



SPA CHAKRA

PALMER HOUSE



The essence of Spa Chakra is balance. True health is visible, radiant, glowing—not attained in a mere moment of relaxation. In fact, the health benefits of spa therapies increase markedly with their duration, with treatments of two hours providing maximum rejuvenation in the most efficient length of time. Spa Chakra provides comprehensive health and wellness therapies of optimum duration and undeniable efficacy by integrating conventional and holistic methods for a mind released, a body rebalanced, and a spirit revived.

Spa Chakra wellness can only be achieved with an in-depth assessment of individual therapy needs. Each treatment is customized according to the results of a Spa Therapy Questionnaire designed to reveal your most pressing symptoms and—most importantly—the more subtly damaging stresses, guiding you positively toward nutritional, emotional, and physical well-being.

Discover true balance as only Spa Chakra can provide.

## SIGNATURE SPA CHAKRA

### **Exceptional Orchidée Impériale Treatment 2h 00**

Experience results beyond your imagination. Spa Chakra unites aesthetic expertise with the extraordinary anti-aging action of Exceptional Complete Care, Orchidée Impériale. This luxurious and deeply relaxing treatment uses two specifically targeted masks on the face, neck, and décolleté, and offers a rejuvenating and detoxifying facial massage. Skin is nourished and strengthened, for fewer fine lines and a luminous complexion.

### **Body Wrap 2h 00**

Our array of distinctive body wraps brings the natural healing properties of vitamins, amino acids, minerals, and chlorophyll to firm, detoxify, and replenish your skin.

### **Specialty Body Therapy 2h 00**

Divine body decadence. Your body is enveloped in collagen and thermal clay masks and massaged from head to toe with a specialty skincare concentrate.

SPA CHAKRA, PALMER HOUSE

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## PERFECT PAIRINGS

### Fassage 2h 00

#### 60-MINUTE MASSAGE + 60-MINUTE FACIAL

Experience the seamless transition—from the ideal massage therapy to your favourite facial—for a head-to-toe transformation. Revive a youthful complexion preceded by a soothing, therapeutic massage to satisfy your needs in one refreshingly uninterrupted combination.

### Fassage Plus 2h 30

Add 30 minutes to either component above.

### Ultimate Fassage 3h 00

Add 30 minutes to each component above for the ultimate spa pairing.

### Hydrossage 2h 00

#### 30-MINUTE HYDROTHERAPY + 90-MINUTE MASSAGE

Hydrotherapy for an ideal pre-massage therapy, loosening and soothing muscular strain and offering the perfect transition to a deeply therapeutic massage. This effective combination increases circulation, relieves tension, and influences detoxification of the body for comprehensive calm.

### Classic Maintenance 2h 00

#### 45-MINUTE MANICURE + 45-MINUTE PEDICURE + PARAFFIN HAND & FOOT THERAPY + EYELASH & EYEBROW WAX AND TINT

Give a little attention to tired hands and feet with a manicure and pedicure, restoring youthful beauty and health, with the gentle hydration of a paraffin treatment to restore softness to weathered skin. Provide accent to the finer features with a delicate lash and brow tint.

### Skin Revive 2h 00

#### 60-MINUTE BODY POLISH + 60-MINUTE POWER FACIAL

Enjoy the soothing body cleansing and exfoliation of a Body Polish with Vichy shower water massage to invigorate and hydrate devitalised skin and a Power Facial to achieve a complexion of youthful radiance.

### Essential Face & Hands 2h 00

#### 90-MINUTE SPA FACIAL + 30-MINUTE NAIL MAINTENANCE

Indulge in a detoxifying and firming facial massage with deep cleansing, special eyebrow shaping, eyelash and eyebrow tinting, exfoliation, pore extractions, plus paraffin hand treatment, footbath, and foot massage, topped off with a Buff & Polish for beautifully restored nails.

### Men's Overhaul 2h 00

#### 90-MINUTE INVIGORATING BREAK + 30-MINUTE NAIL MAINTENANCE

Relieve stress and boost energy in two unspoiled hours for the man-on-the-move. Enjoy an energizing body massage, a complete facial exfoliation, and an eye contour treatment to reduce signs of fatigue. Special attention to the hands and nails adds the final touches of fine grooming.

### Reform & Relax 2h 00

#### 60-MINUTE PERSONALIZED FITNESS INSTRUCTION + 60-MINUTE MASSAGE

Receive the expert guidance of a certified Personal Trainer to guide you to a fitter, firmer body. Later, relax in seclusion as hard-worked muscles gain improved mobility and flexibility free from the aches of a solid workout.



## FULL-DAY PACKAGES

### Queen for a Day 5h 00

Revitalizing Footbath, Hydrotherapy, 60-minute Massage, Spa Facial, and Spa Foot Therapy.

### Total Detox 7h 00

Revitalizing Footbath, Hydrotherapy, Body Wrap, Spa Facial, Spa Hand or Foot Therapy, plus your personal selection of one of the following:

- Naturopathic Consultation
- 60-minute Impériale Massage

### Anti-Aging Retreat 8h 00

Revitalizing Footbath, Hydrotherapy, Specialty Body Therapy, Specialty Facial, Specialty Hand Therapy, plus your personal selection of one of the following:

- Anti-Aging Naturopathic Consultation
- 60-minute Massage

### Bridal Glow 7h 30

Specialty Body Therapy, Specialty Facial, Specialty Hand or Foot Therapies, and Terracotta Tan Full-Body Application.

Full-Day Spa Packages are inclusive of a spa cuisine luncheon and exclusive skincare offering.

## PARTIAL-DAY SPA PACKAGES

### Spa Sampler\* 3h 45

Revitalizing Footbath, Power Facial, Body Polish, Pre-Massage Hydrotherapy, and 60-minute Massage.

### Take a Break 3h 00

- **SERENITY:** Revitalizing Footbath, Hydrotherapy, Power Facial, and 60-minute Swedish Massage
- **ENERGY:** Revitalizing Footbath, Hydrotherapy, Power Facial, and 60-minute Remedial Massage
- **PURITY:** Revitalizing Footbath, Hydrotherapy, Power Facial, and Body Polish

### Travel Prescriptions\* 3h 00

- **JET-LAG:** Pre-Massage Hydrotherapy, 60-minute Massage, and Spa Foot Therapy
- **PRE-FLIGHT:** Pre-Massage Hydrotherapy, Body Polish, and Spa Facial

### Ultimate Experience (for men) 3h 00

Energizing Facial, 60-minute Massage, Manicure, and Pedicure.

\*Packages inclusive of skincare product.



## MASSAGE THERAPIES 1h 30

Impériale Massage, Deep Tissue, Swedish, Shiatsu, Aromatherapy, Remedial, Reflexology, or Pre & Postnatal Massage.

In-room massages are available. Please contact the spa to arrange your treatment.

## FACIAL THERAPIES

### Exceptional Orchidée Impériale Treatment 2h 00

Specialty Facial 2h 00

Spa Facial 1h 30

Power Facial 1h 00

## MEN'S THERAPIES

Skin-Saver Facial 1h 30

Energizing Facial 1h 00

Men's Firming Abdomen Treatment 1h 00

Invigorating Break 1h 00

Ultimate Experience 3h 00

## HAND & FOOT THERAPIES

Specialty Hand or Foot Therapy 2h 00  
Spa Hand or Foot Therapy 1h 30

## BODY REFRESHERS

Body Polish 1h 00  
Purifying Back Therapy 1h 00  
Terracotta Tan 1h 30  
Touch-up Tan 30 minutes

## BODY THERAPIES

Body Wrap 2h 00  
Specialty Body Therapy 2h 00  
Hydrotherapy 45 minutes  
Pre-Massage Hydrotherapy 30 minutes

## SPA ADDITIONS

Anti-Wrinkle Retinol Eye Treatment 15 minutes  
Revitalizing Footbath with Exfoliation &  
Foot Massage 15 minutes  
Vichy Shower Water Massage 30 minutes  
Naturopathic Consultation 15 minutes  
Paraffin Hand or Foot Therapy 15 minutes  
Eyelash/Eyebrow Tint 15 minutes  
Eyebrow Wax and Shape 15 minutes  
Chin/Lip Wax 15 minutes  
Standard Bikini Wax 30 minutes  
Underarm Wax 15 minutes  
Brazilian Wax 45 minutes  
Half-Leg Wax 30 minutes  
Full-Leg Wax 45 minutes  
Chest/Back Wax 30 or 45 minutes

## HAIR SERVICES

Experience the artful touch of our professional hair stylists. Our state-of-the-art salon offers a wide array of hair services including ladies', gentlemen's, and children's haircuts; foils; blow dry; special-occasion styling; and makeup application. We easily accommodate groups and bridal party bookings.

## CHAKRA HEALTH

### Naturopathy

Naturopathy imparts natural healing power towards the primary stresses affecting your well-being. A Chakra Health Assessment will determine a personal program of nutrition, aromatherapy, herbal medicine, and spa therapies to improve your body's internal resistance.

- Chakra Health Assessment 2h 00
- First Naturopathic Consultation 1h 00
- Maintenance Consultation 30 minutes

### Nutrition

- Nutrition Assessment 1h 30
- Maintenance Consultations 45 minutes
- Annual Nutrition Program:  
Nutrition Assessment plus  
6 Maintenance Consultations
- Assisted Grocery Shopping 1h 00
- Personal Chef Services
- Kitchen Rehab 1h 30

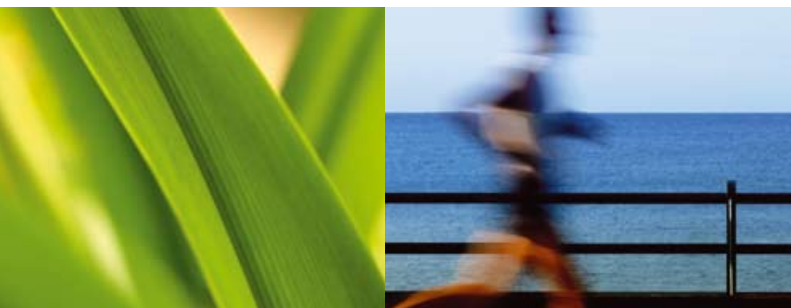
### Reiki 1h 00

Reiki is energy remedial work and can be useful for specific healing or general relaxation. By aligning energies with higher frequencies, you reach a true state of balance and peace.

### Chakra Balancing 1h 30

This ancient healing therapy works with the seven energy centers of the body. Chakra Balancing works to remove blockages and maximize energy flow to improve emotional, physical, and spiritual potential.





## LUXURY FITNESS SERVICES

The inspiration to embrace fitness as a way of living. Dedicated to offering a uniquely intimate and peacefully invigorating environment, Spa Chakra develops a personalized course of action for all Members that eliminates the need for excessive and intimidating equipment, pounding music, and crowded exercise studios—creating a distinctive environment that is as performance-driven as it is comforting.

### Personal Training

The core of the Spa Chakra ethos, Personal Training is not just about exercise, it is about developing a Member–Trainer relationship to ensure workouts remain motivating and the results inspiring. Spa Chakra Personal Trainers know that the key to maintaining good health and fitness is through personal attention, creativity, and imagination.

### Full Polar BodyAge™ System Health Assessment

The Polar BodyAge System combines all of your physical information—cardio health, strength, flexibility, diet, and body composition—to determine your body's true age based on your current fitness levels. A Polar Health Assessment will help create a customized step-by-step fitness and nutrition program for a younger, healthier you.

### Nutrition Services

Knowing that fitness is only a piece of the wellness puzzle, Spa Chakra offers personalized nutrition services to better assist you in reaching your wellness goals. From an initial consultation to personalized chef services, you have the ability to utilize our Registered Dietitian for your ideal nutrition plan.

### Fitness Club Membership

Spa Chakra extends several exclusive membership programs to suit everyone's unique requirements. Members can customize their service amenities with a selection of Personal Training, spa therapies, and health and nutrition programs to create an advanced plan that is personalized, dynamic, and distinctive. Corporate memberships are also available.

### Equipment

To ensure optimum potential and performance results, a Spa Chakra Wellness Concierge is always on-hand to provide instruction and education regarding any aspect of weight-training and fitness management. Spa Chakra has state-of-the-art PreCor® cardiovascular machines and a signature series resistance-training circuit. Free weights and training equipment make every workout enjoyable and challenging.

### Group Exercise Programs

Our elite corps of certified Fitness Instructors is dedicated to providing the most innovative and diverse array of group fitness classes, including Well-Being Yoga, Pilates, Boxing, Strength Training, and Aqua Fit. Whether you need a high-energy fitness or a stress-relieving hour of yoga, our variety of classes ensures you'll find an activity that is right for you.

### Facilities and Membership Services

- Conditioning and strength-training equipment
- State-of-the-art PreCor® cardiovascular machines
- Yoga, Pilates, Strength-Training and AquaFit classes
- Personal Training, Polar BodyAge™ Health Assessment, and Nutrition Consultations
- Large indoor swimming pool
- Luxurious men's and women's locker rooms with grooming amenities and towel service
- Massage, body, and skin therapies

All club members receive 24-hour Hilton concierge services. Upon registration, members also receive one complimentary Polar BodyAge™ Health Assessment and one complimentary 1-hour Personal Training session.

## MEMBERSHIP PROGRAMS & SPECIAL PRIVILEGES

### PLATINUM

- Chakra Health Assessment
- Semi-annual Nutrition Analysis
- 4 Personal Training sessions per month
- One 90-minute spa therapy per month

### PRESTIGE

- Semi-annual Nutrition Analysis
- 4 Personal Training sessions per month
- One 90-minute spa therapy per month

### PREMIER SPA

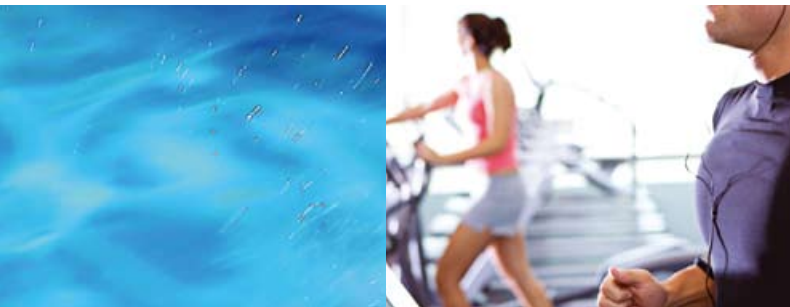
- One 90-minute spa therapy per month

### PREMIER FIT

- 4 Personal Training sessions per month

### CLASSIC

- Cardiovascular and strength-training equipment
- Group fitness classes
- Swimming pool access



For more information on the Spa Chakra's Luxury Fitness services, including group exercise classes and schedules, memberships, health assessments, and personal training, please contact the fitness center at 312 917 1745.

## IN-ROOM MASSAGE

Enjoy the benefits of select Spa Chakra therapies in the comfort and privacy of your own room. Please contact the spa to arrange your in-room treatment.

## SPA ETIQUETTE

The spa is a haven of tranquility. To safeguard your relaxation and that of other guests, we ask that you turn off your cell phone and speak softly.

## GIFT CERTIFICATES

Give the gift of good health, great skin, and total rejuvenation with a Spa Chakra Gift Certificate, redeemable for all spa therapies, packages, and products as well as Memberships, Personal Training, and Nutrition services.

## VALET PARKING

Spa Chakra clients receive complimentary valet parking with each appointment. Please advise Reservations at the time of booking.

## GROUP BOOKINGS AND EVENTS

Create a unique and memorable experience. Spa Chakra is the perfect setting to host groups and special events.

## NO GRATUITIES POLICY

Spa Chakra includes all service fees in your tariff and therefore further cash gratuities will be politely declined.

## CANCELLATION POLICY

Should you need to cancel your appointment, please provide 24 hours' notice to avoid incurring the full therapy fee or voiding Gift Certificates.

## HOURS OF OPERATION

- **SPA**
  - Monday – Friday** 8:00am – 9:00pm
  - Saturday** 8:00am – 8:00pm
  - Sunday** 8:00am – 6:00pm
- **FITNESS CENTER**
  - Monday – Friday** 6:00am – 9:00pm
  - Saturday – Sunday** 7:00am – 7:00pm