



  
WALDORF ASTORIA  
*Spa*

## WELCOME TO A WELLNESS ESCAPE WITH UNIQUE AND REVITALIZING SPA EXPERIENCES

At the Waldorf Astoria® Spa, luxurious therapies, soothing environments, and our unique client-centric approach to wellbeing all unify to create an elevated state of rejuvenation and renewal. Here, individual treatments become a completely customized experience, in which your personal skin qualities and aesthetic expectations are the sole objective of the session.

Following a holistic analysis of your unique characteristics and concerns, your therapist will tailor each session for results that achieve a desired balance of physical and emotional revitalization. With world-renowned treatments designed for face, hair, and body, the Waldorf Astoria Spa will transform your visit into a luxurious and personal escape.



## MASSAGE

Expert massage therapists offer a variety of treatments for soothing relaxation and stress relief.

### THE WALDORF SIGNATURE MASSAGE

60mins | 90mins

Personalized for each guest, a therapist will use varying techniques to address your needs - whether you're looking for stress or pain relief or simply want to revive yourself.

### HOT STONE MASSAGE

60mins | 90mins

Warm Himalayan stones glide across the body alleviating muscle tension and increasing circulation.

### ASHIATSU MASSAGE

60mins | 90mins

A deep tissue technique using deep barefoot compression strokes that glide over the body with a push and pull motion. The therapist uses bars overhead for balance.

### PRENATAL MASSAGE

60mins | 90mins

Specially designed for expectant mothers, this treatment relieves pain associated with backaches, leg cramps, tender joints and lowered blood circulation. Using a side-lying pillow, this massage is completely customized for your pregnancy aches and pains.

### COUPLES MASSAGE

60mins | 90mins

Enjoy a relaxing massage together in our couples' suite. Personalized for each guest, the massage therapist will use varying techniques to address your needs.

#### Massage Enhancements:

CBD Oil Massage, CBD Cream Massage  
Knesko Collagen Eye Mask, Knesko Collagen Face Mask,  
Knesko Collagen Lip Mask

## BODY TREATMENTS

Unique and highly effective therapies that deliver restorative benefits for the skin, body and mind.

### HYDRATING SEAWEED BODY WRAP

120mins

A nutrient rich treatment blended with potent herbal extracts and essential oils to help hydrate skintone and restore vitality. Includes a full body exfoliation, detoxifying seaweed wrap and full body massage. Leaving renewed and restored in both body and mind.

### MUSCLE REPAIR

90mins

Combining massage and homeopathic therapies, this deep tissue massage treatment begins with compression and hot towels, followed by a full body deep tissue massage using arnica homeopathic oil. This treatment ends with an application of Arnica gel designed to relieve sore muscles long after the treatment is over.

### BODY POLISH

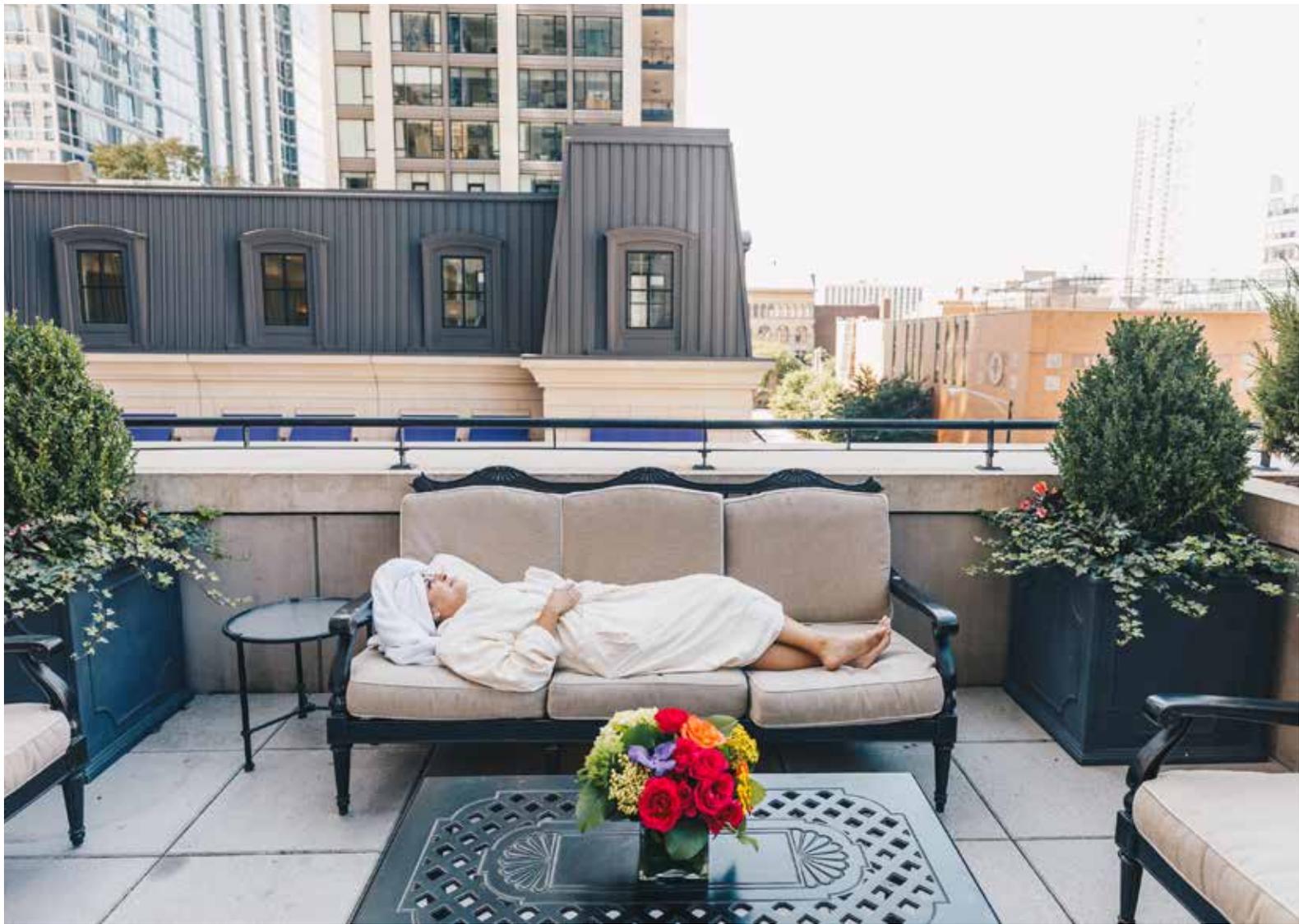
60mins

This personalized service begins with a scent journey of the essential oil blend of your choice. Shea butter and salt are used to polish the skin, followed by an application of shea butter lotion - leaving skin smooth, soft and hydrated.

### DIAMOND GLOW BODY TREATMENT

120mins

The Dermalinfusion body system delivers a combination therapy, which simultaneously provides body polishing, vacuum massage and serum infusion. This unique combination addresses the underlying cellular processes that bring about skin imperfections in many areas of the body. High settings allow for treating cellulite, restoring elasticity, and providing deep lymphatic massage, while lower settings are for treating stretch marks, rough skin, and acne.



## AUTHENTIC MOMENTS

Our luxury Spas reflect our world-wide reputation for consistent standards of excellence on which you can rely, yet each one creates its own individual sense of place, one that reflects the character and the culture of its unique location.

This means that not only will each Spa experience be memorable as well as being truly exceptional, but also each memory will be forever linked to the time and place where you enjoyed it.

Unforgettable. That's what it will be for you, and that's what you are to us.

## FACIALS

Highly trained specialists blend effective techniques, expert hand movements and innovative products to provide soothing and sensational results.

### THE WALDORF SIGNATURE FACIAL

60mins | 90mins

A completely customized facial for all skin types. Ideal for any skincare concerns including problem areas, sensitive skin, dehydration and premature aging.

### DIAMOND GLOW FACIAL

30mins | 60mins | 90mins

Novel skin resurfacing technology providing simultaneous exfoliation with deep delivery of customized solutions directly to your skin. Non-invasive, it leaves your skin silky smooth, hydrated and bright.

### PREVENTIONS AND CORRECTIONS

30mins

A selection of advanced treatments can be added as an enhancement to your facial service or experienced alone. For best results, treatments should be provided in a series. Your specialist will decide which treatment is best for you. This can include glycolic, peptide, pumpkin enzyme or salicylic masks.

### FACIAL ENHANCEMENTS

Knesko Skin

Collagen Eye Mask

Collagen Lip Mask

Collagen Lip & Eye Mask

Collagen Face Mask

Neck & Décolleté Mask

Collagen Face, Neck & Décolleté Mask

Red Light Therapy

Microcurrent Technology

## WAXING

Lip	10mins
Chin	10mins
Lip & Chin	15mins
Nose & Ears	15mins
Eyebrow	30mins
Face	30mins
Underarm	15mins
Half Arm & Hand	20mins
Full Arm & Hand	30mins
Bikini	30mins
French Bikini	30mins
Brazilian Bikini	30mins
Back & Shoulders	45mins
Half Leg Wax (upper or lower)	30mins
Full Leg	60mins
Full Leg with Bikini	60mins

## TINTING

Eyebrow	30mins
Eyelash	30mins
Eyebrow & Eyelash	40mins

## HANDS AND FEET

**TRADITIONAL MANICURE** | 30mins

**TRADITIONAL PEDICURE** | 45mins

Hand and foot treatments include nail shaping, cuticle care, moisturizing lotion application and polish.

**DAZZLE DRY MANICURE** | 45mins

**DAZZLE DRY PEDICURE** | 60mins

Dry spa scrub energizes and helps to hydrate for long-lasting moisture and polish used on feet is quick drying and lasts 7-14 days.

**THE WALDORF SIGNATURE MANICURE** | 45mins

**THE WALDORF SIGNATURE PEDICURE** | 75mins

Lava shells soothe hand and foot joints, warm paraffin deeply hydrates. Traditional buff and polish are also included.

**CLASSIC NAIL POLISH REFRESHER**

15mins

Expert cleaning, filing and nail polishing.

**FOOT REPAIR PEDICURE**

75mins

A professional consultation is followed by a warm foot soak, gentle exfoliation and stimulating massage. Footlogix® professional products are used to help rejuvenate, repair and restore feet. A Footlogix retail product will be recommended, used and sent home for continued take home use to treat your feet.

**NO-CHIP MANICURE** | 60mins

**NO-CHIP PEDICURE** | 60mins

Combines the long-lasting, high-gloss durability of gel with the ease and versatility of enamel. No smudging, chipping or dry time.

**HAND AND FEET ENHANCEMENTS**

Dazzle Dry Polish

French Polish

Paraffin

## CHILDRENS SPA

**ICE CREAM MANICURE** | 20mins

**ICE CREAM PEDICURE** | 30mins

Watch your children get tickled pink (red, purple or blue) with manicures and pedicures designed specifically for them.

## MENS SERVICES

**GENTLEMEN'S FACIAL** | 60mins

A completely customized facial tailored to address the specific needs of men. Ideal for any skincare concerns including problem areas, dehydration and sensitive skin due to shaving.

**MUSCLE REPAIR** | 60mins | 90mins

Combining massage and homeopathic therapies, this treatment begins with compression and hot towels, followed by arnica homeopathic gels and oils specifically designed to relieve sore muscles.

**FITNESS MANICURE** | 30mins

**FITNESS PEDICURE** | 45mins

An invigorating manicure and pedicure tailored address the specific needs of men. Hand and foot treatments include nail shaping, cuticle care, exfoliation, foot buff, massage and moisturizing lotion application.

**FOOT REPAIR PEDICURE** | 75mins

A professional consultation is followed by a warm foot soak, gentle exfoliation and stimulating massage. Footlogix® professional products are used to help rejuvenate, repair and restore feet. A Footlogix retail product will be recommended, used and sent home for continued take home use to treat your feet.

## IN-ROOM SERVICES

All Spa & Health Club services, with the exception of body treatments, are available in the comfort of your guest room or residence.

### **THE WALDORF SIGNATURE FACIAL** | 60mins | 90mins

A completely customized facial for all skin types. Ideal for any skincare concerns including problem areas, sensitive skin, dehydration and premature aging.

### **COUPLES MASSAGE** | 60mins | 90mins

Enjoy a relaxing massage together in our couples' suite. Personalized for each guest, the massage therapist will use varying techniques to address your needs.





## THE HEALTH CLUB

Like our Spa treatments, Health Club experiences at the Waldorf Astoria are personalized. Whether you are looking to increase flexibility or simply improve your body and state of mind, our specialists are delighted to assist. Our state-of-the-art fitness center is outfitted with impressive workout equipment from Life Fitness, Woodway and Wattbike. Each cardio piece has a built in touch screen LCD and our complimentary WiFi allows access to television, Netflix, YouTube and more.

### PILATES & GYROTONIC

These regimens define and tone muscles, realign the flow of energy through the spine and provide better body balance. In private and semi-private sessions, you can strengthen your body without straining muscles and tendons.

#### PRIVATE INDIVIDUAL TRAINING SESSION

55mins

#### PACKAGE OF 10 INDIVIDUAL TRAINING SESSIONS

55mins

#### SEMI-PRIVATE SESSION (TWO PEOPLE)

55mins

#### PACKAGE OF 10 SEMI-PRIVATE SESSIONS

55mins

# SPA GUIDELINES

## SPA AMENITIES

Spa guests who book a spa service of 60 or 90 minutes are invited to use the spa amenities. The spacious 14,000-square-foot facilities feature a heated indoor lap pool, separate mens and womens locker rooms, Jacuzzi, steam room, sauna and state-of-the-art fitness equipment.

## GATHERINGS

Private, fully customized events are available for groups of 4 to 25. Whether preparing for a special occasion, gathering with a group of friends or looking for a unique business venue, the Waldorf Astoria Spa & Health Club is the ideal resting place.

## SPA & HEALTH CLUB HOURS

Sunday - Thursday 7 am - 7 pm  
Friday & Saturday 7 am - 9 pm

## ARRIVAL TIME

Please arrive 15 minutes prior to your appointment so that you can fully enjoy the amenities at the Waldorf Astoria Spa & Health Club.

## SCHEDULING AN APPOINTMENT

Our Ambassadors will kindly assist you in selecting a treatment that is best for you. Please call 312.646.1310 or visit [waldorfastoriachicagohotel.com](http://waldorfastoriachicagohotel.com).

## HEALTH CONDITIONS

Kindly advise our staff of any allergies, injuries or other conditions that could affect your service when making your reservation.

## PREGNANCY

Specially designed treatments are available for expectant women.

## SPA ETIQUETTE

To preserve the tranquil environment, mobile phones and smoking are not permitted. Guests of the Waldorf Astoria are welcome to arrive wearing the robe and slippers provided in their guest room or suite. The Waldorf Astoria Spa will provide towels, slippers and all amenities essential for use during your visit.

## AGE MINIMUM

Guests are required to be aged 16 or older for access and treatments. Younger children may receive treatments in guest rooms or residence; however, must be accompanied by an adult.

## CANCELLATION POLICY

Should you need to cancel your appointment, kindly provide four hours' notice to avoid incurring the full service fee.

## HOME CARE

In order to maintain the ultimate result from your treatment, our technicians will be delighted to recommend home care products for you.

## PRICES

All prices are quoted in US dollars and are subject to change.

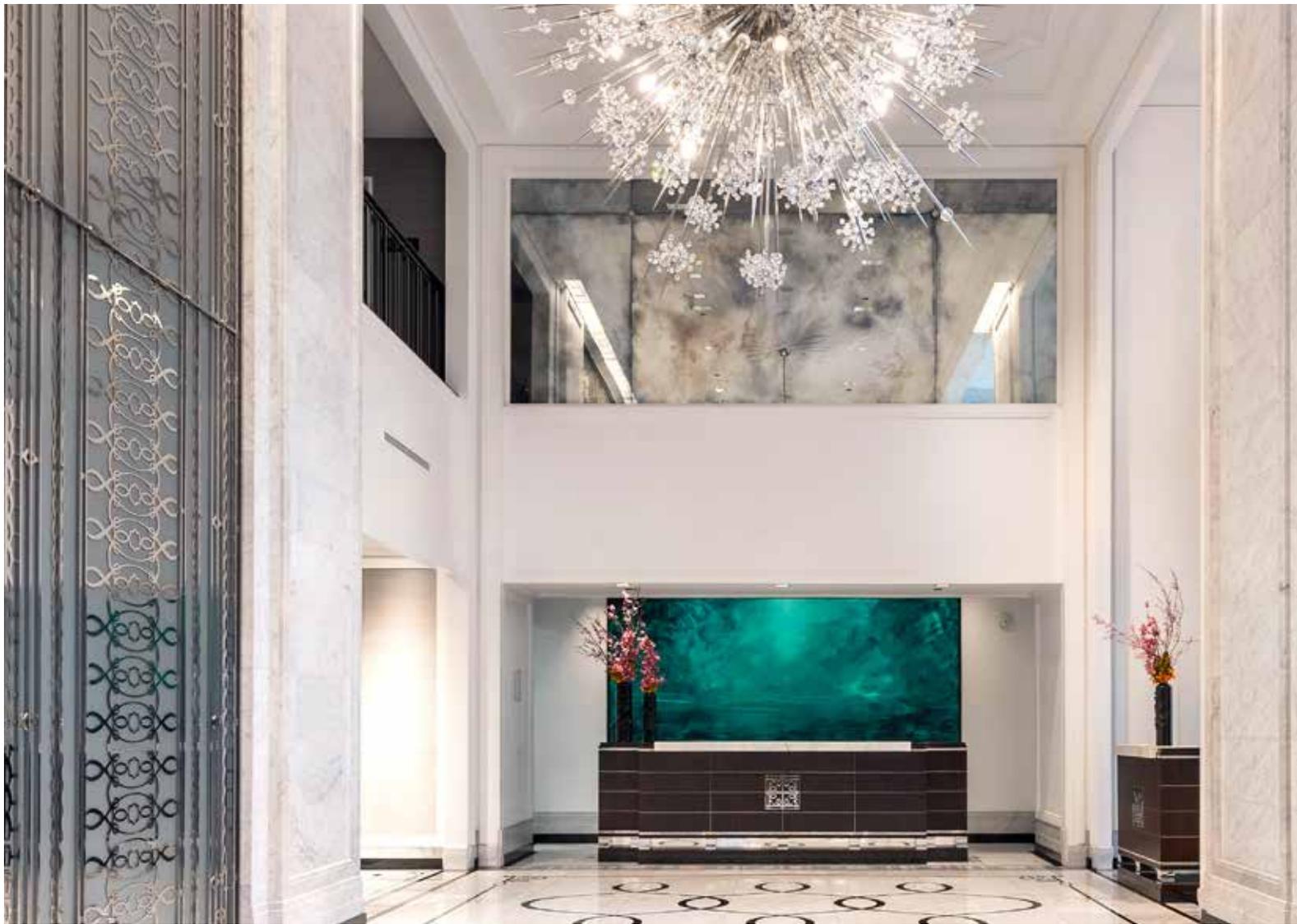
## GRATUITIES

A 20% service charge will be added to your service.

## MEMBERSHIP

Waldorf Astoria Spa & Health Club membership includes a complete wellness program, preferred pricing on Spa services and marketplace retail, hotel dining and valet parking. Signing privileges are available throughout the hotel and Spa. Please contact our Membership Manager at 312.646.1366 to learn more about the many benefits.

WE LOOK FORWARD TO WELCOMING YOU.



## INSPIRATIONAL ENVIRONMENT

Waldorf Astoria Hotels & Resorts are sited in some of the most inspirational and stimulating locations in the world, and within these locations each Waldorf Astoria is a destination in its own right. Destinations that offer the best of everything in personal service—exemplified in our signature luxury Spas.

This is where you will fully appreciate the reality that is the Waldorf Astoria commitment to putting our guests at the center of our attention—an experience that will leave you inspired.



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