

FACIAL TREATMENTS:

European Facial: The classic facial for all skin types consisting of deep cleansing, toning and exfoliation followed by massage and ending with moisturizing cream that will leave your skin with a rejuvenated glow.

Back Facial: A deep pore cleansing treatment for the back, neck and shoulder areas with extraction and exfoliation of dead skin cells that will improve the appearance and health of your skin.

European and Back Facial costs:

30 min. \$50 Series of six: \$225
60 min. \$90 Series of six: \$400

Teen Facial: An introductory of our classic European facial that will introduce your teen to a healthy start of maintaining good skin health.

30 min. \$40 Series of six: \$200
60 min. \$75 Series of six: \$375

Aromatherapy Facial: A customized aromatherapy facial combining plant extracts and essential oils chosen specifically for your skin's needs, finishing with a cooling mask, that revitalizes and plumps your skin.

30 min. \$60 Series of six: \$300
60 min. \$100 Series of six: \$500

ADVANCED FACIAL TREATMENTS:

Cosmederm Glycolic Peel: A 50% glycolic peel that immediately reduces the appearance of fine lines and wrinkles while boosting collagen and elastin fibers in the skin. This process improves the skin's overall elasticity, leaving you with improved skin tone.

45 min. \$90 Series of six: \$450

Glycolic back treatments:

45 min. \$125 Series of six: \$625

PowerLite Facial Treatment: A rejuvenating anti-aging facial which smoothes skin by boosting collagen and elastin while increasing circulation to minimize fine lines and wrinkles to restore your skin's overall appearance. Light is naturally absorbed by the skin, resulting in renewed radiance and a dewy, youthful-looking complexion.

Best results are achieved when administered in a series of weekly treatments.

60 min. \$100 Series of six: \$500



Facial Treatments: continued

PowerPeel Microdermabrasion: Treat yourself to youthful-looking healthier skin! This facial is effective in minimizing the appearance of fine lines and wrinkles, scars, sun damage, and hyper-pigmentation. This is accomplished through an intense buffing process that stimulates the production of collagen resulting in firmer skin over time. Each session enables an increase in intensity and results. A series of weekly treatments is highly recommended.

Face: 60 minutes \$150
Series of six: \$750

Neck & décolleté: 30 minutes \$100
Series of six: \$750

Add-ons during PowerPeel treatment:

Hands \$40 Feet \$50

PowerPeel Microdermabrasion and Power Lite Therapy:

A deluxe facial treatment that combines the smoothing and refining effects of microdermabrasion with the rejuvenating collagen-boosting effects of the Power Lite. The overall result is skin that's deeply exfoliated, leaving your skin feeling rejuvenated with just one treatment!

60 min. \$225 Series of six: \$1,125

Cosmederm Glycolic Peel and Power Lite Therapy:

Specifically designed for clients with acne scarring, this facial combines deep exfoliation with the glycolic peel as well as the skin corrective benefits of PowerLite therapy. This treatment will result in greatly improving your skin's tone and texture as well as greatly minimizing the acne scars.

60 min. \$250 Series of six: \$ 1,250

WAXING/HAIR REMOVAL:

Lip	\$10	Bikini	\$25
Brows/Brow design	\$20	Brazilian	\$50 & up
Sideburns	\$10	Full arm	\$40
Chin	\$12	Half arm	\$20
Full leg	\$60	Underarms	\$20
Half leg	\$30	Stomach	\$15 & up
Full leg with bikini	\$75		

MEN'S WAXING TREATMENTS:

Chest	\$40	Arms	\$50
Back	\$60	Hands	\$25

NAIL CARE PRICING:

Manicure	\$15
French manicure	\$20
Pedicure	\$30
French pedicure	\$35
Spa manicure	\$35
Spa pedicure	\$45
Polish change - hands	\$10
Polish change - feet	\$15



Paraffin treatment: add \$10 to any nail treatment

MEN'S NAIL TREATMENTS:

Manicure \$20 **Pedicure** \$35

Paraffin add-on for additional \$15 per treatment

Be sure to ask about
hair styling/makeup services!

**Call for hours of operation and
to schedule an appointment:
201-505-4472**



The Spa



at
Hilton Woodcliff Lake



Hilton

Woodcliff Lake

200 Tice Boulevard
Woodcliff Lake, NJ 07677

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Spa phone: 201-505-4472

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Bodywork

SPA SERVICES AND TREATMENTS:

Swedish Massage

Long, gliding strokes use firm but gentle pressure to improve circulation, ease muscle aches and tension, improve flexibility and create relaxation.

30 min. \$50 60 min. \$90 90 min. \$125

Deep Tissue Massage

Deep tissue massage focuses on realigning deeper layers of muscles and connective tissue. It physically breaks down chronic muscle tension to relieve pain and restore normal movement. To do this, the massage therapist often uses direct deep pressure or friction applied across the grain of the muscles. Some of the strokes are similar to Swedish massage but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain.

60 minutes \$100 90 minutes \$135

Hot Stone Massage

Heated Basalt stones are placed along the body to dissolve tension and stress. Then the stones are combined with traditional Swedish massage strokes to warm the muscles, creating a deeper state of relaxation.

60 minutes \$100 90 minutes \$135

Reflexology

Massage of pressure points on the feet to increase circulation, promote specific bodily and muscular functions to promote a sense of unity within the body.

30 minutes \$45 60 minutes \$85

Deluxe Reflexology

Feet are massaged in the same manner as reflexology; in addition, they're exfoliated with peppermint infused sugar to silken and smooth dryness away.

30 minutes \$55 60 minutes \$95

Prenatal Massage

Therapeutic bodywork which focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of the childbirth experience

60 minutes \$100



Cranial/Sinus Massage

Essential oils and moist heat to help relieve discomfort associated with sinus and allergy congestion. Not recommended for those with infection or high sensitivity to fragrance.

20 minutes \$25 45 minutes \$65

Body Scrub or Body Wrap

Gently removes dry cells and toxins to reveal smoother, softer skin. Essential minerals are applied to the body, followed by light massage with hydrating lotion. Shower required after application of product. To avoid possible irritation, participants should not shave prior to the body scrub treatment.

60 minutes \$75

Hand/Foot Paraffin Soak

Treatment on hands or feet which uses heat and unscented paraffin to preserve the body's natural moisture and relieve joint discomfort.

10 minutes hands: \$12
10 minutes feet: \$15
Both hands and feet: \$25

Chair Massage

Chair massage has become very popular due to its capacity to offer therapeutic massage in a short time period. Clients remain clothed, keeping turn-around times short and helping to create a comfortable environment. Chair massage has been found to be effective for relief of aches, pains and reduction of stress.

15 minutes \$20

Add-ons for any Body Treatment: \$10

- > Aromatherapy
- > Heat Therapy
- > Eye Refreshers

Spa Packages

BODY TREATMENT PACKAGES:

The following body treatment packages include a choice of either lunch or dinner *Hilton Eat Right Meal*, which is a health-conscious, fat-free, nutritionally-sound entrée, beverage and choice of dessert.

Indulgence Package \$125

60 minute Swedish massage or 60 minute European facial & *Hilton Eat Right Meal*

Tranquility Package \$180

60 minute Swedish massage or 60 minute European facial as well as 30 minutes reflexology & *Hilton Eat Right Meal*

Harmony Package \$200

90 minute deep tissue massage including scalp massage, foot paraffin treatment & *Hilton Eat Right Meal*

Serenity Package \$225

One body scrub, followed by clay or seaweed wrap, cranial/sinus aromatherapy treatment & *Hilton Eat Right Meal*

Rejuvenation Package \$255

90 minute hot stone massage followed by a 60 minute reflexology session & *Hilton Eat Right Meal*

Men's Deluxe Package: \$300

Experience the indulgence of this body and mind rejuvenating package! Starts with a 60 minute deep tissue massage followed by a cleansing back treatment; then a 60 minute deep cleansing facial, finishing with a relaxing paraffin manicure and pedicure.

STRESSBUSTER PACKAGE

A special Hilton Woodcliff Lake package offers time to relax and rejuvenate with two 30 min. massages, which can be upgraded to longer treatments or combined with other Spa services.

Kindly call the Spa first to check on availability: **201-505-4472**

Please call Reservations about other Hotel/Spa packages: **201-391-3600**

About The Spa

All Hilton Spa employees are highly skilled professionals who are committed to providing therapeutic services that will relax and rejuvenate. Your complete satisfaction is our priority, so come prepared to enjoy a customized treatment for your body, mind and soul.

Please check in 15 minutes before your appointment time. Each treatment refers to room time. If you are a late arrival, it may result in shortened treatment time with no adjustment to fee.

All sessions are one hour in length. This time includes a 5 minute pre-interview, 50 minutes of hands-on time and 5 minutes for you to re-dress.

During all treatments, your body is fully draped, except for the area being worked on. Most massages and body treatments are enjoyed without clothing. However, wear what's comfortable to you. Please either turn off your cell phone completely or put it on silence for the duration of your treatment.

It is highly recommended to schedule your spa appointments in advance of your arrival if you are a guest of the hotel. All Spa services are to be booked with a credit card to hold your appointment time.

A 24 hour cancellation notice is required to avoid a 50% charge to your credit card if you are a "no show" for an appointment.

We understand that emergencies do arise, but please be considerate and call if you are unable to keep your appointment.

Please note that sales tax and gratuity are not included in pricing. Tipping is both appropriate and appreciated and gratuities are normally 20% and are given on original amount of service provided.

Children are not permitted in treatment rooms while a parent/guardian is receiving a service; additionally, for services performed on minors, a written consent form must be signed by the parent/guardian.

Appointments outside regular hours based on therapist's availability