



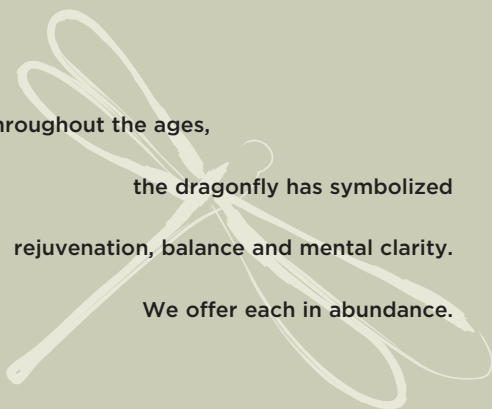
The Spa



s e r v i c e s m e n u

Experience luxury with European sensibility in the spa treatment rooms at the Omni Los Angeles Hotel at California Plaza. Here, you can select from an impressive array of services designed to refresh and rejuvenate mind, body and spirit. From complete packages to massages, facials, body treatments and spa parties, the Omni Los Angeles' spa treatment rooms are the perfect place to enjoy the highest levels of personalized attention.

**Throughout the ages,
the dragonfly has symbolized
rejuvenation, balance and mental clarity.
We offer each in abundance.**



Massages

Be Well™ Massage

Skillful hands help you restore balance and vitality with a customized blend of Swedish and deep tissue techniques. Choose a soothing gentle pressure or relieve painful knots with deep massage work.

Please communicate clearly with your Practitioner the level of pressure desired.

Add the Hot Oil Head and Neck Treatment for pure bliss.

River Rock Massage

Balance and open the body's energy centers with the penetrating heat of warm stones. Melt away tension and stress by combining this treatment with optional deep tissue massage work.

Sports Massage

Maintain limber muscles and healthy joints with this combination of deep massage work, stretching and oscillation.

Add the Lower Legs and Feet Treat and float out of your session.

Reflexology

An ancient Egyptian method of unblocking energy meridians in your whole body through acupressure massage on special points on your feet and hands. Balance every organ and gland in your system with this very therapeutic and relaxing technique.

Include your ears and face, too!

Prenatal Massage

This is an excellent way to connect with your baby while our trained Practitioners relieve the added pressure on your back and legs. We use the sideline method.

Skin Care

Be Well™ Facial

This classic facial includes deep cleansing, gentle exfoliation and a clarifying masque. Detoxify your face and repair blemished pores while encouraging your skin to remain healthy and vibrant. We customize this treatment for many skin types, including mature and sensitive skin.

Gentleman's Facial

Keep your skin young and fit. We've tailored a facial for a man's skin, complete with exfoliation, moisturization and protection against irritation from shaving.

Back Facial

Rest assured your skin will glow after this marvelous treatment. Deep cleansing, exfoliation and moisturizers smooth and refresh your back and shoulders.

The Ultimate Facial

We marry the deep cleansing of the Be Well™ Facial with the purifying effects of an extra masque suited for your skin. Includes a hand and foot massage, and an extra half hour of pampering to make your shoulders, neck and face look and feel fabulous.

Body Treatments

Enwraiture

Warm linens envelop your body as you soak in aromatic oils and enjoy a deeply calming rest. Then after your muscles are warm, you are prepared to receive a sixty- or ninety-minute full-body Be Well™ Massage.

The Ultimate Wrap

This divine treatment includes the best of everything! Your body is dry brush exfoliated and covered in aromatic oils. You are then swaddled in warm linens while your Practitioner massages your feet and head for thirty minutes. A sixty- or ninety-minute full-body Be Well™ Massage completes this amazing experience.

Body Polish

The skin is the principle organ of your body. Dry brushing improves your skin's condition by increasing circulation and activating intrinsic moisturizers. Full-body exfoliation is followed by a sixty- or ninety-minute Be Well™ Massage with aromatherapy oils.

Try this with the Hot Oil Head and Neck Treatment as a quick fix for dry hair or scalp.

Energy Work

We offer several powerful body-mind therapies designed for your personal needs, including but not limited to Reiki, Polarity and Cranio-Sacral. Please ask about the style you like best if it is not listed.

Mix and match these treatments or add to another service.

One hour minimum required per person.

Full-Body Dry Brush Treatment

Keep your skin smooth and healthy with a dry brush of your entire body. Dry brushing activates your skin's intrinsic moisturizers while exfoliating dead skin cells.

Fresh Face Massage

This amazing non-surgical face lift accesses your body's ability to retain firm, glowing skin through massage of special acupressure pressure points on the face and neck. Includes a warm towel steam.

Hot Oil Head and Neck Treatment

A warm, luxurious formula including wheat germ, geranium and jojoba oils is dripped onto your hairline. A detailed massage follows, nourishing and relaxing the scalp and neck muscles. This is a great way to ease your mind at the end of a busy day.

Lower Legs and Feet Treat

Soak in a warm restorative mineral bath and then enjoy an exfoliating scrub and detailed massage of your feet, calves and knees. Excellent for relief of aching feet and legs.

Heated Aromatherapy Wrap

Reduce emotional stress while you absorb heat and essential oils during this nurturing wrap.

Express Massage

Focus on a specific area of your body for relief of pain and strain. Choose the Reflexology or the Be Well™ Massage, and please communicate clearly with your Practitioner the level of pressure desired.

Add On To Any Treatment

Herbal Foot Care

Cool, soothe and smooth worn-out feet with an application of a moisturizing peppermint cream that leaves your feet tingling and soft.

Aromatherapy Oils

A blend of essential oils will lift your spirits while your body reaps the health benefits.

If you are interested in a modality not listed, please ask.

Waxing Services

- Lip
- Underarm
- Half Arm
- Brow
- Full Face
- Full Arm
- Bikini
- Half Leg
- Back
- Chest
- Full Leg (can include bikini)

Packages

Be Well™

Be Well™ Massage and Be Well™ Facial.

Men's Fitness

Gentleman's Facial and Sports Massage.

Ultimate

Ultimate Wrap and Ultimate Facial.

Harmony

Side-by-side Be Well™ Massage with Herbal Foot Care and Aromatherapy. Lunch for two on the Terrace, in the Grand Café or in your room.

Be Well™ Select Services

Be Well™ Private Instruction

Stretch out, stay fit and connect with yourself during your private or semi-private session: Yoga, Pilates, personal training, Tai Chi and more. We create the session based on your specific goals.

Be Well™ Chair Massage

Enhance your meeting or special event with rejuvenating on-site chair massages. A few minutes on the head, neck, shoulders and arms in a special chair, and your associates and guests will be motivated, refreshed and grateful.

Be Well™ Spa Parties

The hottest way to entertain in LA is with a Be Well™ Spa Party at the Omni Los Angeles Hotel at California Plaza. We create customized, elegant Spa Parties including treatments, catering, entertainment, private instruction, a charity focus and luxurious treats. A Be Well™ Spa Party lets your guests unwind and rejuvenate in a healing space, and provides a totally unique experience for birthdays, bridal showers, client appreciation, employee recognition and quality time. Your party can include yoga, meditation, massage, skin care, nail services and much more.

Professional Hair and Makeup

Make a great impression with professional styling.

The Wellness Series

Personal Training

Purchase a series of 5 personal training sessions and receive a complimentary training session or a one-hour massage.

Spa Treatment

Purchase a series of 5 spa treatments and receive a complimentary one-hour massage or facial.

Train and Relax

One-hour personal training session and one-hour Be Well™ Massage.

Spa Guide

Reservations

To ensure a memorable experience, please make your reservations well in advance. Services are available from 9 am to 9 pm, seven days a week, by appointment only. Reservations may be made during office hours, 10 am to 7 pm, seven days a week. For reservations or information, please contact the Spa Director by dialing extension 4168 or contacting the Spa directly at 213-300-0456 or email bewell@thankyouandbewell.com.

Maximizing Your Spa Experience

Please arrive 10 minutes prior to your treatment to allow time to check-in. Arriving late for your scheduled service will deprive you of valuable treatment time. To avoid delaying the next guest, your treatment will end on time regardless of how late you begin.

Spa Etiquette

The Spa is an adult environment of relaxation and tranquility. Please respect all of our guests' right to privacy and quietude by turning off cellular phones when you enter the Spa. Please note that gratuity is not included in the treatment pricing. 18-20% is a customary gratuity on spa services.

Personal Possessions

We regret that we cannot be held responsible for the loss of, or damage to, personal articles, including clothing and accessories. We ask that you remove all jewelry before any service. We recommend leaving your jewelry at home or in a safe available at the front desk.

Gift Certificates

Gift certificates are available as an ideal gift year-round for any special occasion. Telephone and mail orders are available.

Facility Use

Guests and visitors can enjoy services seven days a week, by appointment. Services are available from 9 am to 9 pm. However, we are flexible and accommodate requests outside of these hours based on availability. Services beginning before 9 am or extending past 9:30 pm incur an extra \$15 service fee.

Cancellation Policy

If you must cancel or reschedule your service, please let us know four office hours ahead of time (office hours are 10 am to 7 pm) to avoid being charged for a scheduled treatment. Groups of 10 or more booking services in the Spa require a two-week guarantee. The Spa strictly adheres to our cancellation policy.

Spa for Two

You and a friend simply choose your favorite services and enjoy them together in one lovely room. Perfect for friends, couples, brides and grooms. There is no additional charge for this service outside the price of the services for each individual.



Pricing

Massages

Be Well™ Massage	60, 90 or 120 minutes	\$110/\$150/\$200
River Rock Massage	90 or 120 minutes	\$190/\$250
Sports Massage	60, 90 or 120 minutes	\$120/\$160/\$215
Reflexology	60 or 90 minutes	\$110/\$150
Prenatal Massage	60 or 90 minutes	\$120/\$160

Skin Care

Be Well™ Facial	60 minutes	\$100
Gentleman's Facial	60 minutes	\$100
Back Facial	60 minutes	\$125
The Ultimate Facial	90 minutes	\$135

Body Treatments

Enwrapure	90 or 120 minutes	\$165/\$220
The Ultimate Wrap	120 or 150 minutes	\$230/\$275
Body Polish	90 or 120 minutes	\$165/\$220
Energy Work	60 minutes	\$100

Mix and match these treatments or add to another service.

Full-Body Dry Brush Treatment	30 minutes	\$60
Fresh Face Massage	15 or 30 minutes	\$35/\$60
Hot Oil Head and Neck Treatment	15 or 30 minutes	\$35/\$60
Lower Legs and Feet Treat	45 minutes	\$85
Heated Aromatherapy Wrap	30 minutes	\$60
Express Massage	30 minutes	\$75

Add On To Any Treatment

Herbal Foot Care	\$5
Aromatherapy Oils	\$5

Pricing does not include gratuity.

Waxing

Minimum of 60 minutes waxing required or add onto any Skin Care Service.

Lip	10 minutes	\$20
Underarm	10 minutes	\$20
Half Arm	15 minutes	\$25
Brow	15 minutes	\$25
Full Face	25 minutes	\$55
Full Arm	25 minutes	\$40
Bikini	30 minutes	\$45+
Half Leg	30 minutes	\$45
Back	45 minutes	\$70
Chest	45 minutes	\$65
Full Leg (can include bikini)	60 minutes	\$130

Packages

Be Well™	2 hours	\$195
Men's Fitness	2 hours	\$205
Ultimate	3 1/2 hours	\$350
Harmony	1 1/2 hours	\$355

Be Well™ Select Services

Be Well™ Private Instruction	60-75 minutes	\$100
<i>Three or more people - add \$10 for each person</i>		
Be Well™ Chair Massage	60 minutes	\$120
Be Well™ Spa Parties	please inquire	
Professional Hair and Makeup	\$150 per hour	

The Wellness Series

Personal Training	5 hours	\$500
Spa Treatment	please inquire	
Train and Relax	2 hours	\$210

Pricing does not include gratuity.



The Spa

251 S. Olive Street • Los Angeles, CA 90012

213-300-0456 • omnilosangeles.com



*The Spa is managed by Be Well™ Inc.
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