TREATMENT PROGRAMMES

SPA

THE PENINSULA

BEVERLY HILLS

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

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

$275 / 90 minutes

The deep blues of the sapphire represent our deepest emotions, inspiration and inner thought. The Precious Sapphire Massage also incorporates reflexology to bring you to the ultimate state of peace and tranquility.

PRECIOUS RUBY MASSAGE, VITALITY

$385 / 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. The oils used in the massage treatment contain precious rubies in addition to rare flower and herb essences. Precious Ruby Massage, ideal for the weary, will enhance your senses and balance your energy.

PRECIOUS EMERALD MASSAGE, STRENGTH

$385 / 120 minutes

Emeralds are said to hold the energy of the earth. The oils used in the massage treatment contain precious emeralds in addition to rare flower and herb essences. The Precious Emerald Massage will detoxify and tone.

PRECIOUS DIAMOND MASSAGE, HARMONY

$275 / 90 minutes

Diamonds reflect the entire color spectrum and have been used since ancient times for inspiration. The oils used in the massage treatment contain precious diamonds in addition to rare flower and herb essences. The Precious Diamond Massage also incorporates hot stones and scalp massage to ease your tension, tone your skin, and rejuvenate your body and mind.

GEMSTONE REVIVAL

$195 / 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 one of four 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.

F A C E

THE PENINSULA SIGNATURE ORGANIC CUSTOM FACIAL

$250, $325 / 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 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. Enjoy ongoing skin care and maintenance with this evolving treatment, or choose it to handle special skin needs right now.

HYDRATING VITAMIN INFUSION FACIAL

$190, $285 / 30 or 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.

ADD ON OXYGEN UPGRADE

$50

Add oxygen to any facial for a radiant youthful glow.

For brighter, healthier and more beautiful skin

SHIFFA GEMSTONE FACIAL

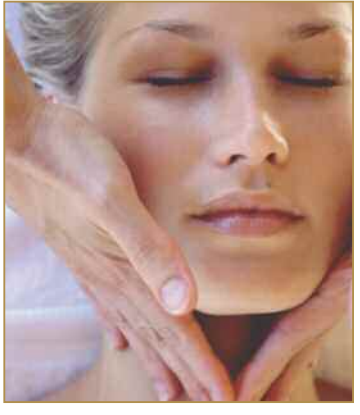
$285, $375 / 60 or 90 minutes

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

$250, $325 / 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 helps to correct hyper-pigmentation.



…and to help restore a more youthful glow…

F A C E

ORGANIC OXYGEN FACIAL

$285, $375 / 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 dermal collagen and elastin production. Ideal for all skin types including sensitive. Perfect before special events to get a beautiful luminous glow.

NEVER TOO SOON FACIAL

(Teen Facial) *$150 / 45 minutes*

It's never to soon to teach young adults good skin care and sun protection habits. Our skilled esthetician will perform a special facial featuring our Youth Skincare products, designed specifically for young skin. Throughout this experience, education regarding the importance of proper skin care, acne prevention and, of course, sun protection, will be provided.

BALANCING BACK FACIAL

$225 / 60 minutes

This treatment is specifically prescribed to address the skin condition on your back. The therapy uses the same natural and effective products used in our facial skin care to stimulate, cleanse, and balance the skin, leaving your back clear, re-hydrated and protected. The session also includes a back, shoulder and neck massage.

U P G R A D E S

HYDRATING PARAFFIN HAND OR FOOT TREATMENT

$25 each

This pampering treatment may be incorporated into your massage or facial. No additional treatment time is required.

PLUMPING LIP TREATMENT

$60 / 15 minutes

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

REJUVENATING EYE TREATMENT

$45 / 15 minutes

This eye treatment will stimulate collagen production, nourish the skin, and deeply hydrate around the eyes, diminishing the appearance of fine lines and wrinkles.

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

To ensure best restults 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 - $35 • Eyebrow Tinting - $25*

T O U C H

THE PENINSULA SIGNATURE CUSTOM MASSAGE

$160, $220, $285 / 60, 90, or 120 minutes

Deep tissue, Sports, Classic Swedish massage or a hybrid of all three, based on your individual needs. Utilizing exceptional aromatherapeutic body oils from Naturopathica, our massage therapist will work with you to provide the combination of massage techniques needed to produce your desired result. Whether to soothe tired and sore muscles, to energize and invigorate, or just to release tension and relax, this customized massage will take you there.

MALIBU STONE MASSAGE

$175, $235 / 60 or 90 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 relax and rejuvenate the body and mind.

DUET HARMONY MASSAGE

$320, $440, $620 / 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.

MOONLIGHT MASSAGE

$350, $470, $650 / 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.

REFLEXOLOGY

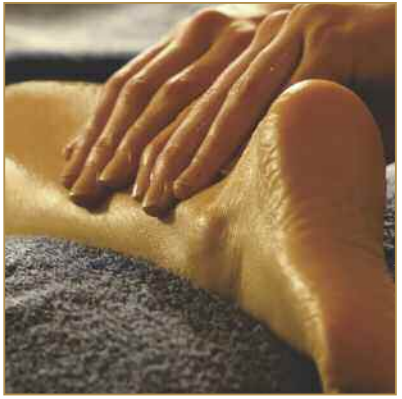
$100, $145 / 30 or 60 minutes

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.

SHIATSU MASSAGE

$160, $220, $285 / 60, 90 or 120 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. In your hotel room, treatment is provided on a traditional Shiatsu mat. Please wear loose-fitting clothing.



NIRVANA MASSAGE

$175, $235/ 60 or 90 minutes

This deeply relaxing, hypnotic massage uses long flowing techniques and is designed to create a renewed sense of well being. Featuring our exclusive Pacific Grove Oil, this treatment utilizes the native herbs and botanicals of Southern California such as Grapefruit, Lemon, Clementine and Pacific Rosemary to promote balance and harmony.

MOTHER-TO-BE MASSAGE

$160, $220 / 60 or 90 minutes

For expectant mothers, massage is a wonderful experience for your delicate condition. Using a nourishing shea butter to reduce the impact of stretch marks, pre-natal massage promotes circulation and alleviates joint, neck and back discomfort. Available only during your second and third trimesters.

THAI CEREMONY MASSAGE

$160, $220, $285 / 60, 90 or 120 minutes

This is the traditional massage of Thailand, performed on a table, utilizing yoga-like stretches and a variety of massage modalities. In your hotel room, treatment is provided on a traditional Thai massage mat. Please wear loose-fitting clothing.

…and enhance the body's natural healing ability

E N H A N C E M E N T S

BAMBOO LEMONGRASS BODY SCRUB

$95 / 30 minutes

Zesty Lemongrass and Bamboo are blended to make this foaming exfoliating scrub effective in eliminating dry skin, while leaving the skin nourished.

ESPRESSO MUD BODY SCRUB

$95 / 30 minutes

Ground Coffee beans and Pumice combined with Tobacco, Juniper and Sarsaparilla extracts to exfoliate the skin while mineral rich mud draws out impurities.

BODY MELT BACK THERAPY

$35, $85 / 15 (inclusive in treatment) or 30 minutes

The ultimate relaxing enhancement to a deep tissue massage that combines intensive work along the spine with therapeutic herbs and essences such as Arnica, Willow Bark and Birch to ease muscle soreness. Tension deep within spinal muscles is unraveled with this powerful and effective treatment.

BODY MELT SCALP THERAPY

$30, $65 / 15 (inclusive in treatment) or 30 minutes

A vigorous scalp, neck and shoulder treatment to relax the body and awaken the senses. This features Naturopathica's aromatic Wild Lime Blossom oil, perfect after a stressful day.

BODY MELT FOOT THERAPY

$35, $85 / 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.

W E L L N E S S

JET LAG RECOVERY: LONG HAUL

$325 / 90 minutes

Relax after your long journey – revitalizing facial and eye treatments using healing Naturopathica 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 & Ginger body oil to re-energize your body and mind.

TANNING TREATMENT BY CHOCOLATE SUN

$195 / 60 minutes

Keep the natural glow of Summer without the damage to your skin. Chocolate Sun has an all natural tanning product made with botanicals and herbs. Free of harsh chemicals and full of antioxidants, it is not only gentle on the skin but nourishes and moisturizes you. This treatment starts with a detoxifying body scrub leaving your skin smooth and supple for the best and most even results. The chocolate scented tan application is applied by hand.

...keeping the natural glow of summer

BAMBOO LEMONGRASS BODY SCRUB

$195, $255 / 60 or 90 minutes

Zesty Lemongrass and Bamboo are blended to make this foaming exfoliating scrub effective in eliminating dryness to reveal softer, younger-looking skin. The treatment is followed by a moisturizing full body massage using invigorating citrus lotion.

WHITE CHOCOLATE BODY SOUFFLÉ

$255, $325 / 60 or 90 minutes (scrub & massage)

This treatment begins with a moisturizing and aromatic Cinnamon Vanilla Brown Sugar Body Scrub which will enhance the skin's receptivity to the antioxidant-rich Chocolate Crème Mineral Mask. While you are enveloped in this euphoric wrap, you will receive a soothing scalp massage. The relaxing conclusion to your treatment is a 40-minute body massage with an Epicuren Vanilla body lotion. This treatment will leave your skin silky, hydrated and smooth.

MOROCCAN ESPRESSO MUD WRAP

$255 / 90 minutes

This aromatic treatment begins with an exfoliating scrub followed by a mud wrap of coffee and exotic spices to smooth the skin, stimulate circulation, and seal in moisture. The session concludes with a revitalizing full body massage featuring a hydrating and smoothing body cream. This treatment is ideal for firming and smoothing.

W E L L N E S S

DETOXIFYING SEAWEED BODY TREATMENT

$295 / 90 minutes

The treatment begins with a Rosemary Citron Sea Salt Scrub, followed by a mineral-rich seaweed serum wrap to help eliminate lymphatic sluggishness and restore healthy body tone. Unlike traditional wraps that require heat and perspiration, this unique clear colored serum wrap works by penetrating the skin and stimulating the body's elimination and immune systems. Finally, an uplifting and detoxifying body oil of Juniper and Cypress is applied to enhance circulation and help eliminate toxins.

ESPRESSO LIMON FIRM AND FIT

$225 / 60 Minutes

Embrace and prepare your body with 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

$225, $305 / 60 or 90 minutes

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

MEN'S HAND AND FOOT RECOVERY

Manicure: $80 / 45 minutes
Pedicure: $95 / 65 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 temporary relief from soreness and pain.

MEN'S ALL-OVER STRESS REDUCER

$320 / 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 body scrub performed with Dead Sea salts infused with masculine and relaxing basil and mint. An energizing body massage, facial cleansing, and tension reducing scalp massage and relaxing foot reflexology. Perfect for the man who wants to relax and enjoy a full spa treatment program, all in one hour.

N A I L S

THE PENINSULA SIGNATURE MANICURE & PEDICURE

Manicure: $95 / 60 minutes; Pedicure: $155 / 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 bath rose soak, 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 pedicure is unequaled in luxury.

CLASSIC MANICURE & PEDICURE

Manicure: $50 / 30 minutes; Pedicure: $70 / 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.

Add on Scrub: $20 / 15 minutes
Add on Mask: $20 / 15 minutes

Beauty and Care from Fingertip to Toe

WHITE CHOCOLATE INDULGENCE MANICURE & PEDICURE

Manicure: $75 / 60 minutes; Pedicure: $95 / 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: $ 95 / 60 minutes; Pedicure $135 / 75 minutes

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

NAIL ENHANCEMENTS: *Polish Change: $25 • French Polish: $15 • Paraffin: $25*

…designed to moisturize and soften your skin

F I T N E S S

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.

The following services are available to hotel guests only.

YOGA

(60 min, 90 min) Prices from $160

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.

MAT PILATES

(60 min) Prices from $145

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

PERSONAL TRAINING

(60 min, 90 min) Prices from $160

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.

KICKBOXING

(60 min) Prices from $160

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.

PHYSICAL THERAPY

Prices from $215

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

Focusing on core muscle strength and flexibility...

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.
- For the comfort and consideration of other guests we ask that you please turn-off all cell phones.
- 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.
- To ensure appointments are available for every guest, cancellations within 24 hours will be subject to 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..

Hours of Operation: 5:00am – 10:00pm • Tel: (1-310) 975 2854 • Fax: (1-310) 712 5288

THE PENINSULA

BEVERLY HILLS

20th ANNIVERSARY

9882 South Santa Monica Boulevard, Beverly Hills, CA Tel: (1-310) 551 2888 Fax: (1-310) 788 2319 E-mail: pbh@peninsula.com Website: peninsula.com

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