



WALDORF ASTORIA

Spa



## WELCOME

MASSAGE THERAPY

FACIAL THERAPY

BODY THERAPY

WELL BEING

SALON

## WELCOME

Welcome to the exclusive and exceptional experience of the Waldorf Astoria Spa, Park City. Expert staff will provide you with an extraordinary level of personalized service to beautify, enhance and restore. Indulgent signature treatments will combine local ingredients and contemporary techniques to invigorate and inspire. With surroundings of unrivaled quality designed to refresh and relax both body and soul – your time with us will be truly unforgettable.





## MASSAGE THERAPY

### BELLABACI CUPPING MASSAGE

The Bellabaci technique uses a combination of hands and cups on the body and face, and can help alleviate chronic pain, muscle stiffness, and stagnation. People often experience deep warmth and will descend into a profound state of relaxation.

- 105 minutes is the recommended length of time \$338
- 80 minutes, full body treatment \$263
- 50 minute, focus on either upper or lower body \$186
- 25 minutes massage add-on only \$104

*\*105 minutes is the recommended length of time as it is the most beneficial for your body.*

### THAI MASSAGE 75min \$253

A series of facilitated stretches combine acupuncture and yoga positions to warm the muscles, encourage energy flow, and regenerate the spirit.

*\*Please wear loose, comfortable clothing to allow ease of movement throughout the session.*

### SIGNATURE MASSAGE 25min \$94 50min \$176 80min \$253

Customize your massage with light, therapeutic, or deep tissue. Therapists use various techniques to increase circulation, relieve muscle tension, and promote overall health and wellbeing.

### COUPLES MASSAGE 50min \$352 80min \$506

Share a peaceful customized massage with a companion or loved one in our relaxing couples' suite.

### WARM STONE MASSAGE 75min \$275

Warm oil is massaged into your skin with natural stones to release blocked energy and bring you in balance with the world. The stones evoke a sense of calm and restorative breath while our massage movements to help melt your tension away.\*\*

*\*This treatment cannot be performed on those with high blood pressure or on high blood pressure medications.*

## MASSAGE THERAPY (CONTINUED)

**MOUNTAIN SALVATION** 50min \$176  
**SPORTS MASSAGE** 80min \$253

Get back on the slopes or trails in no time after targeting areas most stressed by physical activity. Our specialty pain-relieving Yoga Balm, combined with sports-style techniques promotes a record recovery.

**HARMONY MASSAGE** 75min \$253  
Allow your mind, body, and spirit to resonate to their highest while you are enjoying a relaxing massage, and light wrap. Using our signature Lavender Shea Butter and Rose Porfyr Stones on the back, this massage ritual wraps you in warmth while releasing the lingering strains of tension in your body, head, and feet.

**MOMMY TO BE MASSAGE** 50min \$176  
80min \$253

Enjoy a massage at this special time when your body needs extra care and nurturing. Expectant mothers, after the first trimester, are invited to indulge in this exclusive massage in which expertly trained therapists use a specifically-designed body support system for added comfort and specialized skin care during this delicate time.

**AROMATHERAPY OIL ADD ON** \$20  
• Prenatal Herbal Body Oil

**LYMPHATIC MASSAGE** 25min \$94  
50min \$176  
80min \$253

This light pressure massage focuses on moving lymphatic fluid, which clears cellular debris and fights infections in the body to support the health of this system. Individually customized to drain congestion from areas of high lymph node concentration.

**CRANIO-SACRAL THERAPY** 50 min \$160  
A light touch therapy that works with the spine and head by gently tracting the bones of the skull to ease the restrictions of nerve passage, reduce pain, and realign bones. Known to relieve headaches and migraines, whiplash, TMJ and chronic neck and back pain.

**SPA REFLEXOLOGY** 25min \$94  
50min \$176

This traditional service begins with a hot towel cleansing ritual, followed by the stimulation of a series of specific pressure points of the hands and feet to encourage the body to find its own energy path and release blockages that cause pain or discomfort.

## SPA TREATMENT ENHANCEMENTS

**CBD BODY OIL** massage enhancement \$40  
in-facial treatment \$30  
Improves overall wellness, stress, sleep, pain, anxiety, inflammation and skin irritation.

**APRICOT ALPINE GLOW** \$20  
Our Ultra-hydrating Apricot Body Oil will leave your skin feeling irresistibly soft, nourished, and radiant.

**WARM STONE CONCENTRATION** \$25  
Choose one area of the body to receive focused warm stone work. Benefits include: muscle tension and pain relief, stress and anxiety reduction, and better sleep!

**AROMATHERAPY OILS**, Choose from: \$20  
• Green: Enhances a sense of vitality, balance and a feeling of well-being.  
• Celestial: A celestial blend of citrus and floral oils that can uplift any mood.  
• Ormus Rose: Brings feelings of love and inner calm.  
• Prenatal Herbal Body Oil

**CONSCIOUS COCONUT HYDRATING HAIR MASK** \$25  
A nourishing hair moisturizer that delivers powerful nutrients. Includes take home single use packet.

**DRY BRUSHING** \$30  
Refresh the skin and encourage the body to rid itself of toxins. Natural energy boost, skin exfoliation, increases circulation, detoxifies skin. Includes take-home brush/travel bag/instructions.



## FACIAL THERAPY

HYDRAFACIAL	25min	\$176
	50min	\$275
	80min	\$347

The HydraFacial resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extraction, and hydration all while Vortex-Fusing antioxidants, peptides and hyaluronic acid into the skin. The HydraFacial is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or down time. This procedure is soothing, moisturizing, non-irritating, and immediately effective. This facial is great for all skin types and conditions such as sun damage, hyper-pigmentation, fine lines and wrinkles, oily and acne-prone skin, and aging skin.

DERMABUILDER	\$55
Add in – Enhancement to the Hydrafacial only. Super concentrated infusion of peptides to instantly plump fine lines and wrinkles.	

BRITENOL	\$55
Add in – Enhancement to the Hydrafacial only. Targets dark spots and sun damaged areas to leave skin glowing.	

WALDORF SIGNATURE FACIAL	25min	\$94
	50min	\$176
	80min	\$253

Our facial experience is customized specifically to the needs of your skin. With scientifically proven benefits of organic fruits, vegetables, and herbs, your facial will include a cleanse, exfoliation, extractions, facial massage, masque, and finishing products. Skin is left feeling refreshed and rejuvenated.

RESURFACING BACK TREATMENT	25min	\$94
	50min	\$182

This intensive back treatment uses the smoothing and cleansing properties of acids to help restore skin to its natural healthy state. Additionally, it will help minimize the potential for future problems and reduce hyper-pigmentation from the sun. 50 minutes includes a foot treatment and blue LED light treatment to reduce redness and kill the bacteria that causes breakouts.

## FACIAL ENHANCEMENTS

Available for addition to 50 minute or 80 minute treatments

### LYMPHATIC

Encourages movement of lymph fluids in the face to help reduce puffiness and swelling.

\$35

### LED

Light therapy that helps stimulate collagen production, increase circulation and fight acne causing bacteria.

\$35

### LIP TREATMENT

Hydrafacial Lip Enhancement: \$40

Stimulates the lips while infusing them with anti-oxidants and peptides to help fight aging. Leaves lips feeling full, plump and hydrated.

\$35

### EYE TREATMENT

Hydrafacial Eye Enhancement: \$40

Treat your eyes with intelligent hydration, collagen boosting peptides, and skin renewing antioxidants.

\$35

### EXTRACTIONS WITH HYDRAFACIAL

Painless extractions using vortex infusion. Uses Beta HD and Hydrafacial to pull extractions.

\$45

### HYDRAFACIAL ADD ON THE HANDS

Applies the Hydrafacial resurfacing treatment to the tops of the hands. Helps with aging skin.

\$45



## BODY THERAPY

### GEMSTONE INNER HEALING BODY THERAPY

80 min \$263

In this luxurious and deeply relaxing body therapy, energy imbalances are gently brought together in alignment. The experience combines organic aromas, crystal energy wands and the soothing effects of four distinctive gemstones. Energized and herb-infused oils purify, sooth and naturally oxygenate tissues and support overall balance in body and mind. The result is a calm sense of inner and outer well-being, and often, a euphoric state of total absolute bliss.

### WALDORF INTENSE HYDRATION SCRUB

75min \$253  
105min \$325

Hydrating and nourishing, this treatment begins with a radiance boosting body scrub that leaves the skin revitalized and smoothed. An intensely nourishing olive-oil buttercream enriched with organic shea and coca butters blend for luxuriously creamy hydration. The 105 minute treatment includes an olive-oil treatment balm for extra hydration.

### LAVENDER ZEN

75min \$253

Enjoy soothing and balancing benefits of lavender and eucalyptus in this luxurious treatment that begins with a body scrub followed by a soothing full body shea butter application using Rose Poryfr Stones on the back. Deeply relax in a warm cocoon while drifting off with a scalp and foot massage. Pure Bliss!

### LYMPHATIC DEEP DETOX WRAP

105min \$325

Customized wrap and lymphatic massage for ultimate detoxification! After a body brushing, your therapist will apply a seaweed body wrap to remineralize and release toxins from the skin. While you soak in the goodness, you'll deeply unwind with a lymphatic massage on the face and neck. Afterwards, relax with a full body lymphatic massage tailored to your needs.

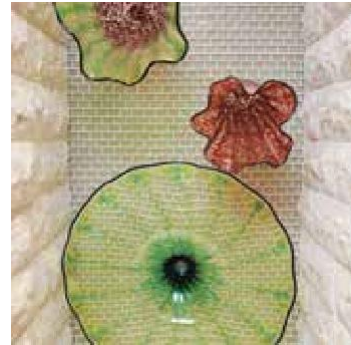
### INVIGORATING FOOT THERAPY

25min \$83

50min \$171

Rejuvenate your tired feet! Beginning with a scrub on your feet and calves, this treatment finishes with a stimulating massage cream that improves circulation, relieves tired aching legs, and reduces swelling. Essential to a quick recovery.

*\*The 50-minute treatment includes a soothing foot masque.*





## WELL BEING

We approach wellness holistically with an emphasis on maintaining a healthy lifestyle through education, motivation and relaxation. We offer a full array of wellness sessions that explore the mind, body, and spirit connection. Our comprehensive wellness program includes workshops and seminars in stress reduction, the mind connection, creating balance and goals.

A custom-designed fitness center features Techno gym Kinesis, strength-training equipment, treadmills, stationary bikes, elliptical cross-trainers, and free weights. Weekly schedule of classes include cycling, yoga, kickboxing, mat Pilates, tabata, cardio and strength circuits. Private Pilates, personal training and yoga/meditation sessions available for individuals, duets and small groups. Pricing varies, please contact Waldorf Astoria spa for details and scheduling.



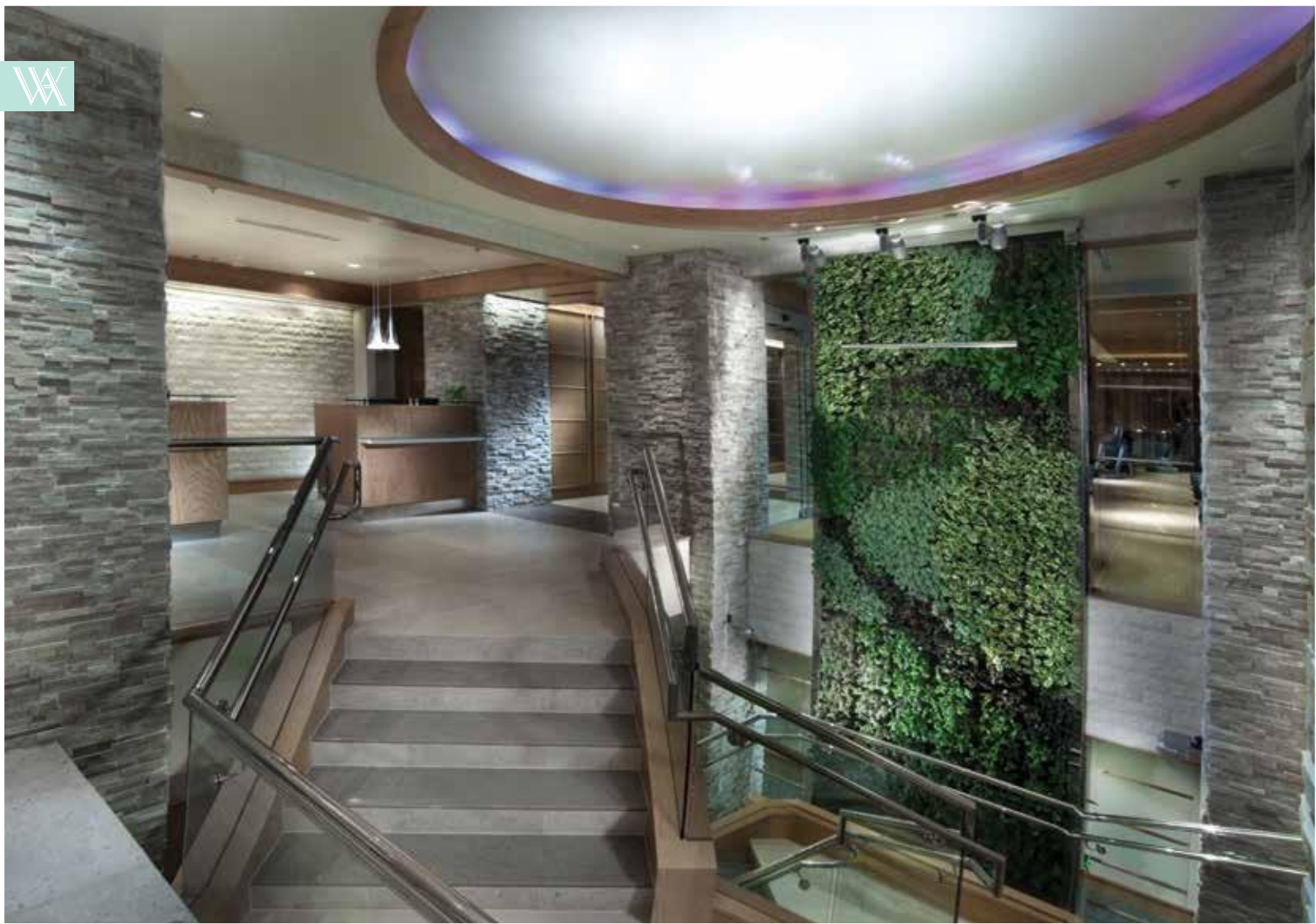
## SALON

### NAIL SERVICES

Signature Manicure	\$72
Signature Pedicure	\$99
Spa Manicure	\$55
Spa Pedicure	\$88
Shellac Manicure	\$83
Shellac Pedicure	\$110
Shellac Removal	\$22
French Manicure	\$61
French Pedicure	\$94
Paraffin Treatment	\$22
Polish Change	\$28
Nail Repair	\$17 each

### WAXING

Lip	\$33
Chin	\$33
Brow	\$33
Full Face	\$94
Underarm	\$39
Full Arm	\$66
Full Back	\$94
Half Leg	\$66
Full Leg	\$94
Half Leg and Bikini	\$132
Full Leg and Bikini	\$154
Bikini	\$66
Full Bikini	\$94



## PACKAGES

### THE WALDORF EXPERIENCE PACKAGE \$535

This quintessential "spa day" experience includes treatments that will revitalize from head to toe. Begin with a 50-minute Signature massage followed by our signature 50-minute facial. Finish with a signature manicure and signature pedicure. Includes spa lunch.

### MOUNTAIN MASTER TUNE-UP PACKAGE \$435

Relieve tension and sore muscles with this series of services for men including a gentleman's facial, sports pedicure, and 50-minute massage.

## AGE POLICY

To protect the tranquil nature of the spa and its environment, younger guests under the age of 18 are not permitted to use the spa facilities. Younger guests between 12 and 17 are welcome to enjoy spa services when accompanied by an adult in the treatment room or checked in by a guardian at the salon.

## GUEST SPA USE

Guests receiving Spa Treatments (massage, facial, body therapy only) are entitled to complimentary use of the spa facilities during the days treatments are scheduled.

## RESERVATIONS & CANCELLATIONS

Booking your spa reservations in advance is strongly recommended. Please call Waldorf Astoria Spa directly at 435-647-5555. As a courtesy to other guests and to our therapists we strictly adhere to the spa cancellation policy. If you must change or cancel an appointment, please advise us four (4) hours in advance to avoid being charged 100% of the scheduled service.



WALDORF  
ASTORIA®

PARK CITY