



THE BENJAMIN
AN EXECUTIVE SUITE HOTEL

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THE WELLNESS SPA AT THE BENJAMIN

OVERVIEW:

The Wellness Spa at The Benjamin is a pampering facility befitting the luxury-level service at this Executive Suite Hotel. The Wellness Spa is a sophisticated urban day spa for one's total well being, providing a peaceful haven to restore harmony and balance. The stress of the city fades as guests enter the spa's serene setting, inhaling relaxing aromas from around the world. Known for its progressive treatments, state-of-the-art facilities, soothing products and holistic philosophy, the Wellness Spa offers travelers an exotic range of services.

PHILOSOPHY:

The Wellness Spa believes in therapies designed to cultivate health and well being from within, to heal and relax the mind, body and soul. The purest ingredients and time-tested techniques are used to provide a pleasurable and truly therapeutic experience.

To illustrate this philosophy, the Wellness Spa offers treatments that feature Dr. Hauschka Skin Care products, and each guest is offered a mood-enhancing Gan Bei tonic, from the celebrity-frequented Elixir Bar in Los Angeles, prior to their treatment.

Guests receive personalized attention from a staff of knowledgeable aestheticians passionate about the spa's treatments and meeting the individual needs of customers.

GAN BEI ELIXIRS:

To begin each Wellness Spa experience, guests unwind with a Gan Bei tonic or tea, made from concentrated Chinese herbs, fruit extracts and tonic water. A team of herbal experts worked together to create such Gan Bei Elixir drinks as "Kava Pacifica," a classic serenity tonic for relaxation and calmness; "Virtual Buddha," a formula for balance and creativity and "Yin From the Cold," an immune system enhancer to clear away cold and flu symptoms. The tonics' effects range from providing energy, balance and replenishment to mental clarity, anxiety relief, and sexual strength and desire.

**DR. HAUSCHKA
SKIN CARE:**

Now a world-renowned skin care philosophy, Dr. Hauschka takes an organic, holistic approach to promote balance and harmony and support the health and well being of the human body. A comforting, nurturing alternative to traditional European skin care therapies, Dr. Hauschka brings a new perspective to relaxation. Treatments incorporate gentle stretching, warm compresses of aromatic lavender, spruce, lemon or sage, and color therapy. A unique massage with mink brushes stimulates the lymphatic system and treatments conclude with a botanical healing mask.

The Dr. Hauschka Facial is a 1 ½-hour treatment.

A 2-hour treatment includes a warm sage footbath and massage with Dr. Hauschka leg and foot products.

**SKIN CARE
TREATMENTS:**

Basic Facial
Mini Facial
Sweet Dreams Aromatherapy Facial
Red Skin Relief
Deep Pore Cleansing Facial
Multi-Vitamin Alpha-Hydroxy Exfoliation
Fountain of Youth
The Benjamin Men's Facial
Back To Basics Back Treatment

MASSAGE THERAPIES:

Sleep Well-Ness Massage
Swedish Dream Massage
East Meets West
Deep Tissue/Sports Massage
Sole Soother
Aroma Stone Therapy
Mother's Rest

BODY RITUALS:

Sleep Well-Ness Wrap
Milk & Honey Nightcap Wrap
Rise & Shine Body Flow
Urban Detox Wrap

WELLNESS ENHANCERS: Soothing and stimulating additions to any treatment.

Sleepwalker Footbath
Shopper's Relief Foot Treatment
Peace Of Mind Scalp Treatment
40 Winks Eye Treatment
Firming Neck Treatment
Handy-Y-Work Hand Treatment

DAY RETREATS: *Sleeping Beauty*
The Cosmopolitan Man
Rem State

Waxing services are also available.

SPA FACILITIES: The 3,000 square-foot space boasts a full range of spa facilities including steamrooms in locker rooms, a Vichy Shower wet room, three multi-purpose body and skin care treatment rooms and a relaxation/foot soak area.

FITNESS: The spa features state-of-the-art equipment for strength training and cardiovascular workouts.

HOURS: Spa services are available from 9 a.m. to 9 p.m., Mon-Fri; and 10 a.m. to 7 p.m. Sat-Sun. The fitness center is open 24 hours daily. Personal training sessions may be scheduled from 6 a.m. until 10 p.m. with 48 hours advance notice. In-room massage services are available during spa hours.

PRICES: Prices range from \$10 to \$75 for wellness enhancers; \$65 to \$225 for skin care; \$15 to \$125 for waxing services and massages range from \$65-\$300. Special treatment packages are available.

To schedule an appointment please contact 212-715-2517

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