

la prairie SWITZERLAND ▪ SPA MENU



WALDORF ASTORIA®
BEVERLY HILLS



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LA PRAIRIE SPA
AT WALDORF ASTORIA BEVERLY HILLS

Experience the Swiss legend and world's most luxurious skincare in the heart of Beverly Hills. Inspired by Swiss science and purity, The La Prairie Spa unites the elegant artistry of Swiss precision with the exclusive tranquility of The Waldorf Astoria's matchless hospitality.

Spanning 5,000 square feet of pure serenity, The La Prairie Spa offers extraordinary services that refresh the mind and relax the body. From indulgent facial treatments to therapeutic massages, the spa utilizes La Prairie's most precious and opulent products, resulting in ultimate rejuvenation.

FROM QUEST TO PROMISE

On the pristine shores of Switzerland's Lake Lemman, Clinique La Prairie was founded with a single purpose: to offer a path to rejuvenation. Dr. Paul Niehans, a brilliant graduate from Zurich University, was convinced that science was the key to unlocking the secrets of eternal youth. After years of research, Dr Niehans made a breakthrough in 1931 at Clinique La Prairie, developing cellular therapy – with astonishing results.

His approach was as audacious as it was effective. Word began to discreetly spread among the elite echelons of society, drawing artists, royalty and world leaders to the bespoke clinic. Clinique La Prairie soon became a sanctuary of rejuvenation — a place where time stood still. The world of La Prairie has always been one of artistry and innovative scientific breakthroughs, of an elevated aesthetic and elegant precision. It is this very passion for going beyond the limits of imagination that has honed La Prairie's inextricable link with art since its beginnings. At La Prairie, art is more than an inspiration. It is an attitude.

La Prairie continues to pursue this tradition of art and pioneering excellence, fusing Swiss precision, scientific innovation, splendid ingredients and a subtly conceived, magical experience based on performance and elegance. La Prairie's quest has become a promise – the promise of time.

FROM SCIENCE TO ART



La Prairie is, at its origins, quintessentially Swiss. Switzerland's tranquility, stillness and the harmonious colors of the sky, rock and water have captured the imagination of generations of artists, making it a wellspring of artistic inspiration. Provider of the most exclusive, innovative and aspirational skincare in the world, La Prairie is the embodiment of the true nature of Swissness – precision, purity and craftsmanship.

Just as the art world gathers influencers from the international artistic community who seek to push the envelope of what is possible, La Prairie reflects the same pioneering, audacious

spirit in its innovations.

Using noble, precious ingredients, La Prairie is constantly breaking the codes of luxury. Beyond beauty, beyond science, the vehicle that drives La Prairie is art. From the painstaking research behind the scientific breakthroughs to the opulent formulations that envelop the senses, from the jewel-like, precision-designed packaging to the custom-crafted high-touch service, art is not just what La Prairie is, it is what it does.

FACIAL TREATMENTS

Rejuvenating Platinum Facial 90 minutes

The Ultimate anti-aging treatment using our precious high performance Platinum Collection. With an esthetician providing a rejuvenating facial and hand treatment, this indulgent experience will leave your skin transformed.

Perfecting Radiance Facial 60 or 90 minutes

La Prairie's gold standard for anti-aging. Golden drops of Cellular Radiance Concentrate Pure Gold visibly revitalize and perfect the skin while a gently heated mask enhances absorption of our Pure Gold serum. Your skin will feel instantly radiant and revitalized.

White Caviar Brightening and Firming Facial 60 or 90 minutes

Elegance and efficacy combined, this treatment promotes a bright, even skin tone. Golden Caviar extracts further plump

and firm the skin to provide an illuminated, lit-from-within complexion.

Caviar Lifting and Firming Facial 60 or 90 minutes

Pure luxury that instantly lifts and firms skin. Caviar pearls and a caviar-infused face and eye massage transform even the duller complexions into brilliance. A treatment for all skin types, providing moisture-rich hydration and nutrients to leave skin firmed yet silky smooth.

Swiss Cellular Anti-Aging Facial 60 or 90 minutes

Art and science unite to suspend time. With the incredible power of the Anti-Aging Collection, this facial plumps the appearance of fine lines and wrinkles. The La Prairie signature face and eye massage will leave your skin refined and supple.

Signature La Prairie Facial 60 or 90 minutes

Expert advice and tailored, proven techniques to reveal your natural beauty. Our expert esthetician will discuss your skincare needs and curate a selection of luxurious products to perform an exquisite, tailored facial. No matter the skin concern, our skin experts will provide the best solutions to reveal your skin's fullest potential.



ADD-ON FACIAL THERAPY TREATMENTS

All 90-minute facials can include your choice of one of the following therapies for no additional fee. They can be added to your 60min facial for \$75 each addition. Your esthetician will guide you towards the most suitable add-on therapy and ensure you receive the best results.

OXYGEN INFUSION THERAPY

Delivering up to 90% pure oxygen sourced from ambient air, this therapy utilizes a patented filtration system that supplies a steady stream of oxygen where your skin needs it most. An intensive, fast-absorbing solution provides immediate hydration to instantly firm and repair dull, discolored skin.

- **Oxygen and Lavender Infusion**

Our state-of-the-art oxygen infusion with lavender, this treatment delivers targeted hydration with the added therapeutic effects of fragrant lavender.

- **Oxygen and Collagen Infusion**

A highly effective collagen infusion elevates our oxygen infusion therapy to the height of anti-aging treatments. This unique formulation immediately reverses visible signs of aging and treats multiple causes of dry skin. While helping skin retain essential moisture, the infusion works at the cellular level, ensuring firmness and elasticity.

- **Oxygen and Vitamin C Infusion**

The best protection starts from within. Delivered with our hydrating oxygen infusion to stimulate collagen production, our Vitamin C infusion guards against free-radical damage that contributes to premature signs of aging. The result is a firmer, younger, fine line-free complexion.

DIAMOND MICRODERMABRASION THERAPY

A fresh start for your complexion, this therapy uses state-of-the-art Diamond Microdermabrasion technology to deeply exfoliate away dull layers of skin while stimulating overall skin health. Reducing age spots, acne scars, and rough textures, the treatment also rejuvenates sun-damaged areas while evening overall skin tone.

ULTRASONIC THERAPY

Designed to stimulate collagen tissue, this treatment utilizes ultrasonic waves to reduce fine lines and wrinkles to give skin a youthful lifted appearance. Ultrasonic waves increase blood flow to the skin by dilating the capillaries and allowing muscles to relax, leaving skin smooth, soft and supple.

LED LIGHT THERAPY

Proven to stimulate collagen production, LED light is used in this soothing treatment to even skin tone and help fade fine lines. The result is clear, radiant skin.

MICROCURRENT THERAPY

A deep “workout” for the skin, our skin-conditioning microcurrent therapy pulses away fine lines and wrinkles, improving elasticity and increasing the delivery of nutrients to the skin. Microcurrents encourage lymphatic drainage, minimizing under eye bags and dark circles, while facial muscles are toned to leave your complexion taut and glowing.

BODY TREATMENTS

Swiss Bliss Treatment 180 minutes

A dreamy three-hour experience for the senses, the Swiss Bliss Treatment promises relaxation from head to toe. Applying techniques based on the synergies between face and body, the treatment includes a facial, full body massage and scalp shiatsu. Our iconic lifting and firming Skin Caviar is applied throughout to nourish your skin for total pampering and well-being.

Cellular Energizing Back Ritual 60 minutes

Men and women alike will benefit from this intensive treatment for the back. The cleansing, exfoliating and mask application hydrate and pamper this often-overlooked area, while an invigorating hand massage take care of the rest.

Perfecting Radiance Body Treatment 90 minutes

Reveal your inner radiance with this perfecting body polish and massage treatment. A full body scrub renews the skin while a restorative massage, using luxe oils blended with our renowned Cellular Radiance Concentrate Pure Gold, rejuvenates the body from within.

Ultimate Indulgence Body Treatment 120 minutes

Incorporating a body treatment and wrap with a blissful Caviar Massage finale, this sublimely luxurious body treatment is the ultimate for stress relief and rejuvenation.

Diamond Perfection Body Treatment 90 minutes

In this skin transforming, head-to-toe treatment, La Prairie’s Cellular Mineral Body Exfoliator polishes your skin with diamond and tourmaline powders. Skin Caviar Luxe Soufflé Body Cream is massaged into newly buffed skin for a luxurious finale.

BODY MESSAGES



Customized Waldorf Astoria Massage 75 minutes

Tailored to your wellness needs, this treatment begins with a welcome ritual in which your therapist guides you through a journey of the five senses, using varying techniques to address your needs and curate a heightened sense of relaxation.

Caviar Massage 60 minutes

Our signature relaxing massage is further enhanced by the lifting and firming effects of Skin Caviar extracts for ultimate pampering.

Hot Stone Massage 90 minutes

Ideal for chronic tension, this treatment promotes the deepest relief using heated natural stones and targeted massage techniques.

Swedish Massage 60 or 90 minutes

Exceptionally beneficial for whole body relaxation, this calming massage uses sweeping strokes to increase circulation and metabolism while releasing muscle tension.

Deep-Tissue Massage 60 or 90 minutes

Unwind and restore your body with a stress-reducing deep-tissue massage. This treatment applies stronger pressure to rejuvenate the deepest layers of muscle tissue.

Prenatal Massage 60 minutes

Alleviate the discomforts of pregnancy and reclaim posture and flexibility. Performed only after the first trimester, this treatment relieves stress on joints, neck and back while nurturing body and soul.

Reflexology Massage 60 minutes

Encouraging an optimal flow of energy throughout the body, this unique massage technique stimulates the reflex arcs on the feet using manual manipulation to pinpoint and release tension points. Performed after a hot towel cleansing ritual, this treatment promises to rebalance your energy levels.

COUPLES Experiences

Unwind and indulge your senses together. Share the relaxing and soothing benefits of our exclusive treatments in our luxuriant couple's sessions. All body massages and treatments can also be enjoyed as a couple experiences as well.

Harmonious Escape 120 minutes

Enjoy the rejuvenating effects of our tension-releasing Swedish or Deep Tissue Massage followed by the Signature La Prairie Facial. This exquisite combination envelops the face and body in ultimate luxury.

Cleanse and Nourish Retreat 90 minutes

Paired with a skin-nourishing bath, this treatment finishes with our rejuvenating Customized Waldorf Astoria Massage.

Detox and Cleanse 90 minutes

Renew body and spirit with the ultimate luxury. A detoxifying bath and massage infused with ginger, and coriander essential oils energize and invigorate the senses. This service concludes with a cleansing tea ceremony to bring your body and mind to a state of zen.

Diamond Perfection Duo 90 minutes

Together with your partner, experience your smoothest, most-radiant skin with our invigorating Diamond Perfection Body Treatment.

WALDORF ASTORIA BEVERLY HILLS EXCLUSIVE

Ultimate Radiance Experience 180 minutes

3 hours of multi-sensorial bliss that leave you red-carpet ready. Beginning with an hour-long Perfecting Radiance Facial with a gold facial mask, this treatment uses our coveted Radiance Collection. It culminates in our Perfecting Radiance Body Treatment which includes a body wrap and Radiance body massage leaving you rejuvenated and glowing.

Diamond Day 5.5 hours

A decadent day that leaves you glowing like Hollywood's brightest stars. Our skilled therapists treat you to our Signature La Prairie Facial and Diamond Perfection Body Treatment to leave your skin luminous and smoother than silk. Luxurious nourishment comes next with a delectable champagne lunch, followed by our pampering Perfect Manicure and Pedicure. As a finale, a personalized makeup consultation will ensure you're ready for your close-up.

FINISHING TOUCHES



Perfect Manicure 30 minutes

Our Cellular Hydralift Firming Mask provides concentrated nourishment to stimulate and soothe fatigued skin. A hand-and-forearm massage with Cellular Hand Cream reinvigorates your hands, leaving them soft to the touch.

Perfect Pedicure 45 minutes

Starting with a deep, yet gentle exfoliation and Cellular Hydralift Firming Mask for legs, ankles and feet, this brilliant pedicure ends with a final rejuvenating massage and polish.

White Caviar Illuminating Manicure 45 minutes

Featuring exfoliation using our Cellular Mineral Body Exfoliator, a hand and cuticle treatment with our Cellular Hydralift Firming Mask, and a hot stone massage using our White Caviar Illuminating Hand Cream SPF 15, this is the ultimate facial for the hands.

White Caviar Illuminating Pedicure 60 minutes

Designed to target age and sunspots on the legs and feet, this treatment includes a refreshing foot soak, conditioning cuticle treatment, exfoliation and a hydrating mask. For a grand finale, a hot stone massage using our decadent Skin Caviar Luxe Soufflé Body Cream prepares your softened feet for immaculate polish.

GENERAL INFORMATION

We encourage your arrival 30 minutes prior to your appointment to enjoy exclusive spa facilities, including complimentary steam rooms and lounge with accompanying amenities. Please note that late arrival may result in reduced treatment time.

We invite hotel guests to arrive at the La Prairie Spa wearing the robe and slippers provided in their guest room. The La Prairie Spa will provide towels, slippers and additional amenities required for use during your visit.

Hours of Operation

Spa facilities open at 8:00am and treatment services commence at 8:30am. The treatment services conclude at 9:00pm and the spa facilities close at 9:30pm.

Relaxation Areas

Our relaxation areas ensure serenity from the moment you step inside the Spa and long after your treatments conclude. Enjoy plush lounges, refreshing beverages and calming ambiance in our separated men's and women's lounges.

In-Room Services

In-room, poolside services and waxing are available for registered Hotel guests. Please enquire at the Spa for pricing.

Health Conditions

Prior to your treatment selection, please be sure to inform us of any health conditions you may have such as allergies, injuries or pregnancy, as these may affect your treatment selection.

Cancellation

A valid credit card is required to hold all reservations. To avoid a full-fee charge, we require a 6-hour advance notice to cancel or reschedule any service. Please note that late arrival may result in reduced treatment time.

Spa Etiquette

The La Prairie Spa is a cellphone and smoke-free zone. Please respect all guests' right to privacy. To maintain the tranquility of the spa environment, we ask that you please switch off any electronic devices upon arrival.

Thermal Experiences

Our thermal facilities are separate for men and women. Therefore, use of swim wear is optional and of personal preference.

Pricing and Payments

To maintain maximum standards of service and quality, prices may change without prior notification. All major credit cards accepted. Personal checks are not accepted.

Gift Cards

An ideal gift for someone special, gift cards are available for all treatments and products. Gift cards must be presented at time of redemption.

Age Policy

Guests must be 18 years of age or older to experience a massage, body treatment, nail, facial or enjoy the spa facilities. Guest under the age of 18 can enjoy our Spa treatments accompanied by a parent or guardian, they do not have access to the spa facilities. Guests must be 16 years of age or older to use the fitness center. Guests under 16 can accompany their guardians but must refrain from using the equipment.

Special Events

Host your next event in pure style. The La Prairie Spa offers lavish treatments and elegant exclusivity for your next celebration. For more details on how we can personalize your special gathering, birthday, bridal shower or client meeting, please contact our Spa directly.