



### ***Fitness***

*Complimentary fitness facility usage with  
spa treatment  
(day of treatment only)*

*\$10 per day / \$30 per week Hotel Guest  
\$15 per day / \$45 per week Visitors*

### ***Spa & Fitness Guideleines***

#### ***Check In:***

*Please arrive at least 15 minutes prior to your  
appointment time. (Treatments will end as  
scheduled regardless of arrival time). Please  
leave valuables in your room or locker.*

#### ***Attire:***

*Open toe sandals or shoes or swim suits  
are not permitted in the fitness room.*

#### ***Cancellation Policy:***

*24-hour cancellation is required to avoid a  
100% service charge on all appointments.*

#### ***Gratuity:***

*20% gratuity is suggested and appreciated.*

#### ***Reservations:***

*Please call our spa coordinators to reserve  
your treatment. Appointments must be  
secured by a credit card if not a hotel guest.  
We recommend scheduling your appointment  
in advance to ensure availability.*

#### ***Age Requirements:***

*Guests 15 years of age or younger must be  
accompanied by an adult.*

## **THE WESTIN NEW YORK AT TIMES SQUARE**

### **Spa & Fitness Center**

Hotel Guest Please Touch 4679

#### ***Spa***

*Monday through Sunday  
8am to 8pm*

#### ***Fitness***

*Monday-Friday 5:30am-10pm  
Saturday 8am-8pm  
Sunday 8am-8pm*

*Located on the 23<sup>rd</sup> floor of the Westin Times  
Square Hotel offering spectacular city views,  
state of the art cardio/weight training  
equipment, dry heat saunas, massage, facials,  
detoxifying body treatments and waxing. Best  
of all, you are just steps away from your room.*

*Join us early morning for an invigorating  
workout starting at 5:30am. Our qualified staff  
will be present to assist you and schedule your  
signature spa treatments. What better way to  
unwind than in the comfort of your sanctuary at  
the Westin Times Square?*

*Spa Gift Certificates are a wonderful way to offer  
a gift of health and relaxation.  
Our spa coordinators will be glad to assist you.*

*In-room massage is available by appointment  
only.  
\$40.00 surcharge applies.*

**Spa & Fitness - 23rd Floor  
43rd Street at Eighth Avenue  
212-201-4679  
WWW.WESTINNY.COM**



### **TREATMENTS & SERVICES**

a complete sense of beauty  
and well-being

a reflection of our philosophy  
of living well  
the balance and harmony of  
nurturing massage  
the soul soothing experience of  
our

exquisite skin treatments  
the perfect calm  
induced by  
aromatic herbal teas  
and mesmerizing music...

this is the place  
where  
what we create inside  
is what we see outside

this is the realm  
of

**[ COMFORT ZONE ]**



### ***City Escapes***

Three unparalleled spa journeys,  
each designed to enhance a certain  
element of mental, physical,  
and spiritual balance  
Choose any element that draws  
you for complete renewal

#### ***embrace***

a grounding journey to empower

your sense of well-being  
50min swedish massage  
monticelli mud  
50min hydramemory facial  
Westin lushly spa pedicure  
4 hours  
\$420

#### ***replenish***

an energizing journey to stimulate and  
revitalize, restoring your strongest self

50min swedish massage  
mediterranean organic veggie wrap  
recover touch facial  
2½ hours  
\$300

#### ***breathe***

an aromatic journey to open  
the mind and calm the senses

25min spa reflexology  
25min hydramemory facial  
classic manicure  
90 minutes  
\$155

## facials

The Westin's spa treatments for the face provide the answer to any need, correcting imbalance while always respecting the delicate structure of the skin.

### hydrate

#### hydrmemory

Deep hydrating and restoring treatment based on desert plants promotes a silky skin texture with exceptional moisturization and restoration of dry, dehydrated and dull skins.  
25min./\$65, 50min./\$130

### illuminate

#### absolute pearl

Illuminating and oxygenating treatment based on real crushed pearl powder and botanical extracts such as mulberry and licorice. Bestows a radiant glow. Finished with an application of our glorious skin firming and lifting serum.  
50min./\$150

### anti-oxidant

#### recover touch

A nourishing and aromatic facial based on arctic cloudberry from Sweden. Contains active anti-oxidants such as Vitamin C to neutralize free radicals leaving the skin radiant, with lasting moisture and softness.  
50min./\$120

### deep cleansing

#### active pureness

A deep cleansing treatment to render the skin fresh and compact. Thanks to the choice of two unique masks, it is a treatment ideal for both oily and depleted impure skins as well as those more delicate.  
50min./\$130

### manspace

#### men's grooming facial

A fully customized treatment to meet the specific grooming needs of men. Allow our expertly trained esthetician to choose the ideal treatment for your skin's needs. A rejuvenating, restoring, and purifying treatment for all skin types. Includes eyebrow, nose, & ear grooming.  
50min./\$130

### traveler's relief

#### Westin signature

Take the time to nurture yourself from head to toe. Begin with our active pureness facial accompanied by an invigorating leg and foot massage using our signature vital leg cream gel, containing fresh pressed mint juice and ginkgo biloba. Relieves pain, swelling, and discomfort. Perfect after travel or a busy day in New York.  
80min./\$160

## necessities

### wax hair removal

chin or lip	\$15
half leg	\$55
full arm	\$50
eyebrow wax	\$25
full leg	\$100
underarm	\$35
brazilian bikini wax	\$65
bikini	\$45
half arm	\$30

## enhancements

Add one or both of these targeted care treatments to complete your facial experience.

### refreshed eyes

#### eye around remedy

These delicate areas are revitalized with a firming anti-oxidant serum and an amino acid rich moisture cream.  
\$25

### nourished lips

#### lip blooming

Softened, plumped and luscious lips thanks to the synergy of rich apricot and olive butters with rosewater and rose extract.  
\$15

### revitalize legs & feet

#### vital leg

An invigorating leg and foot massage using our signature vital leg cream gel containing fresh pressed mint juice and ginkgo biloba. Relieves pain, swelling and discomfort. Perfect after travel or a busy day in New York.  
20min./\$30

### scalp therapy

Warmed oils are applied onto the hair and scalp followed by a gentle massage on the head, neck and shoulders. Great for stress headaches and for improving the condition of the hair and scalp.  
20min./\$30

## body treatments

The exceptional body therapies at the Westin Spa provide the ultimate spa experience, including relaxed stretching and compressions to awaken the body and reduce fatigue, complete exfoliation of the skin, and our signature massage as the perfect finale.

### rebalancing organic body treatment

#### mediterranean organic veggie wrap

A skin soothing and firming mask of botanical extracts including tomato, artichoke and pumpkin provide complete hydration leaving the skin nourished, toned and glowing.  
50min./\$110

### body firming anti-aging treatment

#### d-age skin repair

With the extraordinary effects of kamani oil from a sacred Asian tree, the skin is reborn. Provided in a penetrating serum, followed by a protective cream, kamani oil along with walnut and bitter orange extracts provide damage reversing cellular renewal and intensive anti-oxidant protection, rendering the skin silky, firmed and restored.  
50min./\$130

### redefine cellulite

#### monticelli mud

From an ancient mineral spring in Monticelli Italy, this rich, creamy mud spiked with aromatherapy oils is applied warm relieving the ache of sore muscles and swollen joints while bestowing systemic balance and renewed energy.  
80min./\$150

## massage

The renewing spa experience is incomplete without the remarkable and renowned therapeutic gifts of an exceptional massage.

### swedish\*

"The classic of massage therapy", known for increasing circulation, relieving muscle pain, tension and releasing stress. The long kneading strokes promote total relaxation, a feeling of tranquility, and heightened well being.  
50min./\$110  
80min./\$150

### integrative deep tissue\*

This highly therapeutic full body massage utilizes a variety of advanced massage techniques with deeper and more direct pressure on specific muscle groups.  
50min./\$120  
80min./\$160

### spa reflexology

Based on the time honored belief that zones of the feet correspond to specific areas of the body, this unique session focuses entirely on the feet, relieving stress and balancing the body's energy points.  
25min./\$75  
50min./\$120

### holistic hot stone therapy

Using heated river stones, this massage treatment provides deep heat at strategic points on the spine, back, hands and feet. Muscles are warmed and relaxed with the combination of expert massage, deep penetrating heat and customized oils.  
80min./\$175

### sports therapy\*

This highly therapeutic full body massage utilizes swedish massage techniques with deeper and more direct pressure, concentrating on specific muscle groups and incorporating active stretching.  
50min./\$125  
80min./\$165

\*Customize your treatment with a personalized selection from our unique collection of aromatherapy oils based on the ancient cultures. Your therapist will be happy to recommend the most beneficial aromatherapy oil for you.  
\$10 (additional)

aromasoul oriental - ylang ylang, mimosa, jasmine and vanilla extracts in jojoba oil increase the flow of energy and replenish vitality, providing a great feeling of awareness and comfort.

aromasoul mediterranean - basil, orange, lemon, mandarin and bergamot in jojoba oil stimulates the body and revitalizes the senses, providing a feeling of renewal and peace.

aromasoul indian - cardamom, bergamot, nutmeg, cedar wood and black pepper extract in jojoba oil resonates deeply with mind, body and spirit, providing intense relaxation.

aromasoul arabian - ginger, cinnamon, nutmeg, geranium and elemi extract in jojoba oil exerts an intense invigorating action, providing a calming and grounding effect.

## manicure & pedicure treatments

*Luxurious in room pampering for your hands and feet!*

### Westin lushly spa pedicure

Based on an ancient Polynesian foot cleansing ritual, this ultimate sensory journey incorporates a floral foot soak and cleansing and a balancing acupressure foot massage. Experience the emollient properties of tiarè extract, karitè butter, and rice protein massaged into your skin.  
50min./\$65  
french polish: \$13 (additional)

### classic pedicure

Soak your tired and achy feet in an aroma foot bath containing tea tree and eucalyptus oil. We will massage your legs and feet, then perfect your cuticles, and clip, reshape, buff and polish your nails.  
40min./\$50  
french polish: \$13 (additional)

### Westin lushly spa manicure

Based on an ancient Polynesian bathing ritual, this ultimate sensory journey incorporates a unique cleansing of the hands and arms. Experience the emollient properties of shea butter, allantoin, calendula and rice protein moisturize, heal and soothe the skin. Includes a full manicure and acupressure hand and arm massage.  
40min./\$50  
french polish: \$11 (additional)

### classic manicure

For clients with an agenda treat your self to a 30-minute manicure. We will reshape your nails, clean your cuticles, and exfoliate hands and forearms with therapeutic mineral sea salts, Followed by massage and hydration. Finished with a fresh coat of enamel.  
30min./\$35  
french polish: \$11 (additional)  
polish change: \$15.00

*Enhance your stay in our Spa inspired guest rooms.*

*For reservations call  
1-888-627-7149*

