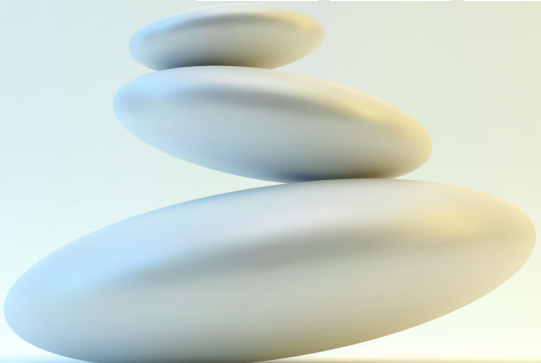
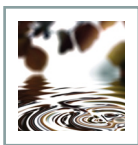
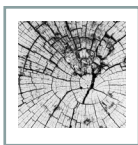


# TREATMENT MENU

*relax.*





## SIGNATURE SERVICES

### FIRE & ICE FACIAL

80 minutes | 175

Awaken your senses while deep cleansing with a purifying pumpkin enzyme exfoliation. Shrink the appearance of pores with a soothing clay mask, rich in minerals found in volcanic ash deposits.

### POLISHED BODY TREATMENT

80 minutes | 165

Nourish dry and dehydrated skin while improving circulation with the power of protein and antioxidants. Fine lines and wrinkles will be diminished as the mind is at ease with this luxurious anti aging massage treatment.

### REJUVENATION

25 minutes | 70

Rooted in traditional herbal remedies, this highly reparative treatment begins with an aromatic soak with Sweet Birch to soothe overworked muscles and joints, followed by an uplifting Rosemary Citron Sea Salt Scrub to polish over-worked feet. A nutrient-rich Seaweed gel is then applied before feet and calves are wrapped in warm towels for deep repair and intense hydration. To finish, a Peppermint and Horse Chestnut cream is massage in to restore healthy circulation.

## MEN'S SUITE

### REBALANCING FACIAL

50 minutes | 125

80 minutes | 155

Customized for men's skin care needs, this balancing facial effectively renews skin tone and texture while helping to soothe and restore devitalized, sun-damaged or razor-burned skin.

### SPORTS MASSAGE

50 minutes | 140

80 minutes | 180

Full body massage utilizing light stretching and various techniques to help improve range of motion, circulation, and flexibility. Our muscle soothing oil will improve blood circulation and relieve soreness and stiffness.

### WAXING SERVICES

Chest | 65

Back | 70





*refresh.*

## SKINCARE

CALMING 50 minutes | 125 80 minutes | 155

Nature's cure for thirsty, moisture-deprived skin. This hydrating facial immediately replenishes the skin with deeply hydrating botanical blends. A sensorial Soothing Hibiscus Enzyme Peel smooths and calms stressed skin. A nourishing facial massage utilizing the Gotu Kola Healing Balm leaves skin radiant and protected from environmental stress.

FIRMING 50 minutes | 125 80 minutes | 155

Vitamin C crystals perfectly polish and promote a brighter, more even complexion. Draw out impurities and toxins while instantly toning and firming. Fine lines and wrinkles don't stand a chance with this facial.

RESURFACING 50 minutes | 125 80 minutes | 155

Energize and protect the skin from the most challenging climates with a blend of science and nature. Delay the signs of aging with apple stem cells and papaya enzymes, while revitalizing dull and lackluster skin.

GLOWING 25 minutes | 80

Revitalize your skin's radiance, leaving with a healthy glow. Leave skin hydrated, while softening the appearance of fine lines and wrinkles.

## enhance your SKINCARE

LIP ENRICHMENT +30

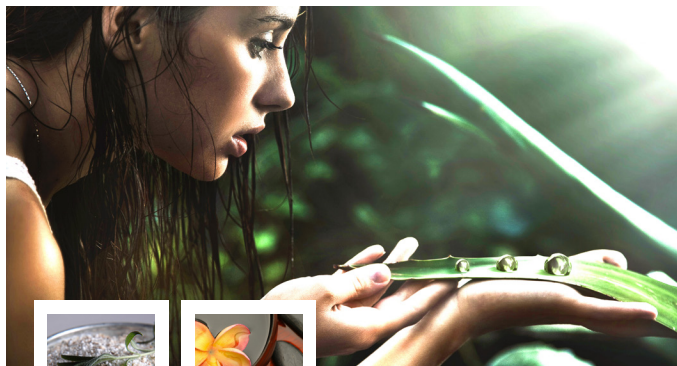
Achieve smooth, soft, and plumper lips with a microdermabrasion exfoliation while locking in perfect hydration.

GOLD Starts at 25

For eyes, face, neck, or decollete. Experience firming and reduce the appearance of redness and puffiness.

DIAMOND Starts at 25

For eyes, face, neck, or decollete. Experience brightening of the skin, and reduce the appearance of dark circles and pigmentation.



*renew.*

## BODY TREATMENTS

### RENEW BODY EXFOLIATION

50 minutes | 125

A full body exfoliation that polishes away dry, aging skin, while revealing a renewed appearance. A nourishing massage balm will be applied after to lift, firm, and diminish the appearance of cellulite.

### ESPRESSO MUD BODY SCRUB

50 minutes | 155

80 minutes | 195

This deeply detoxifying scrub is carefully crafted to cleanse and replenish the skin. A rich clay-based scrub combines the sweet, earthy notes of Indian Tobacco and Sarsaparilla with volcanic Pumice and Coffee Arabica to exfoliate the skin and help to draw out impurities.

## MASSAGE

### MEDITATION

50 minutes | 125

80 minutes | 165

Our version of the Swedish Massage. Your therapist will help ease your mind by using smooth, long strokes with light to moderate pressure.

### DEPTH

50 minutes | 150

80 minutes | 190

This intensive treatment relaxes sore muscles and stiff joints with Russian massage techniques and the best pain relievers from nature's pharmacy: Arnica and Magnesium.

### WARMTH

80 minutes | 195

Blending the therapeutic properties from heated bamboo and basalt stones with light, moderate strokes to improve circulation and promote a sense of wellbeing.

### MOM - TO - BE

50 minutes | 145

80 minutes | 165

This deeply restorative treatment is designed for moms-to-be to help improve sleep, reduce stress and soothe muscle fatigue. Beginning with a Swedish massage, then followed by the application of Gotu Kola Healing Balm to help reduce the appearance of stretch marks, this treatment ends with a mini-facial to address sensitive, hormone-reactive skin.

FIX

25 minutes | 70

Our therapists will give 25 minutes of focused massage so that you can get in, get out, and keep going.

COUPLET

50 minutes

80 minutes

Relax with any massage style and length in our beautiful couples suite. A truly memorable experience to share.

## enhance your MASSAGE

SCALP

+15 minutes | 40

Stimulate the scalp and prevent dehydration with our Photo-nourishing oil, signature Moonflower conditioning treatment and relaxing scalp massage.

FOOT & ANKLE

+15 minutes | 30

Improves energy flow by working pressure points on the feet to promote balance and wellness in the body.

DEEP

+20

Target muscles with deep penetrating strokes and techniques adjusted to your pressure preference. Massage services only.

AROMA

+15

Choose from four aromatherapeutic blends of exotic herbs and essences featuring ingredients such as warming Ginger and Cardamom, hypnotic Lemon Balm and Neroli, clarifying Balsam Fir, or revitalizing Lemongrass and Peppermint.

BACK EXFOLIATION

+30

An invigorating exfoliation to help strip away dead, lifeless skin. A rich, organic lotion will be applied after to leave skin feeling smooth and hydrated.

ALPINE ARNICA MUSCLE REPAIR

+25

Utilizing the best of nature's pharmacy - Arnica, Sweet Birch, and Magnesium - this intensive enhancement is designed to help soothe sore muscles, tendons, and stiff joints. Massage services only.

## WAXING SERVICES

BROW | 25

LIP | 20

UNDERARM | 25

HALF LEG | 55

FULL LEG | 80

EXTENDED | 60

BIKINI | 40

BRAZILIAN | 70

*More waxing services available. Please inquire for pricing.*



*experience.*



## SPA PACKAGES

### COMPLETE INDULGENCE

4 hours | 460

Enjoy our complete collection of Signature Spaahh Services along with your choice of appetizer or lunch from BOKA.

### PERFECT PAIR

1hour 40 minutes | 390

Side by side 50 minute Meditation Massage and Rejuvenation Body Treatment complete with your choice of a dessert from BOKA and paired wine.

### QUICK ESCAPE

60 minutes | 150

Enjoy a Fix Massage and Glowing Facial to supplement in between your full regiment.

## HOW TO SPA

### RESERVATIONS

Appointments may be scheduled any time during operational hours by calling **206.357.9490**. A hotel reservation or credit card is required to secure your appointment.

### ARRIVAL

Please arrive at least 15 minutes prior to your treatment to allow time for check-in and preparation for your service. Hotel 1000 is pleased to offer complimentary valet parking for Spaahh patrons.

### CANCELLATIONS

We ask that appointment changes or cancellations be made 24 hours prior to your scheduled appointment. Cancellations not made within 24 hours will be charged 50% of the treatment rate. No shows are charged 100%.

### SERVICE CHARGE

A 20% Service Charge will be added to your final bill.

### SPAHH MEMBERSHIP

We are pleased to offer a monthly membership program. Please visit the spa for more details and pricing.

### HOURS OF OPERATION

The Spaahh is open Sunday - Thursday from 9pm - 8pm and Friday - Saturday from 9am - 9pm.

### LOCATION

Conveniently located on the lower foyer of Hotel 1000.



1000 First Avenue | Seattle WA | 98104

t: 206.357.9490 w: [www.hotel1000seattle.com/spaahh](http://www.hotel1000seattle.com/spaahh)