



WALDORF ASTORIA®
BEVERLY HILLS

Wellness & Recovery

Cabana Menu



Packages

BLUESKY | MONDAY - THURSDAY | \$375
FRIDAY - SUNDAY | \$500

Pool Access for (4), Fresh Fruit Bowl
Non-Alcoholic Beverages

DAYBREEZE | MONDAY - THURSDAY | \$550
FRIDAY - SUNDAY | \$750

Pool Access for (4), VIP Seasonal Fruit Platter
Non-Alcoholic Beverages, (1) Bottle of Champagne
Choice of (2) Cold Plunge or (2) Sauna Sessions

LIFESTYLE | MONDAY - THURSDAY | \$950
FRIDAY - SUNDAY | \$1,250

Pool Access for (4), VIP Seasonal Fruit Platter, Non-Alcoholic Beverages
(1) Bottle of Champagne, Choice of (2) Cold Plunge or (2) Sauna Sessions
(1) Percussive Massage, \$150 Dining Credit

**All cabana packages include a 15% discount on spa services at La Prairie Spa.



Treatments

PERCUSSIVE MASSAGE | 25 MINUTES | \$105

Percussive Massage takes deep tissue massage to the next level. The Theragun Percussive Massage device is used alongside tailored massage techniques to significantly and immediately reduce muscle strains, pains, and inflammation. Increases circulation and oxygen delivery to aid muscle recovery.

SMART GOOGLES | 15 MINUTES | \$50

With a combination of compressive massage, vibration, and heat, Smart Goggles can help ease headaches, reduce facial discomfort, decrease stress, and promote relaxation.

COMPRESSION BOOTS | 30 MINUTES | \$105

RecoveryAir compression sleeves greatly improve your circulation, helping to recharge your entire lower body, decrease aches and pains, and help you recover from everyday stresses.

MASSAGE | 30 MINUTES | \$150

This experience will be tailored to a specific work area targeting deep muscle tension.

INVERSION | 20 MINUTES | \$30

Strap in and tilt backward on an angle or completely upside down to relieve pain associated with a variety of back pain. The Table is designed to create space between your vertebrae and stretch the spine by removing gravitational pressure from the nerve roots and disks in the spine.

VIRTUAL REALITY MEDITATION | 30 MINUTES | \$75

Reduce anxiety, discomfort, blood pressure and heart rate whilst being transformed to your personal safe place.

INFRARED SAUNA | 30 MINUTES | \$75

Deeply restorative, boost recovery time with our dry sauna. Infrared light will penetrate deeply into your muscles, help stimulate collagen, improve blood circulation, relieve pain, and ease symptoms of stress

COLD PLUNGE | 3-5 MINUTES | \$50

Cold plunge is quick and effective! It will accelerate muscle recovery, boost your immune system and reduce inflammation.

Sauna and Cold plunge combination package \$105



Treatments

HEAT HEALER SAUNA BLANKET | 60 MINUTES | \$130

Lay down and be wrapped in our Sauna blanket; 96 Jade & Tourmaline stones, carbon fiber heating and EMF blocking technology. Benefits included calm your mind, relieve aches & pains, burn calories, reduce inflammation and get your sweat detox going.

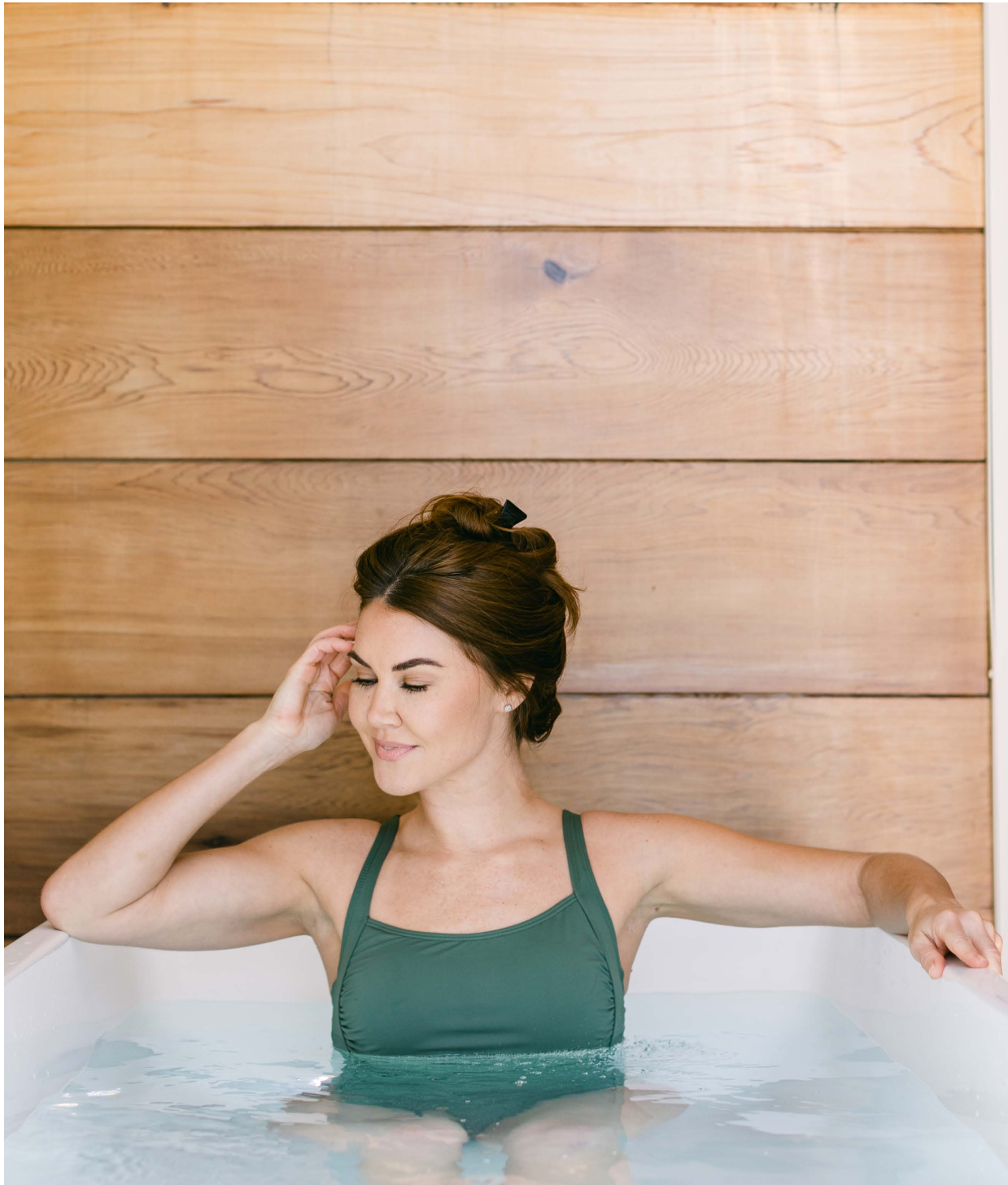
HEAT HEALER BODY BELT | 30 MINUTES | \$75

This Infrared, PEMF & Red Light Therapy Body Belt can target areas of the body including the abdominals, lower back and shoulders. It distributes infrared heat among 44 pockets filled with Jade, Tourmaline, Clear Quartz, Amber, Amethyst crystals, and Negative-Ion Producing Clay Beads.

IASTM | 30 MINUTES | \$175

An advanced form of instrument-assisted, soft-tissue mobilization which incorporates the use of six specially-designed stainless steel instruments. The Graston Technique Therapy enables clinicians to effectively treat adverse effects of scar tissue and fascial restrictions and improve optimal range of motion.







Treatments

CUPPING | 30 MINUTES | \$150

The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, and sedate the nervous system. This service can relieve back and neck pain, stiff muscles, anxiety, fatigue and migraines. It may leave temporary marks on the skin.

STRETCHING | 30 MINUTES | \$150

Ideal for travelers. This treatment can increase mobility, relaxation and range of motion. Performed on table.

CBD ADD ON | \$40

Super Soothing Pain Serum Cream with CBD & Lidocaine or Ultra Relief muscle pain rub with CBD applied with a cryo massage roller for deeper penetration.

Add CBD to any massage / can be used as a standalone spot treatment



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