

THE SPA AT THE SPORTS CLUB / LA

the spa

AT THE SPORTS CLUB / LA

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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.



# facials

Our facials offer personalized treatments utilizing a variety of results-driven products, carefully selected for your unique needs. Therapists also provide recommendations for a corrective skincare regime to fit your lifestyle.

## Signature

Our aromatherapy facial is designed to cleanse, hydrate, nourish, and repair. This classic treatment revitalizes the skin, soothing away stress while inspiring a radiant, younger complexion. Suitable for all skin types.

## Problematic Skin

This facial will help purify, as well as soothe and balance, oily and acneic skin. Deep cleansing eliminates and prevents breakouts and congestion, while exfoliating and the application of antibacterial and anti-inflammatory products, leaves the skin clean, calm, and refreshed.

## Anti-aging

This extraordinary facial is recognized as one of the most advanced approaches to unwanted signs of aging. The focus is on helping to diminish fine lines, lax skin, pigmentation, sun damage, and scarring. High levels of vitamins A, C, and E and growth factors feed the skin's upper layers, promoting collagen and elastin production, increasing hydration, and generating healthy cell development. This treatment includes care of the face, neck décolletage, hands, and arms.

## Hydrating

Our intense and luxurious hydrating facial treats winter-parched or sun-damaged skin. A lactic acid mask adds moisture as it gently exfoliates dead cells. Vitamins A and C are propelled into the skin to help restore moisture and firmness, improve skin texture, and reduce irritation. Skin will be renewed, healthy, hydrated, and glowing.

## Vitamin C

To restore radiance, this superb treatment infuses the skin with Vitamin C to lessen signs of sun damage. Powerful antioxidants help reestablish the skin's clarity and repair damage done by time and the elements. Skin will be brighter, firmer, and more radiant.

## Deep Cleansing

Purifying and deep cleansing, this facial utilizes enzymes to purge the skin of excess oils, congestion, and environmental toxins. Suitable for combination, oily, and problem skin.

## Customized

Our truly gentle, nonirritating facial features a calming and restorative skin treatment for those individuals who experience redness, irritation, and dryness. Using a combination of vitamins, antioxidants, and growth factors, the facial will begin to rebalance and restore the skin's integrity. Products contain no artificial fragrance or colorants.

## Alpha Lipoic

This facial begins with a superior exfoliation of the skin, using a gentle, hand-applied microdermabrasion cream. A mask is then applied to draw out impurities and toxins. Next, the skin is treated with Alpha Lipoic Omega, a unique product that increases skin firmness, minimizes pores, and improves skin tone and texture.

## Glowing Performance

This medically based skin care treatment increases your skin's metabolism causing rapid cell regeneration, oxygenation, and nutrient absorption. This classic facial is recognized as one of the most effective antiaging skin care systems – giving your skin a more youthful appearance.

## Peel

Our facial peel is gentle enough for all skin types yet offers targeted treatment for fine lines, acne breakouts, hyperpigmentation, and dryness. Guests should avoid excessive heat and are advised to wear sun protection after the peel.

## facial enhancers

Your expert facial therapist has the ability to enhance your facial with the following:

- Hand treatment
- Intensive masks
- Concentrated serums and oils
- Hot Stone massage
- Honey and enzyme 3% serum
- Honey and enzyme 15% serum
- Facial peel
- Eye treatment

For long-term results and optimum skin care, facials are recommended once a month. Please ask for series pricing.

## waxing

The Spa offers a wide variety of waxing services for men and women. Please refer to the pricing sheet for a complete list.



## men's treatments

Most of our treatments are for both ladies and gentlemen, however, we have designed several treatments exclusively with men in mind.

### Gentleman's Facial

A classic facial specifically formulated for the male complexion, this treatment uses natural balms, oils and clays to help purify, hydrate, relieve shaving irritation, and revitalize the skin. Ideal for city dwellers, frequent air travelers, anyone exposed to harsh, drying weather conditions, and those with a stressful or hectic lifestyle.

### Purifying Back Treatment

A treatment specifically designed to remove impurities that accumulate on the back and shoulder areas as a result of high intensity workouts.

### Zen for Men Package

In the practice of Zen Buddhism, one aims to be "in the moment." Bring yourself into the moment with this customized retreat specifically geared for masculine balance. Your retreat includes a Zen Body Massage, tailored to what you need at the moment, and finishes with a Gentlemen's Facial, specifically formulated to address the needs of your skin.

## 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.

### Anti-aging 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

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.



### Total Relaxation Program

Focus on total relaxation as you spend the day being pampered from head to toe with our holistic treatments. The day begins with a foot treatment and de-stressing facial. Your skin will then be gently conditioned with a full-body exfoliation. Forms of sound, colored gemstones, and plant essences help to soothe and restore your energy levels. Each "chakra," or energy center, is anointed, and then the body is gently massaged with essential oils reputed to bring the mind and body back to equilibrium. We'll wrap you in a final restorative embrace of warm rose and lavender, while a massage to tension zones on the forehead and scalp finishes the experience.

- Full-Body Scrub
- De-Stress Facial
- Inner Journey Massage
- Rose Body Wrap
- Spa Lunch

## 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.