

Steam Room	Roman Bath	Turkish Bath	Ayahyasca	Scandinavian Sauna	Sauna	Deep Tissue Massage
Ice Room	Hinoki Bath	Juice Cleanse	Aromatherapy	Hot Stone Massage	Foot Spa	Accupressure
Salt Sauna	Sweat Lodge	Mineral Spring Spa	Fertility Spa	Baleonotherapy	Medical Spa	Apothecary
Mud Mask	Chinese Medicine	Flotation Pool	Cold Pool	Equine Therapy	Jet Pool	Vipasana
Facials	Sand Scrub	Light Therapy	Soul Cycle	Swimming	Fruit Bath	Silence Chamber
Mud Immersion	Music Therapy	Hot Oil Treatment	Cryotherapy	Mud Immersion	Pilates	Scream Therapy
Infinity Pool	Thermal Spa	Cosmetic Dermatology	Fillers	Botox	Thermage	Hot Oil Treatment
Personal Trainer	Open Air Bath	Ayurvedic	Yoga	Accupuncture	Vibration Therapy	Flower Ther-
Spin	Hiking	Martial Arts	Interval Training	Altitude Training	Trampoline	Camping

WATER

SWIMMING POOL

HOT BATH

WARM BATH

FLOTARIUM

JET BATH

STEAM ROOM

BODY TREATMENTS

MASSAGE

ACCUPUNCTURE

SAUNA

BEAUTY

FACIALS

HAIR SALON

HAND AND NAIL

MEDITATION

MEDITATION

SOUND BATH

YOGA

AIRIAL YOGA

FITNESS

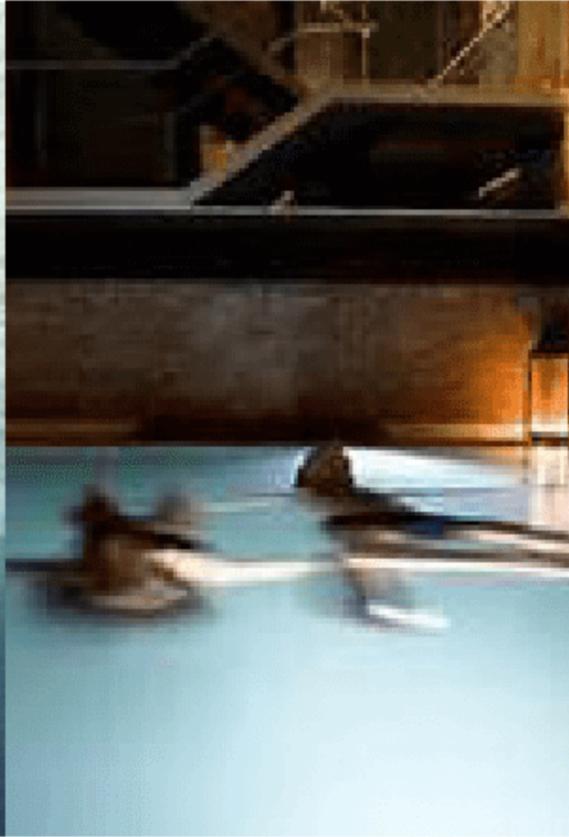
GYM

PILATES STUDIO

YOGA STUDIO

SWIMMING POOL

HEALTH AND WELLNESS PROGRAMS



Relaxation

Swimming Pool

Hot Plunge Pool

Cool Plunge Pool

Flotarium

Steam Room

WATER



Sauna



Accupuncture



Massage

EARTH



Gong / Sound Bath



Meditation

AIR

Aerial Yoga



FIRE

REQUILIBRIUM

NEW YORK CITY

“Regain Equilibrium”

“A sanctuary in the city”

WATER

SWIMMING POOL

HOT BATH

WARM BATH

COLD PLUNGE

FLOTARIUM

Floating in the warm, dense, Dead Sea Water, connect to your breathe and surrender control, you will experience a sense of serenity and weightlessness. Bathing

STEAM ROOM

Floating in the warm, dense, Dead Sea Water, connect to your breathe and surrender control, you will experience a sense of serenity and weightlessness. Bathing

ICE ROOM

Floating in the warm, dense, Dead Sea Water, connect to your breathe and surrender control, you will experience a sense of serenity and weightlessness. Bathing

RELAXATION AREA

TREATMENTS

Personalized Massage

Specialized massage therapists work to customize a massage specified to individual client

Hot Stone Massage

Back, Shoulder and Neck Massage

Restore areas strained from everyday patterns of tension in the city environment. the massage gently releases tight muscles and stress tension held in the back, neck and shoulders. In addition, warm hair oil is used to nourish the hair and scalp

Ayurvedic Massage

Yoga-like stretches with compression massage is performed over light clothing

Mama to be Massage

This gentle treatment will be customized to your specific areas of concern. the treatment will enhance comfort, improve circulation and promote relaxation.

Please note that this is only for women beyond their first trimester.

Four hands massage

Yoga-like stretches with compression massage is performed over light clothing

Thai Massage

Yoga-like stretches with compression massage is performed over light clothing

Cranial Sacral Therapy: The therapists uses very light pressure and a series of holds to heighten your own internal awareness and activate the body's innate ability to help with migraines, neck pain, back pain and many stress related issues.

FITNESS

GYM

PILATES STUDIO

YOGA

SWIMMING POOL

MEDITATION PAVILLION

MEDITATION

YOGA

SOUND BATH

BEAUTY BAR

Prepare for your return to the city with our expert beauty team

ULTIMATE HAIR CARE

HAND AND FOOT CARE



RELAXATION AREA

After your spa treatment enjoy an extended relaxation in our tea lounge

THE GARDENS

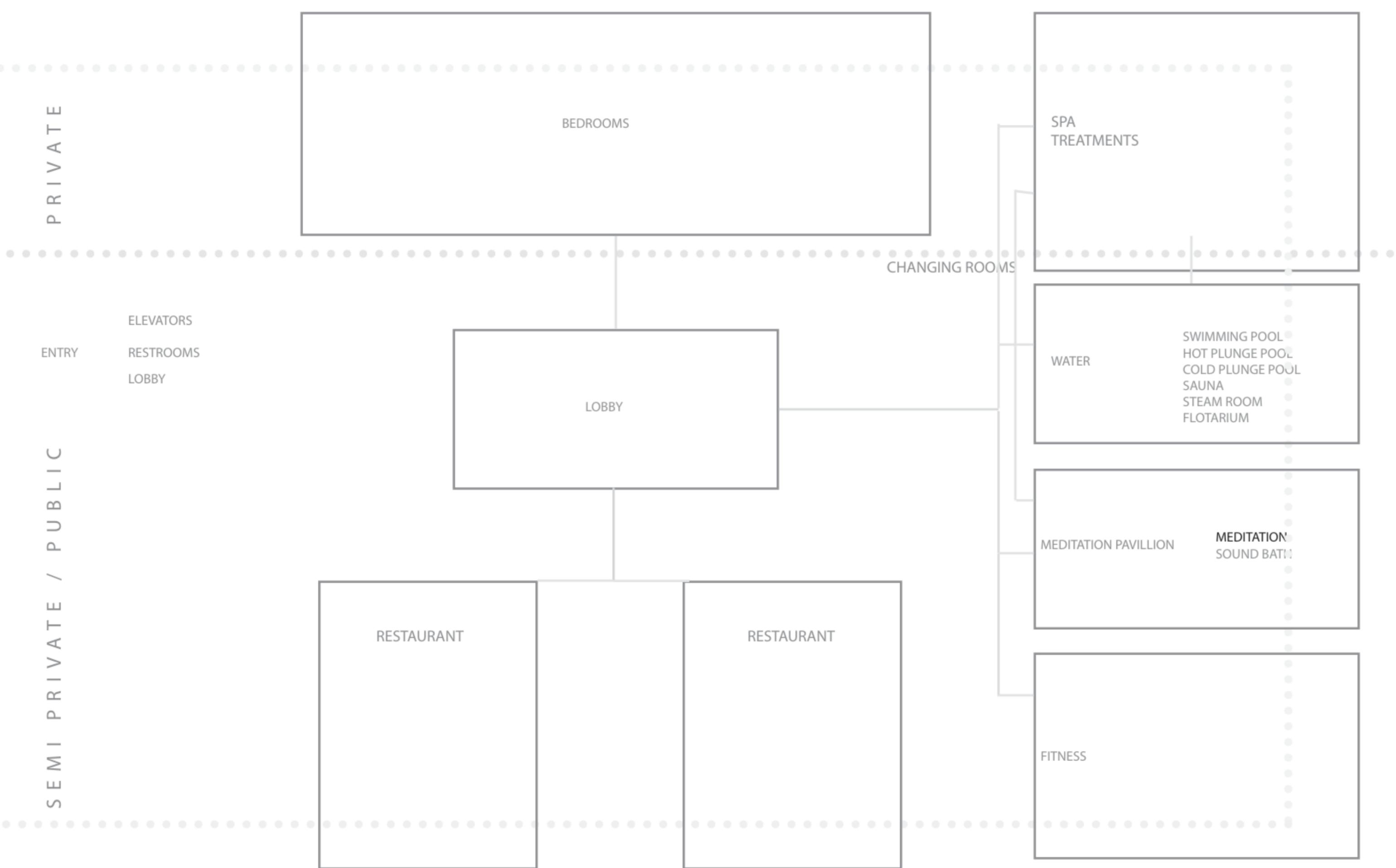
All private treatment areas lead into our gardens.. A green oases sanctuary in the city encouraging complete relaxiaton

SPA SUITES

WATER SPA SUITE

WELLNESS SPA SUITE

BEAUTY SPA SUITE





WATER



EARTH