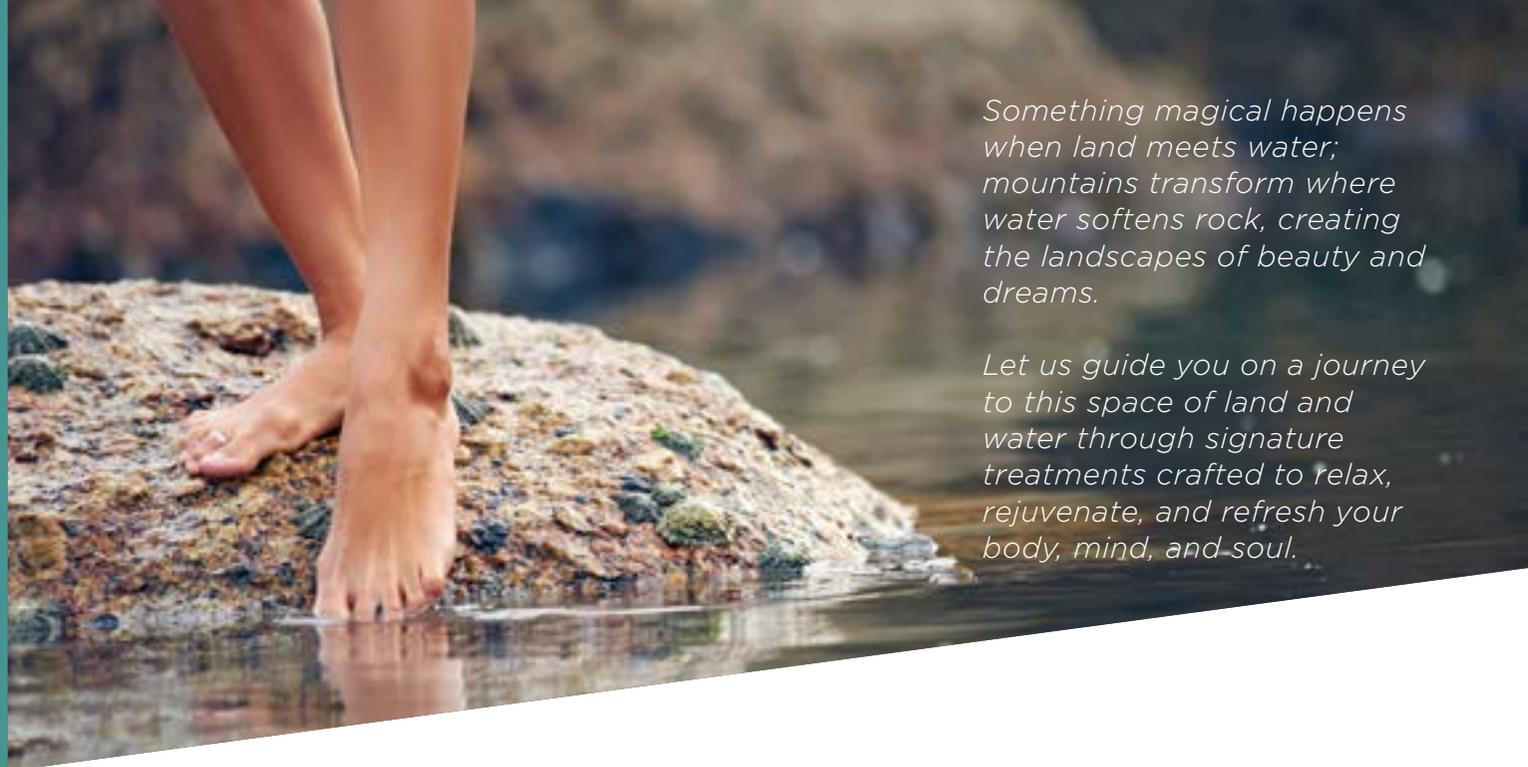




## MENU OF SERVICES

SPA AT LOEWS HOTEL 1000  
1000 1st Ave | Seattle, WA | 98104  
t: 206.357.9490  
[Send an e-mail to The Spa](#)



*Something magical happens when land meets water; mountains transform where water softens rock, creating the landscapes of beauty and dreams.*

*Let us guide you on a journey to this space of land and water through signature treatments crafted to relax, rejuvenate, and refresh your body, mind, and soul.*

## WELCOME TO OUR SPA

**RESERVATION** | Appointments may be scheduled during operational hours by calling 206.357.9490. A hotel reservation or credit card is required to secure your appointment.

**AMENITIES** | For your comfort and convenience, we will provide you with a locker, robe, slippers and grooming amenities.

**BEFORE YOUR TREATMENT** | We ask that you arrive 15 minutes before your scheduled appointment to ensure full service. A health history form is presented at the time of arrival so we can perform services comfortably, effectively and safely. You will have access to the sauna and fitness center for the duration of your spa visit.

Loews Hotel 1000 is pleased to offer complimentary valet parking for Spa patrons during service.

**CANCELLATION** | We ask that appointment changes or cancellations be made 24 hours prior to your scheduled appointment. Cancellations not made within 24 hours will be charged 50% and no-shows are charged 100% of the treatment rate.

**SERVICE CHARGE** | Our spa staff is dedicated to exceeding your expectations and creating a memorable spa experience. Gratuities for these efforts are greatly appreciated. For your convenience, a 20% gratuity is automatically added to your treatment and may be modified at your discretion.

**HOURS OF OPERATION** | Open at 9am daily.

**OUR LOCATION** | The spa is conveniently located on the lower lobby of Loews Hotel 1000.



## FACIALS

EACH FACIAL IS CREATED WITH NATURAL AND INNOVATIVE PRODUCTS TO PROVIDE EFFECTIVE RESULTS TAILORED TO YOUR PERSONAL SKIN CARE NEEDS.

50 MINUTES    80 MINUTES

**CALM** | Refresh and rejuvenate with deeply hydrating botanicals to address a variety of skin concerns such as premature aging, inflammation, sun damage, loss of vitality, tone and radiance.

**LIFT** | Polish and smooth skin with high level nutrients selected to firm and tone leaving your complexion youthful and even.

**ILLUMINATE** | Revitalize and brighten your skin as the power of science and nature combine to diminish the appearance of fine lines enhancing your inner and outer glow.

**GENTLEMAN'S** | Customized for men's skin care needs, this balancing facial effectively renews skin tone and texture while soothing and restoring devitalized, sun-damaged or razor-burned skin.

## WAXING

- BROWS
- LIP
- UNDERARM
- HALF LEG
- FULL LEG
- BIKINI
- BRAZILIAN
- BACK

## MASSAGE

50 MINUTES    80 MINUTES

**RELAXATION** | Unwind with our take on traditional Swedish massage. Your therapist will help ease your mind by using smooth, long strokes with light to moderate pressure.

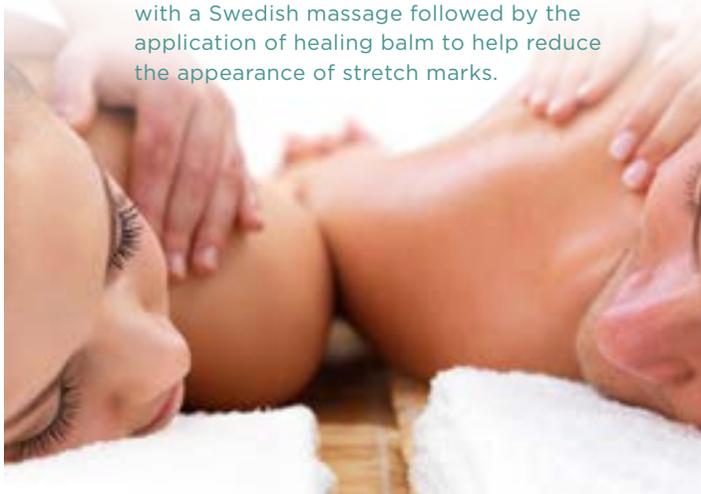
**DEEP TISSUE** | Relax sore muscles and stiff joints as your therapist targets specific problem areas helping to alleviate pain from chronic and acute conditions.

**WARMTH** | Melt away stress as the therapeutic properties of heated stones blend with light to moderate massage strokes to improve circulation and promote wellbeing.

**SPORTS** | This full body massage restores muscles to peak performance through light stretching and recovery focused techniques to improve range of motion, circulation, and flexibility. Our muscle soothing oil will improve blood circulation and relive soreness and stiffness.

**COUPLES** | Relax together with your choice of massage performed in our intimate couples' treatment room. The perfect way to reconnect.

**MOM TO BE** | This deeply restorative treatment designed for moms-to-be helps improve sleep, reduce stress and soothe muscle fatigue. Your journey begins with a Swedish massage followed by the application of healing balm to help reduce the appearance of stretch marks.



## BODY TREATMENTS

50 MINUTES

**SEA SALT SCRUB** | A full body exfoliation polishes away dry, aging skin, to reveal a renewed appearance. This treatment concludes with the application of nourishing massage balm to lift, firm, and diminish the appearance of cellulite.

**SEA OF LIFE** | This detoxifying scrub is carefully crafted to cleanse and replenish the skin. A rich clay-based scrub exfoliates the skin and draws out impurities and is completed with the application of rich lotion to hydrate and renew skin.

## SPA PACKAGES

**ULTIMATE ESCAPE** | This luxurious total body experience includes a 50 or 80 minute Relaxation Massage with a Body Scrub and a Calming Facial.

**GENTLEMAN'S RETREAT** | This 50 or 80 minute Therapeutic Sports Massage and Gentlemen's Facial will soothe the body and leave you totally relaxed.

**LAND AND SEA** | This stress-relieving treatment will start with an Exfoliating Body Scrub followed by a 50 or 80 minute Deep Relaxation Massage.

**TRAVELER'S DELIGHT** | Pamper yourself head-to-toe with a choice of a 50 or 80 Relaxation Massage with Scalp Treatment and a Reflexology Foot and Ankle massage.