



GROUP  
WELLNESS  
CATALOG

WALDORF ASTORIA CHICAGO

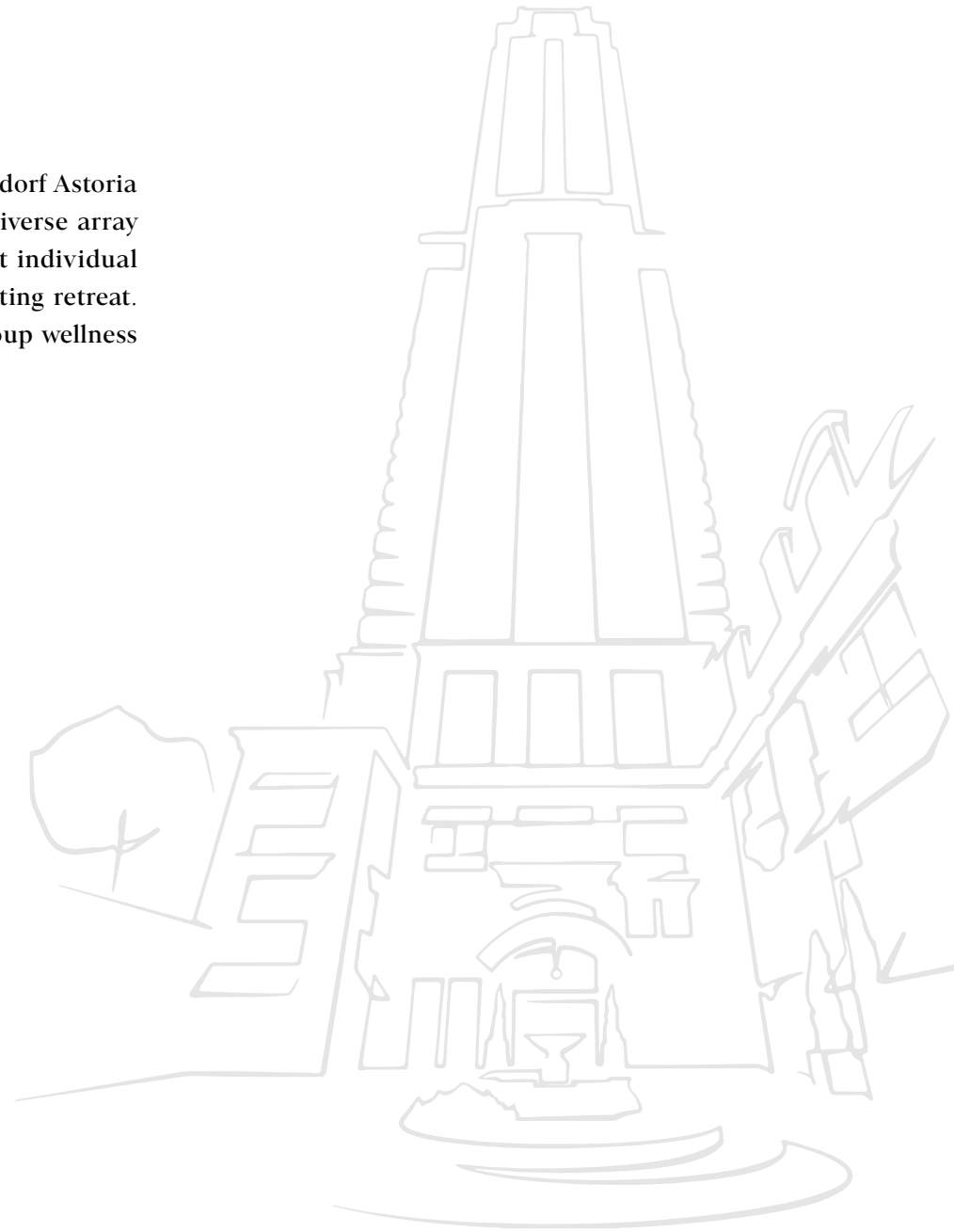
# WELCOME

Elevate your group's experience with our curated wellness offerings at the Waldorf Astoria Chicago Spa. Embrace the harmony of mind, body, and soul through our diverse array of wellness activities. Whether it's engaging group workshops or indulgent individual treatments, we tailor experiences that transform your event into a rejuvenating retreat. Discover the perfect add-on to enhance your next gathering with us. All group wellness workshops and classes are preformed in a meeting space.

SPA WELCOME AMENITY | \$75

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Unwind after a stimulating day with a Sense Bath Ritual  
*Includes botanical bath soak, organic tea, and wood wick candle with guided meditation and sound bath.*



# GROUP WELLNESS WORKSHOPS

## TAROT CARD READING

Delve into the mysteries of your future through the ancient art of Tarot Card reading. Unlock profound insights and receive personalized guidance tailored to your unique journey. Experience the transformative power of individual readings as you navigate the pathways of fate and uncover the hidden truths that await you.

*15-20 min per person | Maximum of 30 people*

*\$50 per person | Minimum of 15 people*

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## BREATH WORK & GUIDED MEDITATION

Practice the art of being present in this meditation session. Begin by connecting to your breath to help regulate your nervous system then tap into your heart center. Learn to listen inwards. Intuitively select a crystal to assist in your process as you are lead through astral projection and soul retrieval. With new insights and inspirations you return more rooted in your senses of reality.

*60 min | \$400 | 30 - 50 people*



## GROUP WELLNESS WORKSHOPS *continued*

### INNER PEACE JOURNALING RITUAL

Discover tranquility and inner harmony with our Inner Peace Journaling Ritual. Embark on a journey within, quieting the inner critic and nurturing serenity within your mind and soul through the transformative power of journaling. Our guided ritual equips you with the necessary tools to seamlessly integrate this practice into your daily life, promoting overall wellbeing and long-lasting inner peace.

*60 min | \$350 | 30 - 50 people*

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### MASSAGE & MOCKTAILS

Indulge in a blissful retreat at the conclusion of your work session with our enticing combination of Mocktails and Massages! Let our skilled mixologists craft refreshing mocktails while our expert massage therapists work their magic, melting away the stresses accumulated throughout your day of meetings. Rejuvenate your body and mind leaving you refreshed and revitalized for whatever lies ahead.

*60 minutes | \$65 per person | 10 person minimum*



# GROUP WELLNESS CLASSES

Embark on an exhilarating journey into wellness by indulging in private group fitness sessions. Whether you seek the tranquility of yoga or the energy boost of morning cardio, our instructors will collaborate with you to craft an experience tailored to your group's preferences, catering to individual strength levels.

*45-Minute Session - \$90 per person | 60-Minute Session - \$105 per person*  
*Each session accommodates 30-50 participants and are performed in an event space.*

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## YOGA & MEDITATION

- Guided Meditation & Soundbath Ritual
- Flow Yoga

## STRENGTH & CARDIO

- Abs & Core    • Cardio & Resistance
- Mat Pilates    • Interval Training
- Lower Body Strength

## CARDIO

- Guided Jog Tour
- Studio Run



# SPA & WELLNESS TREATMENTS

WALDORF SIGNATURE MASSAGE    *60 min | Starting from \$205*

Tailored to suit your unique preferences, our skilled therapists employ an array of specialized techniques to cater to your specific requirements. Whether you seek relief from stress or pain, or simply desire rejuvenation, our personalized approach ensures a revitalizing experience tailored just for you.

CALMING SLUMBER JET LAG RECOVERY TREATMENT    *60 min | Starting from \$255*

Designed to alleviate inflammation and promote deep relaxation, this rejuvenating session begins with a gentle exfoliation to refresh and renew your skin. Next, surrender to the soothing benefits of a CBD-infused body wrap, enveloping you in tranquility and targeting inflammation throughout your body. As tension melts away, enjoy the blissful sensation of a warm oil scalp treatment, releasing stress and promoting a sense of serenity. Let go of fatigue and jet lag as you drift into a state of complete calm and rejuvenation.

HIMALAYAN SALT STONE MASSAGE    *60 min | Starting from \$240*

Embark on a journey of replenishment and purification with our Himalayan Salt Therapy treatment, a harmonious fusion of gentle exfoliation and alkaline nourishment. Infused with 84 essential minerals, this rejuvenating experience lavishes your skin with vital nutrients, restoring its natural radiance and vitality. Delicately exfoliating, the Himalayan salt gently buffs away impurities, unveiling a smoother, more luminous complexion. Harnessing the power of salt stones, this therapy works to counterbalance the deleterious frequencies our bodies encounter daily, promoting detoxification and revitalization from within.



## SPA & WELLNESS TREATMENTS *continued*

### CUSTOM BR UPLIFT FACIAL *60 min | Starting from \$330*

Experience the pinnacle of personalized skincare with our exclusive Custom BR Uplift Facial, meticulously crafted to rejuvenate, lift, and firm your complexion. Utilizing the renowned Biologique Recherche product line, this transformative facial is tailored to address your individual needs, restoring balance and vitality to your skin. Immerse yourself in a luxurious journey as highly concentrated formulations infuse your skin with potent actives, targeting concerns with precision. Through expertly applied lymphatic drainage techniques and muscle sculpting manipulation, tension melts away, promoting a lifted and toned appearance. Concluding with the refreshing benefits of cryotherapy, this revitalizing treatment invigorates your skin, leaving it radiant, resilient, and gloriously renewed.

### DIAMOND GLOW FACIAL *30 min | Starting from \$220*

Our Diamond Glow Facial, a revolutionary treatment that transcends the ordinary. Unlike conventional facials, DiamondGlow® goes beyond surface-level care, offering a transformative experience that deeply cleanses and rejuvenates the skin. Powered by an innovative patented recessed diamond tip wand, this cutting-edge resurfacing treatment delivers unparalleled results, leaving your complexion radiant and renewed. Say goodbye to traditional chemical exfoliation as DiamondGlow® harnesses the power of precision to target imperfections and reveal your skin's natural brilliance.





LET'S  
CONNECT

*We look forward to curating unforgettable moments for your guests.*

*To book your next group activity, contact 312.646.1324 or [CHIWA-SALESADM@waldorfastoria.com](mailto:CHIWA-SALESADM@waldorfastoria.com)*

*All wellness activities and workshops are subject to space availability. Pricing is subject to change.*