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. Luxuriate 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 by Simply Peninsula product and treatment range has been expertly designed by award-winning Australian spa brand Subtle Energies to combine classic Ayurveda methods with contemporary massage techniques. Sattva spas journeys are designed to increase the therapeutic and sensory benefits of the active ingredients with the unique properties of pure Ayurveda essential oils, Himalayan crystal salts, clays and fruits 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.

ESPA

A global leader in 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.

Biologique Recherche

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

Sattva means pure, in Vedic philosophy, and the Sattva by Simply Peninsula product and treatment range has been expertly designed by award-winning Australian spa brand Subtle Energies to combine classic Ayurveda methods with contemporary massage techniques. Sattva spas journeys are designed to increase the therapeutic and sensory benefits of the active ingredients with the unique properties of pure Ayurveda essential oils, Himalayan crystal salts, clays and fruits 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.

MBR

Developed by leading dermatologists, plastic surgeons and skincare specialists in Germany, MBR (Medical Beauty Research) starts where normal skincare reaches its limits. MBR creates luxury skincare products with revolutionary ingredients, in the most concentrated 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.

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

Biologique Recherche

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.
Peninsula Signatures

DEEP TISSUE EXPERIENCE 2 HOURS
- Relaxing foot ritual
- Dry body brushing
- Full body exfoliation
- Facial cleanse
- Full body therapeutic massage
- 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
- Dry body brushing
- Full body exfoliation
- Facial cleanse
- Full body jade stone massage
- 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.

SATVYA SIGNATURE JOURNEY 2 HOURS
- Sattva Signature Foot Ritual
- Choice of Khushali Pink Himalayan Mineral Salt Scrub or Tulasi Detox Body Polish
- Age-Defying Facial Marma Massage
- Vedic Aromatherapy Massage

This Sattva journey starts with a mineral-rich aromatic foot ritual followed by a full-body exfoliation using a choice of the Khushali Himalayan crystal salt scrub (to energize the body and mind and reduce the appearance of cellulite) or the Tulasi Detox Body Polish (to drain toxins, detoxify and leave skin with a renewed radiance). A Facial Marma Massage will enhance the skin's natural vitality while the results-driven Vedic Aromatherapy Massage works to drain the lymphatics, release muscle tension and energize the body to induce better 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 treatment concludes with a results-driven Vedic Aromatherapy Massage.

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 subdue deep sleep patterns and alleviate restless nights. Performed in a tranquil, candlelit surrounding, 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 follows, releasing deep muscular tension and clearing toxins. To complete the experience, a facial and scalp massage alleviates tension and relieves any final signs of stress.
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 then 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 bio-electrotherapy 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 Biologique Recherche’s masks and serums in synergy with the Remodeling Face Machine’s micro-current sculpting and lifting technology. The facial’s cold components, including the use of cool masks and serums, calm and tighten the skin. The cutting-edge Serum 3R reinforces your skin’s natural capabilities to renew itself. You will observe immediate vivacity to your face down to the deepest layers of your skin.

REMODELING FACIAL 60 OR 90 MINUTES

This age-defying treatment targets the face, décolleté, neck, and shoulders, optimal for all skin types. The treatment begins with a facial cleanse to remove all makeup and build up from the skin, while an application of P50 exfoliating lotion moisturizes the face. Sterile electrospun hyaluronic acid patches are customized to fit the face and applied to the target areas while Serum Second Peau (Second Skin Serum) is then massaged into the patches until fully absorbed followed by an application of Crème Masque Vernix facial moisturizer. The result is visibly restored, smoother and younger-looking skin.

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. A complete facial cleanse removes all makeup and build up from the skin, while an application of P50 exfoliating lotion moisturizes the face. Sterile electrospun hyaluronic acid patches are customized to fit the face and applied to the target areas while Serum Second Peau (Second Skin Serum) is then massaged into the patches until fully absorbed followed by an application of Crème Masque Vernix facial moisturizer. 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.

EUROPEAN DEEP CLEANSING FACIAL 60 MINUTES

This essential facial is ideal for all skin types. The optional use of steam and extractions, combined with the application of a purifying mask. The treatment concludes with the application of a nourishing facial moisturizer and eye cream, leaving your skin refreshed and revitalized.

AGE-DEFYING CUSTOMIZED FACIAL 60 OR 90 MINUTES

This customized MBR facial is grounded in the patented technology that extracts higher concentrations of medical-grade active ingredients to treat on a cellular level down to the dermal layer of the skin in order to revive and hydrate collagen and restore firmness. The skin’s natural functions are stimulated through the use of the skin’s natural collagen and elastin. The result is visibly restored, smoother and younger-looking skin.

FACELIFT LUXURY FACIAL 2 HOURS

This age-defying treatment targets the face, décolleté, neck, and shoulders, optimal for all skin types. The treatment begins with a facial cleanse to remove all makeup and build up from the skin, while an application of P50 exfoliating lotion moisturizes the face. Sterile electrospun hyaluronic acid patches are customized to fit the face and applied to the target areas while Serum Second Peau (Second Skin Serum) is then massaged into the patches until fully absorbed followed by an application of Crème Masque Vernix facial moisturizer. The result is visibly restored, smoother and younger-looking skin.

AGE-DEFYING CUSTOMIZED FACIAL 60 OR 90 MINUTES

This customized MBR facial is grounded in the patented technology that extracts higher concentrations of medical-grade active ingredients to treat on a cellular level down to the dermal layer of the skin in order to revive and hydrate collagen and restore firmness. The skin’s natural functions are stimulated through the use of the skin’s natural collagen and elastin. The result is visibly restored, smoother and younger-looking skin.

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. A complete facial cleanse removes all makeup and build up from the skin, while an application of P50 exfoliating lotion moisturizes the face. Sterile electrospun hyaluronic acid patches are customized to fit the face and applied to the target areas while Serum Second Peau (Second Skin Serum) is then massaged into the patches until fully absorbed followed by an application of Crème Masque Vernix facial moisturizer. 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.

EUROPEAN DEEP CLEANSING FACIAL 60 MINUTES

This essential facial is ideal for all skin types. The optional use of steam and extractions, combined with the application of a purifying mask. The treatment concludes with the application of a nourishing facial moisturizer and eye cream, leaving your skin refreshed and revitalized.
**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, fedoodle facial will enhance wrinkles and immediately improve hydration levels while helping to reduce the appearance of general fine lines and pores, and reduce the look of pores. Skin Radiance 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 encourage immediate cell renewal to improve the appearance and texture of the skin. Double cleansing, a refining exfoliation, and extraction leave the skin visibly clear, radiant, and smooth.

**INTENSIVE FACIAL**
60 MINUTES
This facial includes specialized triple cleansing techniques, gentle exfoliation, acupressure facial massage, an intensive mask, and a relaxing head massage. A skin analysis will be given by experienced therapists to determine the ideal regimen to suit individual needs, treatments and extractions are available upon request.

**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, skin clearing mask, followed by a shoulder and scalp massage to help release tight muscles and tension.
Massages

**HOLISTIC MASSAGE**

A deeply therapeutic, results-driven massage, using blends of essential oils according to their personal appeal.

**AROMATHERAPY**

A deeply therapeutic, results-driven massage, using blends of essential oils according to their personal appeal.

**DEEP TISSUE**

A traditional, invigorating massage that uses regulated pressure to release knots and tensions in the body.

**VEDIC AROMATHERAPY MASSAGE**

Rejuvenate and detoxify with this results-driven massage that combines the finest traditional Ayurveda practices with modern methods. The heavenly Facial Marma Massage completes the treatment and enhances the anti-aging benefits. This treatment will induce better sleep patterns, combat fatigue and reduce stress.

**BAMBOO HARMONIZER MASSAGE**

This specialized massage combines traditional Chinese healing techniques with the Optimal Body TriSerum for a dual-action benefit that relieves muscular tension while firming and toning. Optimal Body TriSerum is then applied to reduce pigmentation, even skin tone, boost collagen and elastin, calm and hydrate skin.

**REFLEXOLOGY**

Foot massage is an essential element of Chinese culture and tradition and is an ancient form of therapy. By massaging specific reflex points and meridians on the feet and lower legs, this treatment helps to relax the entire body and modulate energy and regulate the movement of Qi (vital life force energy) throughout the body.

**SHIATSU MASSAGE**

Shiatsu massage therapy was founded on the ancient Chinese meridian system. Techniques, including specialized pressure, kneading and percussion methods traditionally performed without oil, aim to improve muscle condition while simultaneously helping to promote the healthy flow of Qi. Loose garments are provided as no oil is used during this massage.

**TENSION RELIEF MASSAGE**

An exceptional treatment designed to relieve and renew the stress associated with massage. Warm volcanic stones are used as an extension of the therapist’s hands, combined with aromatherapy oils.

**SPORTS**

Focuses on areas of the body that are overused and stressed from repetitive movements sometimes associated with athletics.

**MATURE**

Designed for mothers-to-be after their first trimester. Gentle techniques will relieve tension in areas under stress.

**THAI MASSAGE**

Stretching, manipulation and rhythmic compression using the hands, elbows and feet allow the therapist to use pressure points to open the flow of energy and elongate muscles, releasing deep-seated tension. The 2-hour treatment includes a warm herbal compress with an aromatic infusion of Thai herbs to relieve muscle tension in the back, especially the shoulder and neck areas. Loose garments are provided, as no oil is used during this massage.

**HOT STONE**

Warm volcanic stones are used as an extension of the therapist’s hands, combined with aromatherapy oils.

**SPORTS**

Focuses on areas of the body that are overused and stressed from repetitive movements sometimes associated with athletics.

**MATURE**

Designed for mothers-to-be after their first trimester. Gentle techniques will relieve tension in areas under stress.

**THAI MASSAGE**

Stretching, manipulation and rhythmic compression using the hands, elbows and feet allow the therapist to use pressure points to open the flow of energy and elongate muscles, releasing deep-seated tension. The 2-hour treatment includes a warm herbal compress with an aromatic infusion of Thai herbs to relieve muscle tension in the back, especially the shoulder and neck areas. Loose garments are provided, as no oil is used during this massage.

**SPORTS**

Focuses on areas of the body that are overused and stressed from repetitive movements sometimes associated with athletics.

**MATURE**

Designed for mothers-to-be after their first trimester. Gentle techniques will relieve tension in areas under stress.

**THAI MASSAGE**

Stretching, manipulation and rhythmic compression using the hands, elbows and feet allow the therapist to use pressure points to open the flow of energy and elongate muscles, releasing deep-seated tension. The 2-hour treatment includes a warm herbal compress with an aromatic infusion of Thai herbs to relieve muscle tension in the back, especially the shoulder and neck areas. Loose garments are provided, as no oil is used during this massage.

**SPORTS**

Focuses on areas of the body that are overused and stressed from repetitive movements sometimes associated with athletics.

**MATURE**

Designed for mothers-to-be after their first trimester. Gentle techniques will relieve tension in areas under stress.
Body Treatments

SHIRODHARA WITH FACIAL MARMA THERAPY 60 MINUTES
Indulge in deep relaxation and balance the body and mind. The treatment begins with a detoxifying foot ritual followed by an aromatic body exfoliation and signature facial. The ancient practice 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.

SATYA FULL-BODY EXFOLIATION 60 MINUTES
This revitalizing treatment begins with a foot soak followed by a full-body exfoliation with your choice of mineral-rich, Khushali Himalayan Crystal Salt Scrub or Tulasi Detox Body Polish. Rare essential oils are specially blended to create a strong exfoliation therapy that stimulates circulation, promotes detoxification and minimizes the appearance of cellulite. The application of a Vedic Aromatherapy, vitamin-rich or detoxifying oil blend completes this treatment, leaving skin nourished with a luxurious silky feel.

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 regimen of products.

BACK TO LIFE EXPERIENCE 30 OR 45 MINUTES
This exfoliating treatment for the back and shoulders addresses skin-related issues including sensitivity, sun exposure and acne. Customized products exfoliate, hydrate and reset the skin, protecting from natural exposure to the elements and genetic factors. These advanced formulations in skin care immediately decrease sensitivity and leave the skin radiant, moisturized and soft. The 45-minute treatment includes steam and extractions.

BODY WRAPS 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 oils, a lymphatic skin brushing and body exfoliation will be performed, followed by an envelopment of your body. 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. This treatment is an excellent way to prepare your skin for a Holistic Massage or combined with one of our signature facials. The 45-minute treatment includes a full body exfoliation to prepare your skin.

SALT AND OIL SCRUB 30 MINUTES
Life is a series of choices. It is up to you to make the right choice for your body. The best results are achieved with a series of treatments. 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.

SATYA FULL-BODY EXFOLIATION 60 MINUTES
This revitalizing treatment begins with an aromatic foot soak followed by a full-body exfoliation with your choice of mineral-rich, Khushali Himalayan Crystal Salt Scrub or Tulasi Detox Body Polish. Rare essential oils are specially blended to create a strong exfoliation therapy that stimulates circulation, promotes detoxification and minimizes the appearance of cellulite. The application of a Vedic Aromatherapy, vitamin-rich or detoxifying oil blend completes this treatment, leaving skin nourished with a luxurious silky feel.

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 regimen of products.

BACK TO LIFE EXPERIENCE 30 OR 45 MINUTES
This exfoliating treatment for the back and shoulders addresses skin-related issues including sensitivity, sun exposure and acne. Customized products exfoliate, hydrate and reset the skin, protecting from natural exposure to the elements and genetic factors. These advanced formulations in skin care immediately decrease sensitivity and leave the skin radiant, moisturized and soft. The 45-minute treatment includes steam and extractions.

BODY WRAPS 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 oils, a lymphatic skin brushing and body exfoliation will be performed, followed by an envelopment of your body. 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. This treatment is an excellent way to prepare your skin for a Holistic Massage or combined with one of our signature facials. The 45-minute treatment includes a full body exfoliation to prepare your skin.
Spa Retreats

**BRIDE-TO-BE**
3 HOURS
- Body Wrap
- Holistic Massage or Healthy Glow Facial
- Wash and blowout at Vu Hair
- 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 60-minute Holistic Massage or Healthy Glow Facial and finished with a wash and blowout at Vu Hair.

**MEN’S RETREAT**
3 HOURS
- Deep Tissue Experience
- Men’s Purifying Facial, Shoulder and Scalp massage
- Naturally Retreat 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 Amritus Spa Cuisine Lunch

The perfect package to truly escape into an urban oasis for the day. Enjoy a soothing Body Wrap with an invigorating exfoliation, a therapeutic Holistic Massage and scalp massage, and with a results driven 90-minute Remodeling Facial.

**RED CARPET READY**
3 HOURS AND 30 MINUTES
- Biologique Recherche Healthy Glow Facial
- Salt and Oil Scrub
- Body Wrap
- 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 ultimate treatment, a 60-minute healthy glow facial, a purifying salt and oil scrub, and body wrap, followed by a professional makeup application. A healthy lunch with a glass of Champagne is the final touch as you prepare for your big day.

**DE-STRESS RETREAT**
3 HOURS
- Salt and Oil Scrub
- Tension Relief Massage
- Intensive Facial
- Naturally Peninsula Spa Cuisine Lunch

Unwind with a purifying full body exfoliation, 90-minute therapeutic Tension Relief Massage and a dermoneurotropic Facial. This ideal retreat to combat stress and release the body back to balance.

**BRIEDE TO-BE**
3 HOURS
- Body Wrap
- Holistic Massage or Healthy Glow Facial
- Wash and blowout at Vu Hair
- Naturally Retreat 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 60-minute Holistic Massage or Healthy Glow Facial and finished with a wash and blowout at Vu Hair.

**MEN’S RETREAT**
5 HOURS
- Deep Tissue Experience
- Men’s Purifying Facial, Shoulder and Scalp massage
- Naturally Retreat 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.

**DE-STRESS RETREAT**
3 HOURS
- Salt and Oil Scrub
- Tension Relief Massage
- Intensive Facial
- Naturally Peninsula Spa Cuisine Lunch

Unwind with a purifying full body exfoliation, 90-minute therapeutic Tension Relief Massage and a dermoneurotropic Facial. This ideal retreat to combat stress and release the body back to balance.

**BRIEDE TO-BE**
3 HOURS
- Body Wrap
- Holistic Massage or Healthy Glow Facial
- Wash and blowout at Vu Hair
- Naturally Retreat 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 60-minute Holistic Massage or Healthy Glow Facial and finished with a wash and blowout at Vu Hair.

**MEN’S RETREAT**
5 HOURS
- Deep Tissue Experience
- Men’s Purifying Facial, Shoulder and Scalp massage
- Naturally Retreat 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.
**Private Spa Suite**
The Private Spa Suite is the ultimate personalized 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 one-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
Hair and Makeup Services

Vu Hair New York is the first salon from renowned hair stylist Vu Nguyen and is comprised of expert hair stylists, color technicians and a makeup artist. Vu Nguyen has been cultivate 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.

Services are available for special events and weddings, and are also available in-room for additional information and appointments, please contact Vu Hair at (212) 903 5588 or info@vuhair.com.

FINISHING TOUCHES

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

Choose from the following selection:

Eyebrow Shape
15 minutes

Lip or Chin
15 minutes

Underarm
15 minutes

Half Leg
30 minutes

Full Leg
45 minutes

Bikini
30 minutes

Brazilian Bikini
45 minutes

Bikini

Full Leg
75 minutes

Back
45 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 enquire with The Spa Reception.

Gift Cards

Spa Gifts

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 enquire with The Spa Reception.

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.

Gift Cards

Spa Series

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 enquire with The Spa Reception.
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 or visit https://www.peninsula.com/newyorkspa. To make your appointment, please call (212) 903-3910 or email spapny@peninsula.com. Treatments may also be booked online at peninsulawelcome.com.

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.

THERMAL EXPERIENCES
Dips in a luxurious range of heating and cooling experiences that cleanse the body and mind, relax and soothe aching muscles and prepare your body and mind for the treatment that will follow. Facilities include separate male and female:
• Aromatherapy Steam Room
• Sauna
• Experience Shower
• Ice Fountain

RELAXATION AREAS
Your Spa experience is made more memorable by beginning and ending in one of the relaxation areas. Begin your journey in the Asian tea lounge, which offers a selection of organic teas. Once your treatment has come to an end, continue your peaceful journey in our separate male and female relaxation rooms and enjoy relaxing beds with individual music and lighting selections.

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

HEALTH CONDITIONS
Kindly advise us of any health conditions, allergies, injuries or if you are pregnant when making your reservation as this may affect your treatment selection.

PREGNANCY
We have specially designed treatments for expecting and nursing mothers after their first trimester. Please ask our Spa team to guide you in selecting treatments that are suitable for you during the special time.

PITCCHIC, 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 and sun terrace for the duration of their spa experience. Hotel guests receive complimentary access to the sun terrace during their stay.

FITNESS, POOL AND SUN TERRACE ACCESS
Day spa guests who book a minimum of two hours of services receive full access to the glass-enclosed pool and sun terrace, fitness center and daily group fitness classes. Hotel guests receive complimentary access to the above facilities during their stay.

TREATMENT ETIQUETTE
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 smoke-free zone. Our Thermal Experience facilities are separate for male and female clients. Therefore, the use of swimwear is optional and of personal preference.

We invite hotel guests to arrive at The Spa wearing the robe and slippers provided in their guest room. However, proper footwear is required in the fitness center. The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

Guests must be 18 years of age or older to use The Spa and fitness center unless accompanied by a parent or guardian.

PRGNANCY
We have specially designed treatments for expecting and nursing mothers after their first trimester. Please ask our Spa team to guide you in selecting treatments that are suitable for you during the special time.

SPA ETIQUETTE
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.

We invite hotel guests to arrive at The Spa wearing the robe and slippers provided in their guest room. However, proper footwear is required in the fitness center. The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

Guests must be 18 years of age or older to use The Spa and fitness center unless accompanied by a parent or guardian.

HOURS OF OPERATION
SPA
Daily: 9:00 am – 9:00 pm
FITNESS CENTER
Daily: 5:30 am – 9:30 pm
POOL
Mon-Fri: 6:30 am – 9:00 pm
Sat: 6:00 am – 9:00 pm