

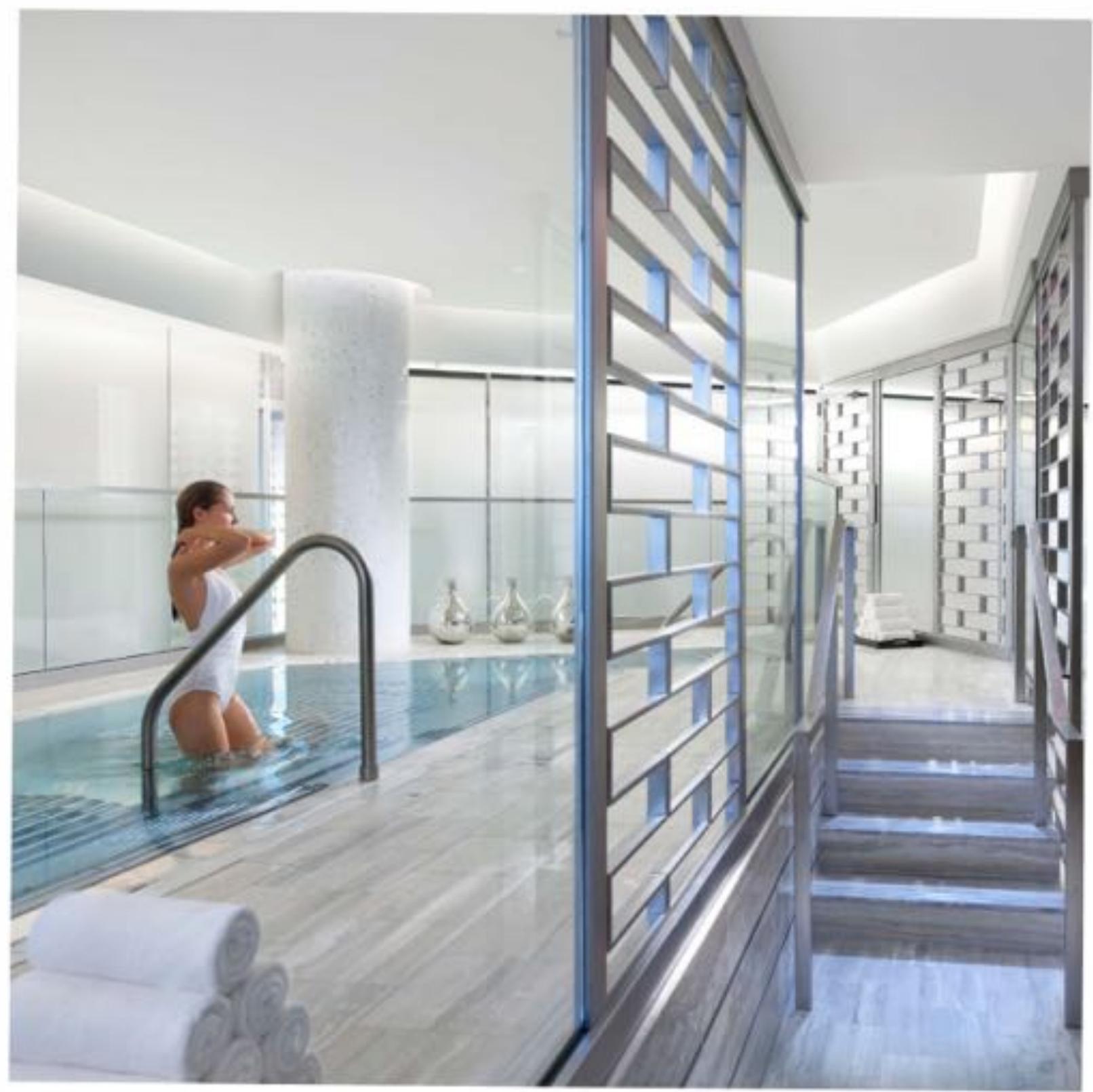


A Customized Experience

At the Waldorf Astoria® Spa, luxurious therapies, soothing environments, and our unique client-centric approach to well-being all unify to create an elevated state of rejuvenation and renewal. Here, individual treatments become a completely customized experience, in which your personal skin qualities and aesthetic expectations are the sole objective of the session.

Following a holistic analysis of your unique characteristics and concerns, your therapist will tailor each session for results that achieve a desired balance of physical and emotional revitalization. With world-renowned treatments designed for face, hair, and body, the Waldorf Astoria Spa will transform your visit into a luxurious and personal escape.





Signature Collection

THE LUXURY OF TIME 2 hours 3 hours

A truly personalized escape designed to address your needs of the moment. Reserve two or three hours where your therapist will consult with you to create the perfect combination of massage, body and facial therapies to transform your well-being.

JOURNEY INTO STILLNESS 2 hours

Disconnect and quiet the mind with this decadent, restorative full-body massage, featuring a specific face and scalp treatment to reduce mental stress and an acupressure foot massage to calm the nervous system while you relax into bliss.

JADE CRYSTAL BALANCE 2 hours

The healing energy of Jade bestows harmony to body, mind and spirit with a skin smoothing body exfoliation, followed by a relaxing, rhythmic massage using warm Jade stones. Critical tension points around the eyes and ears are massaged as a prelude to an Oriental head massage that relieves mental stress. The experience finishes by using cool jade stones to soothe and calm the body, providing a rejuvenated sense of equilibrium.

ESSENTIAL STRESS RELEASE 2 hours

Relieve body and mind of deep-seated stress with a rejuvenating body exfoliation, followed by a full-body massage provided with custom-blended aromatherapy oils and hot stones to release tension from vital energy points around the body. The treatment finishes with a deeply soothing face and head massage to alleviate stress in the mind and induce deep relaxation.

FOUR HANDED MASSAGE 2 hours

This deeply restorative massage is performed by two therapists in synchronization, integrating rhythmic and relaxing massage techniques. Coordinated movements are performed with your choice of aromatherapy oils to ease muscle tension and stress, soothing you into profound relaxation.

HAMMAM 45 minutes

This traditional Turkish experience is provided in our spa Hammam to detoxify the body and smooth the skin. A full-body scrub is performed on a heated marble table with a specialized mitt to remove dull surface cells, preparing the skin for maximum absorption of a nourishing olive oil soap. Interchanges of hot and cold water fully detoxify and revive the body. For maximum benefit, we recommend enjoying our water and heat facilities 30 minutes prior to the treatment and scheduling a massage to follow, as your skin is prepped to fully absorb the pure essential oils used in our treatments.

Signature Couples Suite Collection

HEART OF ROMANCE 3 hours

Relax together in the luxurious Dragon suite as you embark on an exotic spa journey for two. After a welcoming ritual to customize your treatment, you both will enjoy a skin softening body exfoliation before soaking in a sumptuous hydrotherapy botanical bath. A personalized aromatherapy massage follows, soothing muscle tension as you relax into bliss.

YIN YANG JOURNEY 3 hours 30 minutes

Come together to restore balance with side-by-side treatments that work to detoxify and then re-mineralize the body, while strengthening the immune system and re-igniting energy levels. After a welcoming foot ritual, you both will enjoy a smoothing exfoliation with mineral-rich salts, followed by a warm botanical detox wrap and hydrotherapy bath to help eliminate toxins. A customized massage performed with hot stones follows to open energy points, release tension and induce deep relaxation.

KARMIC HAPPINESS RITUAL 2 hours

Designed for couples seeking romance and longevity, this treatment begins with a welcoming ritual to customize your experience followed by a skin softening body exfoliation with Himalayan Pink Salts and Bolivian Rose. Together you will then relax under the soothing waters of the Private Heaven Steam Shower, before enjoying side-by-side massages with focus on points of the body that stimulate feelings of joy and stability.



Inspirational Environment

Waldorf Astoria Hotels & Resorts are sited in some of the most inspirational and stimulating locations in the world, and within these locations each Waldorf Astoria is a destination in its own right. Destinations that offer the best of everything in personal service—exemplified in our signature luxury Spas.

This is where you will fully appreciate the reality that is the Waldorf Astoria commitment to putting our guests at the center of our attention—an experience that will leave you inspired.

Massage Therapies

WALDORF ASTORIA MASSAGE

1 hour
1 hour 30 minutes
2 hours

A massage personalized to your needs of the moment with an assortment of worldly massage techniques and your choice of modalities including aromatherapy and hot stones that ease areas of muscle tension, de-stress the mind and bring your entire being into balance.

EAST MEETS WEST

2 hours

A fusion of Eastern and Western practices with focus on restorative stretching and pressure point therapy. Deep tissue techniques and the rhythmic stretches of Thai-inspired massage movements are applied with an active muscle and joint herbal massage cream to help provide relief to muscle strain and rigidity.

WARM STONES

1 hour 30 minutes

A restorative blend of aromatherapy oil is massaged into your skin while natural river stones are placed on your body to release blocked energy and reset your equilibrium. Flowing massage movements using the warm stones continue to melt tension away and induce deep relaxation.

THAI YOGA

1 hour 20 minutes

A traditional massage that blends a sequence of gentle stretching and assisted yoga postures with rhythmic compressions and acupressure to relieve joint and muscle tension, leaving you revitalized. This massage is performed wearing loose, comfortable clothing on a traditional Thai mat.

TABLE THAI

1 hour
1 hour 30 minutes

Inspired by traditional Thai Massage, this massage includes rhythmic acupressure, gentle compression and assisted stretching to release the physical body and open blocked energy pathways, improving overall well-being. This massage is performed comfortably clothed on an adjustable massage table, allowing for greater range of motion and mobility.

FOCUSED MASSAGE

50 minutes

A therapeutic, detailed massage to relieve specific areas of muscle strain or tension in the neck, lower back, shoulders or legs.

DEEP ZEN

1 hour 30 minutes

A therapeutic massage for active lifestyles to release tension and increase energy flow. The moist heat of an herbal compress loosens tight muscles and an East Asian massage technique known as Gua Sha oxygenates and improves circulation. A deep tissue massage with focus on the back is performed with an active herbal massage cream to provide extraordinary results.

Facial Therapies

WALDORF ASTORIA FACIAL

1 hour
1 hour 30 minutes

A customized facial to address your specific skin care concerns. Upon consultation, your aesthetician will tailor your treatment course with a variety of products and techniques that will leave your skin revived. 90-minute facials allow time to incorporate red light LED therapy and micro-current muscle lifting therapeutics.

VITAMIN INFUSION

1 hour 30 minutes

A results-driven facial treatment of 5 highly engineered vitamins (A, B3, B5, C and E) that targets cell receptors deep within the skin to reduce the appearance of fine lines, repair sun damage and even out discoloration on the face and neck.

AGE-DEFYING BOTANICAL

1 hour 30 minutes

A potent, anti-aging facial rich in bioavailable skin superfoods and antioxidants that deliver long-lasting hydration and firmness to dull or aging skin. Nutrient-rich organic seaweed combines with moisture-boosting Hyaluronic Acid to instantly reveal a luminous, youthful glow.

DIAMOND BRILLIANCE

2 hours

A revolutionary treatment to brighten and tone hyper-pigmented skin. Elevated concentrations of spot-correcting and lightening active ingredients work with great precision to address imbalances and aging. A skin firming massage and micro-current firming device provide an immediate lift, leaving skin renewed and illuminated.

MEN'S FACIAL

1 hour

A facial customized for men's skin that includes a deep, triple cleanse with warm compresses to soothe, soften and decongest facial hair and skin. A relaxing acupressure face massage and purifying mask firm and tone while a deep shoulder and scalp massage release tension.



Authentic Moments

Our luxury Spas reflect our world-wide reputation for consistent standards of excellence on which you can rely, yet each one creates its own individual sense of place, one that reflects the character and the culture of its unique location.

This means that not only will each Spa experience be memorable as well as being truly exceptional, but also each memory will be forever linked to the time and place where you enjoyed it.

Unforgettable. That's what it will be for you, and that's what you are to us.

Body Therapies

HIGH ROLLER'S RELIEF 1 hour 30 minutes
Release the strain of casino concentration with this customized treatment for the back, neck, scalp and face. A stimulating cleanse and exfoliation of the back is followed by a therapeutic back massage using volcanic hot stones and your choice of aromatherapy oils. A tension-reducing massage of the face and scalp completes the treatment.

NUBODY SILHOUETTE 2 hours
A clinically-proven micro-current treatment to visibly tone and firm targeted areas of the body. After exfoliation, the NuBody Skin Toning device delivers a low-level frequency that mimics the body's natural current to improve the appearance of sagging skin, increase skin's strength and diminish the look of ripples and dimples.

OCEAN BOTANICAL DETOX WRAP 1 hour 30 minutes
A mineralizing body treatment featuring nutrient-dense seaweed to help detoxify, hydrate and protect the skin and body. An uplifting salt exfoliation prepares the skin for a nourishing aloe and algae body mask. A heated blanket then envelops the body to comfortably raise core temperature, assisting in the elimination of toxins and the absorption of nutrients. A mineral-rich hydrating lotion and calming head massage finish the treatment.

MATERNITY BLISS 1 hour 30 minutes
A soothing treatment to support a woman's prenatal body while ushering in relaxation, with a gentle exfoliation to smooth skin tone, a massage to relieve areas of discomfort and a nourishing body mask to strengthen and hydrate the skin.

BODY SCRUB ENHANCEMENT 30 minutes
Select a customized aromatherapy blend to mix with our nutrient-rich salts for a full-body exfoliation added to any Massage Therapy.

BACK FACIAL ENHANCEMENT 30 minutes
An essential cleansing and detoxifying treatment for the back. A great prelude to a massage or facial.

Zen Foot Spa Therapies

ZERO-GRAVITY FOOT TREATMENT 45 minutes
1 hour
Inspired by the foot spas of the Far East, this treatment is provided as you experience the weightlessness of a zero-gravity chair, equalizing the toll gravity takes on your body and leaving you re-energized. Includes a welcoming exfoliation and stress-relieving foot mask, warm steam towel foot wrap and pressure point massage including acupressure and flushing techniques on the legs and feet to detoxify and relieve heaviness.

ZEN PEDICURE 1 hour
A pedicure experience personalized by your selection of essential oils that provides intuitive balance to body, mind and spirit. Includes a warm callus treatment, exfoliation, customized mask, massage, nail care and polish or buff.

ZEN MANICURE 45 minutes
A manicure experience provided while you drift away in a zero-gravity relaxation chair. Includes exfoliation and hydrating hand massage, nail care and polish or buff.

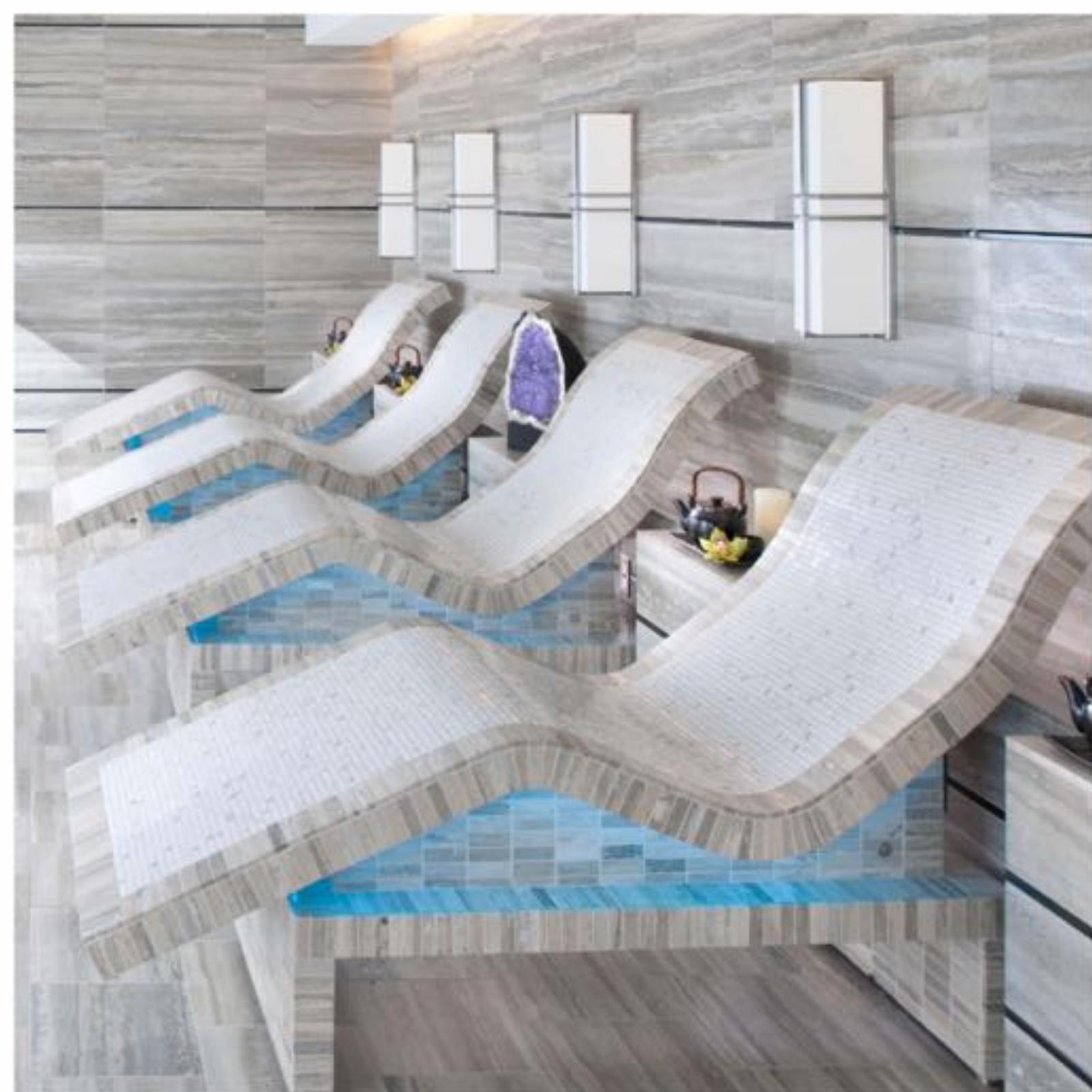
MEN'S REFINING PEDICURE 50 minutes
Includes nail and cuticle clean up, callus treatment, exfoliating mask wrapped in steam towels, a massage from knee to foot and an optional shine buff on the toe nails.

MEN'S REFINING MANICURE 45 minutes
A unique manicure begins with an exfoliation and hydrating hand massage, then nails and cuticles are cleaned up to your preference and finished with an optional shine buff.

Salon Services

Women's Signature Haircut
Base Color
UpStyle
Blow Dry
Make Up Application

Men's Signature Haircut
Highlights
Bridal Hair Design
Extension Blow Dry
Hair Repair and Conditioning



Spa Information

OPENING HOURS

Fitness Center:	Monday – Sunday	5 a.m. – 8 p.m.
Spa Treatments:	Monday – Thursday	10 a.m. – 8 p.m.
Spa Treatments:	Friday – Sunday	9 a.m. – 8 p.m.

FACILITIES

Enjoy an immersive journey in our heat and water areas. In separate men's and women's facilities, begin your spa experience with our Herbal Steam Room, Laconium, Experience Showers, Vitality Spa, Ice Fountain, Tepidarium Chairs and a Relaxation Lounge.

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.

DIGITAL SILENCE

To respect the privacy of our spa guests and maintain the sanctuary of our spa, we request that guests refrain from using their cell phone in the spa locker room, wet areas, and treatment areas.

ARRIVAL

We recommend that you check in at Spa Reception at least 30 minutes prior to your first scheduled appointment. After an arrival ritual, we will provide a full tour and access to our water experience area. Please note, late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness center is 18 years of age.

Signature Experiences

The Luxury of Time	2 hours	375
The Luxury of Time	3 hours	500
Journey into Stillness	2 hours	375
Jade Crystal Balance	2 hours	375
Essential Stress Release	2 hours	375
Four Handed Massage	2 hours	620
Hamмам	45 minutes	175

Signature Couples Suite

Heart of Romance	3 hours	1200 / couple
Yin Yang Journey	3 hours 30 minutes	1400 / couple
Karmic Happiness Ritual	2 hours	800 / couple

Massage Therapies

Waldorf Astoria Massage	1 hour	210
Waldorf Astoria Massage	1 hour 30 minutes	290
Waldorf Astoria Massage	2 hours	375
East Meets West	2 hours	375
Warm Stones	1 hour 30 minutes	290
Thai Yoga	1 hour 20 minutes	270
Table Thai	1 hour	210
Table Thai	1 hour 30 minutes	290
Focused Massage	50 minutes	175
Deep Zen	1 hour 30 minutes	290

Facial Therapies

Waldorf Astoria Facial	1 hour	215
Waldorf Astoria Facial	1 hour 30 minutes	290
Vitamin Infusion	1 hour 30 minutes	290
Age-Defying Botanical	1 hour 30 minutes	290
Diamond Brilliance	2 hours	400
Men's Facial	1 hour	215



Body Therapies

High Roller's Relief	1 hour 30 minutes	290
Nubody Silhouette	2 hours	375
Ocean Botanical Detox Wrap	1 hour 30 minutes	290
Maternity Bliss	1 hour 30 minutes	290
Body Scrub Enhancement	30 minutes	100
Back Facial Enhancement	30 minutes	100

Zen Foot Spa Therapies

Zero-Gravity Foot Treatment	45 minutes	130
Zero-Gravity Foot Treatment	1 hour	160
Zen Pedicure	1 hour	135
Zen Manicure	45 minutes	90
Men's Refining Pedicure	50 minutes	100
Men's Refining Manicure	30 minutes	75

Salon a la Carte Services

Hair Styling Services	30 minutes ++	Starts at 95
Haircut Women's (Includes Blowout)		155
Haircut Men's		85
Bang Trim		25
Bridal		Starts at 175
Wash, Blow-Dry and Curls	45 minutes	145
Evening Curls (Add-On)	15-minute add-on	25
Extension Blow-Dry	60 minutes	115
Base Color (Does not Include Blowout)	60 minutes	Starts at 125
Highlights (Does not Include Blowout)	60 minutes	Starts at 150
In-Room Service During Operating Hours	60 minutes	200 / hour
In-Room Service After Hours		300 / hour
Deep Conditioner and Blow-Dry		125

Opening Hours

Fitness Center:	Monday – Sunday	5 a.m. – 8 p.m.
Spa Treatments:	Monday – Thursday	10 a.m. – 8 p.m.
Spa Treatments:	Friday – Sunday	9 a.m. – 8 p.m.

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