

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

# Health and Wellness

## Water

- SWIMMING POOL
- HOT PLUNGE POOL
- COLD PLUNGE POOL
- FLOTARIUM
- JET BATH
- STEAM ROOM

## Spa Treatments

- MASSAGE
- ACCUPUNCTURE

## Meditation

- MEDITATION
- SOUND BATH
- YOGA
- AIRIAL YOGA

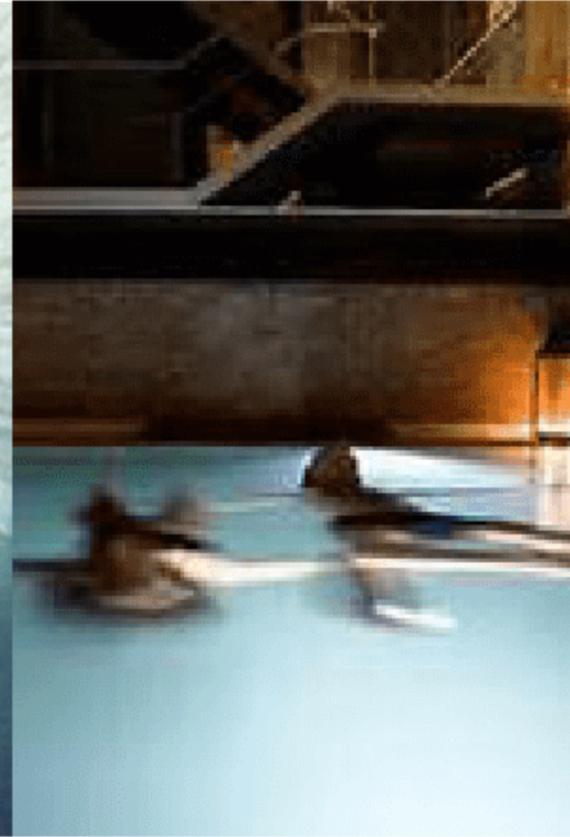
## Fitness

- GYM
- PILATES STUDIO
- YOGA STUDIO
- SWIMMING POOL

## Beauty

- HAIR SALON
- HAND AND NAIL

Treatments



Relaxation

Swimming Pool

Hot Plunge Pool

Cool Plunge Pool

Flotarium

Steam Room

WATER



Sauna



Accupuncture



Massage

EARTH



Gong Bath



Meditation



Aerial Yoga

AIR

# REQUILIBRIUM

NEW YORK CITY

*“Regain Equilibrium”*

*“A sanctuary in the city”*

## BEAUTY BAR

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

ULTIMATE HAIR CARE

HAND AND FOOT CARE



## RELAXATION AREA

THE GARDENS

SPA SUITES

WATER SPA SUITE

WELLNESS SPA SUITE

BEAUTY SPA SUITE

WATER

SWIMMING POOL

HOT BATH

WARM BATH

COLD PLUNGE

FLOTARIUM

TREATMENTS

FITNESS

GYM

PILATES STUDIO

YOGA

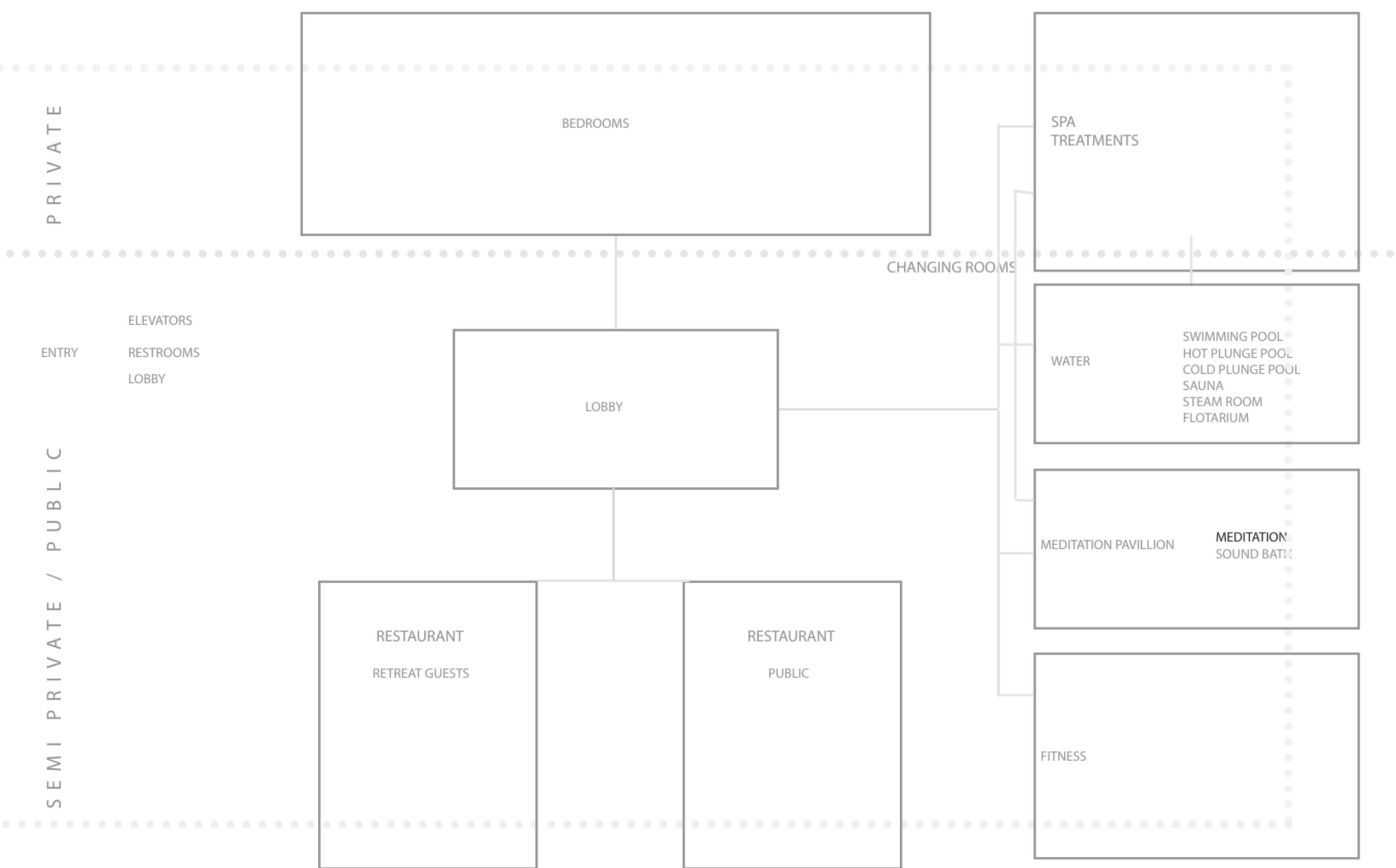
SWIMMING POOL

MEDITATION PAVILLION

MEDITATION

YOGA

SOUND BATH

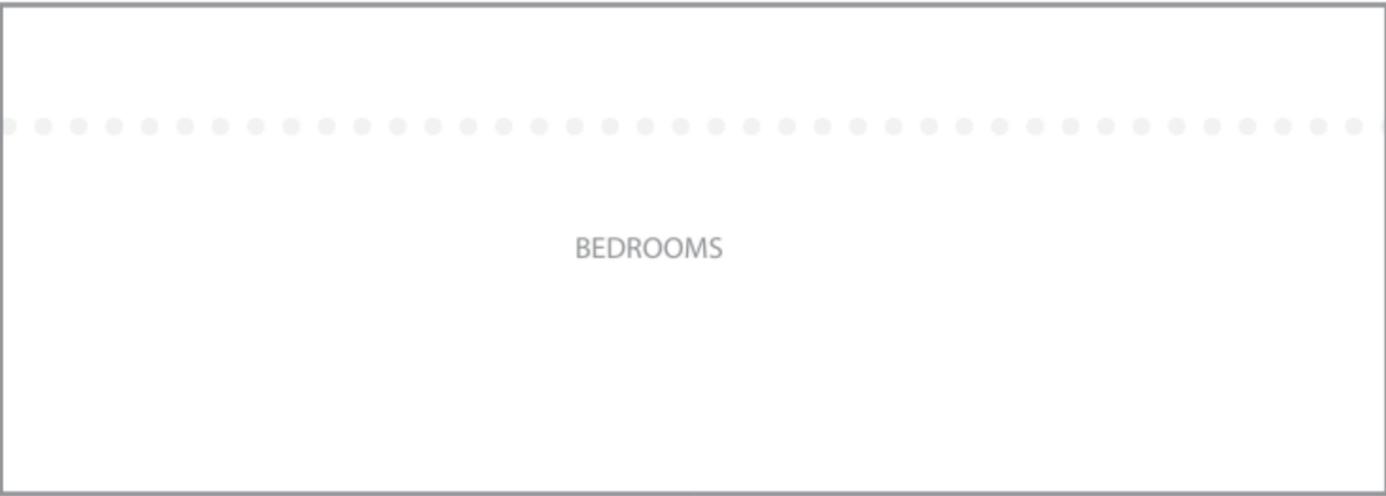


P R I V A T E

E N T R Y

S E M I P R I V A T E / P U B L I C

ELEVATORS  
RESTROOMS  
LOBBY



CHANGING ROOMS

