

SPA & FITNESS CENTER GUIDELINES

Our professional staff is dedicated to providing the finest in personal care services. The spa environment should be relaxing and soothing to everyone. In order to respect every guest's right to privacy and a quiet atmosphere, we ask that you please adhere to these guidelines.

It is strongly recommended that you consult a physician prior to taking any spa treatments or service. We recommend arriving 10 to 15 minutes prior to your treatment. This will allow you to enjoy a beverage and some relaxation time in our eucalyptus steam room. Please turn off all pagers and cell phones. Guests must be at least 18 years old (or 16 with a parent's permission) to use the fitness center and for scheduled spa treatments.

Upon your arrival, please check in at our front desk. All members and guests are provided with the use of a robe, slippers and locker room amenities. A private locker will be reserved for you.

For your treatment, please wear whatever is most comfortable for you. Your therapist will drape you with a sheet or towel so that you remain covered throughout your session. If you feel uncomfortable at any time, please let your therapist know right away.

To make your spa experience as seamless as possible, a 20% service charge will be added to all the spa services. The 20% service charge will also be applied to spa package prices. The service charge is adjustable upon request.

Moroccan Oil, Naturopathica, Phyocane and Olavie products are used during our treatments and are available for purchase at our front desk. We will be happy to customize gift baskets and set up spa-inspired in-room amenities. Gift certificates are available for purchase at our front desk.

CANCELLATION POLICY

Please remember that treatment times are reserved for you. We ask for six hours notice to cancel without penalty. Cancellations less than six hours in advance and no-shows will be charged 100% for the time reserved. Your session begins at the time of the appointment. Late arrivals will receive the remaining treatment time.

THE NEW YORK PALACE SPA & FITNESS CENTER

Eighth Floor 455 Madison Avenue New York, NY 10022
p 212.303.7777 e spafitness@nypalace.com www.nypalace.com

THE NEW YORK PALACE

SPA & FITNESS CENTER



A welcome respite, The New York Palace Spa & Fitness Center provides a sanctuary of tranquility in a hectic world. Choose from an array of state-of-the-art spa treatments guaranteed to melt away the stresses of travel and inspire a renewal of the senses.

refresh. nurture. rejuvenate.

MASSAGE THERAPIES

restorative massage 50 minutes: \$165 80 minutes: \$240
A customized full body massage designed to revitalize the mind and body. Your therapist creates a unique massage designed specifically for you.

aromatic hot towel massage 50 minutes: \$185 80 minutes: \$270
Our signature massage combines heat, massage and aromatherapy essential oils. This massage will melt away tightness and restore a sense of well being.

arnica muscle rejuvenation 50 minutes: \$215 80 minutes: \$320
An intensive massage incorporating our anti-inflammatory Arnica Muscle Repair Gel, this treatment is designed to reach deeper layers of muscle fibers to release tightness and constrictions. Perfect for athletes and anyone who is involved in sports or in any other heavy physical activity

hot stone massage 50 minutes: \$200 80 minutes: \$300
During this massage, hot stones are placed along the spine and other parts of the body, while other stones are used to perform the massage. The heat from the stones relaxes the muscles and increases blood flow. Enhance this treatment by choosing one of our aromatherapy oils.

sea emerald massage 50 minutes: \$215 80 minutes: \$320
Utilizing hot pink granite stones from Brazil and spiced pure oils that combines for the ultimate massage experience. The hot stones along with the oils help promote lymph and blood circulation generating an intense feeling of well being and relaxation

reflexology 25 minutes: \$125 50 minutes: \$185
This restorative therapy relieves tension and stress throughout the body by applying relaxing pressure to various zones in hands and feet.

neck & shoulder massage 25 minutes: \$115
This express massage is focused on high tension areas. Therapist will have you back on your feet and ready to face the world in no time.

couples massage 50 minutes: \$460 80 minutes: \$560
The ultimate way to spend quality time together with a loved one. Share an experience of deep relaxation with a customized massage treatment designed especially for two.)

in-room massage 50 minutes: \$220 80 minutes: \$300
Enjoy a personal massage experience in the comfort of your guest room. Also available after 9pm it requires advance notice.

FACIAL SERVICES

the palace signature facial 25 minutes: \$125 50 minutes: \$175
Deep cleansing, customized, classic European treatment.

the palace prestige facial 80 minutes: \$250
Your skin is treated to a customized series of masques, serums and creams, including a hydrating and soothing mask to reduce fine lines and wrinkles in the fragile eye area.

natural face lift facial 50 minutes: \$225 80 minutes: \$300
A high performance treatment featuring our Plant Stem Cell Serum to stimulate new skin growth and slow cellular aging combined with ultrasonic micro current technologies. This natural lift treatment delivers results and relaxation.

gentleman's choice facial 25 minutes: \$125 50 minutes: \$175
Created with the needs of men's skin in mind, this cleansing and purifying facial eliminates dead skin cells and soothes areas left sensitive from shaving.

teen facial 50 minutes: \$175
This custom teen facial helps promote a clear, healthy glowing complexion. Significant hormonal changes can occur during the teen years, resulting in increased oil production and breakouts. Our skilled aestheticians customize this treatment to start teens on a healthy, daily skin routine.

back cleansing facial 50 minutes: \$175
This balancing treatment for your back begins with a deep cleansing and exfoliation, followed by a purifying and detoxifying masque. Leaving the skin silky smooth.

facial enhnacements
Enhance your facial with high performance add-on treatments
Quick lift micro current treatment, gently lifts and firms the skin \$50
Glycolic Power Peel, reduces lines and wrinkles \$30
Collagen Eye treatment, firms and eases puffiness. \$30
Botanical skin brightener, reduces sun damage and restores healthy glow \$30
Moroccan Oil Hair and Scalp Treatment \$55.

massage indulgences
arnica muscle melt\$50 moroccan oil hair& scalp treatment\$55
peppermint foot treatment\$50 aromatherapy essential oils\$35
.....
eyebrows\$30 full arm\$55
eyebrow design\$40 half leg\$40
lip or chin.....\$20 full leg\$80
underarm\$30 bikini\$45
full back\$80 brazilian\$85

WAXING

BODY TREATMENTS

chardonnay sugar scrub 50 minutes: \$180 80 minutes: \$250
The Sugar Scrub and ground walnut shell in this scrub smooth out rough spots, while the antioxidant Chardonnay grape seed extract, shea butter and five essential oils purify, soften and moisturize the skin.

lipo-active body treatment 50 minutes: \$180 80 minutes: \$250
This treatment helps eliminate water weight and contour your figure while improving microcirculation and refining the texture of your skin. You are left feeling relaxed, slim and revitalized.

warm & cozy mud treatment 50 minutes: \$180 80 minutes: \$250
This self heating mud will bubble away every trace of stress and tension in your body as it eliminates toxins, increasing cellular exchange and stimulating lymphatic flow.

peppermint foot treatment 50 minutes: \$180 80 minutes: \$250
This invigorating treatment will leave your legs feeling toned and energized. Your skin will be moisturized and refreshed while lymphatic and cardiovascular circulations are stimulated with special foot and leg massage.

salt scrub treatment 50 minutes: \$180 80 minutes: \$250
Revitalize and exfoliate the body with a salt scrub infused with Eucalyptus and Grapefruit to feel polished and recharged.

detoxifying seaweed treatment 80 minutes: \$300
A detoxifying seaweed wrap and full body massage to detoxify and firm the body.

lemon verbena body polish/massage 80 minutes: \$300
This exfoliation polish with a rich cream based designed especially for dull, sensitive skin is combined with a hydrating massage .

HANDS AND FEET

Utilizing the exceptional antioxidant powers of Chardonnay grape seed extract, these therapies will restore a youthful glow to your hands and feet. Pamper them with a bubble bath, shaping, buffing, cuticle work, exfoliation and masque, followed by expert nail polish application.
spa manicure\$50 in-room manicure\$90
spa pedicure\$80 in-room pedicure\$120
french manicure\$70 aromatherapy enhancement\$20
paraffin hand or food\$20 peppermint foot therapy\$50

SPA PACKAGES

jet lag therapy 110 minutes: \$330
Perfect for the weary travel this therapy begins with a soothing full body massage using essential oils that enhances the body's own ability to fight jet lag, improve circulation and normalize sleep patterns. This treatment continues with a Signature Facial, which imparts abundant antioxidants and in depth moisture and relaxation.

executive escape 130 minutes: \$400
Retreat into peaceful tranquility with essential oils in our signature Aromatic Hot Towel Massage. Aroma-infused heated compresses are used to enhance your mood and awaken your senses. During a Customized Facial a series of skin nourishing creams and serums will be applied, as well as a Collagen –Boosting Eye Mask to compete your relaxation experience.

ultimate indulgence 220 minutes: \$550
Get pampered and rejuvenated with this package from Head to Toe by having a choice of A Hot Stone Massage or any of other Massages followed by a Palace Prestige Facial, Hair and Scalp Treatment and Spa Manicure and Pedicure.

mom to be 135 minutes: \$400
Starting with a Prenatal Massage tailored specifically to the needs of pregnant women, to relax tense muscles, ease sore spots, and improve circulation and mobility. Your massage is followed by a Quick Pick me Up Facial to nurture and hydrate your skin, finishing with a Signature Pedicure..

FITNESS CENTER

- Equipped with the top-of-the-line weight training and cardiovascular exercise equipment
- State-of-the-art training room
- Steam Rooms
- Private trainers can be provided upon request

SPA Open daily 9:00 a.m. until 9:00 p.m.
FITNESS CENTER Monday - Friday 5:30 a.m. until 10:00 p.m. Saturday & Sunday 7:00 a.m. until 10:00 p.m.

directions Take the main elevators to the eighth floor. **reservations** Recommended, please call 212.303.7777.