

Special Treatments (continued)

RATE: MEMBER GUEST

Body Scrub, Stress Relief Massage and Warm Paraffin Body Wrap (1 hour 40 minutes)
\$150 \$190

Exfoliating and detoxifying sea salt body scrub is followed by a 30-minute stress relief massage of the back, neck and shoulders. This treatment is finished with a relaxing warm healing paraffin all-over body wrap.

Scalp, Hands & Feet Massage with Paraffin Dip (50 minutes)
\$88 \$108

The perfect tension reliever! Thorough massage of the scalp, hands and feet with warm oil and paraffin hand treatment melts all your stresses away.

30-MINUTE TIME SAVER TREATMENTS

When time is of the essence, ease muscle tension, refresh, relax, and re-energize.

Anti-Aging Organic Mini Facial \$65 \$78
An extraction-free facial for all skin types, perfect before a special event or between treatments. Skin will look toned, healthy and hydrated.

Stress Melting Face & Scalp Massage \$65 \$78
A special scalp and face massage incorporating a unique blend of oils to strengthen the hair, clarify the skin and relieve all of your stress.

Relaxing Stress Relief Massage \$61 \$74
Using gliding, kneading and pressure point movements, this stress-relieving Swedish method concentrates on releasing tension in back, neck and shoulders.

The Ultimate Chair Massage \$35 \$42
The perfect back, neck and shoulder massage when you are in a rush. This massage is a great time saver because client remains clothed and no oils are used. You'll be back to work in no time!

Men's Sport Pedicure \$50 \$65
Luxury for the feet when time is of the essence. A foot smoothing treatment, trimming and shaping of nails to perfection.

Anti-Aging Hand Treatment \$50 \$60
This treatment works to restore the youthful appearance to your hands with a combination of the most innovative and therapeutic skincare ingredients available. A combination of reflexology massage and warm paraffin wax take years off the skin, the joints and muscles.

Reflexology \$66 \$84
Warm oil is used to massage pressure sensors in the hands and feet to reduce stress and tension throughout the body.



Appointments

In advance of a massage therapy session or a body treatment we suggest that you arrive 30 minutes prior to your appointment to check-in, take a leisurely shower, or use the steam, sauna or whirlpool facilities. Please note that a late arrival for an appointment may require a shortened service.

Cancellation Policy

To ensure ample time to contact those on our waiting list, cancellations of services must be received by a Sage Spa attendant 8 hours in advance. Should you need to cancel your appointment with less than 8 hours notice you will be charged 50 percent of the cost of your service.

Gratuity

A gratuity of 18% will be added to your final bill.

Additionally

Gift Certificates are encouraged for any service. Celebrate corporate outings, bridal showers and birthday parties in Sage Spa; we'll make it special. For all your skin care needs Sage Spa uses Dermalogica and Eminence Organic beauty products. Both lines are known for their excellence in innovative skin care. One of our advanced estheticians will recommend the products to suit your skin type and can prescribe a home care system to help you maintain healthy beautiful skin.



A TRADITION OF RELAXATION AT THE CLUB

Sage Spa Hours

Monday - Thursday 11 am - 8 pm · Friday 11 am - 7 pm
Saturday 10 am - 6 pm · Sunday 12 pm - 5 pm

Sarah Hammond, Sage Spa Director

Appointments: 202-787-1772

www.universityclubdc.com

Sage Day Spa
at

The University Club of Washington, DC
1135 Sixteenth Street, NW · Washington, DC 20036
· Between L & M Streets ·



CLEANSE, RELAX AND REJUVENATE

SAGE SPA

AT

THE UNIVERSITY CLUB OF WASHINGTON, DC

MASSAGE THERAPY

	RATE:	MEMBER	GUEST
Stress Relief (25 minutes)		\$61	\$74
Concentrating on the back, neck and shoulders to relieve muscle tension from your daily personal and business demands.			

Scalp, Hands and Feet (25 minutes)	\$77	\$90
The perfect tension reliever! Thorough massage of the scalp, hands and feet with warm oils and paraffin hand treatment		

Reflexology (30 minutes)	\$66	\$84
Warm oil is used to massage pressure sensors in the hands and feet to reduce stress and tension throughout the body.		

Swedish Aromatherapy

A relaxing full body massage combining multiple techniques to relieve tension and recharge the body, accompanied by essential oils which appeal to the senses and calm and clear the mind.

50 minute massage	\$88	\$108
80 minute massage	\$127	\$162

Deep Tissue

An intensive massage using elbows and forearms designed to aid in the recovery of muscle tissue usually associated with sports enthusiasts.

50 minute massage	\$88	\$108
80 minute massage	\$127	\$162

Hot Stone

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

50 minute massage	\$105	\$138
80 minute massage	\$144	\$182

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. The treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil and advanced massage techniques to safe areas. It leaves the skin toned and the body completely relaxed. We recommend this experience only after the first trimester of pregnancy.

50 minute massage	\$105	\$138
80 minute massage	\$144	\$182

SKIN CARE TREATMENTS

	RATE:	MEMBER	GUEST
Executive Facial for Men (50 minutes)		\$94	\$120
A cleansing and hydrating facial for skin irritated by shaving, damaged by sun exposure or lack of proper care. This revitalizing treatment leaves skin smooth and well conditioned.			

Hungarian Organic Facial (50 minutes)	\$127	\$162
For over 60 years, Eminence Hungarian skincare has used hand-picked fresh organic ingredients to create products that contain potent healing and beautifying properties. Organic herbs, fruits and vegetables create an organic facial that tantalizes the senses and treats the skin – a truly unique experience.		

Anti-Aging Power Treatment (50 minutes)	\$121	\$156
Deep penetrating vitamins and anti-oxidants improve the overall health and appearance of the skin. Essential nutrients are restored, resulting in smooth, supple skin.		

Deep Cleansing Facial (50 minutes)	\$110	\$144
Specifically designed for problem skin. This treatment begins with herbal cleansing to clean pores, followed by a deep exfoliation with micro peel, ouch-less extractions and a clarifying mask.		

The Skin Brightener (50 minutes)	\$110	\$144
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 anti-oxidants soften, smooth and visibly improve the appearance and texture of the skin.		

BODY TREATMENTS

	RATE:	MEMBER	GUEST
Essential Body Polishing Scrub (50 minutes)		\$66	\$78
Full body exfoliating treatment using carefully blended sea salts and essential oils combined to help remove dead skin cells and improve tonicity. The oils slowly absorb into the skin to help restore lost vitality and protect against dryness.			

Detoxifying Organic Body Wrap & Scrub (1 hour 30 minutes)	\$121	\$156
Detoxify and exfoliate the entire body with a sea salt scrub before an organic wrap is used to comfortably raise the body's temperature and induce perspiration to assist in eliminating toxins and increasing the absorption of the oils and the wrap.		

HANDS & FEET

	RATE:	MEMBER	GUEST
Sage Spa Manicure (30 minutes)		\$33	\$42
Hands are transformed with a relaxing aromatherapy hand massage, warm paraffin wax hand dip and nail polish of your choice.			

French Spa Manicure	\$44	\$54
Polish Change Only	\$17	\$24

Sage Spa Pedicure (50 minutes)	\$50	\$65
For the ultimate grooming of the feet, a pedicure to soothe, smooth and restore. This treatment includes an extended massage, exfoliation and a dip in warm paraffin wax.		

French Spa Pedicure	\$55	\$72
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Men's Sport Manicure (25 minutes)	\$22	\$30
Good grooming is a necessity for any man in the business world. Nails are trimmed and buffed, cuticles are pushed back, and the treatment is completed with a relaxing hand and forearm massage.		

Men's Sport Pedicure (30 minutes)	\$50	\$65
Normal maintenance of the feet to combat roughness from daily wear, promoting healthy nail growth and leaving your toes clean and feeling refreshed. <i>Includes a complimentary shoe shine.</i>		

Waxing Services

Brow	(15 minutes)	\$22	\$30
Lip	(5 minutes)	\$11	\$18
Chin	(10 minutes)	\$17	\$24
Full Arm	(30 minutes)	\$45	\$72
Half Arm	(20 minutes)	\$33	\$54
Underarms	(15 minutes)	\$28	\$42
Back	(50 minutes)	\$55	\$72
Bikini	(30 minutes)	\$25	\$36
Lower Leg	(30 minutes)	\$33	\$48
Thigh	(30 minutes)	\$44	\$60
Full Leg	(50 minutes)	\$61	\$78

Tinting

Eyelash	(15 minutes)	\$22	\$30
Brow	(10 minutes)	\$17	\$24
Eyelash & Brow	(30 minutes)	\$28	\$36

SPECIAL TREATMENTS

	RATE:	MEMBER	GUEST
Holistic Foot Therapy with Hot Stones (50 minutes)		\$80	\$100

A soothing foot ritual in accordance with the healing art of reflexology. The feet rest on warm smooth stones as they are bathed in warm water. The treatment includes a relaxing acupressure point massage to your feet and ankles with aromatherapy massage oil as well as a gentle exfoliation to the feet and lower legs.

*An 18% gratuity is added to all treatment totals

