High above the bustle of Manhattan, discover the serenity, luxury and refinement of The Peninsula Spa. Experience spa treatments that are therapeutic, timeless and that offer an ideal retreat from the demands of the city.

Indulge the senses and embrace the blend of ancient and modern, connect with exquisite design and experience a unique spa retreat that adopts a holistic approach. The award-winning Peninsula Spa offers a range of luxurious high-quality skin care treatments to achieve outstanding results for energy, tranquility and balance.
Unwind in the Asian tea lounge and enjoy a selection of organic teas intended to soothe, calm and prepare the body for relaxation.

Separate men’s and women’s relaxation rooms provide the ultimate refuge for spa guests, featuring beds with down comforters, Frette linens and personal sound systems.
Embrace The Spa’s artful blend of ancient and modern, and experience spa journeys that blend Asian, European and Ayurvedic philosophies for a unique holistic approach.

Lavish in The Spa’s thermal experiences, including an aromatherapy steam room, sauna, ice fountain and “experience” shower.
A relaxing dip in the serene indoor swimming pool is the perfect antidote to a busy day in the city, while the cutting-edge fitness center provides the ultimate urban workout location.
With captivating views of the Manhattan skyline, relaxing sun loungers and outdoor dining, the Sun Terrace provides the perfect escape from the busy streets below.
A global leader in spa excellence, ESPA was founded by global spa authority Susan Harmsworth in 1993 and specializes in the innovative design of pioneering spa products and treatments that are rich in natural ingredients, textures and aromas. ESPA has created several treatments especially for Peninsula guests, combining essential oils, plant botanicals and marine ingredients for optimal results.

Founded on more than 35 years of skincare innovation by the Allouche family in France, Biologique Recherche is revered for its visionary beauty formulations. The synergy of natural botanicals with a high concentration of active ingredients and a personal skin analysis, enables treatments to be customized to achieve visibly defined and glowing skin. The extensive range of skincare products are ideally suited for both men’s and women’s needs.

Sattva means ‘pure’ in Vedic philosophy, and the Sattva product and treatment range has been expertly designed by award-winning Australian spa brand Simply Peninsula in collaboration with award-winning Ayurveda expert Dr. Swati Prabhudesai of Subtle Energies. Sattva journeys as enhanced by the therapeutic and sensory benefits of the active ingredients within pure Ayurveda Aromatherapy essential oils, Himalayan crystal salts and herbs to ensure the ultimate rejuvenation of mind, body and spirit.

The Peninsula Spa partners with leading wellness brands to offer a holistic collection of the world’s finest spa and beauty experiences.
Peninsula Signatures

**DEEP TISSUE EXPERIENCE**
2 HOURS

- Relaxing foot ritual
- Full body treatment
- Dry body brushing
- Full body exfoliation
- Head massage

This signature Peninsula New York Ceremony is a uniquely powerful therapeutic treatment that utilizes a vigorous, free-flowing joint release technique which replaces stressful tension with immense calm.

**JADE HOT STONE MASSAGE**
2 HOURS

- Relaxing foot ritual
- Full body exfoliation
- Head massage

This exquisite Peninsula Beijing treatment harnesses the beneficial properties of jade, often referred to as the ‘Stone of Heaven’ and unites them with the powerful effects of aromatherapy essential oils, ensuring a truly heavenly experience. Energy-grounding techniques and an acupressure head massage prepare mind and body for hot jade stones that are skillfully applied with long, deep massage movements to ease areas of tension.

**WHAT PHO ROYAL THAI MASSAGE**
2 HOURS

- Relaxing foot ritual
- Pressure point massage
- Herbal compress

Using a traditional technique to treat generations of Thai royalty, this signature treatment includes a pressure point massage along the body’s 10 major energy channels, releasing blocked energy and increasing awareness and vitality. Gentle stretching of the joints and muscles relieves tension, enhances flexibility and induces a deep state of tranquility. A warm herbal compress with an aromatic infusion of Thai herbs is used to relieve muscle tension in the back, especially the shoulder and neck areas.

**KHUSHALI REVIVING SIGNATURE JOURNEY**
2 HOURS

- Sattva Signature Foot Ritual
- Khushali Pink Himalayan Mineral Salt Scrub
- Age-Defying Facial Marma Massage
- Vedic Aromatherapy Massage

This invigorating journey starts with the Sattva foot soak ritual followed by a full-body exfoliation using the rich Khushali Himalayan crystal salt scrub, with the energizing active oils of fragonia™, limbu and tulasi. Benefit from increased circulation and purification as this exfoliation journey energizes the body and mind, reducib the appearance of cellulite. This journey concludes with a Facial Marma Massage and Vedic Aromatherapy Massage.

**TULASI DETOX SIGNATURE JOURNEY**
2 HOURS

- Sattva Signature Foot Ritual
- Tulasi Detox Body Polish
- Age-Defying Facial Marma Massage
- Vedic Aromatherapy Massage

This detox journey starts with a mineral-rich, aromatic foot soak, followed by the Tulasi Dhara Body Polish incorporating cinnamon and walnut shells, an age-defying power facial and a Tulasi Marma Therapy. A Facial Marma Therapy will enhance the skin’s natural anti-aging abilities while the results-driven Vedic Aromatherapy Massage works to drain the lymphatics, release muscle tension and energize the body to induce better sleep.

**SLEEP CEREMONY**
2 HOURS

- Relaxing foot ritual
- Meditation
- Hot Stone Massage
- Facial and scalp massage

Relax and be soothed into the perfect night’s sleep with this Peninsula-exclusive ceremony designed to aid disruptive sleep patterns and promote deep restorative sleep. Performed in a tranquil, candlelit setting, this treatment begins with quiet breathing and meditative techniques to release physical and emotional anxiety and restore energy. A hot stone massage focusing on the Marma points of your body reduces muscle tension and enhances your state of sleep.

**PODI SIGNATURE JOURNEY**
2 HOURS

- Sattva Signature Foot Ritual
- Podi with warm oil massage
- Vedic Aromatherapy Massage

This signature journey starts with Podikhizhi (Podi), a remarkable therapy performed with dried herb powders wrapped in muslin bolus bags, dipped in warm oil and applied over the entire body. This unique therapy helps relax tense muscles, reduces swelling and restores energy. A hot stone massage focusing on the Marma points of your body reduces muscle tension and enhances your state of sleep. To complete the experience, the facial and scalp massage alleviates tension and releases any final signs of stress.
Facials

TRIPLE LIFT LUXURY FACIAL 2 HOURS

This facial is a clinical skincare restoration treatment designed to boost cellular metabolism, resulting in the ultimate age-defying facial. The treatment is tailored to your needs, beginning with an in-depth skin analysis, deep cleansing and exfoliation to minimize pores. The revolutionary triple lift process starts, with two manual lift treatments, the application of customized serums and masks, followed by the use of the Remodeling Face Machine, which utilizes state-of-the-art bioelectrotherapy to deeply hydrate, lift and re-sculpt the face. The addition of a hand and foot treatment completes the experience, leaving the skin visibly restructured, radiant and smooth.

CYRO 3R FACIAL 90 MINUTES

The CYRO 3R Facial utilizes revolutionary cold techniques to renovate, repair and regenerate your skin. This ultimate treatment targets the signs of premature aging by combining Biotherm SkinCare's masks and serums in synergy with the Remodeling Face Machine's micro-current sculpting and lifting technology. The face and body components, including the use of cool masks and serums, can be customized to suit your specific skin needs. This treatment will deeply hydrate and repair for a visibly younger-looking skin.

REMODELING FACIAL 60 OR 90 MINUTES

This age-defying treatment targets the face, décolleté and neck to restore elasticity, stimulate circulation and re-sculpt the facial structure, leaving spectacularly visible results. The Remodeling Face Machine is utilized to change the dynamic facial architecture by lifting superficial and deep tissue with three simultaneous currents, adjusted to your specific skin needs. This treatment is recommended to be completed in a progressive series for long-term results.

SECOND SKIN FACIAL 60 MINUTES

This revolutionary facial utilizes a form of electrospun hyaluronic acid known for its incredible ability to plump and hydrate the skin, to visibly treat wrinkles and provide a genuine alternative to conventional fillers. The fast-acting, three-dimensional Patch Hyaluronic Acid Mask is designed for your specific skin type. The result is visibly restored, smoother and younger-looking skin.

HEALTHY GLOW FACIAL 60 MINUTES

The path to healthy and glowing skin begins with this intensive and sophisticated facial. The skin receives an in-depth analysis, followed by a deep cleansing and exfoliation. A personalized manual lift technique is used, along with the application of customized anti-aging serums and a facial mask designed for your specific skin type. The result is visibly restored, smoother and younger-looking skin.

GENTLEMAN'S FACIAL 60 MINUTES

Taking into consideration the special needs of men's skin, this facial provides anti-aging benefits, for immediate, long-lasting results. The treatment begins with a nourishing cleanse and application of P50 lotion. A personalized mask and signature serums will be applied, as well as an eye and facial contouring cream. A finishing serum, highly concentrated in active ingredients, completes this hyper-customized experience.

EUROPEAN DEEP CLEANSING FACIAL 60 MINUTES

This essential facial is ideal for all skin types. The treatment begins with deep cleansing and exfoliation. A personalized manual lift technique is used, along with the application of customized anti-aging serums and a facial mask designed for your specific skin type. The result is visibly restored, smoother and younger-looking skin.
LIFESTAGE Facial
90 MINUTES
This targeted and age-defying facial uses the technologically advanced product range combined with specialized lifting facial massage techniques to address the most visible signs of aging. This luxurious facial will minimize wrinkles and immediately improve hydration levels while helping to reduce the appearance of pigmentation, dimpled pores and deep set fine lines. Skin Radiance Mask and the application of the professional Lifting and Smoothing Mask results in a plumper and firmer appearance with complexion toned, radiant and rejuvenated.

REFINING Enzyme Facial
90 MINUTES
A results-oriented facial with intensive cleansing and brightening to dramatically enliven dull skin with signs of environmental damage, uneven pigmentation, congestion and fine lines. Scientifically proven products rich in AHAs, BHAs and antioxidants combined with specialized facial massage techniques allow for an immediate cellular turnover to encourage cell renewal and improve the appearance and texture of the skin. Double cleansing, a refining exfoliation, steam and extraction, along with an intense eye treatment and a fruit enzyme mask leave the skin visibly clear, radiant and smooth.

MEN’S PURIFYING Facial, Shoulder and Scalp Massage
60 MINUTES
A deeply relaxing treatment, this facial is specifically designed to suit men’s skin care needs—bringing a sense of peace, while revitalizing the skin. A relaxing face massage utilizing acupressure points is followed by a shoulder and scalp massage to help release tight muscles and tension.

INTENSIVE Facial
45 MINUTES
This facial includes specialized triple cleansing techniques, gentle exfoliation, acupressure facial massage, an intensive facemask and a relaxing head massage. A skin analysis will be given by experienced therapists to determine the ideal regime to suit individual needs. Steam and extractions are available upon request.
Massages

HOLISTIC MASSAGE 45 OR 60 MINUTES
A deeply therapeutic massage that will leave you feeling energized.
Warm aromatherapy oils are combined with massage techniques to release tension and stress.

DEEP TISSUE MASSAGE 45 OR 60 MINUTES
The deeply therapeutic massage that is perfect for those looking to relieve tension and stress.

SWEDISH MASSAGE 45 OR 60 MINUTES
A Swedish massage is a gentle and relaxing massage technique that uses long, smooth strokes that flow from the head to the feet.

VEDIC AROMATHERAPY MASSAGE 60 OR 105 MINUTES
A rejuvenating massage that combines the finest Vedic Ayurveda practices with modern methods.

BAMBOO HARMONIZER MASSAGE 60 OR 90 MINUTES
A specialized massage that combines traditional Chinese healing techniques with the Optimal Body TriSerum for a dual-action benefit that relaxes muscular tension while firming and toning.

REFLEXOLOGY 30 OR 60 MINUTES
A natural and ancient form of therapy that has been used for centuries to improve health and well-being.

SHIATSU MASSAGE 90 MINUTES
A traditional Japanese massage technique that uses pressure points to stimulate the body's energy flow and promote relaxation.

TENSION RELIEF MASSAGE 60 OR 90 MINUTES
A soothing and relaxing massage that is perfect for those looking to relieve stress and tension.

THAI MASSAGE 90 MINUTES
A traditional Thai massage that uses stretching, manipulation, and rhythmic compression to release tension and stress.

SPORTS MASSAGE 60 OR 90 MINUTES
A sports massage is a great way to improve athletic performance and reduce muscle soreness.

MATERNITY MASSAGE 60 OR 90 MINUTES
A pregnancy massage that is specifically designed to provide relief for pregnant women.

HOT STONE MASSAGE 45 OR 60 MINUTES
A relaxing and rejuvenating massage that uses warm volcanic stones to relieve tension and stress.

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A relaxing and rejuvenating massage that uses warm volcanic stones to relieve tension and stress.
Body Treatments

SHIRODHARA WITH FACIAL MARMA THERAPY
60 MINUTES
Instill deep relaxation and bring balance to the body and mind. The treatment begins with a detoxifying foot ritual, followed by an age-defying facial mask and signature Facial Marma Massage addressing the face, neck, shoulders and décolleté. The ancient technique of Shirodhara, the pouring of oil on the forehead, is then performed, resulting in a state of deep relaxation and meditation. For best results, this treatment should be performed in a series.

KHUSHALI HIMALAYAN CRYSTAL SALT SCRUB
60 MINUTES
This revitalizing treatment begins with an aromatic foot soak together with a blend of mineral-rich, pink Himalayan crystal salts and specifically blended essential oils: fragonia, tulasi and limbu, to create a strong exfoliation therapy, stimulate circulation and decrease the appearance of cellulite. The application of a blend of Balinese Balasana and hydrating oil complete this treatment, leaving skin nourished with a luxurious feel.

TULASI DETOX BODY POLISH
60 MINUTES
This refreshing treatment gently exfoliates devitalized skin. A grounding mineral foot soak starts the treatment, followed by a full body exfoliation with powerful essential oils containing Balinese Balasana, cumin and cayenne powder. The exfoliation leaves skin feeling nurtured and smooth. A detoxifying blend of the rare yet proven Vedic Aromatherapy oils softens and hydrates the skin for the ultimate in rejuvenation.

TOTAL BODY LIFT 90 MINUTES
This premier body treatment utilizes a refined sequence of exfoliation, toning and sculpting to improve overall body texture and muscle structure. The application of a series of customized serums, essential oils and creams aid in accelerating the regeneration of the epidermis and stimulating blood circulation throughout the body. The result is a visibly firmer and more toned total body appearance. The best results are achieved with a treatment series combined with a customized at-home regime of products.

TATUAJE BODY WRAP 60 MINUTES
Improve your skin’s texture and restore your body’s balance with a personalized body wrap. Before the application of your chosen aromatherapy oil, a lymphatic skin brushing and body exfoliation will be performed, followed by a body-enriching envelopment. These results-oriented wraps end with a soothing head massage.

SALT AND OIL SCRUB 30 MINUTES
Carefully blended sea salts and essential oils have been combined to help remove dead skin cells. The oils will be slowly absorbed helping to restore vitality and protect against dryness. This treatment is an excellent way to prepare your skin for a Holistic Massage or combined with one of our signature facials. The Salt and Oil Scrub can be booked to include a 30-minute back massage.

ORGANIC AIRBRUSH TANNING 15 OR 45 MINUTES
Achieve a healthy, summery glow any time of year. A skilled technician will customize a shade to match your skin tone, whether you desire a subtle sun-kissed glow or deep Mediterranean bronzing. The result is a flawless bronze that dries almost on contact and will develop over four to six hours post-treatment. The 45-minute treatment includes a full body exfoliation to prepare your skin.

ACTIVE OIL BODY BOOST 90 MINUTES
Improve the look and feel of your body with this advanced cellulite treatment. The combined use of anti-cellulite products and a specialized slimming glove reduces water tension, changes the look of cellulite and improves firmness and microcirculation. The result is an overall reduction in the dimpled appearance of the skin and a more refined contouring of the body.

Organic Sola Sea salt and essential oils have been combined to help remove dead skin cells. The oils will be slowly absorbed helping to restore vitality and protect against dryness. This treatment is an excellent way to prepare your skin for a Holistic Massage or combined with one of our signature facials. The Salt and Oil Scrub can be booked to include a 30-minute back massage.

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Spa Retreats

DE-STRESS RETREAT 3 HOURS
- Body Wrap
- Holistic Massage on Healthy Glow Facial
- Essential Planture and Pedicure
- Naturally Peninsula Spa Cuisine Lunch

Prepare for your special day and ease away pre-wedding tension with a skin enhancing 60-minute full body exfoliation and wrap, followed by a deeply relaxing Holistic Massage and relaxing body treatment. The ideal retreat to combat stress and restore the body back to balance.

BRIDE-TO-BE 3 HOURS
• Body Wrap
• Holistic Message on Healthy Glow Facial
• Essential Planture and Pedicure
• Naturally Peninsula Spa Cuisine Lunch

Prepare for your special day and ease away pre-wedding tension with a skin enhancing 60-minute full body exfoliation and wrap, followed by a deeply relaxing Holistic Massage or Healthy Glow Facial and finished with an Essential Planture and Pedicure.

MEN’S RETREAT 3 HOURS
• Deep Tissue Experience
• Men’s Purifying Facial, Shoulder and Scalp Massage
• Naturally Peninsula Spa Cuisine Lunch

Relax with a uniquely powerful and therapeutic Deep Tissue Experience and a skin-specific Men’s Purifying Facial, Shoulder and Scalp Massage, designed to suit men’s skin care needs and release tight muscles and tension.

ESCAPE FROM THE CITY 4 HOURS
• Body Wrap
• Holistic Massage
• Remodeling Facial
• Naturally Peninsula Spa Cuisine Lunch

The perfect package to truly escape into an urban oasis for the day. Enjoy a 60-minute Body Wrap with an invigorating exfoliation, a therapeutic 90-minute Holistic Massage and release tight muscles and tension.

RED CARPET READY 4 HOURS AND 15 MINUTES
• Biologique Recherche Healthy Glow Facial
• Salt and Oil Scrub
• Body Wrap
• Essential Planture and Pedicure
• Makeup application
• Naturally Peninsula Spa Cuisine Lunch
• One glass of Champagne

Take wellness and glamour to the next level with this head-to-toe day of beauty. The Red Carpet Ready package includes Biologique Recherche’s 60-minute Healthy Glow Facial, an Essential Manicure and Pedicure, a purifying Salt and Oil Scrub, a Body Wrap, and a professional makeup application. A healthy lunch is included, followed by a glass of Champagne as you prepare for your big day.

DE-STRESS RETREAT 3 HOURS
• Salt and Oil Scrub
• Body Wrap
• Holistic Planture and Pedicure
• Naturally Peninsula Spa Cuisine Lunch

Unwind with a purifying full body exfoliation and wrap. Experience the therapeutic Tension Relief Message and a 90-minute Holistic Facial. The ideal retreat to combat stress and restore the body back to balance.

MEN’S RETREAT 3 HOURS
• Deep Tissue Experience
• Men’s Purifying Facial, Shoulder and Scalp Massage
• Naturally Peninsula Spa Cuisine Lunch

Relax with a uniquely powerful and therapeutic Deep Tissue Experience and a skin-specific Men’s Purifying Facial, Shoulder and Scalp Massage, designed to suit men’s skin care needs and release tight muscles and tension.

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• Body Wrap
• Essential Planture and Pedicure
• Makeup application
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Private Spa Suite

The Private Spa Suite is the ultimate personal Spa experience for couples, friends or family wishing to retreat in total privacy. This exclusive Private Spa for two offers shared escapism to enjoy side-by-side treatments and a luxurious steam shower and double bath.

PRIVATE RETREAT
3 HOURS

• Relaxing foot ritual
• Freshly prepared tea and exotic fruits
• One-hour relaxation time in the privacy of your suite
• Specially prepared bath featuring aromatherapy oils
• A two-hour treatment of choice per person
• Naturally Peninsula Spa Cuisine Lunch for two
• Full use of The Spa, fitness center, sun terrace and swimming pool

The Private Spa Suite can be extended to offer additional treatment or relaxation time. The Private Spa Suite is also available for one or two hours of treatment time.

PRIVATE ESCAPE
4 HOURS

• Relaxing foot ritual
• Freshly prepared tea and exotic fruits
• One-hour relaxation time in the privacy of your suite
• Specially prepared bath featuring aromatherapy oils
• A three-hour treatment of choice per person
• Naturally Peninsula Spa Cuisine Lunch for two
• Full use of The Spa, fitness center, sun terrace and swimming pool
Nail Care

**YOUTHFUL HANDS AGE-DEFYING MANICURE**
45 MINUTES

This “hand facial” utilizes Biologique Recherche’s specially formulated products to assist in cellular renewal. A customized blend of serums addresses skin elasticity, wrinkles, hyperpigmentation (sun spots) and dryness. Hands will instantly appear more supple, youthful and renewed. Nails are polished to perfection. A complimentary glass of Champagne completes this luxurious experience.

**LEMONGRASS AND JADE STONE VITALITY MANICURE:** 45 MINUTES  
**PEDICURE:** 65 MINUTES

This luxurious manicure and pedicure utilizes the beneficial holistic properties of lemongrass and jade stones to rejuvenate dry and tired hands and feet. A relaxing warm soak prepares the hands and feet for nail shaping and light cuticle care. An exfoliating sugar scrub with a nourishing cream rich in natural oils and antioxidant botanicals, Nails are polished to perfection.

**ESSENTIAL MANICURE AND PEDICURE**
MANICURE: 30 MINUTES  
**PEDICURE:** 45 MINUTES

Maintain your hands and feet with this essential manicure and pedicure that includes nail shaping and light cuticle care. A nourishing cream and an SPF-infused cream massage protect and hydrate hands and feet. Nails are polished to perfection.

**SHELLAC MANICURE**
45 MINUTES

Prolong the life of your manicure with Shellac, which can last up to two weeks using this chip-free extended wear nail polish. An essential manicure is performed, followed by the application of your choice of Shellac polish.

**CHILDREN’S MANICURE AND PEDICURE**
MANICURE: 15 MINUTES  
**PEDICURE:** 30 MINUTES

Pamper little hands and feet with a miniature manicure and pedicure for our youngest spa guests. Nails and cuticles are cleansed and exfoliated, then massaged and polished.

**GENTLEMAN’S NAIL GROOMING**
HANDS: 25 MINUTES  
**FEET:** 30 MINUTES

Gentlemen’s hands and feet will be groomed to perfection with a warm soak to soften dry calloused skin, followed by a nail shaping and light cuticle care. Nails are polished to perfection.

The Peninsula Spa’s elegant Nail Suite features a variety of pampering hand and foot treatments.
Hair and Makeup Services

Vu Hair New York is the first salon frontline luxury hair stylist in New York and is comprised of expert hair stylists, color technicians and makeup artists. Vu Hair has been cultivating his talent over the last eighteen years, formally training under Frederic Fekkai, contributing to top fashion runway shows such as Diane Von Furstenberg, John Varvatos, Valentino and Chanel, and working as a personal hair stylist to prominent New York figures.

Vu Hair offers a wide variety of services ranging from traditional to avant-garde techniques. Services are available on special events and weddings, and are also available in-room for additional information and appointments please call Vu Hair at (212) 903-3081 or info@vuhair.com.

FINISHING TOUCHES

Includes skin brushing to prepare the skin before wax is applied and a soothing cooling balm to finish.

Choose from the following selection:

Eye brow Shape $15 15 minutes
Lip or Chin $15 15 minutes
Upper Arm $15 30 minutes
Full Leg $60 60 minutes
Bikini $30 45 minutes
Full Leg and Bikini $75 75 minutes
Back $60 60 minutes

Make The Peninsula Spa a part of your lifestyle. If you would like to experience your favorite treatment a few times a week or during the course of a month, you may purchase a series of ten treatments for the price of nine. Series are not valid with any other special offers or promotions. For more information please inquire the Spa Reception.

FINISHING TOUCHES

Spa Series

Make The Peninsula Spa a part of your lifestyle. If you would like to experience a visit twice a week or during the course of a month, you may purchase a series of ten treatments for the price of nine. Series are not valid with any other special offers or promotions. For more information please inquire the Spa Reception.

FINISHING TOUCHES

Gift Cards

Gift cards are available for any treatment, Spa Retreat or product and are an ideal present for someone special. Gift cards may be purchased at The Spa reception or online at peninsula.com/newyorkgifts.

Gift Cards

Fitness Club Membership

Member of The Peninsula Spa Fitness Club is the ultimate luxury gym experience in New York, combining the peaceful ambiance of a spa with an all-inclusive fitness component.

Getting a serious workout is blissful and satisfying with state-of-the-art fitness equipment, attentive trainers and amenities verging on decadent.

- Life Fitness cardiovascular and strength training equipment
- Dedicated attendants and personal trainers
- Daily group fitness classes in a sunlit studio
- Glass-enclosed pool with views of Central Park and poolside dining
- Outdoor whirlpool/steam turbine with a lounge
- Locker rooms with a steam and experience shower
- Complimentary workout wear
- Signing privileges and discounts at The Peninsula’s restaurants and bars
- Discounts on spa and beauty salon services

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FINISHING TOUCHES

Spa Series

Make The Peninsula Spa a part of your lifestyle. If you would like to experience a visit twice a week or during the course of a month, you may purchase a series of ten treatments for the price of nine. Series are not valid with any other special offers or promotions. For more information please inquire the Spa Reception.

FINISHING TOUCHES

Gift Cards

Gift cards are available for any treatment, Spa Retreat or product and are an ideal present for someone special. Gift cards may be purchased at The Spa reception or online at peninsula.com/newyorkgifts.

Gift Cards

Fitness Club Membership

Member of The Peninsula Spa Fitness Club is the ultimate luxury gym experience in New York, combining the peaceful ambiance of a spa with an all-inclusive fitness component.

Getting a serious workout is blissful and satisfying with state-of-the-art fitness equipment, attentive trainers and amenities verging on decadent.

- Life Fitness cardiovascular and strength training equipment
- Dedicated attendants and personal trainers
- Daily group fitness classes in a sunlit studio
- Glass-enclosed pool with views of Central Park and poolside dining
- Outdoor whirlpool/steam turbine with a lounge
- Locker rooms with a steam and experience shower
- Complimentary workout wear
- Signing privileges and discounts at The Peninsula’s restaurants and bars
- Discounts on spa and beauty salon services

For more information please inquire with The Spa reception or contact the Fitness Membership Manager at (212) 903-3077 or via e-mail at fitnesspny@peninsula.com

Vu Hair New York is the first salon frontline luxury hair stylist in New York and is comprised of expert hair stylists, color technicians and makeup artists. Vu Hair has been cultivating his talent over the last eighteen years, formally training under Frederic Fekkai, contributing to top fashion runway shows such as Diane Von Furstenberg, John Varvatos, Valentino and Chanel, and working as a personal hair stylist to prominent New York figures.

Vu Hair offers a wide variety of services ranging from traditional to avant-garde techniques. Services are available on special events and weddings, and are also available in-room for additional information and appointments please call Vu Hair at (212) 903-3081 or info@vuhair.com.

FINISHING TOUCHES

Includes skin brushing to prepare the skin before wax is applied and a soothing cooling balm to finish.

Choose from the following selection:

Eye brow Shape $15 15 minutes
Lip or Chin $15 15 minutes
Upper Arm $15 30 minutes
Full Leg $60 60 minutes
Bikini $30 45 minutes
Full Leg and Bikini $75 75 minutes
Back $60 60 minutes

Make The Peninsula Spa a part of your lifestyle. If you would like to experience your favorite treatment a few times a week or during the course of a month, you may purchase a series of ten treatments for the price of nine. Series are not valid with any other special offers or promotions. For more information please inquire the Spa Reception.

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SCHEDULING AN APPOINTMENT

To ensure your preferred time and service is available we advise booking at least two weeks in advance. To schedule an appointment please speak with our Spa reception team who will help you choose the perfect treatment. Please call (212) 903-3910 or e-mail spapny@peninsula.com. Treatments may also be booked online at peninsula.com/newyorkspa.

ARRIVAL TIME

You are encouraged to arrive 60 minutes prior to your appointment to enjoy the exclusive facilities at The Spa. Please understand that late arrival may result in reduced treatment time.

FITNESS, POOL AND SUN TERRACE ACCESS

Day Spa guests who book a minimum of two hours of service receive full access to the glass-enclosed pool, wraparound sun terrace, fitness center and spa pool. Hotel guests receive complimentary access to the above facilities during their stay.

THERMAL EXPERIENCES

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guests’ right to privacy and serenity. In light of this, The Spa is a cellphone and smoking-free zone. Our Thermal Experience facilities are separate for male and female clients. Therefore, the use of swimwear is optional and of personal preference.

RELAXATION AREAS

The Spa experience is made more memorable by beginning and ending in one of The Spa’s relaxation areas. Begin your journey in the Asian tea lounge, which offers a selection of organic teas, and enjoy a variety of stimulating and soothing treatments. Relax and rejuvenate in one of our separate male and female relaxation rooms, offering relaxation beds with individual music and lighting selections.

CANCELLATION POLICY

A 100% cancellation charge will be incurred for any treatment not cancelled at least six hours prior to an appointment and 24 hours prior to Spa Retreats.

SPA ETIQUETTE

Please advise us of any health conditions, allergies or injuries which could affect your service when making your Spa reservation. We have specially designed treatments for expecting and nursing mothers after their first trimester. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

APPOINTMENTS & ENQUIRIES

(212) 903-3910
spapny@peninsula.com
peninsula.com/newyorkspa

PREGNANCY

We have specially designed treatments for expecting and nursing mothers after their first trimester. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

HOURS OF OPERATION

SPA
Daily: 9:00 am - 9:00 pm
FITNESS CENTER
Daily: 5:30 am - 9:30 pm
POOL
Mon-Thu: 9:30 am - 9:00 pm
Sat: 6:00 am - 9:00 pm

How to Spa