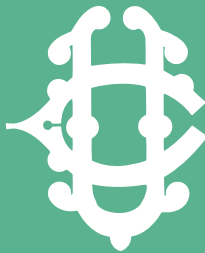


# SAGE SPA



THE UNIVERSITY CLUB OF WASHINGTON, DC

ELEVATE THE MIND, SOOTHE THE SOUL, INDULGE THE BODY AT THE UNIVERSITY CLUB





The University Club is recognized as one of the premier private city clubs in the United States. Sage Spa is the embodiment of what our members seek from their Club. An urban oasis of relaxation, Sage Spa provides members and guests with “healing hands” that make a difference in their day-to-day wellness.

#### PEEL BACK THE STRESS OF YOUR WORK DAY.

Cleanse. Relax. Rejuvenate. Invest in the quality of your life. Maintain a wellness routine through one of Sage’s exclusive treatments. Take a moment to escape the conference calls, the client meetings and new client presentations. Productivity enhanced, mind cleared, body alert.

(202) 787-1SPA (1772) or [sagespa@universityclubdc.com](mailto:sagespa@universityclubdc.com)  
View our offerings 24/7 at [www.universityclubdc.com](http://www.universityclubdc.com)

A special event is made more memorable at Sage Spa. There isn't a better way to enjoy a spa treatment than to share it with friends or associates. Sage can host your business associates, bridal parties, birthdays for teenage daughters or granddaughters, all complete with food and beverage.

## YOUR DAY IS SPECIAL. SPEND IT WITH FRIENDS

Sage Spa gift certificates are the perfect way to say you care. Select from a list of signature packages or a dollar denomination.



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## MENU OF SERVICES

### Massage Therapy

#### Stress Relief

Concentrating on the back, neck and shoulders to relieve muscle tension and reduce stress.

25-minute massage      \$55\*    \$65

#### Swedish

A full-body massage combining multiple techniques to relieve tension and recharge the body.

50-minute massage      \$75\*    \$90

80-minute massage      \$100\*    \$120

#### Scalp, Hands and Feet

The perfect tension reliever! Thorough massage of the scalp, hands and feet with warm oil.

25-minute massage      \$65\*    \$75

Paraffin hand treatment    \$10\*    \$15

#### Reflexology

Warm oil is used to massage pressure sensors in the hands and feet to reduce stress and tension throughout the body.

25-minute massage      \$60\*    \$70

\* Member Price.

#### Aromatherapy

A deep, therapeutic holistic treatment using pure aromatic essential oils blended to create a tranquil atmosphere, which appeals to the senses, calming and clearing the mind.

50-minute massage      \$80\*    \$95

80-minute massage      \$100\*    \$120

#### Pre/Post Natal

This total-body treatment has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this special time. We recommend this experience only after the first trimester of pregnancy.

50-minute massage      \$95\*    \$115

#### Deep Tissue

An intensive massage designed to aid in the recovery of muscle tissue usually associated with sports activities.

50-minute massage      \$80\*    \$95

80-minute massage      \$120\*    \$140

#### Hot Stone

Smooth stones are warmed and massaged all over the body to relax tissue and open energy channels.

50-minute massage      \$95\*    \$115

## Skin Care

### Executive Facial for Men

A cleansing and hydrating facial for skin irritated by shaving or environmental effects. This revitalizing treatment leaves skin toned, smooth and well-conditioned.

50 minutes                      \$85\*    \$100

### Sage Signature Facial

A European facial uniquely personalized for your skin type.

50 minutes                      \$80\*    \$95

### Deep Cleansing

A deep herbal cleansing of the pores, followed by a thorough exfoliation and extraction, finished with a clarifying mask.

50 minutes                      \$100\*    \$120

### Multivitamin Power Treatment

Deep penetrating vitamins and antioxidants are applied to improve the overall health and appearance of the skin. Essential nutrients are restored, resulting in smooth, re-textured, supple skin.

50 minutes                      \$120\*    \$140

### The Skin Brightener

This rejuvenating facial is perfect for all skin conditions, particularly when lack of sleep, business demands or environmental stress leave you with dull skin. A special application of Skin Brightener, rich in antioxidants, soften, smooth and visibly improve the appearance and texture of the skin.

60 minutes                      \$100\*    \$120

### Hungarian Organic Facial

Healing herbs, fruits and vegetables create an organic facial that tantalizes the senses and treats the skin — a truly unique experience.

50 minutes                      \$115\*    \$135

## Hands and Feet

### Sport Manicure

Good grooming is a necessity for any man in the business world. Cuticles are pushed back, nails are trimmed and buffed. A hand and forearm massage is the finishing touch.

\$20\*    \$25

### Manicures

Hands are transformed with a gentle exfoliation, aromatherapy hand massage, mask and a dip in warm paraffin wax.

Basic Manicure                      \$30\*    \$35

French Spa Manicure                      \$40\*    \$45

Polish Change Only                      \$15\*    \$20

### Sport Pedicure

Normal maintenance of the feet to combat roughness from daily wear, promoting healthy nail growth and leaving your toes clean and feeling refreshed. Complimentary shoe shine.

\$50\*    \$60

### Sage Spa Pedicure

A pedicure to soothe and restore. Includes an extended leg massage, mask and paraffin treatment.

Sage Spa Pedicure                      \$40\*    \$50

French Spa Pedicure                      \$50\*    \$60

## Waxing and Tinting Services

### Waxing

Brow                                      \$20\*    \$25

Lip                                         \$10\*    \$15

Chin                                        \$15\*    \$20

Sideburns                                \$15\*    \$20

Back of Neck                            \$15\*    \$20

Full Arm                                 \$45\*    \$60

Half Arm                                 \$30\*    \$45

Underarms                              \$25\*    \$35

Full Back                                \$50\*    \$60

Bikini                                    \$25\*    \$35

Lower Leg                                \$30\*    \$40

Thigh                                     \$40\*    \$50

Full Leg                                 \$55\*    \$65

### Tinting

Eyelash                                 \$20\*    \$25

Brow                                      \$15\*    \$20

Eyelash & Brow                        \$25\*    \$30

## Body Treatments

### Essential Body Polishing Scrub

Full-body exfoliating treatment using carefully blended sea salts or sugar and essential oils combined to help remove dead skin cells and improve tonicity.

30 minutes                      \$60\*    \$65

### Detoxifying Mud Body Wrap

Enzymatic sea mud will release toxins and impurities in the skin, improve elasticity, hydration and cellular regeneration.

60 minutes                      \$110\*    \$130

### California Body Bronzer

Full-body exfoliation followed by a sunless tanning treatment that will leave skin with a wonderful glow.

30 minutes                      \$80\*    \$105

#### *Sage Spa Cancellation Policy:*

*To ensure ample time to contact those on our waiting list, cancellation of services must be received by a Sage Spa associate 24 hours in advance. Should you need to cancel your appointment within 24 hours you will be charged 50% of the cost of your service.*

*\* Member Price.*

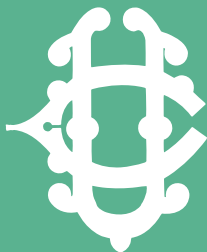
A TRADITION OF RELAXATION AT  
THE UNIVERSITY CLUB

Sage Spa Hours

Monday & Tuesday 11 am - 9 pm, Wednesday & Thursday 11 am - 10 pm

Friday 11 am - 7 pm, Saturday 10 am - 5 pm

Sunday Noon - 5 pm



THE UNIVERSITY CLUB OF WASHINGTON, DC

1135 SIXTEENTH STREET NW, WASHINGTON, DC 20036 (202) 862-8800