

THE SPA AT THE SPORTS CLUB / LA

the spa

AT THE SPORTS CLUB / LA

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[www.TheSportsClubLA.com](http://www.TheSportsClubLA.com)

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## welcome

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The Spa at The Sports Club/LA is your partner in health and wellness, dedicated to delivering results-oriented treatments in a way that perfectly complements your visits to the Club.

As with your fitness plans, we know each person has different wellness goals; sometimes you need to relax, and sometimes you want to feel invigorated and energized. Either way, The Spa is an ideal place to start or finish a workout.

We invite you to read the pages that follow to learn more about our individualized services. Then call or stop by to consult with our team of trained professionals on the most effective ways for you to look and feel your very best.



## body treatments

Our range of body treatments were specially created to restore and improve the condition of your skin as well as detoxify and hydrate your entire body.

### Body Scrub

Our full-body exfoliating treatment leaves your skin feeling soft and velvety smooth. The treatment includes a full-body exfoliation and an application of a skin moisturizer.

### Aromatherapy Aloe Wrap

The power of aromatherapy is combined with therapeutic aloe vera to deeply hydrate. After the skin has been exfoliated, a blend of warmed aloe and aromatic plant essences is applied while a scalp massage leaves you feeling refreshed.

### Healing Body Wrap

This healing wrap starts your cleansing process with an antioxidant rich Geranium Body Scrub, preparing your skin for a powerfully detoxifying Volcanic Clay body mask that absorbs toxins while simultaneously delivering mineral nutrients. The Chinese clay will stimulate blood circulation, while gently exfoliating and cleansing to help deliver the essential extracts of lavender, mandarin, rosemary, sage, and licorice, to restore and enhance the skin while hydrating, healing, and soothing inflammation.

### Firming Body Wrap

This detoxifying and firming treatment begins with a citrus herbal body brushing to stimulate lymphatic drainage and start the body's detoxification process. Peptides are applied to specific areas to stimulate collagen production and firm the skin, then your body will be covered in a Espresso LimOn Slimming Oil to further purify and tone the body. A refreshing signature enzyme body mist completes the body beautifying experience.

### Renewing Body Treatment

This hydrating and exfoliating treatment consists of the gentle removal of dry skin cells, followed by a penetrating massage of oils and creams containing vitamins A, C, and E as well as beta-carotene. A seaweed mask remineralizes, tones, and smoothes the skin resulting in intensely hydrated skin that looks and feels tighter, firmer, and younger.

### Dry Skin Relief Treatment

Our luxurious and nourishing body treatment is designed to purify, nourish, and relax. A full-body exfoliation stimulates the skin, followed by an application of a hydrating mask. Then you are wrapped to allow further infusion while receiving a relaxing scalp massage.



## massages

Our collection of massages were designed to meet your unique needs on each visit to our spa. Consider the therapeutic benefits:

- Reduce stress and tension
- Improve flexibility
- Increase endorphins – the body's natural painkillers
- Speed recovery from sports activities, daily body abuse, and injuries
- Strengthen the immune system
- Improve circulation problems
- Alleviate chronic and temporary pain

### Deep Tissue

A treatment that employs specialized techniques to relieve muscle soreness and deep-seated tension, and to energize the body. This massage addresses the deeper layers of tissue and can relieve aches and pains in tight or overused muscles. An ideal treatment for chronic muscle tension.

### Swedish

Our full-body treatment soothes the muscles, relieves tension, improves circulation, and hastens the elimination of wastes to create a total state of relaxation. Available with aromatherapy oils.

### Hot Stone

Smooth basalt stones are heated and then lubricated with essential oils. The therapeutic effect of these heated stones helps the treatment penetrate deeper into your muscle tissue, inducing deep relaxation without overheating. The stones are merely an extension of the therapist's hands, and each treatment is customized according to whether you prefer a gentle relaxing massage or a deeper therapeutic massage.

### Advanced Body Therapy

This customized treatment draws on your skilled therapist's variety of body work styles and your unique needs. Recommended for anyone who is unsure of the style or type of massage.

### Pre-natal

This massage is customized to address the special needs of pregnant women after the first trimester. Particular care is taken, leaving mom and baby in a total state of bliss.

Please note: Expecting mothers must be past their first trimester; deep work is not administered during this massage.

### Thai

Experience a tremendous sense of peace and revitalization. This massage unites elements of shiatsu and yoga, offering a unique interactive experience using light stretching and acupressure massage to revitalize the body as it relaxes muscle tension. Please dress in comfortable clothing and enjoy this service on a traditional futon.

### Head, Neck and Scalp

This stress-relieving massage gives you quick rejuvenation from the trials of your hectic life.

### Reflexology

This reflex massage targets the thousands of nerve endings found in the soles of your feet. Reflexology has been scientifically proven to promote relaxation and improve circulation, as well as balance the organs, glands, and other regions of the body.



## signature treatments and packages

Treat yourself or a friend to a day of health, happiness, and pampering with one of our unique signature treatments or packages. You are welcomed with a relaxing herbal tea as you begin each of these journeys.

### De-stress Massage and Body Cocoon

Your feet will be soothed with our foot massage and following a gentle exfoliation, a rhythmical and deeply relaxing warm-oil massage helps to remove stagnant energy and activate the "prana," or life force, which stimulates your body's vital energy. While you are enveloped in a comfortable, de-stressing cocoon, your mind is transported with a soothing head-and-neck massage.

### Mother-to-be Body Treatment

A luxurious pre- and postnatal body treatment offers the ultimate indulgent pampering for pregnant and nursing mothers. This treatment is adapted to address how you look and feel at different stages of your pregnancy. While treating muscular aches and fluid retention, as well as stress and fatigue, it also helps to maintain skin tone and elasticity to prevent stretch marks, enliven your senses, and boost your energy levels. Mother or mother-to-be is left feeling blissful.

Please note: Expecting mothers must be past their first trimester; deep work is not administered during this massage.



### Body Detoxification

Begin with a foot treatment, focusing on foot reflex points to purify the body. A deep cleansing, full-body exfoliation and stimulating massage are followed by an application of seaweed algae to stimulate circulation, eliminate toxins, and improve energy levels. Finally, a forehead and scalp massage soothes and calms the mind.

## closing

Please arrive at The Spa Reception Desk at least 30 minutes prior to your service, so that you may enjoy a shower or steam, or come earlier to enjoy a workout at The Sports Club/LA. Complimentary access to the Club is given to guests purchasing two or more spa treatments. Should you arrive late for your appointment, the treatment will be modified to maximize the remaining time without compromising the next appointment.

As a courtesy to you, we will confirm your appointment a day in advance. To ensure that we provide the best service possible, cancellations must be received a minimum of 24 hours prior to your appointment. If we do not receive a 24-business hours notice, your account will be charged for the full amount of the service(s) scheduled. Service fees do not include tax or gratuity.

The Spa at The Sports Club/LA would also be happy to custom-design a Gift Certificate or Gift Box for any special occasion.