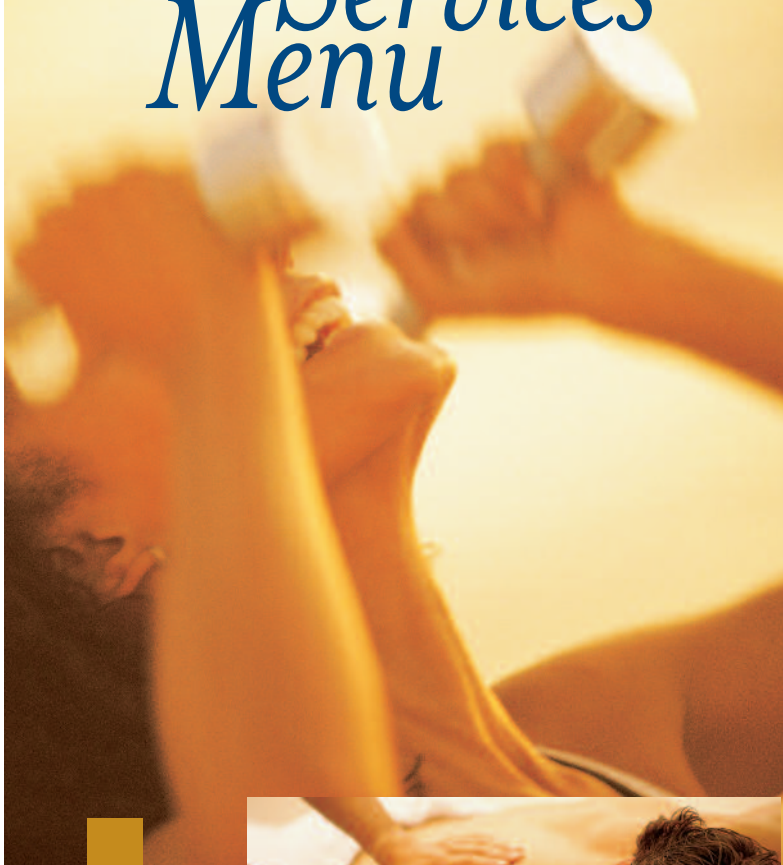


# Corporate & Group Services Menu



## Conference Group Spa Services

Capital City Spa offers you and your group attendees an array of spa treatments to enrich your meeting experience. Including Capital City Spa as part of your group's agenda will enhance their conference experience by providing relaxation and rejuvenation. A spa coordinator will work closely with your group planner to deliver an experience unlike any other.

Listed below are offerings to include in your upcoming conference agenda

### Spa Check-in Event

Start your conference off with a seated massage in your conference registration. Choose a 10- or 15-minute duration. A spa coordinator will be available on-site to schedule spa services.

### Event Break-Out

We can offer on-site mini spa services during your conference breakout sessions or provide seated massages. Spa services are an ideal "energizer" during the breaks to help you capture and keep participant's attention during meetings.

### Pre-Purchase Discounted Spa Gift Certificates

Give the ultimate gift of relaxation to your attendees. Pre-purchase specially discounted spa gift certificates as employee rewards, incentives, perks, raffles, stress management, or just to say "Thank you" or "Good job."

### VIP Packages and Gifts

Do your executives or team leaders to feel special? We can accommodate your needs by scheduling, in advance, customized spa treatments. Gift baskets, travel and bath kits or gift certificates for services can be placed in room for your attendees' arrival. Product gift selections: Polos, shower gels, moisturizing body lotions, candles, body scrubs, specialty skin care products. Selections include: Spa traveler kit, Spa gift bag, Woman's and Gentleman's spa baskets.

### Urban Spa Retreat

With advanced notice, we can reserve a block of time to schedule your group's discounted spa treatments.



### Customized Spa Packages

Our Spa representatives can customize a spa package that reflects the personality of a person, group, or corporation. We can suggest particular spa services, and even give them corporate-identified names, all within a considered time frame and budget. It's fun and gives your attendees special attention.

## "On The Clock" Individual Spa Services

### The Lavender Stress Reliever – 30 Minutes

This deep, concentrated massage to the head, neck and shoulders can easily fit into your daily agenda. It specifically targets those areas of your body that accumulate and carry tension. This must-do massage with lavender infused oil is used to maximize stress relief.

### The Soothing Mini-Facial – 30 Minutes

A condensed version of our signature facial, with a moisturizing booster that cleanses and tones for those men and women on-the-go. Concludes with a light head and neck massage.

### The Rejuvenator – 30 Minutes

This reflexology treatment is a great lunchtime or session break energizer. Disrobing is not required for this ancient Chinese technique that stimulates pressure points on the head, hands and feet to relieve tension and restore energy flow. This treatment reduces fatigue and is a great way to energize for your next session.

### The Executive Zen Massage – 60 Minutes

Restore your well-being with a refreshing Lemon Grass massage incorporating a Swedish technique to ease muscle soreness and tension. End your conference day uplifted and relaxed.

### The Sole Relief– 60 Minutes

Escape the heat with a refreshing peppermint foot scrub and pedicure with reflexology.

## Quick Rechargers: Take 15 15-Minute Stretch

Re-energize the meeting with a stretch break!

## 15-Minute Mid-Day Meditation

Re-focus participant attention. Align the mind and body for clarity.

Let our health club and spa staff enhance your next meeting at the Capital Hilton. Send your meeting attendees home with an improved perspective on life!





## Incentive and Reward Packages

Motivate and reward your employees with a spa package from Capital City Spa. Specialty packages make perfect gifts for directors, managers, team leaders and valued staff who deserve pampering. Or consider any package or individual service on our menu.



### The Urban Executive Retreat

A very popular package for both male and female clients to relieve stress and rejuvenate your mind, body and soul! Indulge in a full body massage with your choice of exotic essential oils for healing. Enjoy an Aroma Journey Manicure, Pedicure and healthy spa lunch.

### The Presidential Reward

An exceptional way to say "thank you" for a job well done or to recognize outstanding performance! Includes a detoxifying Juniper Berry or Herbal Wrap and your choice of a Gentleman's or Signature Facial to restore and renew your skin.

### Congressional Group Spa Day

It doesn't take an act of Congress to bring your group together! While you are here, fill your activity day with relaxing and rejuvenating spa services. Reserve the spa for a day and we will customize our menu to suit your group's specific needs.

*Cost of services determined by number of spa reservations and specific services chosen.*

*Discounts apply to a booking of 10 or more spa treatments.*



1001 16th Street NW  
Washington, DC 20036  
202-639-4300

Fax: 202-639-4309

[www.capitalcityclubandspa.com](http://www.capitalcityclubandspa.com)

## Group Exercise Classes

Perfect for early morning motivation or end of day relaxation. Let us customize a class to address your group's specific needs.

### Sunrise Yoga (45 minutes)

Focuses on strength, flexibility, and breathing with progression through a series of challenging postures.

### Pilates (45 minutes)

Progress through mat-based exercises designed to improve strength, flexibility, and breathing patterns.

### Stretching and Abs (30 minutes)

A series of stretches and ab exercises to strengthen abdominal muscles and increase flexibility.

### Spinning (45 minutes)

A variety of intense cycling sessions performed on our special indoor bikes. Appropriate for all fitness levels. (Limit 15 participants)

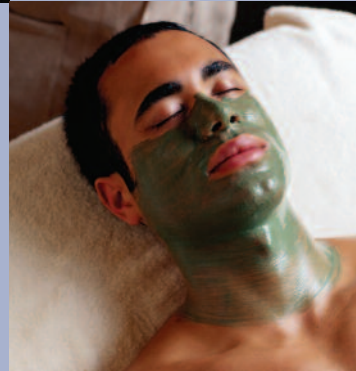
### Boot Camp (45 minutes)

This class combines cardiovascular training with military-style drills. A great way to improve coordination, balance and agility. A cardio workout with core strengthening and dynamic exercises.



### Monument Walk (60 minutes)

See the Capitol city's highlights during a two-mile brisk walk. Improves cardiovascular fitness and agility.



**For additional information or to book any services and activities, please contact the Capital City Club and Spa at 202-639-4300.**

## Price List

### Conference Group Spa Services

#### Spa Check-in Event

\$75/hour/chair

#### Event Break-Out

\$75/hour/technician

### VIP Packages and Gifts

Spa traveler kit, \$15

Spa gift bag, \$30

Woman's and Gentleman's spa baskets:  
small \$50, medium \$75 and large \$100 or more

### Group Exercise Classes

\$150 for 1-10 people and \$15 per person thereafter.

### Sunrise Yoga (45 minutes)

### Pilates (45 minutes)

### Stretching and Abs (30 minutes)

### Spinning (45 minutes)

(Limit 15 participants)

### Boot Camp (45 minutes)

### Monument Walk (60 minutes)

### Create Your Own Class

The club's manager can facilitate creating an exercise class specifically for your group.

