

THE NEW YORK PALACE

**SPA & FITNESS CENTER**

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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

25 minutes: \$100 50 minutes: \$160 80 minutes: \$210

A customized massage to relax, renew and revitalize. Swedish, Sports and Deep Tissue techniques are combined to create a unique session designed specifically for your body.

### aromatic hot towel massage

25 minutes: \$110 50 minutes: \$170 80 minutes: \$220

Vigorous massage is combined with the application of hot compresses infused with pure essential oils. Heat, massage and aromatherapy combine to melt away tightness and restore a sense of well-being.

### reflexology

25 minutes: \$110 50 minutes: \$170 80 minutes: \$220

This restorative therapy relieves tension and stress throughout the body by applying relaxing pressure to various zones in the feet and hands. *Neck & Shoulder Massage* is often added to complete this serene experience.

### arnica muscle rejuvenation

25 minutes: \$110 50 minutes: \$170 80 minutes: \$220

Arnica has been used for centuries to treat bruises, strained muscles and joint pain. This treatment combines Swedish massage with our herbal arnica essential oil to target aches and pains. Perfect for athletes!

### hot stone massage

50 minutes: \$170 80 minutes: \$220

During this therapy, hot stones are placed along the spine and other parts of the body, while others are used to perform the massage. The heat from the stones relaxes muscles and increases blood flow, allowing for deeper work with less pressure.

### neck & shoulder massage

25 minutes: \$110

This express massage is focused on high tension areas. Therapists will have you back on your feet and ready to face the world in no time.

### four hands, two hearts: couples massage

50 minutes: \$460 80 minutes: \$560

This romantic and healing massage utilizes our Olavie aromatherapy oil. Infused with Chardonnay grape seed extract, it delivers one of the most powerful antioxidants ever discovered, along with the luxurious bouquet of fine wine. (available in-room only)

### in-room massage

50 minutes: \$210 80 minutes: \$260

Enjoy a personal massage experience in the comfort of your guest room. Also available after 9:00 p.m., \$260 for 50 minutes and \$320 for 80 minutes.

## FACIAL SERVICES

### the palace signature facial

25 minutes: \$100 50 minutes: \$160

A concentrated masque is selected for your skin type during this classic European treatment.

### the palace prestige facial

80 minutes: \$195

Your skin is treated to a customized series of masques, serums and creams, including a hydrating and soothing masque to reduce fine lines and wrinkles in the fragile eye area.

### the palace gentleman's choice facial

25 minutes: \$100 50 minutes: \$160

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. Add a *Nourishing Hair & Scalp Treatment* for an additional \$25.

### the palace teen facial

50 minutes: \$170

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. Skilled aestheticians customize this treatment to start teens on a healthy, daily skin care routine.

### european hydrating facial

50 minutes: \$170

Layer upon layer of pure, fresh European seaweed will rejuvenate, tone and help dramatically firm the skin in this anti-aging treatment. You will leave with younger looking skin, visibly renewed moisture and a lasting afterglow.

### the cleansing back treatment

50 minutes: \$160

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.

### additional indulgences

paraffin hand or foot treatment ..... \$20  
alpha hydroxy peel ..... \$25  
collagen eye mask ..... \$25

eye & lip treatment ..... \$25  
additional masque ..... \$25  
nourishing hair & scalp treatment ..... \$25

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WAXING lip or chin ..... \$15  
eyebrows ..... \$20  
eyebrow design ..... \$30  
underarm ..... \$20  
half arm ..... \$40

half leg ..... \$40  
full leg ..... \$60  
bikini ..... \$45  
brazilian ..... \$85  
full back ..... \$65

## BODY TREATMENTS

50 minutes: \$170    80 minutes: \$230

### sea emerald treatment

This combination body treatment and massage uses warm granite stones and our custom aromatherapy blend to improve blood and lymph circulation, condition the skin and leave you in a state of relaxation.

### chardonnay sugar scrub

The sugar 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

This total-body therapy helps eliminate excess weight and contour your figure while improving microcirculation and refining the texture of your skin. You're left feeling relaxed, slim and revitalized.

### warm & cozy mud treatment

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

This invigorating treatment will leave your legs feeling toned and energized. Your skin will be moisturized and refreshed while lymphatic and cardiovascular circulation are stimulated with a special foot and leg massage.

### detoxifying seaweed treatment

Exceptional purifying benefits are attained with this luxurious therapy. A light exfoliation treatment is followed by a rich body masque, working to help stimulate circulation and break up cellulite deposits.

## 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 (30 minutes).....	\$50	in-room manicure .....	\$60
spa pedicure (60 minutes).....	\$80	in-room pedicure .....	\$100
nail polish change .....	\$20	french manicure .....	\$70

## SPA PACKAGES

### jet lag therapy

110 minutes: \$290

Perfect for the weary traveler, this therapy begins with a *Hydra Dew Facial*, which imparts abundant antioxidants and in-depth moisture, combating hyperpigmentation and fine lines. The treatment continues with a *Lipo-Active Body Treatment* which helps eliminate excess weight and contours the figure while improving microcirculation and refining the skin's texture.

### cozy cashmere package

50 minutes (two therapists) or 110 minutes: \$300

This is a full-body experience designed to moisturize, soften and smooth the skin while awakening the senses. Indulge your skin with a customized facial, followed by a *Perfectsense Paraffin Treatment* and signature *Peppermint Foot Treatment*, leaving hands silky soft and energy restored.

### executive escape

130 minutes: \$345

Retreat into peaceful tranquility with the essential oils in our signature *Aromatic Hot Towel Massage*. Aroma-infused heated compresses are used to enhance your mood and awaken your senses. During an *Organic Naturopathica Facial* a series of skin-nourishing serums and creams will be applied, as well as a collagen-boosting eye mask to complete your relaxation experience.

### divine moments

215 minutes: \$500

Take a sensory voyage while our therapists, aromatherapy oils and warmed pink granite stone do their magic. Our *Nourishing Hair & Scalp Treatment* and *Palace Prestige Facial*, along with a luxurious manicure and pedicure will complete your divine spa experience.

## FITNESS CENTER

A variety of fitness center membership options are available, ranging from daily and weekly passes to annual corporate wellness memberships. Please inquire at our front desk for prices, package details and availability.

Our fitness center proudly offers the Exceed Personal Training Program™, where nationally certified personal training professionals will create a fitness program based on your specific goals. The mission of the Exceed Personal Training Program™ is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance designed to enhance results and provide improved quality of life.

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.

## 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.

Gratuities are at the sole discretion of the member or guest. A gratuity of 15% to 20% is customary for spa services rendered to your satisfaction.

Naturopathica, Phytomer, Phyociane 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.

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