a spa, until one is introduced to the place’s overall concept of customization. They call it “spa omakase,” meaning “faith in you” in Japanese, but translating here into very personalized treatments tailored to and based on a guest’s physiology, needs and goals. Should you choose the Omakase route, you’ll work with a spa apothecary consultant to mix your own scrubs, lotions, body butters and oils—using indigenous herbs, plants, salts and even coffee—for use in 60- or 90-minute treatments. These recipes will be kept on file for future visits or used in treatments taking place in-room or around the 15-acre beachfront property (which is the 10th for the Andaz brand). There are, of course, a variety of other treatment options ranging from massages to coffee body scrubs and Hawaiian clay masks, which take place in one of 10 rooms here, or a suite with its own private shower, views of the ocean and, in some cases, a spa pool. Common areas include a tranquility pool, sauna and steam room, as well as a tea lounge, full-service salon and 24-hour fitness center.

JIVA GRANDE SPA at Vivanta by Taj, Madikeri, Coorg

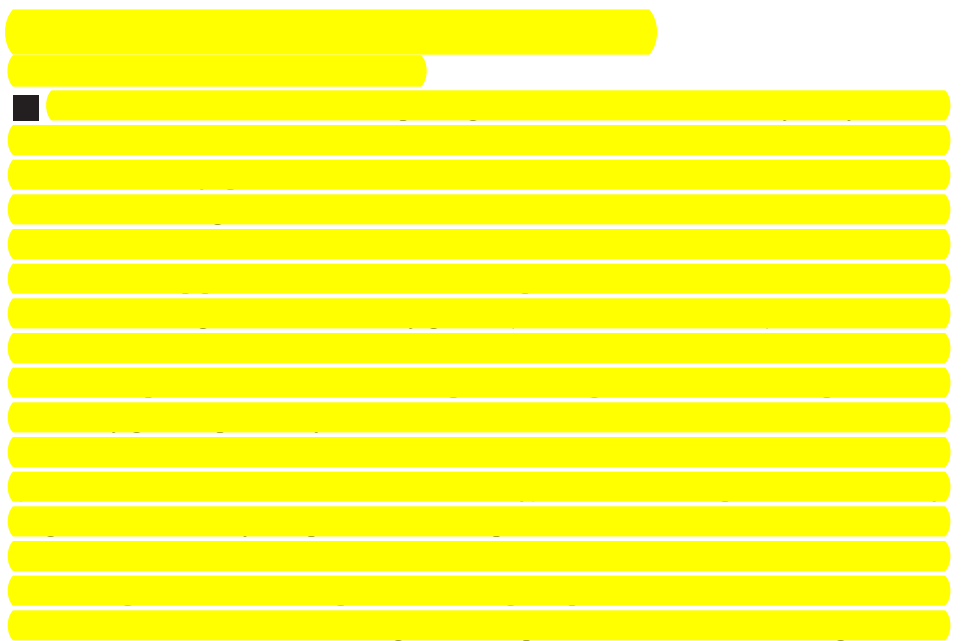
■ It takes about six hours to get here from Bangalore, India, the closest major airport, but those who brave the drive are rewarded tenfold. This mountain resort is nestled amongst a 180-acre living rainforest, at an altitude of 1,200 feet, with views of the Western Ghats. The spa—30,000 square feet across three levels—was designed to be an extension of that rainforest, using natural materials including recycled woods, mud paints, ceramic tiles and natural river stones. There are plenty of views of the rainforest, especially from the outdoor pool. A simulated stream is cleverly woven into the design. Meant to mimic the streams that run through the Coorg countryside, it is littered with real river rocks that act as stepping stones, leading guests to the reception area. With eight treatment rooms, the spa specializes in ayurvedic treatments, including several facials, as well as an ayurvedic detox program. The signature experience, however, is the Gudda bath, which takes place in an outdoor pavilion with a view of the valley. Here, one is bathed using water heated over a wooden fire, scrubbed and massaged. Yogis take note: there are 15 different classes offered here.

BAMFORD HAYBARN at the Berkeley, London

■ Bamford Haybarn’s London outpost stands out immediately for two reasons: an outdoor pool and outdoor seating—in a town known for rain. To be fair, a retractable roof covers the pool area, allowing for year-round use. Regardless, it is one of many thoughtful touches here, the result of a recent renovation and unveiling of the new space this past July. The spa itself, designed by Spencer Fung, is decorated in a “light rustic” style: an oasis of wood, stone and whitewash. Visitors cross a heart-shaped threshold into the reception area, conveniently adjacent to the shop, offering Bamford Haybarn’s own products, including candles and a well-edited selection of clothing and accessories. Treatments here are edited as well and seem geared to an urban traveler on-the-go versus someone looking to spend a day lounging (although that is clearly an option, and there are plenty of packages to prove it). The treatment menu focuses mainly on massages, using Bamford products, and facials using Oskia products (a London-based, award-winning, natural brand). The spa menu is perhaps the hotel’s best-kept secret, a wonderful selection of light bites including salads, smoothies and a nice surprise: British Chapel Down wines by the glass.

REMÈDE SPA at the St. Regis Abu Dhabi

■ Nothing is understated in the United Arab Emirates, and that apparently applies to spas as well as mosques. The Remède Spa in the newly opened St. Regis (on its own private beach on the Corniche) is a whopping 34,000 square feet, on the third floor of one of the two soaring towers of the property. In keeping with the traditions of the Middle East, the spa has separate men’s and women’s areas, both with views of the Arabian Gulf. Designed by Hirsch Bedner Associates, the women’s section has eight suites, all in soothing neutral tones, with selective but stylish use of gold accents. There are three suites in the men’s section, which also has the region’s first Hommage gentleman’s grooming atelier, offering traditional grooming services as well as acupuncture and facials featuring the brand’s signature products. Guests can nibble on delicacies from the spa café, whose offerings include the expected Middle Eastern mezze, salads and skewers, as well as seemingly exotic options like grilled Omani lobster and key lime pie.



BANYAN TREE Chongqing Beibei

■ The first Banyan Tree opened in 1994 in Phuket, Thailand and, in 2001, the company established a formal spa academy in the same city. It has trained some of the best in the business, always with a holistic focus on spiritual, mental and physical harmony. The Chongqing Beibei property, nestled in the foothills of the Jinyun Mountain Natural Reserve in China, is the first hot springs resort for the company, drawing from the natural healing waters of the North Hot Spring. Indeed, there are seven hot spring soaking pools here—one each in the women’s and men’s locker rooms, and five others that are outdoors with scenic views of the lush hills that surround the property. The overall look of the 13,000-square-foot spa is modern, with clean lines, dark woods, geometric patterns and touches of red, and treatment rooms include three standard doubles, five deluxe doubles and a Royal Double Room, which has a “rainmist” feature, but we’d call it a Vichy shower. Treatment offerings include the “Harmony Banyan” (a massage with two therapists working in tandem), the hydrothermal “Yin Yang Rainmist” experience (involving a rain shower, steam bath, body scrub and massage) and full-day indulgences featuring a healthy spa lunch.

Contact your travel agent today to book your spa getaway.