

TREATMENT  
MENU





REDEFINING THE ART OF SPA

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# WELCOME TO THE WALDORF ASTORIA SPA

Modern, yet timeless, the Waldorf Astoria Spa invites you to experience curated wellness offerings that inspire and renew. Whether your plans include a social celebration or a moment of solitary escape, needs are intuitively met with the artistry and graciousness for which we're renowned. Featuring a personalized approach and delivered with the highest standards, each spa experience unfolds flawlessly in the hands of our expert hosts.





## VITALITY

### OUR SPA SIGNATURE TREATMENT

Indulge in a holistic experience designed to restore the body, calm the mind, and uplift the spirit. This transformative 120-minute journey harmoniously blends the restorative power of gemstone therapy, sound healing, energy balancing, and luxurious herbal body care to support overall wellbeing. Feel healing vibrations as warm gemstone oils are applied to balance the chakras, while a resonant sound bath aligns the body's energy flow. Invigorating rosemary and sage refine and smooth the skin before a comforting cocoon envelops the body in a deeply hydrating honey-avocado butter, revealing radiant, replenished skin.

120 MINUTES



## RECOVER

Soothe tired muscles and restore energy after active days in the mountains. This deeply rejuvenating treatment begins with a full-body anointing of CBD oil infused with calming herbs, followed by a warm, comforting herbal body wrap. As tension melts away, a deep tissue massage integrated with lapis lazuli stones draws out residual heat and supports muscular recovery.

120 MINUTES

## QUENCH

Replenish, soothe, and restore thirsty, dry skin with long-lasting moisture. This nourishing treatment begins with a rich moisturizing scrub that combines the exfoliating benefits of fine mineral salt with the richness of organic shea butter. The body is then cocooned in a honey-avocado mask to facilitate deep penetration of the rich skin nourishment. The massage is completed with a shea butter application, designed to feed and restore the body's landscape.

90 MINUTES

## TRANSCEND

In this deeply relaxing and subtle energy-balancing massage, imbalances due to mental or physical stress, are magically brought into alignment. Through calming and uplifting aromatherapy blends, energy-balancing massage gemstones and herb-infused massage oils, stagnation and energy blockages are released allowing greater flow in the body facilitating balance, deep relaxation and a feeling of overall wellbeing.

90 MINUTES

# MASSAGE

## SIGNATURE

This personalized massage adapts to your unique needs, using essential oil blends chosen to complement the body's natural rhythm, with uplifting aromas for daytime renewal and grounding botanicals for evening relaxation. A tailored fusion of modalities soothes muscular fatigue, releases tension, and stimulates circulation, guiding you back into balance.

60 MINUTES

## CIRCADIAN RHYTHM

This calming ritual is designed to quiet the mind and prepare the body for deep, restorative rest. Flowing massage techniques, gentle pressure point work, and mindful breathwork ease tension and invite stillness. As your body softens, the delicate aromas of organic geranium and jasmine absolute envelop you in tranquility. Delivered with light-to-medium pressure, this full-body massage gently encourages sleep.

90 MINUTES

## TIME

Inspired by nature's innate rhythms, this deeply personalized massage experience draws on kinesiology-based touch and intuitive movement to reveal what your body needs most. Essential oil blends are selected to align with the time of day, enhancing each technique with circadian support. The sequence includes craniosacral holds, abdominal massage, and reflex zone therapy to release energetic blockages, deepen relaxation, and restore inner balance.

120 MINUTES

## NEW LIFE

Designed for expectant mothers in their second or third trimester, this nurturing treatment enhances comfort and supports the body's natural changes during pregnancy. Performed in a specially supported position, this gentle massage eases muscular aches while promoting skin elasticity and hydration using our ultra-nourishing, essential body oil.

60 MINUTES



## WELLNESS

Take time to restore inner balance. This treatment creates space for deep physical and emotional replenishment, honoring your body's natural capacity to heal. Focused on areas prone to tension, your therapist will perform long, flowing strokes to ease the body and quiet the mind. Feel harmony between body and soul return with this medium to firm pressure massage.

60/90 MINUTES

## COUPLES RITUAL

Unwind together in a serene massage experience designed to deepen relaxation and connection. Begin by selecting from three signature aromatherapy blends, thoughtfully curated to envelop the senses. The 60-minute service includes a revitalizing foot scrub, while the 90-minute experience adds a soothing back scrub for a more indulgent, restorative ritual enjoyed side-by-side.

60/90 MINUTES

## DEEP TISSUE

A results-driven massage using focused pressure to release tension and restore a sense of ease. Your therapist incorporates advanced techniques, including forearms, elbows, and targeted acupressure, to realign and renew.

60/90 MINUTES

## QUICK RELIEF

A relaxing massage designed to melt tension from your area of greatest need. Ideal when time is limited but relief is essential.

30 MINUTES



## AESCAPE AI MASSAGE

Discover a new standard in personalized recovery with the world's first fully automated AI-powered massage. Customize pressure, music, and treatment style through an intuitive touchscreen, as advanced technology creates a precise, body-mapped experience tailored entirely to you. Synchronized dual arms deliver the benefits of a traditional 60-minute massage in just 30 minutes, ideal for targeted recovery, performance-support, or between traditional treatments.

15/30/45/60 MINUTES



# MASSAGE COMPLEMENTS

Enhance your treatment with our curated enhancements, each designed to enrich the senses, deepen relaxation, and elevate results.

## SALT SCRUB

A decadent body exfoliation that polishes the skin with mineral-rich sea salts and natural botanicals, unveiling a smoother, more luminous texture while preparing the body to fully absorb nourishing oils.

## WARMTH

Melt away tension with the soothing heat of hand-selected stones, easing muscle tightness and instilling a profound sense of calm.

## REFLEXOLOGY

A targeted foot massage using precise pressure-point techniques to restore energy flow, release tension, and promote whole-body balance.

## DRY BRUSHING

An ancient ritual to stimulate circulation, promote healthy lymphatic flow, and gently sweep away dullness. Skin is left silky, refreshed, and radiant. Take home your brush to continue the practice beyond the spa.

## NOURISH

Velvety warm Ceramide Repair Balm is gently poured and smoothed over the body, replenishing hydration, restoring suppleness, and leaving skin irresistibly soft.

## ESHIN

Rooted in Ayurvedic tradition, this deeply conditioning hair and scalp treatment blends healing herbs with aromatic oils to encourage healthy hair growth, enhance scalp vitality, and calm the mind.

## CBD OIL

Decrease inflammation and swelling while boosting circulation and instilling an overall sense of wellbeing. This enhancement helps reduce anxiety and supports deeper rest.

## EXTEND

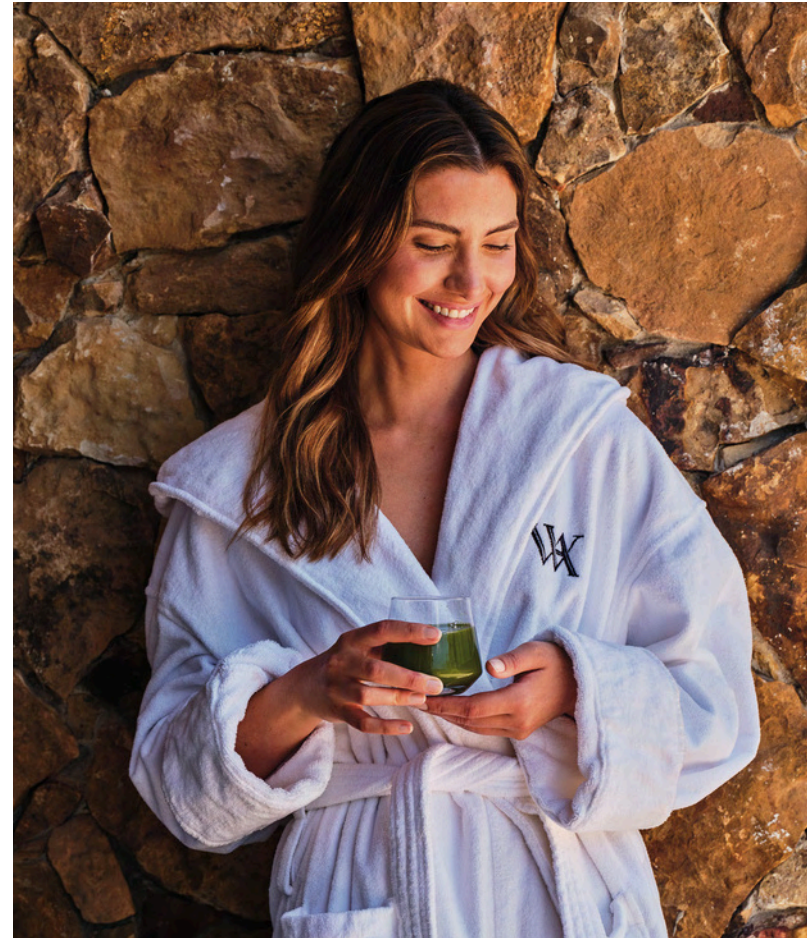
Extend your chosen Being Well treatment and increase the benefits of additional massage on your chosen area of tension or concern.

## KNESKO COLLAGEN FACE MASK

Brighten and lift skin with a rich, nourishing, hydrating collagen treatment. Perfect for combating the elements of sun and wind.

## PERCUSSION

Incorporate the Theragun PRO for up to 10 minutes of your massage, focusing on up to 2 treatment areas. Targeted pulses of pressure help relieve muscle pain, stiffness, and soreness and increase range of motion.





## THE SKINCARE ATELIER

Optimal results paired with a sumptuous experience, Waldorf Astoria Spa is at the forefront of skin health. Using carefully curated, prestige skincare and technology, our expert estheticians customize each service to individual needs and desired outcomes.

## SIGNATURE

This bespoke CODAGE treatment begins with a customized cleanse and gentle exfoliation, priming your skin for a facial massage enhanced by gua sha tools that promote lymphatic drainage and skin detoxification. A curated blend of active serums penetrates deeply to nourish, smooth, and revitalize. This luxurious facial is tailored to your skin's unique needs, supporting anti-aging, reducing inflammation, and enhancing elasticity, offering holistic and radiant renewal.

60/90 MINUTES

## WELL-AGING

Rooted in mindfulness and designed to support graceful aging, this rejuvenating facial features Ayuna, a natural, luxurious skincare program that activates the limbic system and renews the skin. Rich botanical serums enhance your skin's regenerative abilities, while the interplay of aroma, sound, and touch calms the mind and uplifts the spirit. A holistic experience ideal for all skin types, even the most sensitive.

60/90 MINUTES

## ILLUMINATING

This powerfully detoxifying facial utilizes a protein plasma mask to calm skin sensitivity, draw out impurities, and reawaken your natural glow. Hand, foot, and facial lymphatic massage enhance circulation and promote gentle contouring. Ideal for skin in need of revitalization and radiance.

90 MINUTES

## BOTANY

An all-encompassing approach to skin health and wellbeing. Utilizing Wildsmith Skin formulas, the treatment delivers immediate benefits, leaving the skin toned, smooth, and visibly plumped. Incorporating a sequence of breathwork, myofascial release, acupuncture, and craniosacral holds to dissipate tension and restore balance. This extraordinary facial surpasses expectations to help ground, center, and re-energize the mind, while delivering cleansed, healthy, radiant looking skin.

60/90 MINUTES

## HYDRAFACIAL

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.

30/60/90 MINUTES

## AYUNA REFRESH

An express facial to refresh and rejuvenate the skin featuring a cleanse, three-phase exfoliation, and moisturizer application.

30 MINUTES

# FACIAL COMPLEMENTS

## THERAFACE LED MASK

Improve skin radiance, luminosity, and overall appearance while reducing fine lines and wrinkles using Therabody's award-winning FDA-cleared LED skincare mask complete with vibration therapy.

## KNESKO FACE MASK

Refresh and pamper skin to create a luxurious, healthy glow.

## KNESKO NECK+DÉCOLLETÉ MASK

Firm and repair the delicate skin of the neck and décolleté for a more youthful appearance.

## KNESKO EYE MASK

Refresh and de-puff under eyes with an age-defying treatment.

## KNESKO LIP MASK

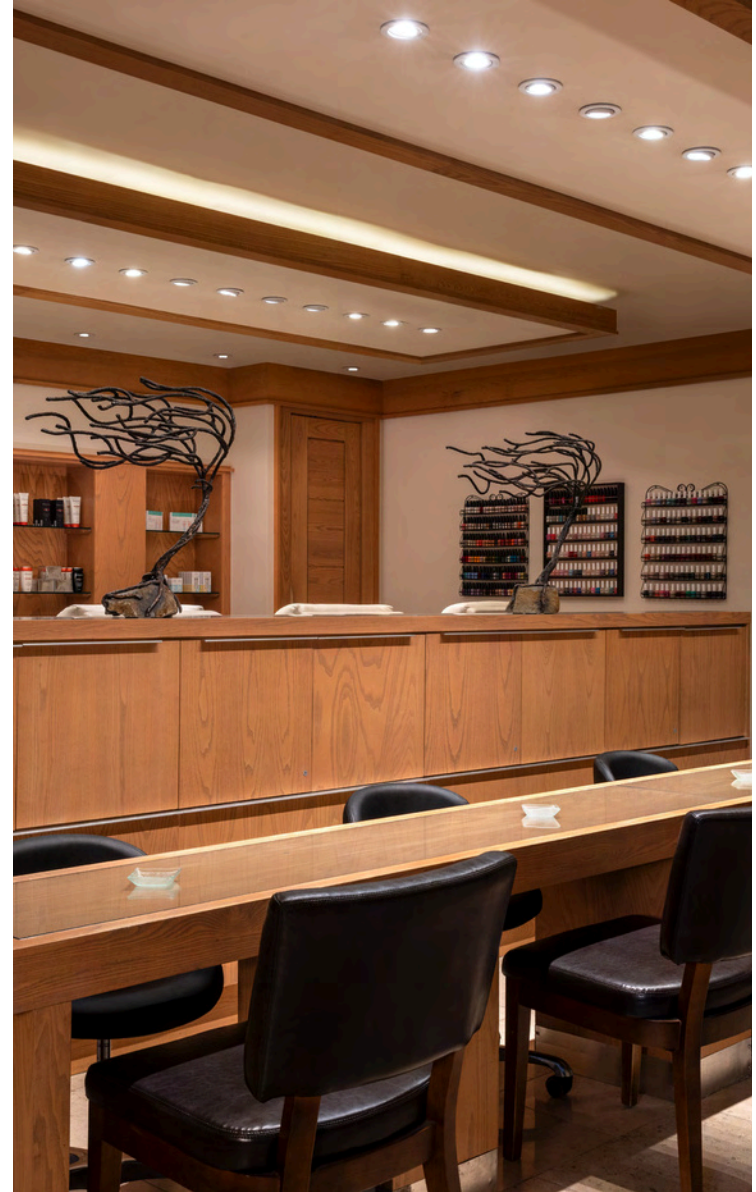
Hydrate and smooth lips for a plump and ageless pout.

# NAIL SERVICES

## SIGNATURE MANICURE

An exquisite age-defying ritual to renew and beautify the hands and nails. Immerse in a warm soak of fruit enzymes and velvety botanical butters, rich in nourishing actives to soften and prepare the skin. Beyond a typical manicure, this luxurious treatment begins with nail shaping, buffing, and gentle cuticle management. A delicate sugar-and-sea-salt polish smooths and refines before a restorative massage with nutrient-rich emollients and probiotic actives enhances radiance and resilience. The ritual concludes with a warm infusion of Paracress, nature's botanical paraffin, sealing in lasting hydration, improving firmness, and leaving the skin visibly renewed, supple, and luminous.

60 MINUTES



## SHELLAC POLISH MANICURE

A polished look with enduring brilliance. This treatment begins with expert nail shaping and cuticle care, followed by a nourishing hand cream application to condition and soften the skin. Finished with a high-performance shellac polish, cured to perfection for a chip-resistant shine.

60 MINUTES

## TRADITIONAL MANICURE

A timeless treatment for impeccably groomed hands. Begin with your choice of signature aroma, then enjoy a hydrating fruit enzyme soak to soften and refresh. A smoothing sugar-and-sea-salt exfoliation refines the skin before a restorative shea butter massage soothes and conditions. Concludes with a flawless polish application in the perfect shade.

45 MINUTES

## DAZZLE DRY MANICURE

This innovative, non-toxic lacquer system dries in five minutes and maintains its lustrous finish for a week or more. The service includes a soothing hand soak, skin-softening exfoliation, traditional manicure, and a rejuvenating hand massage, delivering beauty and promoting nail health.

45 MINUTES

## EXPRESS MANICURE

An elegant refresh for the hands when time is of the essence. Nails are shaped and perfected before an expert polish application delivers a refined finish in minutes. This dry service is ideal for a finely groomed look on the go.

30 MINUTES

## SIGNATURE PEDICURE

An indulgent, age-defying ritual to restore suppleness and vitality to the feet while promoting nail health. Begin with a warm, mineral-rich soak of arnica and shea butter-infused Epsom salts, easing muscle tension and soothing the senses. Select a bespoke aroma to accompany each step, then enjoy a refining scrub that gently polishes and envelops the skin in rich emollients. A restorative massage with nutrient-rich butters and probiotic actives nourishes and fortifies, enhancing resilience and radiance. The treatment concludes with a warm infusion of Paracress, nature's botanical paraffin, sealing in hydration, enhancing firmness, and leaving the skin remarkably smooth, supple, and rejuvenated.

60 MINUTES

## SHELLAC POLISH PEDICURE

A polished look with enduring brilliance. Begin with your choice of signature aroma, then enjoy a hydrating fruit enzyme soak to soften and refresh. A smoothing sugar-and-sea-salt exfoliation refines the skin before a restorative shea butter massage soothes and conditions. Finished with a high-performance shellac polish for a chip-resistant shine.

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## TRADITIONAL PEDICURE

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60 MINUTES

## DAZZLE DRY PEDICURE

This innovative, non-toxic lacquer system dries in five minutes and maintains its lustrous finish for a week or more. The service includes a soothing foot soak, skin-softening exfoliation, traditional pedicure, and a rejuvenating foot massage, delivering beauty and promoting nail health.

45 MINUTES

## EXPRESS PEDICURE

An elegant refresh for the feet when time is of the essence. Nails are shaped and perfected before an expert polish application delivers a refined finish in minutes. This dry service is ideal for a finely groomed look on the go.

30 MINUTES

# NAIL COMPLEMENTS

## THERAFACE LED MASK

Improve skin radiance, luminosity, and overall appearance while reducing fine lines and wrinkles using Therabody's award-winning, FDA-cleared LED skincare mask complete with vibration therapy.

## CBD

CBD functions like fuel for the body's internal mainframe (endocannabinoid system), responsible for maintaining optimal internal balance while relieving pain, improving skin health and optimizing the mind-body connection.

## PARAFFIN

Indulge in hydrating warm paraffin wax and soothing aromatherapy for the hands or feet.

## DAZZLE DRY

Dazzle Dry is a revolutionary, non-toxic lacquer system that dries worry-free in 5 minutes, lasts 7+ days, and promotes healthy nails.

# SALON SERVICES

The Waldorf Astoria Spa presents a curated selection of hair services, where artistry and precision come together in every detail. Expert stylists specialize in advanced techniques, ensuring each experience is tailored to enhance natural beauty and individual expression.

Please contact the spa for a full menu of salon offerings. Pricing and duration may vary based on hair length or existing extensions.

## SHAMPOO & BLOWDRY

Indulge in a relaxing cleanse and expert blowdry, leaving hair silky, smooth, and full of movement. Ideal before a special event or as an everyday luxury.

50+ MINUTES

## HAIRCUT & STYLE

Experience a tailored cut, complemented by a luxurious shampoo and expert blowdry for a fresh, refined look.

50+ MINUTES

## GENTLEMEN'S CUT

A precise haircut and style designed for short hair, combining expert technique with a polished, contemporary finish.

40 MINUTES

## DEEP CONDITIONING

Immerse in a nourishing treatment rich in hydrating actives designed to restore softness, shine, and strength.

50+ MINUTES

## HAIR COLOR

From luminous single-process shades to seamlessly blended highlights, our stylists create customized color that enhances your personal style.

60+ MINUTES

# TERMS & CONDITIONS

## ARRIVAL

To fully enjoy your spa experience, we kindly recommend arriving at least 30 minutes prior to your scheduled appointment. Late arrivals may limit your treatment time, while the full treatment fee will apply.

## RESERVATIONS & CANCELLATIONS

A valid credit card is required to confirm all reservations. Should you need to reschedule or cancel, we kindly request a minimum of 24 hours' notice to avoid the full service fee.

## AGE REQUIREMENT

The spa is an adult-oriented atmosphere and guests must be 16 years of age or older to enjoy spa treatments and amenities.

## HEALTH CONSIDERATIONS

Please inform us of any health conditions, allergies, injuries, or pregnancies at the time of booking, as these may affect your treatment selection.

## SERVICE CHARGE

For your convenience, a 22% service charge is added to all spa services. This is distributed among your treatment provider and supporting spa team members.

## SPA FACILITIES

Spa guests are invited to enjoy our tranquil amenities including separate ladies' and gentlemen's locker rooms, showers, steam rooms, repose lounge in the ladies' only, and outdoor sauna, pool and whirlpools. Salon services do not include access to spa amenities or the pool.

## PARKING

Non-hotel guests may valet park to visit the Waldorf Astoria Park City Spa. Valet parking is complimentary for all guests receiving spa services.

## ETIQUETTE

To maintain a peaceful environment for all, we kindly ask that mobile devices be silenced or switched off. We appreciate your cooperation in preserving the privacy and serenity of every guest.



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