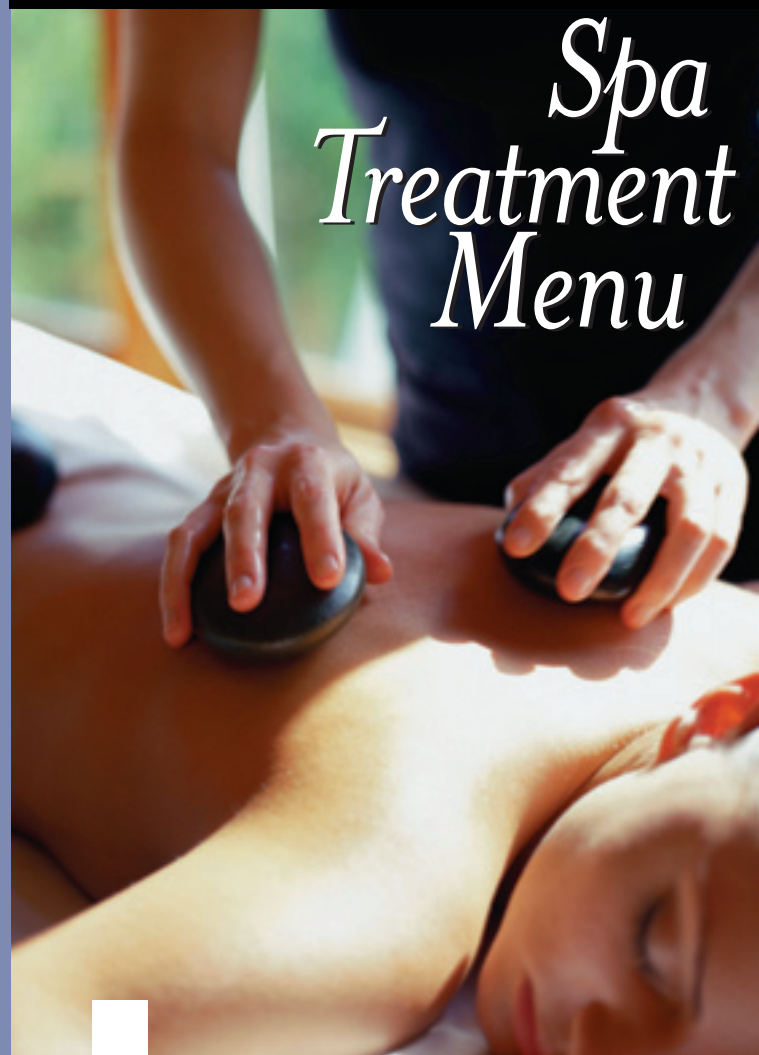


For additional
information on our
Exclusive Health Club
or on our
Corporate & Conference
Group Services,
please contact the
Capital City Club
and Spa at
202-639-4300.

Spa Treatment Menu



A Unique
Escape
in the
Capital City



1001 16th Street NW
Washington, DC 20036
[202] 639-4300
Fax: 202-639-4309
Capital Hilton Extension 4300
www.capitalcityclubandspa.com



Welcome to...

Capital City Club and Spa

Escape to a place where your cares and concerns drift away. Let our spa professionals **relax, renew** and **recharge** your mind, body and spirit. You'll soon not forget your experience at **The Capital City Spa** and we welcome you back time and again.

Signature Packages

Our signature services are designed to promote and enhance your overall well-being by increasing blood circulation, flushing out impurities and relaxing your mind and body.

PEACEFUL ESCAPE PACKAGE

Aroma Journey Body Scrub, Thirty-minute Therapeutic Massage, Express Facial ~ **Approximately 2 hours, \$170**

SPA EXPRESS PACKAGE

Thirty-minute Therapeutic Massage, Express Facial, Classic Manicure **Approximately 1.5 hours, \$128**

URBAN RETREAT PACKAGE

Sixty-minute Therapeutic Massage, Signature Facial, Classic Manicure, Classic Pedicure ~ **Approximately 3.5 hours, \$228**

ANNIVERSARY PACKAGE (ALL OF MY LOVE)

Celebrate with someone special. Enjoying a 60 minute Couples Massage with your choice of aroma oils, Classic Manicures for both and a delicious Spa Lunch.

Approximately 2.5 Hours, \$288

MEN'S SERENITY PACK

Enjoy a day at the spa with an express facial, 60 Minute Signature Massage and a Gentleman's Manicure.

Approximately 2 Hours, \$155

BIRTHDAY SPECIAL WISHES

Customize your spa birthday package with your own unique combination of spa treatments.

Gift Certificates are also available.

You can also browse our menu and create your own personal package to pamper yourself or as a gift for a friend or loved one. Retail baskets can also be included in any of our packages.

Massage Therapy

Relaxing and therapeutic, massage services at the Capital City Spa conclude with warm steamy towels and silky, hydrating lotion.

SIGNATURE SWEDISH

30 minutes, \$60
60 minutes, \$95
90 minutes, \$135

DEEP TISSUE MASSAGE

30 minutes, \$65
60 minutes, \$105
90 minutes, \$145

TRIGGER POINT, SPORTS, PRENATAL, REFLEXOLOGY, SHIATSU

30 minutes, \$65
60 minutes, \$110
90 minutes, \$150

AROMATHERAPY MASSAGE

Essential oils are incorporated into your massage to improve your physical and emotional well-being. A perfect way to relieve back aches, reduce stress, and restore tired muscles.

30 minutes, \$60
60 minutes, \$105
90 minutes, \$150

IN ROOM MASSAGE

Enjoy the benefits of massage without having to leave the comfort of your room.

30 minutes, \$95
60 minutes, \$135
90 minutes, \$175

CAPITAL CITY COUPLES MASSAGE

Enjoy your massage experience with someone special. You'll both be pampered in unison by two of our licensed, certified massage therapists.

30 minutes, \$120
60 minutes, \$195
90 minutes, \$280

HOT STONE MASSAGE

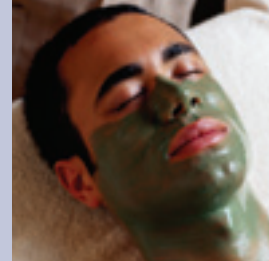
Working in harmony using various massage techniques and warm river stones. This treatment relaxes the body at its deepest level.

60 minutes, \$120
90 minutes, \$150

REIKI

This ancient Japanese healing energy restores mental, physical, and emotional balance through the light touch of healing hands on the body to release negative energy.

(Limited availability)
30 minutes, \$70
60 minutes, \$125



Capital City Club and Spa

Body Care

AROMA JOURNEY BODY SCRUB

Choose your scent for an aroma journey that includes an exfoliation with our buffing grains to massage away dead skin and improve circulation. Your skin will be fabulously silky smooth and soft to the touch after an application of our soothing sorbet. **\$85**

URBAN BODY TONER

This treatment targets cellulite prone areas and features a localized massage. Three special cellulite fighting formulas with highly active plant extracts provide intensive care for your specific problem areas to give you a smoother, leaner body profile.

60 minutes, \$95

FOGGY BOTTOM MUD WRAP

Natural minerals in a warm dead sea mud work to remove surface toxins and soften the skin. You'll feel relaxed, toned, and tightened with a renewed sense of well-being.

70 minutes, \$135

ROSE GARDEN WRAP

You'll be treated like a member of the first family when you are lavished with rose oils and essences from head to toe, leaving your skin beautifully soft and your spirits lifted.

60 minutes, \$110

JUNIPER BERRY WRAP

Exclusively for men, the Juniper scented oils and essences are used to detoxify tissues and leave skin feeling smooth.

60 minutes, \$110

HERBAL WRAP

Using the power of Hayflower to detoxify and revitalize the entire body, you will truly enjoy this traditional treatment and its balancing effect on the body and the mind.

60 minutes, \$110

CONGRESSIONAL BODY WELLNESS

A body facial that is the most luxurious of body treatments. After cleansing and exfoliation, we apply invigorating serum and nourishing cream. A deluxe spa cream masque seals in nutrients and leaves your body with soft, supple skin.

90 minutes, \$150



Facial Experiences

SPA CONFIDENTIAL FACIAL

This treatment is a key building block to healthy, well balanced skin. Starting with a European Facial to purify and rejuvenate any skin type, enjoy a complete skin analysis, steam therapy to ease the removal of skin impurities, a relaxing massage and customized skin mask with our specially formulated products. For men and women.

60 minutes, \$95

NATIONAL RELIEF FACIAL

Excellent for tired, over stimulated or generally irritated skin. Our products are specially designed to soothe and nourish sensitive skin. This treatment will reduce redness and irritation for an overall hydrated glow. **60 minutes, \$95**

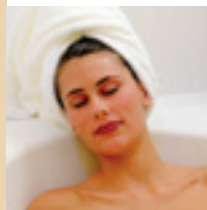
CAPITAL GENTLEMAN'S FACIAL

Exclusively for men, this soothing, refreshing and hydrating treatment revitalizes skin with a deep cleansing, exfoliation, and soothing masque. Exceptional for skin that has been dehydrated by lack of attention, shaving, and environmental damage. **60 minutes, \$95**

CAPITAL PRESERVATION FACIAL

A preventative and restorative anti-aging treatment. Using a revolutionary transepidermal Vitamin C full-face mask, this unique treatment offers the most effective delivery of potent antioxidants to the skin. Look younger and healthier as free radical damage is neutralized for healthy skin inside out.

90 minutes, \$140



EXPRESS FACIAL

This is the most effective 30 minutes you will ever spend! Enjoy a customized cleansing masque that is both toning and moisturizing.

30 minutes, \$60

Include Extraction, add \$10

Waxing Services

LIP \$10 BROW \$20

CHIN \$15 UNDERARM \$18

FULL ARMS \$35 1/2 ARMS \$25

FULL LEGS \$65 1/2 LEGS \$40

BIKINI \$25 BRAZILIAN \$65

FACE \$45 BACK \$60

(THREADING ALSO AVAILABLE)

Nail Care

Luxurious pampering for your hands and feet. These hydrating treatments exfoliate, nourish and relax.

CLASSIC MANICURE

\$22

CLASSIC PEDICURE

\$55

AROMA JOURNEY SPA MANICURE

Indulge in the aroma of your choice and you will be swept away to a far off destination where pampering is a ritual. Your journey begins with a gentle exfoliation, follows with a decadent massage and concludes with a cooling aloe hydration mask, paraffin dip and nail color of your choice. **\$40**

AROMA JOURNEY SPA PEDICURE

Indulge in an aroma and sensory journey! Begin your ritual with a stimulating exfoliation, a decadent massage, which leads to a cool aloe mask, paraffin dip, and polish. **\$75**

Gift Certificates

Spa gift certificates are a wonderful way to give the gift of health, relaxation, and beauty to the special people in your life. They are fit for any occasion and can be purchased at the spa front desk or by phone. Gift certificates can be purchased for any dollar amount or for any specific services.



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About Your Spa Experience

We are pleased to offer the ultimate spa experience, including complimentary usage of our state-of-the-art fitness center, luxurious, full-amenity locker rooms, eucalyptus steam bath, plush cotton robes, as well as refreshments provided to all of our guests.

DO YOU NEED HELP WITH CHOOSING YOUR TREATMENT?

Our spa reservation department will help you plan the perfect spa experience based on your needs.

DO YOU HAVE SPECIAL HEALTH CONSIDERATIONS?

Please notify our reservation department before booking your treatments if you have high blood pressure, allergies, any physical ailments, disabilities, or if you are pregnant.

WHEN SHOULD YOU ARRIVE?

We suggest you arrive 15 minutes prior to scheduled service time.

WHAT SHOULD YOU WEAR DURING YOUR SERVICES?

Most body treatments are enjoyed without clothing. However, please wear whatever is comfortable for you. During all treatments, the body is fully draped, except for the area being worked on. Before and after your treatments, a robe and sandals are provided for you. Please leave valuable items at home or in your guest room. Lockers are available for your personal items while you are in the spa.

SHOULD YOU SHAVE BEFORE A TREATMENT?

Shaving is recommended for men prior to a facial. If you do choose to shave, please do so at least two hours prior to your scheduled treatment. Shaving is not recommended prior to any body treatment or hair removal services.

WHAT IF YOU ARRIVE LATE FOR AN APPOINTMENT?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied.

WHAT IS THE CANCELLATION POLICY?

If you must reschedule or cancel your appointment, we ask that you let us know at least 8 hours in advance. A 50% service charge will apply to all appointments not cancelled or rescheduled within 8 hours of the appointment time. Any no show appointments will be charged the full price of the service.

HOW ARE PAYMENT AND GRATUITIES HANDLED?

We accept all major credit cards, personal checks, travelers checks, and Spa Finder Gift Certificates. You may also charge spa services to your hotel bill. A cash gratuity between 15-20 percent is recommended.

WHAT IF YOU ARE PREGNANT?

While there are a few services that should be avoided during pregnancy, there are many beneficial treatments that can be enjoyed after your first trimester. Please notify the Desk Attendant if you are pregnant when you are making your reservation.

IS THERE A DISCOUNT FOR HONORS MEMBERS?

Hilton Honors Diamond, Gold, or Silver members are entitled to a 10 percent discount if you are staying in the hotel at the time of your service. Please inform our desk attendant that you are a Honors Diamond, Gold, or Silver level member at the time you make your appointments. May not be combined with other offers



**CAPITAL CITY
CLUB AND SPA**