

The logo features the word "bliss" in a large, bold, dark blue sans-serif font. Above the "i" in "bliss" is the text "spa menu" in a smaller, white, sans-serif font. A registered trademark symbol (®) is located to the upper right of the "s" in "bliss".

bliss® spa menu

call: 877 TO BLISS (877 862 5477)

click: blissworld.com

spa menu bliss®

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'guy' maintenance

Look for these symbols when selecting your bliss spa services:

- s** not recommended for individuals who are allergic to shellfish/iodine
- p** we cannot perform this treatment on pregnant guests
- h** not recommended for guests who suffer from high blood pressure or heart problems
- a** not recommended for Accutane users
- r** not recommended for guests who are using Retin-A, Avage, Tazorac, Differin, have had recent laser or plastic surgery or are sunburned

- Ensuring our guests' safety is crucial. A 'guest-check' form must be completed before each and every treatment begins.
- Bliss reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask your reservationist when you book your appointment.
- Please note: We require at least twenty-four hours notice to cancel any appointment, and a credit card number is needed to hold your reservation.
- All spa guests must be 16 years of age or older to schedule or receive a Bliss spa service. Guests between the ages of 16 and 18 can receive a Blissage75 or Best of Skintentions facial. Guests under the age of 16 may receive nail services only when accompanied to Bliss by an adult. All guests under the age of 18 must bring a signed guardian consent form to their appointment.

waxing

Quick, expert and as painless as possible waxing to remove unwanted hair from (practically) anywhere. For best results, hair should be at least 1/4 inch in length.

lip or chin 🍷	\$15
cheeks 🍷	\$17
brow 🍷	\$30
ear 🍷	\$15
underarm 🍷	\$24
half arm 🍷	\$35
arm 🍷	\$45
chest 🍷	\$55
stomach 🍷 🍷	\$25
half back 🍷	\$35
back 🍷	\$65
basic bikini 🍷	\$35
the betweeny™ wax 🍷	\$50
brazilian bikini (the full monty) 🍷	\$70
lower leg 🍷	\$40
upper leg 🍷	\$60
upper leg/bikini 🍷 🍷	\$85
upper leg/betweeny™ 🍷 🍷	\$100
upper leg/brazilian 🍷 🍷	\$115
full leg (no bikini) 🍷	\$90
full leg/bikini 🍷 🍷	\$110
full leg/betweeny™ 🍷 🍷	\$125
full leg/brazilian 🍷 🍷	\$145

key

- 🍷 using poetic strip wax
- 🍷 using poetic strip-less wax

You must refrain from using waxing as a hair removal method if you are using Retin-A (currently or in the last 3 months), Accutane (currently or in the past 6 months), other keratolytic medications (that increase skin exfoliation) or are sunburned or recovering from a recent laser peel.

skincare/facials

Experience the stuff that started a spa revolution. And, don't forget, most facial bookings can be customized, should you decide to sink your skin into something more specific.

best of skintentions™ This fab-for-all facial is on a mission to achieve complexion 'pore'-fection. Combines cleansing, exfoliation, extractions, with strategic shoulder, neck, arm and foot massaging. Ideal for upkeep between our more targeted facials, and can be further customized with a variety of facial build-ons. 60 min \$120

the youth as we know it™ Our ultimate anti-aging treatment targets tone, elasticity, volume, fine lines and wrinkles—all the way to your décolleté. Includes a gentle yet effective mushroom enzyme peel, a high-tech cell-regenerating moisturizing cocktail and a soothing collagen mask. 60 min \$185 **a**

the triple oxygen treatment™ Our classic (and most popular) all-around complexion reviver just got even better (we know, hard to believe). This facial now starts with a skin-type-specific peel cherry-picked by your technician, then follows with a pre-extraction oxygen wrap, the necessary extractions, application of our Triple Oxygen cream and mask, an energizing, hydrating enzyme pack and a vitaminized oxygen spray. It's like a breath of fresh air for your face, literally. 75 min \$160 **p a r**

NEW the 'bright' stuff facial Don't get mad, get 'even!' Calm down hyperpigmentation, diminish dark spots and get a gorgeous glow. The complexion-correcting combination of a no nonsense peel and brightness-boosting mask works wonders for every skin tone, from ebony to ivory. A series of six every ten days is recommended for the brightest bright. 60 min \$175, series of six* \$900 (that's one free!) *series must be paid for in advance. **p a r**

the fully loaded facial™ This totally over the top treatment includes deep cleansing, a fruit acid wash, an oxygen wrap, extractions, activating massage with essential oil balm, an age-fighting collagen ampoule, skin type specific seaweed mask, head, neck, shoulder, arm and foot massage, a hydrating Hair Dew® treatment and to finish, an O₂ blast. 90 min \$200 **s a r**

the remède alchemy facial Featuring Laboratoire Remède's cult classic Alchemy line, this très-luxe, all-inclusive facial addresses early signs of aging to resurface and revitalize the face, décolleté and hands. Includes extractions, hand and foot paraffin wraps, targeted masks to treat issues like sun damage and fine lines, and a decadent scalp massage. Expect to be asked where you got your work done. 60 min \$200 **a**

NEW no zit sherlock (launches june 2010) Let's 'clear' something up: While every step of this treatment—application of our new blemish-busting products, extractions and zit-zapping light therapy, to name a few—is serious about stamping out spots, it's also super-soothing to help calm irritated, acne-attacked skin. Bye-bye, breakouts! 75 min \$165 **p a r**

oxygen blast™ Includes a quick fruit acid wash, massage with mycelated vitamins, a hydrating hot towel and enzyme pack, and a five minute oxygen spray. Great pre-date, post-flight, mid-life. 30 min \$80 **a r**

chestial/backcial A Best of Skintentions Facial for your back or chest (your choice). Best booked one week prior to donning that low-slung 'something'. Also available with fruit acid wash or 'build-ons' to target particular problems. 60 min \$120 (\$220 with microdermabrasion.)

microdermabrasion

Visit blissworld.com pre-treatment for info on how to get the most from your microdermabrasion.

NEW peeling groovy® This speedy super smoother starts with a thorough cleansing, follows with microdermabrasion and a brightening mushroom enzyme peel, and finishes with a facial massage using our Triple Oxygen + C Energizing Cream. A popular anti-aging quick fix. 30 min \$125 **p a r**

crystal clearing® This incredibly effective resurfacing treatment uses a spray of micronized crystal particles to break up dead cell surface layers and reduce the appearance of aging on face and neck. Includes a post-abrasion regenerative oxygen spray or targeted task mask. 60 min \$225 **p a r**

step clean® Combines microdermabrasion, an oxygen wrap, deep pore purging, massage, an arnica-based calming mask, and a targeted task mask to keep breakouts at bay. Recommended twice yearly or more often for 'problem' skin types. 105 min \$280 **p a r**

mini-microdermabrasion Combines a standard cleansing, two passes over the face and neck and application of sunscreen. Can be booked between full-service sessions. 30 min \$115 **p a r**

herbies

These customized combination plates serve up a signature facial, a warm full body rub-on and wrap-up in lavender, bergamot, lemon, thyme, peppermint and eucalyptus slimming essential oils – simultaneously.

the herbie™ A Triple Oxygen Treatment + a Herbie wrap.
90 min \$195 **P h**

the hangover herbie™ This perfect pick for post-reveling recuperation includes a Herbie wrap-up, complexion revitalizing mask, fifteen-minute foot massage, anti-migraine massage and skin saving oxygen spray. 90 min \$215 **P h**

facial ‘build-ons’*

Tailor-make your treatment by selecting one, two, or a few of the following:

NEW lip service This pucker-perfecting treatment sloughs scaly lips with microdermabrasion and a gentle peel, gives your kisser a pretty little plump with a firming collagen mask, and busts any fuzz with a quick lip wax. The result? You’ll look ‘pout’ of this world! \$35 **a r**

the ‘eyes’ have it The essential addition to any facial, this peeper-perfecting treatment includes a wrinkle-renovating Japanese mushroom enzyme peel, a dark-circle-diminishing ‘round the eye’ hydro-gel massage and a de-puffing task mask. Its instant brightening, smoothing and hydrating effects will leave you wide-eyed. \$45 **s a**

capillary zapping Zap away capillaries (sorry, but we can’t go near the ‘varicose vein’ variety), injury induced red-spots, and blood vessels dilated by sun-damage in minutes. Get rid of the redness, without recovery time. 15 min \$45 **P r** **Available at bliss soho and bliss57 only.**

NEW simultane-bliss reflexology Experience the ultimate in head-to-toe relaxation and let a massage therapist take care of those tootsies during your facial. Ask about availability upon check in. 30 min \$70

facial ‘build-ons’* cont’d...

bilberry & vitamin C seaweed task mask	\$25	all
breakout busting seaweed task mask	\$25	●
lighten-up seaweed task mask	\$25	▲ ● ●
hyper-hydrating seaweed task mask	\$25	▲ ● ● ▲ ●
wrinkle refining seaweed task mask	\$25	●
warm wax mask	\$35	● ▲ ● ●
firming collagen mask	\$55	all
NEW the ‘bright’ stuff mask	\$55	all
regenerating vitamin A, C & E oxygen spray	\$30	all
anti-aging collagen ampoule	\$15	● ● ●
refining fruit acid wash a r	\$25	all
super-smoothing enzyme peel a	\$45	all
alpha beta peel P a r	\$80	● ▲ ● ● ●
brightening mushroom enzyme peel a	\$65	all
microdermabrasion add-on (face, neck or hands) a r	\$65	all

key

aging	●	combination	●	oily/acne	●
all skin types	all	dry	●	sensitive	▲
blotchy	▲	hyperpigmented	●	smokers	●
clogged	▲				

* A build-on cannot be booked by itself.

body treatments*

Our body-and-mind-unwinding selection of scrubs, wraps, rubs and buffs adds another layer to our already addictive massage offerings.

the carrot and sesame body buff™ Includes a carrot mulch and hot oil rubdown, warm milk and honey drizzle, a skin-softening wrap, and a sesame seed and sea salt scrub to remove every last patch of rough from your 'buff'. A Vichy shower is the grand finale. 90 min \$165 **P h**

the hot salt scrub™ This right-on rubdown drives away dry skin with our secret self-heating, sinus-clearing, mind-melting rosemary and eucalyptus oil sea salt scrub blend. **Do not shave before or schedule same day waxing services.** 60 min \$120 **P**

scrubs deluxe™ Fall head over heels in 'scrub' with one of our seriously-softening body smoothing treatments in your fave 'flave': **lemon+sage, blood orange+white pepper or vanilla+bergamot.** 60 min \$120 **P**

scrub & color® Bluff a full-body bronzing with a quick scrub (to ensure an even absorption of DHA), shower and all-over application of our streak-sidestepping self-tanning formula. **Important: For best results, wear dark colored, loose, non-silk clothing and book 3 days prior to a special event.** 75 min \$130 **P**

slimming treatments

These targeted bod-bettering treatments will help you look your svelte-est especially when booked in a series of sessions.

fatgirlslim™ A savior before slipping into anything curve hugging, this detoxifying, circulation-stimulating, body-toning treatment includes dry brushing, application of firming grapefruit essential oil, a trouble-spot-targeting seaweed task mask, a heated wrap, and a rubdown with waist-whittling Love Handler followed by our famed FatGirlSlim or FatGirlSleep (depending on the time of day). 75 min \$150 **S P h**

fatgirlscrub™ This dimple-dashing, skin-smoothing scrubdown starts with a stimulating sloughing using FatGirlScrub (boosted with lump-leveling Himalayan Pink Salt and seaweed extract), followed by a Vichy shower, a layering of Love Handler, and a finishing coat of FatGirlSlim or FatGirlSleep (depending on the time of day). 60 min \$120 **S P**

the love handler™ This serious spare-tire-tackling treatment combines vacuum-assisted massage, bloat-busting essential oils, and a firming seaweed task mask wrap to target cellulite, stubborn fat, lazy lymphs and sluggish cells on a not-so hard 'core' area. We recommend a six (session) pack. 60 min \$130 **S P**

quadruple thighpass™ This 4-step anti-cellulite treatment combines our microcirculation-stimulating essential oil blend with vacuum-assisted thigh-smoothing, toxin-purging massage and lymph clearing. After 6 sessions, you'll look 'fabu-legs'. 60 min \$125 **P**

the deep sea detox™ This super wrap includes a firming oil massage with heated seashells, a French marine seaweed hot pack and a stimulating shower to simultaneously slim, promote lymph drainage, remineralize, relax and hydrate. Works wonders when booked weekly. 90 min \$165 **S P h**

* Bliss Body Treatments and Slimming Treatments are available at select Bliss Spa locations only. Please visit blissworld.com/spa or call **877 TO BLISS** for details.

massage

Our 'aah-inducing' massages run the gamut from half-hour knot-nixing quickies to 'just try and peel me off the table' 135-minute muscle-melting marathons. (Please note that we do not perform any massage treatments on women in their first 12 weeks of pregnancy.)

blissage™75 A virtual countdown to 'butter', this tension-taming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. 75 min \$150 **P**

blissage™105 The Blissage75, but extended by 30 more mind-bogglingly massaged minutes. Includes warm wax foot wrap. 105 min \$210 **P**

the super blissage™ Combines a bevy of massage moves with two soft-spot stimulating paraffin packs. We recommend using it on a lousy lower back, knotted-up neck or those high-strung hamstrings. 85 min \$195 **P**

the ginger rub™ A massage legend in its own time. Boasts a brisk rub of freshly-grated ginger root and warm detoxifying essential oils, a cozy warming foil wrap, a 20-minute soak and a 100-minute body-melting massage. 135 min \$250 **P H**

the deep tissue treatment (a.k.a. sports massage) Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) Ideal for athletes, weekend warriors or over-rubbed regulars. 75 min \$165 or 105 min \$235 **P**

great expectations This bump-friendly version of our Blissage75 combines massage with Mama Mio products to help maxed-out moms-to-be relax and relieve tired muscles, swelling, and sluggish circulation. (After the first trimester only.) 75 min \$160

NEW rookie mom rubdown Baby's here, but the bump still remains? Recoup that pre-baby bod and catch some R+R while you're at it with this recuperating rub. A muscle-melting Blissage with skin-strengthening Mama Mio products plus a tummy-toning 'Tight' on Target add-on treatment will have you feeling like one hot mama. 75 min \$170 **S**

the rubber neck® Kneading, stretching and acu-pressing follows a parafango pack warm-up to get the boulders out of your shoulders and make you into mush 'from the neck up'. (Note: This is not a full body massage.) 60 min \$125 **P**

the rapid rub® Thirty minutes of intensive massage work on whatever muscles are mistreating you most. \$70 **P**

reflexology A 'toe'-tally Bliss twist on the classic blend of foot massage strokes helps stimulate circulation, untangle sports-tortured tendons and detox you down to your last little piggy. 30 min \$70 **P**

massage 'build-ons'

more massage Can't seem to peel yourself off the table? If you 'knead' to prolong your rubdown, ask about adding 15 more minutes of 'aah' to the end of your massage. Based on technician availability and cannot be booked by itself. \$30

NEW hot shell add on Heated super smooth sea shells work like hot stones to help melt knotted spots or areas of tension and can be added on to any massage or body treatment. \$35

aromassages™

Add some aroma to your therapy with one of these essential oil blends.

the nerve whacker™ Tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint essential oils. \$15 **P**

hot off the stresses™ Fight fatigue and flagging energy with essential lavender, bergamot and sage oils. \$15 **P**

jet out™ Ziplock your jet lag with a time-aligning rub of pine, rosemary and eucalyptus. (It's best to book this at the same time as your tickets.) \$15 **P**

add-on spa services*

Spoil yourself! To add these to any 'by the book' facial, body treatment or massage, simply request the upgrade when booking or checking in.

'tight' on target Give a bulge-battling boost to any facial, massage or body treatment with a seaweed task mask that pinpoints your pudgier parts (choose hips and thighs, torso or arms), plus a slathering of three slimming creams. \$40 **S P**

the hands of time This paw-pampering treatment smooths and lightens spots with a youth-inducing enzyme peel, then hydrates hands with a 30-minute paraffin pack. \$50 **A**

hair dew® Destress tresses with an acupressure application of scalp-sloughing essential oils, a cocoon of conditioning cream and a stimulating massage mix. \$35 **P**

hot paraffin pack™ Stimulates circulation and relieves stiff necks, sore lower backs, chapped dry hands or feet, or sun-damaged décolletés. Complements any massage, skincare or nail service. \$35

parafango This warm sea mineral mud pack can be applied to any part of your body (within reason) to draw out toxins, increase circulation and relieve sore muscles and tension. \$40

upper back buffing Gets dead cells 'off your back'. Adds an extra-strength 'clean' to clog-prone backs and shoulders. A great post-massage add-on for athletes or oily types. \$25

* An add-on cannot be booked by itself.

nail care

Much more than mainstream manis and pedestrian pedis.

hot cream manicure Our basic manicure, with a hot cream hand soak, cuticle clipping, pushing, perfecting and polishing. 30 min \$25

the upper hand™ A youth-inducing hand treatment with a brightening mask, warm wax wrap and Hot Cream Manicure. For dry or sun-damaged hands. 60 min \$60

the bliss basic pedicure includes soaking, buffing, de-roughing, clipping, trimming, base-and-top coating and very particular painting. 60 min \$55

head over 'peels' pedicure™ This sole-stimulating, citrus-scented pedi serves up all the 'juicy' details, including a blood orange+white pepper soak and scrub, plus a clipping, buffing and polishing that will leave feet looking seriously a-'peel'-ing. 60 min \$65

'pedi'-colada book 'toe' tickets to paradise with this tropical treatment, which includes a pineapple and coconut oil infused milk soak, sugar scrub, a hot sea shell massage, and a beach-worthy polish – all while you sip a virgin piña colada. 60 min \$70

the hot foot™ A sublimely sensory pedicure with a hot stone eucalyptus soak, orange oil softening and heating sea-salt scrubbing. 60 min \$70

the hot milk and almond pedicure™ Feet are softened in steamed whole milk and almond oil, then scrubbed into softness and taken to the pinnacle of 'pedicuring'. 60 min \$65

cold feet™ A masterful mint flavor pedicure that uses alternating hot and cold therapies to deflate aching, swollen feet and puffy ankles. (Recommended during PMS, pregnancy, post-flight or pre-marathon.) 60 min \$65

foot patrol® The ultimate power-pedi that gives scary 'Franken-feet' a major overhaul. With added attention to callus buffing, sloughing, softening and smoothing, feet will be preened and polished to perfection. 75 min \$90

double choc™ A chocolate fete for your feet, this treatment is sweet. Includes a hot chocolate milk skin-smoothing soak, and all the prerequisites of a perfect pedicure—with a supremely creamy chocolate treat served on the side. 60 min \$70

the callus conqueror Ideal for extra-hardened heels, this pedicure add-on dissolves stubborn calluses with a powerful exfoliating formula, then buffs them away with a thorough foot filing to reveal baby-soft soles. Can be added to any pedicure. \$15

polish change Hands or feet. 15 min \$15

french polish Add to any manicure or pedicure. \$10

bliss for men

Here, a sampling of services that'll make any guy feel at 'homme' in our spas. Of course, almost all of our services are designed for equal opportunity indulgence so feel free to explore the other pages, too (it's not called a spa 'men'u for nothing).

super-strength skincare

'homme' improvement® This very virile, absolutely masculine version of our Triple Oxygen Treatment is performed with lots of hot towels, a series of scrubs, with an anti-ingrown hair angle. A must for any well-groomed guy. 75 min \$160 **a r**

the youth as we know it™ This overachieving anti-aging treatment targets tone, elasticity, volume, fine lines and wrinkles with a gentle yet effective mushroom enzyme peel, a high-tech cell-regenerating moisturizing cocktail and a soothing collagen mask. 60 min \$185 **a**

massage

blissage™ 75 A virtual countdown to 'butter', this tension-taming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. For relaxation, improved circulation and stress and fatigue reduction. 75 min \$150

the deep tissue treatment (a.k.a. sports massage) Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) Ideal for athletes, weekend warriors or over-rubbed regulars. 75 min \$165 or 105 min \$235

the rubber neck® Kneading, stretching and acu-pressing follows a parafango pack warm-up to get the boulders out of your shoulders and make you into mush 'from the neck up'. (Note: This is not a full body massage.) 60 min \$125

body treatments

the hot salt scrub™ This right-on rubdown drives away dry skin with our secret self-heating, sinus-clearing, mind-melting rosemary and eucalyptus oil sea salt scrub blend. **Do not shave before or schedule same day waxing services.** 60 min \$120

head over 'peels' scrub+rub™ This freshly squeezed treatment starts with an energizing blood orange+white pepper scented body polish and a Vichy shower rinse off, then gives orange-'aid' to your most knotted spots with a 30-minute massage. 60 min \$140

nail services

the manly-cure™ Our detail driven manicure for men includes a hot cream hand massage, followed by a cuticle curtailing soak, clipping and pushing, nail buffing and perfecting. Manly-cure maketh the man. 30 min \$25

the bliss basic pedicure includes soaking, de-roughing, clipping, trimming and buffing. 60 min \$55

foot patrol® The ultimate power-pedi that gives scary 'Franken-feet' a major overhaul. With added attention to callus buffing, sloughing, softening and smoothing, feet will be pruned to perfection. 75 min \$90

waxing

brow 🗑️	\$30
ear 🗑️	\$15
chest 🗑️	\$55
stomach 🗑️ 🗑️	\$25
half back 🗑️	\$35
back 🗑️	\$65

key

- 🗑️ using poetic strip wax
- 🗑️ using poetic strip-less wax



bliss gift cards...

even the person who has everything
can't get enough bliss

Available in any denomination, bliss gift cards are redeemable for **bliss spa services** or **products** in the **bliss catalog**, at **blissworld.com** or at **bliss' in-spa stores**.

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to purchase bliss gift cards or
to book an appointment**

call: 877 862 5477 **click:** blissworld.com

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