



T H O M P S O N

S P A

The Spa at Thompson Dallas invites you to experience a one-of-a-kind, expertly-crafted spa service that blends wellness traditions, modern luxury and tranquil comfort. Our treatments awaken all of your senses, combining ancient rituals of healing with the latest in products and techniques to offer visible head-to-toe results. Whether you're seeking relaxation, pain relief, improved energy, or a luminous complexion, our spa services will deliver revitalized skin, body and mind with every visit.



SPA GUIDELINES

Please familiarize yourself with our Spa Guidelines to ensure that we can maximize your spa experience prior to arrival.

AT TIME OF RESERVATION

Our spa team will be assisting you into your Spa Journey. To ensure that we have all the necessary details, please be prepared to share any of the following that would directly impact your spa experience:

Gender Preference | Allergies and/or medical conditions | Pregnancy

Please be aware that The Spa at Thompson Dallas is a cashless property. A credit card is required in order to secure any spa reservations, including finalization of the check-out process.

ARRIVAL

We encourage you to arrive at least 30 minutes prior to your service time. This will give you time to begin your relaxation experience. Arriving late will limit the time of your treatment, please be aware that your service will end at the scheduled time to ensure no delay for the next guest.

SPA FACILITIES

As a guest receiving spa treatments, you will have access to enjoy the following amenities: infrared saunas, steam rooms, and rainfall showers found in the locker rooms. The hot and cold therapy plunge pools in our outdoor area and any of our indoor relaxation lounge areas. *Please be aware that you must book a 50 minute service or greater in order to have access to the spa amenities.

CANCELLATIONS

Cancelled or rescheduled appointments require 24 hour notice. No-shows and/or cancellations made within the 24 hour window will be charged the full service price. There will be a \$50 fee for any appointments rescheduled within the 24 hour of the appointment time.

PERSONAL BELONGINGS

The Spa at Thompson Dallas is not responsible for any lost or stolen personal items and/or belongings. Please leave your personal valuables at home or in your hotel room safe.

To maintain the privacy and security of our guests, we ask that during your time with us you leave your electronic devices in your lockers and digitally detox.

PARKING

We do provide complimentary valet parking for our spa guests.

Please be sure to bring your ticket to the spa, we are more than happy to validate at time of check-out.

AGE REQUIREMENT

Guests must be 18 years or older in order to receive massages and/or body services and to enjoy the spa locker rooms and relaxation lounge area amenities. Facial services can be performed on a guest starting at the age of 16. A parent or guardian waiver must be signed and be present in the treatment room. Salon and nail services start for guest ages five and older. A parent or guardian must be present in the treatment area during the duration of services.

GRATUITY

For your convenience, a 23% service charge will be added to each of your services. This includes gratuity distribution to each spa team member who served you during your visit. Additional gratuity may be provided at your discretion.

MASSAGE

THOMPSON SIGNATURE MASSAGE

80 min // \$250

Relax and breathe easy with this full-body, light-to-medium pressure massage. After a focused neck, shoulder and scalp massage melts away stress and muscle tension, our exclusive Acuflex pressure point massage with cooling menthol balm turns attention to feet and legs, easing tension, relieving fluid buildup and soothing soreness. End with our Thompson Signature Allergy Relief Facial Ritual, exclusively crafted to ease facial pressure, stimulate lymphatic drainage, increase circulation, and release toxins.

DEEP THERAPY MASSAGE

50 or 80 min // \$180 / \$245

This deeply therapeutic massage uses various strokes and deep pressure along with the contrasting benefits of warm and cool to soothe soreness and pain, ease muscle and joint tightness, and release stress and tension. Organic Ginger oil penetrates deeply to warm the muscles in order to promote circulation and detox, while a cooling muscle balm relieves inflammation and provides lasting comfort.

HOT STONE MASSAGE

50 or 80 min // \$175 / \$240

Smooth, warmed, natural basalt stones are placed on key body points, sending heat deep into the muscles on contact. These hand-held stones are then used with organic body oil and just the right pressure for your needs to soothe sore joints, relieve tension and increase circulation, providing relaxing yet replenishing comfort.

ORGANIC AROMATHERAPY MASSAGE

50 min // \$175

Our sense of smell offers a direct pathway to our emotional and physical state. Once you intuitively choose the oil that speaks to your body's needs - pain relief, restfulness, detox or hydration - it will be used for a light-to-medium pressure massage that pinpoints and rectifies what ails you, leaving both mind and body relaxed, replenished and rejuvenated.

NATURALLY NURTURED MASSAGE

50 or 80 min // \$170 / \$225

This classic Swedish-style massage uses long, soothing, therapeutic strokes and certified organic body oil to increase circulation, nourish the skin and promote deep relaxation.

**This massage is also great for expectant mothers who have passed into the second trimester.*

HERBAL POULTICE MASSAGE

80 min // \$250

Inspired by ancient rituals of healing, this warming experience utilizes steamed herbal compresses to de-stress, detoxify, and re-energize the body. A combination of aromatherapy and massage techniques help increase circulation, elongate muscles and release tension, delivering your mind and body into a deep state of relaxation.

COUPLES MASSAGE

50 or 80 min // price varies

Enjoy a wellness experience in the comfort of a shared space. The customized massage of your choice will be performed side-by-side with your special someone: Thompson Signature, Deep Therapy, Hot Stone, Organic Aromatherapy or Naturally Nurtured.

BODY

THOMPSON TOTAL WELLNESS*

80 or 110 min // \$235/\$305

Restore body and spirit with this revitalizing head-to-toe experience. After wellness-boosting breathing, foot cleansing and balancing rituals, melt into a therapeutic full-body massage featuring ancient Gua Sha techniques and nourishing organic botanicals. Then, cocoon in a hydrating light wrap as you're treated to the Thompson Signature Allergy Relief Facial Ritual and Gua Sha foot treatment. Emerge equal parts invigorated, rejuvenated, and relaxed.

THOMPSON DEEP SLEEP*

80 min // \$225

Quality sleep is vital to ongoing physical and emotional health. Designed to help induce relaxation of both body and mind, this exclusive treatment focuses on the head, feet, and lymphatic system to relieve anxiety, release toxins and promote restfulness. Energy balancing, dry brushing and facial acupressure are followed by soothing organic Lavender Body Oil application, stress-melting scalp massage, and Gua Sha foot treatment featuring the calming properties of Jade and Rose Porfyr stones.

ESSENTIAL OIL WRAP

50 min // \$170


Intuitively select the organic aromatherapy oil specific to your body's needs – pain relief, restfulness, detox or hydration. Your selection will be blended with mineral body crème and applied in long soothing strokes before the body is lightly wrapped in hydrating, curative comfort. As you relax, 16-point facial acupressure therapy will release tension, improve circulation and replenish energy reserves.

BOTANICAL OIL CRUSH

50 min // \$170

This exfoliating full-body scrub blends your intuitive selection of organic aromatherapy oil with natural mineral salts to create a body scrub for your body's needs – pain relief, restfulness, detox or hydration. Remain comfortable, warm and relaxed, never leaving the table with our signature rinse technique. End with a luxurious application of your chosen oil to leave the body smooth, soft, hydrated and renewed.





FACIALS

CELESTIAL BLACK DIAMOND FACIAL

80 min // \$265

DRAMATIC HEALING FACIAL

50 min // \$200

CLARITY ANTI-BLEMISH FACIAL

50 min // \$200

THE VITAL ORGANIC FACIAL

50 min // \$180

BRIGHTENING FACIAL

50 min // \$185

MARINE ULTIMATE FACIAL

80 min // \$250

CUSTOM FACIAL

50 min // \$250

LIFT. FIRM. TIGHTEN.

Our most comprehensive anti-aging facial, this luxurious experience harnesses 111SKIN's most potent collection for Anti-Aging - a collection encouraging youthful, sculpted and firmer skin appearance. A series of thoroughly active steps, including the brand accelerated peel and antioxidant-rich formula are aided through diamond absorption.

RESTORE. FORTIFY. HEAL.

A high-performance facial formulated to calm and soothe damaged, inflamed, and irritated skin. Featuring 111SKIN's signature NAC Y2 complex to strengthen the epidermal barrier and prevent further inflammation.

PURIFY. REFINE. BALANCE.

A targeted treatment for problematic skin, this treatment features a highly intelligent mask system. Active ingredients like colloidal sulphur and salicylic acid work to dissolve dead skin cells and calm inflammation, leaving you with a clear complexion and refined, polished skin.

NOURISH. CONTOUR. GLOW.

Restore your soul and nourish your skin with this exclusive treatment of melding ancient firming techniques with skin-loving organic nutrients. Multi-function formulas are custom blended just for your skin's needs and further enhanced with a Bian Stone Gua Sha massage to stimulate lymphatic drainage, boost circulation and release fascia. Your skin wellness will show with a visibly firmer look and a vibrant glow.

ILLUMINATE. TONE. REFINE.

Advanced formulas and naturally-luminizing ingredients by Kerstin Florian Correcting will make this results-oriented facial a must-have for a brighter, more refined complexion. Using a powerful blend of botanicals and Acti-5 Brightening Complex to target hyperpigmentation, along with a multi-acid peel, and a peel-off rice masque, the skin is treated to provide an instantly improved tone, texture and luminosity.

HYDRATE. LIFT. NOURISH.

Taking anti-aging to the next level. Indulge in this decadent facial treatment that drenches the skin in moisture and nourishes with protein-rich caviar and marine algae for the ultimate in ageless benefits. Completely relax and rejuvenate with a lifting facial massage as powerful antioxidants and vitamin-rich ingredients plump, refine, and improve skin texture for a more hydrating, youthful, and luminous complexion.

PURIFY. RENEW. BALANCE.

Tailored to the specific needs of your skin. This purifying treatment features a deep-cleansing massage, and individually-selected facial masque to purify, balance, and nourish your skin type and address your skincare concerns.



GENTLEMEN

THOMPSON SIGNATURE MASSAGE

80 min // \$250

Relax and breathe easy with this full-body, light-to-medium pressure massage. After a focused neck, shoulder and scalp massage melts away stress and muscle tension, our exclusive Acuflex pressure point massage with cooling menthol balm turns attention to feet and legs, easing tension, relieving fluid buildup and soothing soreness. End with our Thompson Signature Allergy Relief Facial Ritual, exclusively crafted to ease facial pressure, stimulate lymphatic drainage and circulation, and release toxins.

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THE MEN'S REPARATIVE FACIAL

50 min // \$200

STRENGTHEN. CONDITION. HYDRATE. Designed especially for the male skin, specifically addressing sensitivity and razor burn. Focusing on soothing and hydrating the complexion, our signature techniques and restorative formula help calm, condition, and strengthen for healthy-looking, clear skin.

THE MEN'S DEEP CLEANSING FACIAL

50 min // \$185

PURIFY. EXFOLIATE. BALANCE. This results-oriented therapeutic facial is designed for the active man's specific skincare needs. A deep-cleansing massage is followed with an individually-selected masque, professional exfoliation and lightweight hydration to leave skin purified, balanced and refreshed.

MAN-A-CURE

25 min // \$40

This quick refresh focuses on the nail shape, length, buffing and a finished shine.

GENTLEMEN PEDICURE

35 min // \$50

Revive your feet with a quick soak and massage. Nails are groomed, buffed, with a finished shine.

TIME-CONSCIOUS TREATMENTS

Time constraints don't have to put limitations on your wellness. These essential services offer immediate targeted results for the business traveler, working professional or busy parent and anyone who wants total rejuvenation without the time commitment.

TEXAS TWO-STEP

30 min // \$105

Extra TLC for the body parts that carry us through the day - literally. This knee-down service combines targeted treatments to revive feet and legs. A mineral foot scrub and grapefruit- infused foot massage work together to increase circulation, smooth skin and release toxins. An acupressure ritual then combines warm stones and cooling balm to alleviate pain, swelling and tension, providing lasting rejuvenation and relief where we need it most.

HEAD NECK & SHOULDER

30 min // \$105

Relieve stress where it concentrates most. This targeted treatment focuses on the tension-bearing muscles in the neck, shoulders and scalp, combining relaxing, therapeutic massage with a Calm Mind stress-reducing aromatherapy and breathing ritual to provide maximum relief in minutes. The relaxation will show on your face.

TECH NECK PLUS

30 min // \$105

Lean into some digital detox with this treatment designed to relieve the impact of modern technology on our bodies. Targeted pressure releases the tension that comes from being tethered to technology, easing stiffness, soreness, and inflammation in neck, chest, hands and arms. Emerge instantly more refreshed and energetic.

REFRESHER FACIAL

30 min // \$115

This deep-cleansing facial-in-a-flash instantly refines, brightens, and hydrates the skin. Taking minimal time yet not skimping on the details, this express treatment includes an expert skin analysis, facial massage, and even a relaxing hand treatment.



NAILS

REFRESH MANICURE

25 min // \$40

Revive nail with a fortifying lacquer refresh. Polish is removed, nails are re-shaped and lightly buffed then finished with a signature four-step nail care application, using Dazzle Dry polish.

REFRESH PEDICURE

35 min // \$50

Revive your feet with a quick soak. Polish is removed, nails are re-shaped, lightly buffed, with a signature four-step nail care application, using Dazzle Dry polish.

SHELLAC GEL MANICURE

50 min // \$70

Dive into a nail treatment that features nail reshaping, cuticle grooming and conditioning with nutrient-rich oils, finished off with our high performance shellac gel system. Manicured polish guaranteed to last up to 2 weeks or more.

THOMPSON CLASSIC MANICURE

45 min // \$55

Relax and refresh with a classic nail treatment featuring polish removal, aromatic spearmint and eucalyptus soak, nail reshaping, cuticle grooming and conditioning with nutrient-rich oils and moisturizing shea butter massage. Finished with a signature four-step nail care application, using Dazzle Dry polish system.

THOMPSON CLASSIC PEDICURE

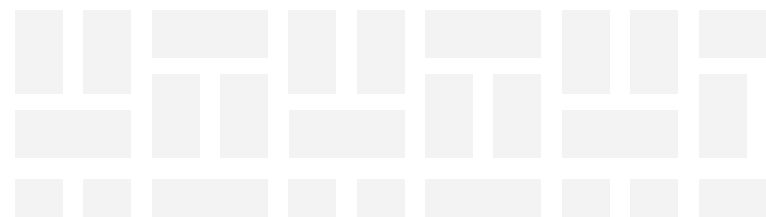
50 min // \$75

Relax and rejuvenate with Dazzle Dry's essential pedicure treatment featuring a soothing spearmint and eucalyptus soak, cuticle grooming and conditioning with nutrient-rich oils, gentle exfoliating treatment and a massage of moisturizing bioavailable lipids and ceramides. Finished with a signature four-step nail care application, using Dazzle Dry polish system.

WELLNESS PEDICURE

75 min // \$100

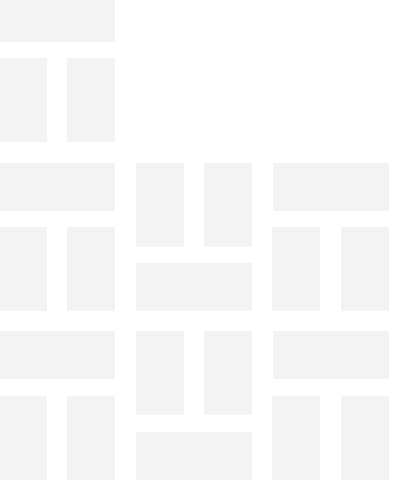
Indulge in the ultimate pedicure treatment featuring an aromatic spearmint & eucalyptus foot soak, nail shaping, cuticle detail, callus reduction and a gentle exfoliating treatment to brighten and renew the skin. Legs and feet are massaged with deep hydration to help increase circulation and soothe sore, tired feet. Finished with a signature four-step nail care application, using Dazzle Dry polish system.





WAXING

EYEBROW	\$35
FULL FACE	\$100
LIP	\$25
CHIN	\$25
UNDERARMS	\$55
BACK OR CHEST	\$65 half \$90 full
BIKINI	\$70
EXTENDED BIKINI	\$100



The Thompson Style Bar is the go to spot for washing, styling, and maintaining your hair for any occasion or special event!



THOMPSON
SIGNATURE

50 min // \$65

This service features a luxurious wash, head massage and blow dry to style.

*Additional \$25 for extensions

Select any of the following styles to perfect your look:

Straight Up | Our signature blowout sleek, straight and smooth style

Beach Wave | Beachy, effortless curls

Everything Is Bigger in Texas | Including your hair style, lots of volume and curls

Thompson Style | Edgy and sophisticated this textured style meets loose effortless curls



THE DALLAS DRY

25 min // \$35

In a rush but want to look fabulous? Come in for a time conscious dry style!

*No wash included



SOUTHERN BELLE

25 min // \$35

For our guests aged 10 years & under, let us customize their signature look for you!



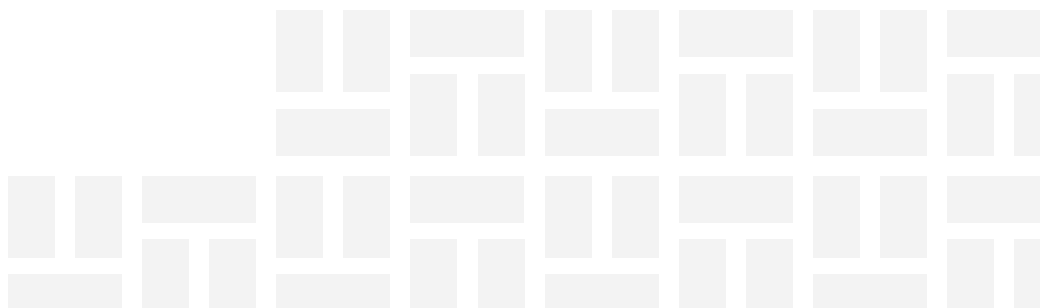
THE UP-TOWN

80 min // \$100 *price may vary

Special occasion updo for a night out, special event or the perfect wedding hair.



*Please note: Thompson Style Bar does not feature haircuts and/or color. For haircutting services, please visit Tondeo Hair Lounge in the Thompson Dallas lobby. For additional information, please contact Hotel Concierge at 469.320.4093.





THOMPSON

THOMPSON
SPA



Thompson Spa Menu