

## SPA ETIQUETTE

To fully enhance the benefits and pleasure of your massage, we offer the following suggestions:

- Please plan to arrive at least ten minutes prior to your appointment allowing for ample time for check-in, changing, showering and the use of other facilities.
- For the safety of your valuables, we suggest you leave them in the safe provided in our hotel room. The hotel will not assume any liability for valuables.
- Wear comfortable clothing. A robe is available in your treatment room.
- To ensure a wonderful experience, communicate with us. Talk to your therapist prior to your treatment about customizing your service. Please notify your therapist for any medical or physical conditions
- To avoid cancellation charges, please honor our 24-hour advance notice cancellation policy. Cancellations or missed appointments made in less than 24 hours are subject to a service charge of 100% of requested service.

## THIS IS THE WAY IT SHOULD FEEL



Westin Workout Spa Services  
1000 Penn Avenue, 4th Floor

Phone: 412.560.6406

Fax: 412.227.4504

Hours:

Weekdays 5:30am-10:00pm

Weekends 7:00am-8:00pm

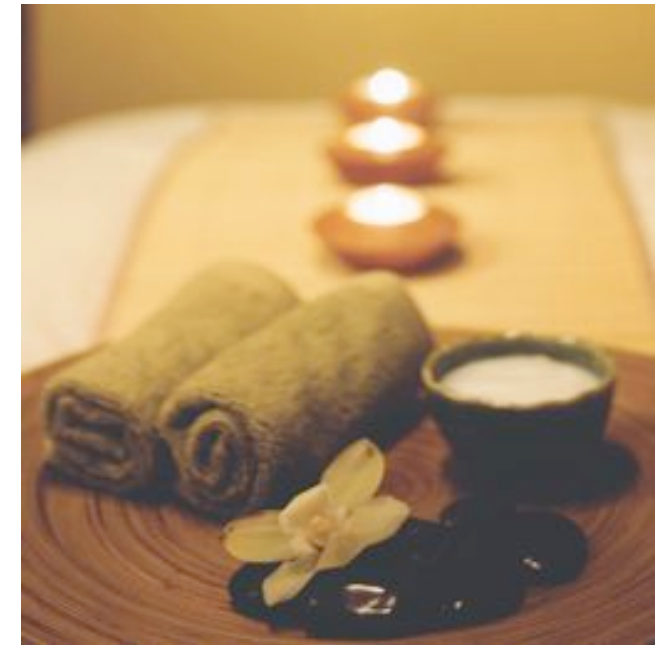
\* By Appointment Only

Starwood Preferred Guest Starpoints can be redeemed for massage and spa services.

# THE WESTIN

## CONVENTION CENTER

Pittsburgh



## Spa Services

WESTIN **WORKOUT**

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# WESTIN WORKOUT SPA SERVICES

Be good to yourself.

## Massage Therapy

### Upper Body Massage

Our popular express massage targeting the back, shoulders, and neck.

25 min @ \$65 50 min @ 130

SPG Points: 25min-5250 points 50min-9750 points

## Full Body Massage

### Swedish Massage

Classic massage with gliding strokes toward the heart for circulation and the release of tension. This is a light, soft tissue touch.

50 min @ \$75 80 min @ \$125

SPG Points: 50min-6000 points 80min-9750 points

### Therapeutic Massage

Focusing on relaxing muscle tension and soothing away built up stress. This is a medium touch massage.

50 min @ \$85 80 min @ \$135

SPG Points: 50min-6750 points 80min-10500 points

### Deep Tissue Massage

Through deeper strokes, using trigger point therapy and acupressure, this massage helps release head, neck and back pain.

50 min @ \$95 80 min @ \$145

SPG Points: 50min-7500 points 80min-11250 points

### Sports Massage

Deep tissue massage involving range of motion and various stretches. This massage is for the athletically inclined.

50 min @ \$120 / 80 min @ \$175

SPG Points: 50min-9000 points 80min-13500 points

## Maternity Massage

Designed to nurture expectant mother and baby. Special attention to relieve the unique stresses and strains experienced during pregnancy.

50 min @ \$85

SPG Points: 50 min - 6750 points

## Couples Massage

\*Indulge in a luxurious full body massage side by side within the comfort of your hotel room. Please inquire with our staff for availability and pricing. (Hotel Guests Only)

\*All in-room massages are \$40 additional charge.

SPG Points: 3000 points

\*Non-hotel guests \$10 additional charge.

SPG Points: 750 points

## Reflexology Foot Massage

Using pressure points and light massage on the feet to stimulate a positive effect.

20 min @ \$45

SPG Points: 20 min-3750 points

## Spa Foot Revitalizer

Tantalizing 3- part process beginning with exfoliation to smooth out roughness, then feet are coated with a comforting foot mask. Ended with replenishing hydrating lotions.

25 min @ \$75

SPG Points: 25 min-6000 points

## Body Treatments & Skin Care

### Exfoliation-Sea Salt or Sugars

This stimulating skin scrub, combined with therapeutic sea salts and mineral salts, will gently and effectively awaken circulation. Surface cells are removed and skin is revitalized.

40 min @ \$85

SPG Points: 40 min - 6750 points

### European Facial

A classic facial using hot towels, deep cleansing, a stimulating masque, and hydrating moisturizers.

50 min @ \$75

SPG Points: 50 min-6000 points

With extractions @\$95

SPG Points: 7500 points

### Gentleman's Facial

Invigorating massage to give your skin a healthy appearance.

40min @ \$75

SPG Points: 40 min-6000 points

Dermalogica skin care system developed by The International Dermal Institute.

Biomaris products from Germany