

SHIFFA PRECIOUS GEM TREATMENTS

The Peninsula Spa is the first hotel spa in North America to offer the luxuries of Shiffa precious gem oils. The rich gem-saturated oils containing ruby, emerald, sapphire or diamond draw upon their luxurious healing powers to bring you to a state of serenity within.

PRECIOUS SAPPHIRE MASSAGE, TRANQUILITY

90 minutes

The deep blues of Sapphires are said to represent our deepest emotions, inspiration and inner thoughts. The Precious Sapphire Massage begins with a skin brushing to stimulate the lymphatic system and lightly exfoliate the skin. A full body massage and foot reflexology follows, using an oil blend of Roman Chamomile, Lavender,

Orange Blossom, and Sapphire.

PRECIOUS RUBY MASSAGE, VITALITY

120 minutes

The rich reds of Rubies are said to represent the heart, passion and energy of love. Rubies are used to bring happiness and clear negativity. This treatment includes a Gardenia and Ylang Ylang scented brown sugar body scrub, and hydrating Rose clay wrap with reflexology massage. A full body Precious Ruby Massage concludes your journey.

PRECIOUS EMERALD MASSAGE, STRENGTH

120 minutes

Emeralds are said to hold the energy of the earth. Beginning with a refreshing Basil and Mint Dead Sea salt body scrub to enliven the senses, a detoxifying clay wrap follows, infused with Lemon and Eucalyptus. This treatment concludes with a relaxing aromatic Precious Emerald Massage.



P E N I N S U L A C O L L E C T I

PRECIOUS DIAMOND MASSAGE, HARMONY 90 minutes

Diamonds reflect the entire color spectrum and have been used since ancient times for inspiration. The oils used in this massage treatment contain precious diamonds in addition to Rose, Neroli and Geranium to balance the self. The Precious Diamond Massage uses hot stones to ease your tension, tone your skin and rejuvenate your body and mind.

GEMSTONE REVIVAL

60 minutes

A 60-minute treatment incorporating a full body scrub followed by a relaxing back, neck and shoulder massage. Customize your experience by selecting between a Gardenia and Ylang Ylang brown sugar scrub or a Basil and Mint Dead Sea Salt scrub accompanied by one of our Gemstone Oils: Diamond Luxury Oil for Balance and Harmony; Emerald for Stability and Strength; Ruby representing Stimulation and Vitality; or Sapphire for Peace and Tranquility.

SHIFFA TOTAL HEALING JOURNEY 75 minutes

Revitalize and re-balance your body and soul in this customized head-to-toe journey of healing. Select one of our four organic Gemstone Luxury Oils to be used in your 75-minute massage: Diamond for Harmony; Emerald for Strength; Ruby for Vitality; or Sapphire for Tranquility. During your journey, our esthetician will also perform a 30minute facial - your face will be cleansed and purified and a rare gemstone Shiffa facial serum will be applied to face neck and décolleté using jade rollers to tone and refresh.





THE PENINSULA SIGNATURE ORGANIC CUSTOM FACIAL

60 or 90 minutes

You are unique and so is your skin. Allow our highly trained and experienced estheticians to assist you in developing the customized treatment your skin requires. As environmental factors such as the seasons, traveling and stress affect your skin, our estheticians can help target your individual concerns with gentle, yet effective, organic products.

HYDRATING VITAMIN INFUSION FACIAL

60 minutes

The perfect pick-me-up to refresh, clean and infuse your skin with nourishing and healing vitamins. This facial includes a gentle cleansing, balancing toner, nourishing vitamin infusion and healing moisture application. You will see a visible difference in your skin that lasts.

For brighter, healthier and more beautiful skin...

SHIFFA GEMSTONE FACIAL

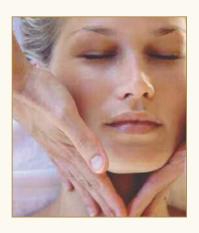
60 or 90 minutes

This exclusive facial uses precious gemstone-infused oils for glowing, radiant skin. Suitable for all skin types, your esthetician will carefully select between the rare healing oils to best complement your needs. A cool jade stone facial massage firms and tones the skin and reduces puffiness and darkness around the eye area, and a massage of the hands and feet completes your relaxing journey.

EPICUREN CUSTOM FACIAL

60 or 90 minutes

The Epicuren Enzyme System is designed to energize the skin cells with a unique rejuvenating protein enzyme process that deeply nourishes and replenishes the skin. The protein enzyme treatments rapidly improve the metabolism and cellular memory of skin cells. These treatments produce significantly firmer, younger, and healthier skin with increased elasticity, reduced pore size and less hyperpigmentation.



...and to help restore a more youthful glow



ORGANIC OXYGEN FACIAL

60 or 90 minutes

Using oxygen mist in its most pure and concentrated form, this facial leaves your skin firm, clear and radiant by restoring the skin's hydration. High potency organic bio-swiss serums will be custom blended to erase all signs of redness, sensitivity, premature aging and dullness, while stimulating collagen and elastin production. Ideal for all skin types including sensitive. Perfect before special events to get a beautiful luminous glow.

EPICUREN REFINING FACIAL

60 minutes

Epicuren's uniquely formulated peel utilizes an advanced delivery system to slowly release glycolic acid into the skin, reducing the potential for acute inflammation and irritation. Glycolic effectively exfoliates lifeless cells, revealing new emerging skin which will allow for proper absorption of oxygen and nutrients; critical elements for healthy, vibrant skin. Actively address fine lines, acne, hyperpigmentation, and dry skin and witness results immediately with one treatment. Dramatic results are also achieved when this facial is given in a series and accompanied by a proper home care regime.

Perfect before special events ...

Introducing our latest choices for state-of the art facials which deliver results that last.

Allow your esthetician to customize a cutting-edge facial just for you, from our extensive menu of options.

THE PENINSULA RADIANCE FACIAL 90 minutes

The ultimate in results driven, luxury facials. Through the use of non-invasive technology you will see an immediate improvement in skin texture and tone. Gentle ultrasonic microdermabrasion clears pores, and a natural micro current lifts and firms sagging facial muscles. Smoother, clearer skin will appear after LED light reduces redness and fine lines, and ultrasonic technology penetrates a customized organic serum deep into the skin for a fresh, radiant glow. Perfect before a special occasion or event.

THE PENINSULA AGE-DEFYING FACIAL 60 minutes

Relax and let our estheticians turn back the clock through the use of our exclusive micro current technology. Using levels of current that are similar to those produced by our bodies naturally, this treatment quickly and effectively reduces the signs of aging by re-educating the muscles of your face and neck to return to a more youthful position. This holistic treatment has no discomfort or down time. The results can also be compounded and improved through a series of treatments.

DEEP CLEANSING MICRODERMABRASION FACIAL

60 minutes

The latest in deep-cleansing technology is
Ultrasonic Exfoliation which utilizes sound
vibrations and moisture to remove surface debris
and congestion within the pores. This technique
does not utilize any suction or abrasive materials,
so it is suitable for even the most sensitive skin.
Extractions are performed, followed by an antibacterial dose of healing LED light therapy and
the infusion of a product selected especially
for you.



Boost the results of any facial by enhancing it with advanced technology.

SERUM INFUSION

Ultrasonic sound vibrations are used to penetrate the active ingredients of any product deep into the skin, significantly boosting and prolonging the results of the service.

ULTRASONIC MICRODERMABRASION

Ultrasonic sound vibrations are used to remove dead skin and stimulate cell renewal, leaving the skin polished and refined.

LED LIGHT THERAPY

Red or Blue light are utilized to target specific skin concerns. Red light builds collagen and fades fine lines whereas blue light kills bacteria and calms redness, prevents acne, and improves the overall skin tone without irritation.

HYDRATONE MASK TREATMENT

This deeply hydrating gel-based mask containing Hyaluronic Acid, Collagen and vitamins C&E is infused into the skin using specialized micro current rollers. Whether you're dehydrated from travel and lifestyle, or just concerned with dry, aging skin, this luxurious mask will leave you and your skin looking vibrant and refreshed.

EYE OR NECK REJUVENATION

Non-invasive micro current technology effectively lifts and tones the tired muscles around your eyes or sagging neck and jowls, visibly diminishing the appearance of fine lines and wrinkles without any discomfort.

FACIAL ENHANCEMENT

PLUMPING LIP TREATMENT

Specialized lip treatment products and massage are combined to hydrate, rejuvenate and plump the lips naturally.

OXYGEN TREATMENT

Add an oxygen treatment to any facial to boost hydration and achieve a radiant glow.

WAXING

Eyebrow • Brazilian • Bikini • Lip • Full Arm • Half Arm • Chin • Underarm • Full Leg • Half Leg • Full Face • Back • Chest

To ensure best results and the most comfort, we recommend that waxing services be performed when hair growth has reached at least 1/4" in length.

Please inform your esthetician if you are or have been using Retin-A, Accutane, or any form of glycolic acid within the last two (2) weeks.

We may not be able to perform the waxing service under these circumstances. Please do not steam prior to waxing.

THREADING Eyebrow • Lip • Chin • Full Face TINTING Eyelash Tinting • Eyebrow Tinting



THE PENINSULA SIGNATURE CUSTOM MASSAGE

60, 90, or 120 minutes

Deep tissue, Sports, Classic Swedish massage or a hybrid of all three, based on your individual needs. Our expert massage therapists will use a combination of massage techniques to release tension and relax and soothe sore muscles.

NIRVANA STONE MASSAGE

60, 90, or 120 minutes

During this soothing massage, smooth heated stones are placed on strategic areas of the body to penetrate aching muscles and melt your tensions and stress away. Hot stone massage relaxes the body at its deepest level to rejuvenate the body and mind.

SHIATSU MASSAGE

60 or 90 minutes

Shiatsu is a traditional Japanese massage designed to treat the mind and body and establish a healthy state of balance. Pressure is applied to specific points on the body using thumbs, fingers and palms, and is combined with gentle manipulation to alleviate tension, eliminate fatigue and enhance the body's natural healing ability.

THAI CEREMONY MASSAGE

60, 90 or 120 minutes

This is the traditional massage of Thailand, performed on a table, utilizing yoga-like stretches and a variety of relaxing massage modalities.

REFLEXOLOGY

30 or 60 minutes

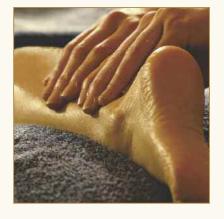
Utilizing the application of pressure to specific reflex points located on the hands and feet that correspond to related organs and systems of the body, this massage helps open energy flow and improves balance and circulation. You will feel the healing benefits of this massage throughout your entire body.

MOTHER-TO-BE MASSAGE

60 or 90 minutes

For expectant mothers, massage is a wonderful experience for your delicate condition.

Pre-natal massage promotes circulation and alleviates joint, neck and back discomfort. Available only during your second and third trimesters.



FOUR HANDS MASSAGE

60, 90 or 120 minutes

Discover an experience of pure indulgence as two talented therapists work on you in perfect unison. The flowing, synchronized movements of this aroma-infused Signature massage will bring you to another level of deep relaxation and halance.



DUET HARMONY MASSAGE

60, 90 or 120 minutes

You and your partner will enjoy our aroma infused signature massage side by side in our luxurious Harmony Suite. Blissful and relaxing time together doesn't have to be limited to just massage, other body treatments can also be performed in the Harmony Suite.

DUET MOONLIGHT MASSAGE

60, 90, or 120 minutes

This luxurious massage for two is a sensual outdoor experience performed under the stars in our poolside cabanas. Candles, soft music and aroma-infused massage oils make this a treatment to remember.

SOOTHING BACK THERAPY

15 (inclusive in treatment) or 30 minutes

Intensive work along the spine using therapeutic essences such as eucalyptus, peppermint and juniper eases muscle soreness and releases deep-seated tension in the back.

SOOTHING FOOT THERAPY

15 (inclusive in treatment) or 30 minutes

A revitalizing foot and lower leg treatment designed to reinvigorate the whole body. Calves and feet are massaged with a stimulating Peppermint Foot Balm and then cocooned in steaming hot towels to rebalance the mind, body and spirit.

GLIMMER SHINE TREATMENT

15 minutes (inclusive in treatment)

Infused with argan oil, vitamins and antioxidants, Moroccanoil Glimmer Shine creates an invisible veil of luminous shine which also helps protect hair against environmental elements such as the sun, salt water and chlorine.

SOOTHING SCALP TREATMENT Choose from Dry or Oily

15 minutes (inclusive in treatment)

Indulge your senses with one of two Moroccanoil scalp treatments containing argan and organic essential oils.

INTENSE HYDRATING MASK TREATMENT

15 minutes (inclusive in treatment)

Enhance your spa experience and deeply hydrate your hair. This argan oil-rich mask from Moroccanoil restores moisture, leaving your hair lustrous, shiny and rejuvenated.

JET LAG RECOVERY 90 minutes

Relax after your long journey – revitalizing facial and eye treatments using healing skincare products are followed by a pampering massage of the face, neck and shoulders. Finally, you receive a foot and lower leg massage with Lemongrass lotion to re-energize your body and mind.

PEPPERMINT GLYCOLIC BODY ENHANCEMENT

30 minutes

Glycolic acid boosts cellular turnover to mimic the rate of youthful skin. Glycolic is an Alpha Hydroxy Acid known to improve skin's clarity and minimize the appearance of sun damage. Peppermint creates a stimulating effect on the lymphatic system. The integrity of this treatment is protected with an Epicuren broad spectrum sun screen.

MICRODERM BODY SCRUB 30 minutes

An excellent and effective alternative to the traditional microdermabrasion machine. This scrub combines

Magnesium Oxide crystals, Dead Sea Salts and granulated cane sugar. It is also enhanced with Silica to form a post exfoliation "Hydra Shield."

PAPAYA PINEAPPLE BODY SCRUB

30 minutes

A tropical and invigorating scrub formulated with antioxidant-rich Grapeseeds, Papaya and Pineapple Enzymes to naturally smooth, soften and exfoliate the skin.

... to naturally smooth, soften and exfoliate the skin

WHITE CHOCOLATE BODY SOUFFLÉ

60 or 90 minutes

Your treatment will begin with a natural brown sugar and honey scrub combined with essences of Cinnamon and Vanilla to make this a treat for all the senses. Layered over the scrub, an intensely hydrating Chocolate Creme Mineral Mask calms, soothes and hydrates the skin with Aloe, Copper, Magnesium, and Shea Butter. A full body massage will leave your muscles relaxed and your skin completely nourished.

GREEN TEA & SEA ENZYME BODY WRAP

90 minutes

Beginning with a cleansing and antioxidant-rich body scrub to prepare the skin, a body wrap then follows containing Green Tea to relax and balance the body, Ginger root to invigorate the mind, and a Seaweed Algae which stimulates the body's metabolism. The final step is an aromatherapy massage with Epicuren lotion, to relax and rejuvenate.

DETOXIFYING VOLCANIC BODY WRAP

90 minutes

Following a deliciously scented body scrub to smooth and prepare your skin, an aromatic botanical mask made from Volcanic Ash and China Clay will be applied – two of nature's most powerful detoxifiers. After the mask is removed, enjoy a relaxing massage to conclude your experience. This treatment will purify and revitalize your skin.

REVITALIZING CHAI SOY MUD MASK

90 minutes

An aromatic body scrub will begin your treatment, which prepares your skin to receive an application of Chai Soy Mud. This unique mask contains Colorado Indian Spring Clay, which is naturally high in colloidal minerals, protein-rich Organic Soy which balances the body, and the refreshing aromatic spices of Chai Tea. A massage is the perfect conclusion to this detoxifying and revitalizing experience.



BRAZILIAN PROPOLIS BODY WRAP

90 minutes

Propolis is a natural healing agent produced by honeybees in the Brazilian rain forest. This incredible substance is exceptionally high in antioxidants and forms a natural barrier against disease. In this unique wrap, the Propolis is applied to your skin and sealed through the use of warm coconut milk, poured over your entire body and massaged in for remarkable hydrating and healing results.

The collection of the Propolis used in our treatments is ecologically friendly and contributes economic assistance to the Brazilian Rainforest.

ESPRESSO LIMON FIRM AND FIT

60 minutes

The perfect detoxifying and firming treatment from Epicuren, for sleek smooth skin. This treatment begins with a citrus body brushing to stimulate lymphatic drainage and start the body's detoxifying process. Your body will then be covered in Espresso Limon Slimming Body Oil. This captivating, rich coffee oil comes from South America and is infused with hints of Italian Lemon and Moroccan Cinnamon to further purify and tone the body.

... to purify and tone the body

GENTLEMEN'S FACIAL

60 or 90 minutes

Utilizing exceptional skincare products, this specialized facial for a man's skin incorporates deep cleansing, exfoliation, and hydration. LED light reduces shaving irritation and ingrown hairs. The 90-minute treatment includes extractions and concludes with a neck/shoulder massage.

TRADITIONAL SALT SCRUB

90 minutes

Salt is cleansing to the body, grounding to the mind and re-energizing to the spirit. This treatment begins with a tri-crystal scrub which combines Dead Sea Salt, sugar and magnesium oxide crystals for an invigorating exfoliation, followed by an all-natural deep heating herbal blend of Eucalyptus, Peppermint and Juniper to quickly reduce inflammation and speed circulation to your tired and sore muscles. Finish with a tension relieving deep tissue massage.

MEN'S HAND AND FOOT RECOVERY

Manicure: 45 minutes; Pedicure: 60 minutes

This luxurious and relaxing treatment exfoliates and nourishes dry, overworked hands and feet. A deeply hydrating massage will help to calm and replenish the skin for improved circulation and a more youthful appearance. Arnica gel is applied for relief from soreness and pain.

G

MEN'S ALL-OVER STRESS REDUCER

60 minutes

This full body treatment includes combined stress reduction therapies to enhance your sense of well-being. Two therapists begin your journey with a Shiffa body scrub containing Dead Sea Salts infused with relaxing basil and mint. A full body massage, facial cleansing, tension reducing scalp massage and foot reflexology are perfect for the man who wants to relax and enjoy a full spa treatment program, all in one hour.

THE PENINSULA SIGNATURE MANICURE & PEDICURE

Manicure: 60 minutes; Pedicure: 75 minutes

This exquisite treatment will completely soothe, pamper and revitalize not only tired fingers and toes, but the rest of you as well. Fifteen minutes of healing massage will bring about a sense of well-being as well as improve flow of Chi energy throughout the body. Using our exclusive gem stone infused Shiffa products, your treatment will include a luxurious soak, scrub, massage with an energizing body oil, a warming "Rose Bliss Balm" mask and paraffin to deeply moisturize and soften your skin. Paired with a glass of complimentary Champagne, this treatment is unequaled in luxury.

CLASSIC GEL MANICURE

50 minutes

Gel polish is perfect for active women who enjoy the convenience and ease of it's fast application and removal, combined with unmatched color and longevity. A gel is applied like a polish and has a high gloss shine that dries instantly and lasts without chipping for several weeks.

BRAZILIAN PROPOLIS MANICURE & PEDICURE

Manicure: 60 minutes; Pedicure: 75 minutes

This decadent treatment includes a luxurious coconut salt soak and a tropical papaya pineapple enzyme exfoliation. Experience a healing massage followed by a Brazilian Propolis wrap and conclude your experience with a warm coconut milk application for deeply hydrated, polished and silky skin.

CLASSIC MANICURE & PEDICURE

Manicure: 45 minutes; Pedicure: 45 minutes

Enjoy a luxurious Peninsula Manicure and Pedicure. Your nails will be cleansed and nourished using a refreshing blend of plant extracts and pure essential oils. Afterwards, a deeply relaxing massage of the hands and feet will moisturize and soften your skin.

WHITE CHOCOLATE INDULGENCE MANICURE & PEDICURE

Manicure: 60 minutes; Pedicure: 75 minutes

This richly decadent treatment will focus on much needed exfoliation and hydration, beginning with a Rose Petal foot soak and deliciously aromatic Cinnamon Vanilla scrub. The antioxidant rich Chocolate Creme Mask will then deeply hydrate your hands and feet. A heavenly massage follows, to relax and seal in moisture, leaving your hands and feet buttery soft.

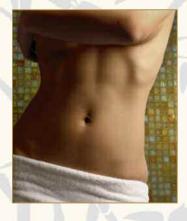
MICRO INFUSION MANICURE & PEDICURE

Manicure: 60 minutes; Pedicure: 75 minutes

Experience the transformation of your skin. This state-of-the-art Epicuren treatment uses a Tri-Crystal Microdermabrasion product, custom blended with pure Aloe Vera to soothe and heal dry skin. Dryness is swept away, leaving the skin's appearance perfectly smooth, noticeably bright, and delightfully refined. This unique treatment is highly recommended for dry hands and feet which are showing the first signs of aging.



NAIL ENHANCEMENTS: Polish Change • French Polish • Paraffin • Scrub • Mask • Gel Polish • 15-minute Hand & Arm or Foot & Leg Massage



LUXURY TANNING TREATMENT

75 minutes

Experience the ultimate in luxury self-tanning treatments. Achieve a natural bronzed appearance with a hand-applied application of our all-natural and odorless product. Begin with an indulgent full body exfoliation, to prepare your skin. Then drift away as we massage the innovative dark self-tanning treatment lotion into your skin to produce an instant result and a flawless, golden tan in 6-8 hours.

AIRBRUSH SPRAY TAN

30 minutes

Perfectly natural results are delivered by spray technology, utilizing our all-natural tanning product.

Our spray tan is streak-free, quick drying and odorless.

In order to achieve the perfect tan, you have to start with flawlessly exfoliated skin. Add on our expertly applied body scrub pre-treatment, for the best possible results.

Add Pre-Spray Tan Exfoliation: 30 minutes

... keeping the natural glow of summer

The Peninsula Spa offers personal training and fitness services either in the privacy of your hotel room or in our state of the art gym facility with a separate weight room designed for personal training, we encourage guests to book in advance.

PERSONAL TRAINING

60 or 90 minutes

Receive a customized work out from one of our highly trained staff who will be selected specifically for your needs including cross training, cardio or focused body sculpting.

MAT PILATES

60 minutes

Receive a full body resistance workout focusing on core muscle strength and flexibility, guided by an expert personal instructor.

KICKBOXING

60 minutes

Los Angeles' most effective kickboxing instructors are available on-call to help you burn calories quickly and effectively. Sessions are available for all fitness levels.

YOGA

60 or 90 minutes

Unwind with a private one-on-one Yoga class — a variety of styles are available including Hatha, Vinyasa, Iyengar, Ashtanga, and Ansura and will be adjusted to your level of fitness. Available In-Room or in the location of your choice.

PHYSICAL THERAPY

The Peninsula Spa offers therapeutic Physical Therapy sessions to restore movement and well-being and prevent future injuries.

S P A E T I Q U E T T E

- Please arrive 20 minutes prior to your scheduled appointment time to provide yourself adequate time to change and adjust to our nurturing spa environment. You may also enjoy a eucalyptus steam, or quiet time in our luxurious serenity lounge. We provide our spa guests with private lockers, robes, slippers and full locker room amenities.
- To ensure that you receive the complete benefit of your service, it is recommended that all spa patrons drink plenty of water prior to their treatment as well as afterwards.
- Please advise your therapist of any allergies, injuries, or other conditions prior to treatment.
- Anyone having a treatment under the age of 18 years must be accompanied by a parent or guardian in the treatment room.
- For the comfort and consideration of other guests we ask that you please turn off all cell phones.
- To ensure appointments are available for every guest, cancellations within 24 hours will be subject to the full service fee.

- If you arrive late for your scheduled appointment time, we will do our best to accommodate you; however we may be unable to provide the full service in the time remaining. Due to our 24-hour cancellation policy, you will still be held responsible for the full service fee.
- Please leave your jewelry at home or in your hotel room safe. Although we provide personal lockers while receiving treatment, we regret that we cannot be responsible for personal articles.
- Gratuity is not included in your service. If you feel you would like to show appreciation to your technician, you may add a gratuity to your check.
- Professional quality spa products are available for purchase to continue your spa experience at home. For your convenience products may be shipped worldwide.
- Many of our services are available in the comfort of your guest room. A surcharge of 20% will apply to all in-room services.
- For appointments performed outside of regular spa hours, a \$50 surcharge will also be applied.

THE PENINSULA

BEVERLY HILLS

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