



THE SPA AT EQUINOX
CENTURY CITY



EQUINOX
UNEQUALED

STEEPED IN LUXURY
FOUNDED IN FITNESS

We invite you to indulge in a whole new experience. The Spa at Equinox Century City takes wellness to a new level by balancing the philosophy of fitness with significant spa traditions from around the globe. The result is the first spa experience designed to achieve your precise goals from the inside out, so you leave feeling as good as you look.

As you seek out the perfect service, you'll find that our signature Equinox Solstice treatments are decidedly customizable and feature custom-blended aromas that serve to elevate your mood and meet your ever-changing needs.

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MASSAGE

The benefits of massage are numerous. Whether your goal is to enhance athletic performance or simply to relax, let us transform you to a state of greater well-being.

EQUINOX SOLSTICE MASSAGE (50 minutes/80 minutes)

Our signature massage uses the power of aromatherapy to induce a deep sense of well-being. An aromatic concoction is custom-blended to your needs. Your therapist will use a combination of long, soothing strokes, gentle stretches and reflexology, forcing you to surrender all stress.

DEEP PRESSURE MASSAGE (50 minutes/80 minutes)

For those who prefer deep, more direct pressure, this modality utilizes long, firm strokes, trigger point therapy and specific techniques to coax your muscles into submission.

THAI MASSAGE (80 minutes)

Benefit from improved flexibility, relief from muscular and joint tension and enhanced blood circulation. A combination of gentle stretches and pressure is used to realign the body. This massage is done on floor mats while dressed in loose comfortable clothing.

PEAK PERFORMANCE SPORTS MASSAGE (50 minutes/80 minutes)

Whether you're a serious athlete or occasional player, we can help you get the most from your game, or the least from your pain, with techniques designed to keep you in tip-top shape.

SOOTHING STONES (80 minutes)

Float away as warm river stones travel over your body, rest on your back and find their way into the areas that weigh you down. Let the heated stones and oils alleviate stored-up tension.

SHIATSU (50 minutes)

This ancient Asian healing art revives both mind and body through stretching and pressure applied to various points along the body. We recommend wearing loose comfortable clothing.

REFLEXOLOGY (25 minutes/50 minutes)

This calm-inducing ancient Chinese technique uses pressure point massage on hands and feet to restore the flow of energy throughout the body. Our 50-minute version is enhanced with a scalp and facial massage to provide a greater level of relaxation.



FACIALS

Ongoing facial treatments improve the overall function and appearance of the skin. Equinox's facials are not only effective, they are luxuriously indulgent as well.

EQUINOX SOLSTICE FACIAL (50 minutes)

Our signature facial is custom designed for your skin's unique needs. Using in-depth analysis and classic European techniques, our expertly trained aestheticians will transport you to a state of nirvana while leaving your complexion hydrated and visibly radiant.

SOOTHING SKIN FACIAL (50 minutes)

This calming treatment helps reduce the red blotchy complexion associated with rosacea. Healing ingredients and soothing extracts diminish and strengthen dilated capillaries.

AGE-DEFYING FACIAL (50 minutes)

This repairing treatment features progressive ingredients that zero-in on the signs of aging. Targeted formulations work to re-activate healthy cell function and nourish the skin while addressing fine lines, loss of elasticity and dull tone. Enjoy firmer, more radiant looking skin.

ULTRA-LUXE DIAMOND EXPERIENCE (80 minutes)

It does not get more exquisite than this exclusive treatment which provides the latest in skin care and sensory technology. An energy-producing cocktail is formulated with over 30 active ingredients to awaken dormant cells, shield the skin and promote the balance of firming fibers within the skin. This combined with three targeted massages sends your senses on a splendid journey while providing your skin with an immediate and genuine cosmetic improvement.

CLEAR COMPLEXION (80 minutes)

Restore smooth blemish-free skin with this specialized treatment for inflamed, irritated, acne-prone skin. A detoxifying mask coupled with soothing corrective products destroys pore-clogging bacteria. Ample time is allowed for extractions and a calming acupressure massage.

THE ESSENTIALS (25 minutes)

This quick pick-me-up keeps skin looking its best. We start with a cleansing, steam and exfoliation followed by a mini-massage and moisture application. This mini-treatment does not include extractions.

FACIAL UPGRADES

BRIGHT EYE RESTORATION

This multi-action eye therapy uses an innovative eye massage technique to help advanced actives penetrate the skin, firming and reducing puffiness, fine lines and dark circles.

ADVANCED SKIN SMOOTHING PEEL

This upgrade is ideal for those in need of intensive exfoliation. Alpha hydroxy acids (AHAs) break down the dead surface layer of the skin, remove impurities, reduce the appearance of fine lines and stimulate growth of collagen and elastin. Your skin will be visibly stronger, healthier and younger looking. Not recommended for extremely sensitive skin.

DUAL HYDRAFACIAL™ RESURFACING

A diamond crystal-free microdermabrasion with a HydraFacial serum resurfacing may be added to any facial treatment and can be used on areas of dehydration or thickened skin. Not recommended for thin skin or delicate areas of the face.

LIGHT THERAPY TREATMENT

Soften fine lines and wrinkles and calm irritated facial areas with red L.E.D. light therapy. Immediate results can be seen on most skin types.

EXTENDED EXTRACTION TREATMENT

For more effective results from extraction, incorporate the HydraFacial™ technique. A great add-on to any facial for cleaning clogged pores and removing impurities.

FACIAL LYMPHATIC DRAINAGE

An effectively gentle lymphatic treatment glides across tired and puffy areas of the face and eyes. This delicate treatment soothes and detoxifies fine facial tissue and may be comfortably combined with any skin care treatment.

SPECIALTY FACIALS

IN-DEPTH UV SKIN ANALYSIS AND PROGRAM PRESCRIPTION (25 minutes)

Using the latest advanced infrared technology, our highly trained aesthetician will perform an in-depth analysis of your skin. Before it is visible to the human eye, specialized equipment allows you to view damage caused by sun and pollutants. A reparative and preventative program will be customized to address your needs.

HYDRAFACIAL™ (25 minutes)

Using the latest technology, the HydraFacial cleanses, removes dead cells, extracts impurities from the pores and hydrates skin with cooling moisture. Sun damage and brown spots will be lessened, while facial lines caused by dehydration are visibly reduced.

HYDRA-DERMABRASION (50 minutes)

Begin your treatment with a pre-cleansing, followed by a HydraFacial™ deep cleansing. The diamond tip (a crystal-free microdermabrasion) is used on those areas requiring deep exfoliation and refinement. Pores are thoroughly extracted and a specialty mask provides essential nutrients to nourish your skin. Skin is lathered with HydraFacial™ Antiox-6™ serum to combat free radicals before the final moisture application.

HYDRA-DELUXE (80 minutes)

Benefit from the best possible results for face, neck and décolletage. With an in-depth UV analysis of your skin, and all of the benefits of the Hydra-Dermabrasion, this treatment incorporates advanced technologies for enhanced results. An L.E.D. red light treatment softens fine lines and wrinkles. Extended extractions provide maximum clarification while a lymphatic drainage massage decongests and smooths puffy tired-looking skin. A soothing neck, scalp and hand massage provides deep relaxation while a specialty mask nourishes the skin.



BODY TREATMENTS

Our body treatments combine natural ingredients and ancient healing techniques, along with the finest products available, to rejuvenate and refine your body.

EQUINOX SOLSTICE BODY TREATMENT (80 minutes)

Our signature treatment begins with an exfoliation and warm thermo-therapy to activate circulation. A unique sculpting body mask is applied to enhance the body's overall appearance. Choose one of three advanced scientific formulas:

- Body Contour for slimming
- Body Firm to tone and tighten
- Body Smooth as an anti-cellulite treatment

CELESTIAL SUGAR GLOW (25 minutes)

Moisture is the key to this delightfully sweet scrub. Raw cane crystals are infused with a customized cocktail of aromatic oils, transforming the skin into a smooth satin-like state.

HONEY SCRUB & MANGO BODY BUTTER DRENCH (50 minutes)

This luscious treatment combines a soothing scrub to remove dead skin followed by a moisture-rich body butter massage. Rediscovering baby-soft skin never felt so good.

DETOXIFYING RITUAL (50 minutes)

A dry-brush massage ritual and anointing of essential oils increases circulation. A full-body warm seaweed wrap helps the body to eliminate unwanted toxins.

BARE-YOUR-BACK FACIAL (50 minutes)

This fabulously relaxing treatment uses nutrient-rich mud to cleanse and purify. An intensive exfoliation, warm purifying mask and luxurious massage restore soft, smoother looking skin.

INVIGORATING BANYA RITUAL (80 minutes)

Find a renewed sense of energy and invigoration with a traditional Russian Banya experience. A warm scrub is followed by a brisk cooling lotion to increase circulation. Authentic Russian massage techniques alleviate muscular tension and strengthen joints. This ritual would not be complete without an invigorating use of traditional herbs.

SUN & MOON RELAXING RITUAL (80 minutes)

This heavenly treatment combines sun and moon strokes to quiet the body and calm the mind. While enveloped in intoxicating aromatic mud, a special blend of essential oils is applied and a traditional Indian head massage restores mental clarity.

EQUINOX SOLSTICE SPA RITUAL (110 minutes)

This lavish treatment provides a complete sensory experience, beginning with your choice of one of four aromatic blends. Your body is then gently exfoliated to remove dull lifeless skin. A purification wrap improves circulation and prepares the body for one of the following ancient massage techniques:

- Lomi-Juma Massage: This technique fuses therapy maneuvers indigenous to the Pacific and Mediterranean. It seeks to release the flow of energy, soothe tension, improve micro-circulation and restore balance and harmony between the body and mind.
- Indian Floral Massage: This floral ritual combines wisdom from traditional Chinese medicine and Ayurveda from India. Expert hands and heated floral sachets work together to reduce muscular tension, eliminate physical and mental stress, relieve pain, improve micro-circulation and eliminate toxins, inducing a state of deep relaxation.
- Aztec Mineral Massage: This massage, whose roots date back to the origins of man, utilizes two minerals capable of providing the body with relief and well-being. Cold marble stones work in conjunction with warm obsidian volcanic forms to release energy, eliminate toxins and improve blood and lymphatic circulation. The body is cleansed from the inside out, providing relief, serenity and well-being.

SPECIALTY BODY TREATMENTS

BODYMELT (80 minutes)

World famous and highly effective, this treatment uses a patented blend of galvanic and faradic stimulation along with specialized products to provide immediate inch-loss and improve both skin and muscle tone. Men and women can choose from the following programs:

- Bathing Beauty for abs and thighs
- Sweet Caboose for gluts and hamstrings
- Sleek Silhouette for thinner hips and thighs
- Six-pack Stomach for intense abdominals

ADVANCED TOTAL BODY RESURFACING by HydraFacial™ (110 minutes)

This state-of-the-art head-to-toe treatment helps visibly reduce fine lines and wrinkles, superficial brown spots and dry damaged skin. This intensive treatment starts on the décolleté using serums tailored to your specific needs, then moves up to the neck and face. Arms, elbows, upper thigh, knees and back are softened, smoothed and refined. Maximum moisture from hyaluronic acid cream, followed by an application of sunscreen to protect newly revitalized skin, leaves your whole body looking years younger.

PARTIAL BODY RESURFACING by HydraFacial™ (80 minutes)

Enjoy the same radiant, hydrating benefits of the Advanced Body Resurfacing. This treatment focuses on the face, neck, décolleté, arms and back. Personalized treatment helps correct existing conditions and helps preclude future damage.



AQUATHERAPY

The ritual of bathing has long been known for healing benefits. Our aquatherapy baths are administered in a deep Furo-style tub to submerge your being in liquid tranquility.

EQUINOX SOLSTICE AQUATHERAPY (25 minutes)

Leave your cares behind to drift along therapeutic waters of relaxation. Your Bath Butler will customize a fragrant blend of essences to seduce your mood. This blend will be added to your choice of one of three healing baths:

- Hydra-Solstice: Algae-infused oil for body moisturizing and skin conditioning
- Mineral-Solstice: Ancient mineral sea salts to rebalance and revitalize the body
- Mud-Solstice: Pure Moor mud to detoxify and cleanse the body

SLEEK SILHOUETTE BATH (50 minutes)

Whether your goal is to firm and tighten, soften cellulite or simply relax, this is the bath for you. Dull lifeless skin is swept away with a gentle bamboo exfoliation. Enveloped in healing waters infused with a sea mineral toning cocktail, tension melts away during a neck and scalp massage. The finishing touch is an application of body moisturizer. This bath makes the perfect companion to any weight loss or body toning program.

BATH & BODY BLISS (80 minutes)

For a total out-of-body experience, indulge in this treatment guaranteed to unwind and refine. A sumptuous Honey Scrub leaves skin silken and ready for maximum absorption of healing elements. Intoxicating neuro-aromas calm the mind and relieve the body while warm waters soothe and soften aching muscles. After a blissful soak, melt into the expert hands of our massage therapist. Your full-body massage incorporates hydrating mango body butter for maximum skin conditioning.



MEN'S ZONE

Although each of our services can be enjoyed by men and women alike, here we provide those developed expressly for the guy who wants to be his best.

EXPRESS MALE FACIAL (25 minutes)

This quick fix provides the essentials for healthy looking skin. We begin with a cleansing, steam and exfoliation followed by a mini-massage and moisture application.

MEN'S REFINING FACIAL (50 minutes)

Designed to address common concerns associated with shaving, this treatment is made for men desiring younger, more healthy looking skin. Your aesthetician will select products specific to your skin type combined with a classic hot towel wrap to induce relaxation.

SPORTS SOAK (25 minutes)

The perfect prelude to any massage, this bath warms and relaxes muscles while helping to detoxify the tissues and accelerate recovery.

REFINING BAMBOO BUFF & MUSCLE MELT (50 minutes)

Ideal for those who want sleeker-looking skin while being taken to a place of deep relaxation. A bamboo exfoliating massage is followed by a massage application of skin refining cream.

BODYMELT (80 minutes)

This treatment uses a patented blend of galvanic and faradic stimulation along with specialized products to provide immediate inch-loss and improve skin and muscle tone. Choose from:

- Sweet Caboose for gluts and hamstrings
- Six-pack Stomach for intense abdominals

GLAMICURE MANICURE/PEDICURE (60 minutes)

BuffFoliation massage, natural cuticle care, and superior sugar and sea salt exfoliation deliver an energizing boost that leaves hands and feet looking more well-groomed than ever before.

MASSAGE

Please choose directly from the Massage section of our menu.



HANDS, FEET AND WAXING

We believe healthy and natural beauty is always in fashion and that your hands, feet and brows are three of your most important accessories.

BUFFMANICURE™

The BuffManicure is one of New York's favorite and most recognized manicures. It is natural hand and nail care with alpha hydroxy cuticle grooming and BuffSpa's famous attention to detail.

BUFFPEDICURE™

This pedicure features a three-step exfoliation, which includes a dry exfoliation, an extensive polishing and a special alpha hydroxy treatment, followed by our BuffFlexology foot massage.

DOUBLEBUFF

Request a DoubleBuff and two technicians will be booked to perform your service in half the time. The BuffManicure will only take 15 minutes and the BuffPedicure about 20 minutes.

GLAMICURE MANICURE/PEDICURE

BuffFoliation massage, natural cuticle care, and superior sugar and sea salt exfoliation deliver an energizing boost that leaves hands and feet looking more well-groomed than ever before.

L.E.D. HANDSPA ANTI-AGING TREATMENTS

This technology uses light-emitting diodes to stimulate collagen production, resulting in younger-looking hands. Each treatment includes a full BuffManicure. Purchased as a series of 10.

BUFFFLEXOLOGY™

BuffSpa's own massage techniques are designed to relax, de-stress and reward your overall well-being. Go ahead and splurge on the best 15-30 minutes you can invest in.

BUFFBROW™ EYEBROW

Tweeze, wax or thread. Design or redesign your preferred brow. Head home with grooming advice and your best brows ever.

WAXING

For your convenience, Equinox offers a variety of waxing services upon request.



PACKAGES

We've put together the perfect packages to help you get the most from your Equinox Spa experience. We'll also let you create your own ideal combination of treatments.

SPA EXPRESS (1.5 hours)

Give yourself a quick maintenance treat and get maximum rejuvenation in under two hours. Includes Neck, Back & Shoulders Massage, Essentials Facial and BuffManicure™.

SIGNATURE SPA (2.5 hours)

Feel like you spent a whole day in the spa with three of our most popular treatments that are custom tailored just for you. Includes Solstice Aquatherapy, Solstice Massage and Solstice Facial.

MODERN MAN (2.5 hours)

No fluffy spa treatments here, just solutions to achy muscles and common skin concerns. Includes Sports Soak, Solstice Massage and Men's Refining Facial.

BODYFIT FOR HIM (3.5 hours)

The ideal head-to-toe combination for the workout warrior. Includes Bamboo Buff & Muscle Melt, Peak Performance Sports Massage, BuffManicure™ and BuffPedicure™.

BACK-TO-BALANCE (3.5 hours)

An indulgent series of four essential treatments will restore inner and outer balance. Includes Celestial Sugar Glow, Solstice Massage, Age-Defying Facial and BuffPedicure™.

METAMORPHOSIS (4.5 hours)

Be magnificent with this combination of highly effective treatments that provide visible results for your face and body. Includes Hydra-Deluxe, BodyMelt, BuffManicure™ and BuffPedicure™.

THE BEAMING BRIDE (4.5 hours)

Indulge all your senses to look and feel your absolute best. Includes Honey Scrub & Mango Body Butter Drench, Solstice Massage, Essentials Facial, BuffManicure™ and BuffPedicure™.

ABSOLUTE SUPREME LUXURY (5 hours)

The perfect gift. Experience the most decadent day of luxury you can imagine. Includes Ultra-Luxe Diamond Experience, Solstice Spa Ritual, BuffManicure™ and BuffPedicure™.



360° WELLNESS

At Equinox Century City, we encourage you to complete your wellness experience at our exclusive Fitness Club...allowing you to feel your best from the inside out.

We take a holistic view of wellness based on the premise that peak life performance is as dependent on fitness as it is on the healing process. The Spa leads our progressive approach to wellness, complemented by our Fitness Club which offers innovative programming and elite-level Fitness Coaching to get you in the best shape of your life.

Fuse fitness and rejuvenation with any of the following one-on-one sessions:

FITNESS COACHING

Train with one of our T4-level Coaches – Equinox's top 1% of Fitness Coaches – and elevate your fitness experience.

- T4 Coaching: An inspiring hour of training tailored to your expressed goals. Achieve unprecedented results with guidance from the best of the best.
- T4 Assessment: A comprehensive evaluation of your overall wellness, including body composition breakdown, metabolic testing, body age measures, digital posture analysis, functional movement screening and more.
- Metabolic Assessment: An in-depth analysis of your caloric expenditure and cardiovascular capacity used to calculate your individual metabolic rate. Train smarter, not harder, and manage your weight with this indispensable knowledge.

PRIVATE PILATES

Take your Pilates workout to the next level in a personal session with one of our premier instructors. You'll sculpt your body, strengthen your core and improve your posture on state-of-the-art equipment.

PRIVATE EVENTS

Equinox is known for hosting parties for many notables. But when it comes to your event, you're the star of the show. Equinox Spa parties are now the invitation of choice for baby and wedding showers, corporate events, graduation celebrations and birthdays. Who even needs an excuse? Sometimes it's just because you want it!

Parties and events are customized, so whether you're the fresh juice and sparkling water type or want the champagne and tuna tartar, it's your party. If you fancy taking over the entire spa, or hosting a more intimate party in our exclusive VIP area, the choice is yours. Tell us what you want and it's our pleasure to make it happen.

THINGS TO KNOW

RESERVATIONS

Book reservations as far in advance as possible to secure preferred treatment time and specify if you prefer a male or female therapist. Reservations are guaranteed with a credit card. All Equinox practitioners are professionally trained, licensed and/or certified to ensure the highest quality of service and integrity. Proper draping techniques are always used to guarantee your comfort. Please keep in mind, guests under the age of 18 must be accompanied by an adult.

CANCELLATIONS

Appointments cancelled with less than 24-hour notice will be charged in full.

ARRIVAL

To prepare for your experience, please arrive 20-30 minutes prior to your appointment time. Late arrival results in a reduction of treatment time ensuring the next appointment begins on time.

HEALTH CONSIDERATIONS

To avoid possible contraindications, please inform our staff of any medical conditions, pregnancy, allergies, prescription medications and special assistance requirements.

GRATUITIES

Gratuities are not included in the price of services or Gift Cards. In appreciation to the staff for outstanding service, gratuities generally average 15-20% of the treatment price.

VALUABLES, CELLULAR PHONES AND ELECTRONIC DEVICES

Your valuables are special; please do not bring them with you. Use of cellular phones and electronic devices are not permitted beyond the reception area.

GIFT CARDS

Gift Cards are available for purchase at the Spa, by phone or online.

EQUINOX FITNESS CLUB + SPA

Spa Hours:

Monday – Saturday 8am – 9pm

Sunday 8am – 8pm

Spa Phone: 310.286.2900

Spa Fax: 310.286.0208

Fitness Club Hours:

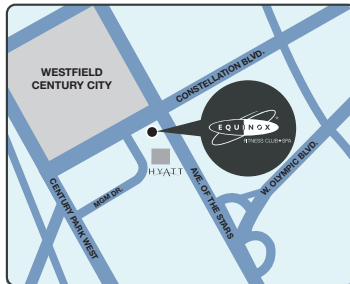
Monday – Thursday 5am – 10pm

Friday 5am – 9pm

Saturday – Sunday 7am – 9pm

Access is available to our full-service luxury Fitness Club.

Valet services are available.



10220 CONSTELLATION BLVD CENTURY CITY, CA 90067

