



# bliss<sup>®</sup> spa menu

**1-877-TO-BLISS** (877 862 5477)

**blissworld.com**

**bliss spa booking app**





# get ready to look and feel absolutely 'spa'-tacular

Tension mounts. Stubble sprouts. Polish chips. Zits happen. And that's exactly why Bliss is here to deliver the world's best massages, waxing, nail services and facials: incredibly effective treatments that are able to transform not only your appearance, but also your overall state of mind—all administered by our phenomenal team of the Best Techs on the Planet.

Unlike any spa you've ever set foot in, Bliss infuses happiness into everything we do. From our pretension-free attitude to our upbeat music, colorful design and beloved brownies, our spas are designed to be fun, positive environments that leave you uplifted, glowing and empowered to take on the world. Now with bliss spa membership, it's even easier for you to infuse bliss into your wellness routine.

**bliss. achieve a higher state of happy™.**



# massage

## **blissage™75 / blissage™105** 75 min \$160 / 105 min \$225

signature spoil-me sessions

These mind-unwinding full-body massages both begin with a sole-soothing warm wax foot wrap, followed by a ridiculously relaxing rubdown designed to loosen you up and target your most troubled muscles. (We may have to peel you off the table when it's over.)

## **blissage™49**

49 min \$125

customizable power pampering

Named after our flagship NYC location, this 49-minute massage is for those who need to be in, 'ahh', and out within an hour. Choose between a full shoulder-to-toe rubdown or targeted treatment of specific spots with knots. (Talk about a happy hour.)

## **extreme sports massage** 60 min \$155 / 85 min \$220

for aching athletes and gym-goers

Whether you're sore from spin class or snowboarding, this mega-muscle-relaxing massage pinpoints your most painful parts with a parafango pack, deep tissue work with a spasm-soothing oil, and application of an instant refreshing gel.

## **the ginger rub™**

105 min \$225 / 135 min \$285

rubdown+wrap-up combo

A massage legend that boasts a brisk rub of freshly grated, circulation-stimulating ginger root and warm detoxifying essential oils, a cozy warming foil wrap and a full body massage to get to the 'root' of your tension.

## **great expectations**

75 min \$170

pregnancy-safe soother

Performed with prenatal-approved products, this bump-friendly version of our Blissage75 relieves tired muscles, swelling and sluggish circulation to leave maxed-out moms-to-be feeling practically 'reborn'. (After the first trimester only.)

## **rookie mom rubdown**

75 min \$180

post-baby pampering

Take a break from the new bundle with a muscle-melting Blissage75 and let your recovering belly bask in a tummy-toning 'Tight' on Target treatment that'll leave you feeling like one hot mama.

# massage continued

## the rubber neck®

60 min \$135

neck+shoulder nirvana

'Shrug' off tension with this targeted rubdown, which includes a pre-massage parafango pack followed by kneading, stretching and acupressing to work the boulders out of your neck, shoulders, and scalp. (Note: This is not a full body massage.)

## the rapid rub®

30 min \$80

knot-nixing in no time

De-stress on the double with a half-hour of targeted massage work on the area that aches you most. (Note: This is not a full body massage.)

## reflexology

30 min \$80

sole soothing, bliss-style

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. Can also be booked as a facial upgrade.

## rhythm & 'bliss' massage\*

75 min \$160

musical muscle melter

Listen up while you loosen up with this rhythmic rubdown, which gives tense spots a 'tune'-up while you tune out with a pair of noise-canceling headphones playing your choice of four music mixes. Your therapist will massage to the beat for a sensory soothing session that hits all the right notes—and the right knots. (bliss soho, bliss49, bliss57, bliss hoboken only)

## stretch therapy

30 min \$80 / 60min \$150

assisted stretch treatment

Powered by Stretch Zone®, this tailored treatment was created to help you shake off stress, increase circulation and deliver sweet, sweet relief to stiff, achy muscles. Our specially trained massage therapists will provide a 100% controlled and comfortable deep-stretching session that will leave you and your muscles feeling completely rejuvenated and brand-spanking new. (Only available at Bliss Spa locations in NYC. Clients should wear workout attire)

### love bliss massages?

Ask us about bliss spa membership or learn more at [blissworld.com/membership](http://blissworld.com/membership)

\*Treatment consists of 15 minutes for music selection/setup and 60 minutes of massage.





# face

## triple oxygen facial

75 min \$170

our #1 'skin'-vigorator

The facial that made us famous, this classic radiance reviver includes a targeted peel, an energizing enzyme pack and three forms of skin-brightening oxygen, including an oxygen wrap and vitaminized O2 spray. It's like a breath of fresh air for your face—literally.

## multi-'face'-eted facial

60 min \$275

fight the 6 signs of aging

Our new incredible powerhouse facial starts with an intensive skin consultation with one of our world famous estheticians who will then customize a treatment specific to your skin, all while tackling the 6 signs of aging. Reduce the appearance of fine lines and pores, improve skin tone and texture, and reveal softer, brighter skin.

## fabulous facial™

60 min \$130

customizable complexion perfector

This fab-for-all facial includes all the expertly performed facial essentials (cleansing, exfoliation and extractions), and is designed to be customized 'spa'-cifically for you with a variety of beauty-boosting upgrades. Fabulous indeed!

## the youth as we know it™

60 min \$195

the ultimate age-fighter

This turn-back-time treatment targets tone, elasticity, volume, fine lines and wrinkles—all the way to your décolleté. Includes a gentle yet effective peel, extractions and a high-tech collagen mask to help you uncover the 'youth'.

### also available: the youth as we know it™ night

Adds an extended massage, night cream application and serving of milk and brownies to help you (and your wrinkles) relax. Best after 5 p.m.

## the transluminous facial™

60 min \$185\*

hyperpigmentation helper

Lighten up with this dark-spot-diminishing facial that includes a no-nonsense peel and brightness-boosting mask. It works wonders for every skin tone from ebony to ivory—so don't get mad, get 'even'!

\*this does not include extractions

**Series of six** (recommended for best results): **\$925 (that's one free!)\***

## the fully loaded facial™

90 min \$215

all-inclusive indulgence

This over-the-top treatment includes the whole 'skin'-chilada: a deep cleansing, bliss incredi-peel, oxygen wrap, extractions, age-fighting plumping collagen serum, skin-type-specific rubberizing mask, head, neck, shoulder, arm and foot massage, Hair Dew® treatment and an O2 blast.



**META therapy\*\*****45 min \$250**

high-tech lifting+volumizing

Our latest anti-aging service, META therapy deeply penetrates skin and stimulates collagen and elastin production to give the look of firmer, more youthful skin. \*\*Available at select locations.

**Series of eight** (recommended for best results): **\$1500 (that's two free!)**

**firm, baby, firm facial\*\*****60 min \$215\***

high-tech lifting+volumizing

Sagging got you (and your skin) down? Pick up the slack with this advanced anti-aging facial, which firms and plumps skin with our lifting and volumizing serum, microdermabrasion and microcurrent technology to kick-start collagen and improve muscle tone. Ladies and gentlemen, we have 'lift-up'!

\*this does not include extractions \*\*Available at select locations.

**the remède alchemy facial****60 min \$215**

age-defying decadence

Featuring Laboratoire Remède's cult classic Alchemy line, this très-luxe facial resurfaces and revitalizes skin to address early signs of aging. Includes extractions, hand and foot paraffin wraps, targeted masks and a scalp massage. Expect to be asked where you got your work done...

**no 'zit' sherlock****75 min \$175**

the acne attacker

With expert extractions and application of our No 'Zit' Sherlock formulas, this treatment is serious about battling blemishes—but it's also super-soothing to help calm irritated, acne-afflicted skin. Bye-bye, breakouts!

**elemis tri-enzyme resurfacing facial** **60 min \$180**

age and acne scar eraser

Smooth things over with this aromatherapeutic facial, which uses Elemis' micro-encapsulated enzyme therapy to stimulate skin's natural exfoliation, leaving your complexion clean, clear, radiant and porcelain-smooth.

\*this does not include extractions

**head-to-'glow' treatment****90 min \$205**

a face to feet treat

This top-to-toe treatment lets you simultaneously soak up our signature skin-rejuvenating Triple Oxygen Facial, a warm full-body wrap of herbal essential oils and a scalp and foot massage. (Talk about total 'wrap'-ture.)

**oxygen blast™****30 min \$90**

emergency energizer

This quick complexion pick-me-up includes bliss incredi-peel, antioxidant vitamin massage, hydrating enzyme pack and oxygen spray. Glowing skin, coming 'bright' up!

\*Series must be paid for in advance.



# face

## microdermabrasion

These resurfacing facials use a gentle spray of micronized crystal particles to exfoliate dead cells on skin's surface layers, revealing a fresher, younger-looking complexion.

### mini-microdermabrasion

**30 min \$125**

express exfoliation

Just right for rookies, this facial gets straight to the point with cleansing and two passes of microderm over the face and neck, for a serious slough without the 'fluff'.

### peeling groovy®

**30 min \$135**

anti-aging quick fix

Like cross-training for your complexion, this facial combines both physical and chemical exfoliation with microderm and a brightening enzyme peel, plus a facial massage with our Triple Oxygen+C Energizing Cream.

### crystal clearing®

**60 min \$240**

micro+mask mix

After your face is cleansed and polished to perfection, it's pacified with a calming skin-type-specific rubberizing mask chosen to suit your skin's needs, leaving you super smoothed and seriously soothed.

### steep clean®

**90 min \$295**

aging+acne answer

Perfect for 'problem' skin, this no-holds-barred facial combines a thorough microderm session with pore-purging extractions and an oxygen wrap, plus breakout-busting and calming masks.

### the blisslabs active 99.0 facial®

**75 min \$275**

transformational anti-aging facial

This loaded service works to firm, smooth, and reduce the appearance of wrinkles and discoloration, helping skin look years younger in less than two hours. The 10-step, 75 minute multi-layer anti-aging facial includes skin-refining microdermabrasion, toning microcurrent technology, professional-strength peel, pore-purging extractions, and a layering of our exclusive, professional-grade active-filled 99.0 formulas.

#### love bliss facials?

Ask us about bliss spa membership or learn more at

[blissworld.com/membership](http://blissworld.com/membership)

## facial upgrades\*

The secret weapons in every tech's tool kit, these upgrades are designed to ramp up results and give any facial more 'oomph'. Choose one, two or a few—they're built into your treatment so they don't add additional time.

### anti-aging extras

|  |             |
|--|-------------|
| <b>microdermabrasion</b> (2 passes on face, neck or hands) | <b>\$70</b> |
| <b>advanced healing collagen mask</b>                      | <b>\$60</b> |
| <b>instant lifting rubberizing mask</b>                    | <b>\$30</b> |
| <b>plumping collagen serum</b>                             | <b>\$20</b> |

### anti-aging peels

|   |             |
|---|-------------|
| ● <b>brightening+exfoliating enzyme peel</b>                | <b>\$70</b> |
| ●● <b>retexturizing glycolic lactic peel</b>                | <b>\$50</b> |
| ●●● <b>acne+age-fighting alpha beta peel</b>                | <b>\$85</b> |
| ●●●● <b>dark-spot-diminishing neck &amp; décolleté peel</b> | <b>\$85</b> |

### glow-getting extras

|  |             |
|--|-------------|
| <b>hyper-hydrating warm wax mask</b>           | <b>\$40</b> |
| <b>energizing vitaminized oxygen spray</b>     | <b>\$35</b> |
| <b>fabulous skin-reviving rubberizing mask</b> | <b>\$30</b> |
| <b>spot-lightening rubberizing mask</b>        | <b>\$30</b> |

### glow-getting peels

|                                      |             |
|--------------------------------------|-------------|
| ●● <b>that's incredi-'peel'! pro</b> | <b>\$30</b> |
| ●●● <b>active 99.0 pro peel</b>      | <b>\$40</b> |

### zit-zapping extras

|  |             |
|--|-------------|
| <b>no 'zit' sherlock breakout-busting rubberizing mask</b> | <b>\$30</b> |
|--|-------------|

### zit-zapping peels

|  |             |
|--|-------------|
| ●● <b>oil-dissolving salicylic peel</b>      | <b>\$50</b> |
| ●●● <b>acne+age-fighting alpha beta peel</b> | <b>\$85</b> |

Peels are rated by level of intensity from ● (gentlest) to ●●●● (strongest)

\*An upgrade cannot be booked by itself.

# waxing

## poetic waxing®

Our world-famous quick, expert and painless as possible waxing removes unwanted hair from (practically) anywhere. For best results, hair should be at least ¼ inch in length.

|                    |             |                            |              |
|--------------------|-------------|----------------------------|--------------|
| <b>nose</b>        | <b>\$15</b> | <b>basic bikini</b>        | <b>\$35</b>  |
| <b>lip or chin</b> | <b>\$15</b> | <b>the betweeny™ wax</b>   | <b>\$55</b>  |
| <b>cheeks</b>      | <b>\$17</b> | <b>brazilian bikini</b>    | <b>\$75</b>  |
| <b>brow</b>        | <b>\$35</b> | <b>lower leg</b>           | <b>\$40</b>  |
| <b>ear</b>         | <b>\$15</b> | <b>upper leg</b>           | <b>\$65</b>  |
| <b>underarm</b>    | <b>\$24</b> | <b>upper leg/bikini</b>    | <b>\$90</b>  |
| <b>half arm</b>    | <b>\$35</b> | <b>upper leg/betweeny™</b> | <b>\$105</b> |
| <b>full arm</b>    | <b>\$45</b> | <b>upper leg/brazilian</b> | <b>\$120</b> |
| <b>chest</b>       | <b>\$60</b> | <b>full leg</b>            | <b>\$95</b>  |
| <b>stomach</b>     | <b>\$25</b> | <b>full leg/bikini</b>     | <b>\$115</b> |
| <b>half back</b>   | <b>\$35</b> | <b>full leg/betweeny™</b>  | <b>\$130</b> |
| <b>full back</b>   | <b>\$70</b> | <b>full leg/brazilian</b>  | <b>\$150</b> |
| <b>shoulder</b>    | <b>\$25</b> | <b>extra hair 'there'</b>  | <b>\$15</b>  |

Save on a series. Pricing available on request.

See page 19 for our guy-specific he-wax menu.

## bikini ingrown eliminator

15 min \$70

This treatment uses microdermabrasion on the bikini line to exfoliate and lighten skin, followed by gentle removal of any stray ingrown hairs. Can also be booked as a waxing upgrade, based on availability.

## looking for laser hair removal?

This service is only available at our Bliss Soho, Bliss 49 and Bliss57 locations (but it's worth the trip). Visit [blissworld.com](http://blissworld.com) for a full list of laser hair removal services.

# body

**Note:** Not all body treatments are available at all Bliss locations. Please inquire at booking. Do not shave before or schedule same day waxing services.

## the hot salt scrub™

**45 min \$125**

our 'hottest' body buff

Looking for a super-stimulating smoothing session? You're getting warmer... This shoulder-to-shin rubdown softens skin with our self-heating, sinus-clearing rosemary and eucalyptus oil sea salt scrub, and finishes with a Vichy shower.

## the carrot and sesame body buff™

**90 min \$170**

super-hydrating smoother

This trademark treatment serves up a veritable 'buff'-et of skin-softening treats: a carrot mulch and hot oil rubdown, a warm milk and honey drizzle, a supple-pping wrap, a sesame seed and sea salt scrub and a Vichy shower.

## head over 'peels' scrub+rub™

**60 min \$145**

polish up and wind down

This freshly squeezed treatment starts with an energizing blood orange+ white pepper scented body buffing and a Vichy shower rinse off, then gives orange-'aid' to your most knotted spots with a 30-minute massage.

## 24-'heaven'

**60 min \$155**

replenish and hydrate

Offering sweet 'salve'-ation to those with problem skin. This healing treatment features a soothing oatmeal mask and a heated wrap before winding down with a Vichy shower and a rubdown with our high intensity 24-'heaven' healing body balm. Perfect for anyone seeking delivery from eczema, psoriasis, and dry or sun-damaged exteriors

## elemis exotic lime and ginger salt glow **60 min \$130**

a tropical treat

This invigorating polish features a light body brushing, warm Japanese Camellia Oil drizzling, and top-to-bottom buffing with Elemis's lime and ginger-tinged salt scrub. Skin is left soft, smooth and ready for the 'lime'-light.

## scrub & color®

**75 min \$135**

the safe way to sun-kissed

You can't 'faux' wrong with this service, which bluffs a full-body bronzing with a skin-smoothing scrub and painted-on application of our self-tanning formula.

For best results, book 2 days prior to a special event. Pre-service: Wear dark-colored, loose clothing and don't wear lotion or deodorant. Post-service: Wait at least 12 hours before showering, apply Bliss Body Butter daily and your glow should last between 3 and 5 days.



# firming+toning

Since all firming and toning treatments are most effective when booked in a series, you'll get your sixth treatment free when you buy five!

**Note:** Not all body treatments are available at all bliss locations. Please inquire at booking.

## fatgirlslim™ treatment

75 min \$155

signature body-bettering service

This body-toning treatment includes dry brushing, application of firming grapefruit essential oil, a trouble-spot-targeting seaweed rubberizing mask, a heated wrap, and a waist-targeting rubdown with The Love Handler® followed by application of our famed Fatgirlslim® or Fatgirlsleep® (depending on time of day).

**Upgrade your treatment with our Hide & Glow Sleek add-on \$25**

## fatgirlscrub™ treatment

45 min \$125

slough+firm combo

This dimple-dashing, skin-smoothing scrubdown starts with a stimulating sloughing using Fatgirlscrub (boosted with Himalayan Pink Salt and seaweed extract), followed by a Vichy shower, a layering of The Love Handler®, and a finishing coat of Fatgirlslim® or Fatgirlsleep® (depending on the time of day). Perfect for anyone 'sleeking' soft, firm, skin.

**Upgrade your treatment with our Hide & Glow Sleek add-on \$25**

## the love handler™

60 min \$135

waist-targeting treatment

This totally 'hip' treatment combines vacuum-assisted massage, essential oils, and a firming seaweed rubberizing mask wrap to help target your not-so-hard 'core' area. We recommend a six (session) pack.

## the super slimulator

60 min \$130

for cellulite-prone skin

This toning and smoothing treatment reduces the appearance of cellulite with vacuum assisted technology and massage using our microcirculation-stimulating essential oil blend. A 'super' solution for ousting the orange peel look!

## the deep sea detox™

90 min \$170

tone up and tackle toxins

This super wrap includes a firming oil massage, a marine seaweed body mask and a stimulating shower to simultaneously firm, tighten, replenish minerals, relax, hydrate and leave you looking totally 'see'-worthy.

\*Your slimming series of 5 must be paid for in advance to receive your 6th for free.

# nail care

## manicures

### hot cream manicure

30 min \$25

signature finger fixer-upper

This must-have mani includes a hot cream hand soak, cuticle clipping, pushing, perfecting and polishing.

### the upper hand manicure

60 min \$60

turn back the 'hands' of time

A youth-inducing treatment for dry or sun-damaged hands featuring a brightening mask, warm wax wrap and Hot Cream Manicure.

### 'minx' coat manicure\*

45 min \$55

polish-free pizzazz

Doll up your digits with flexible film nail coverings in playful colors and patterns, no polish required (which means no smudging, chipping or drying time).

### shellac™ manicure

45 min \$40

for ultra-durable digits

This manicure uses a hybrid nail color that brushes on like polish, but holds up like a gel—so its natural, glossy 'wet look' finish can stay smudge- and chip-free for up to 2 weeks (and doesn't require power tools for removal).

- bliss cannot guarantee removal of non-shellac brands. Please inquire at scheduling

**pedicure 45 min \$70**

### re-shellac™ removal and re-application

**manicure 60 min \$50**

**pedicure 60 min \$80**

### shellac™ removal

**manicure 15 min \$10**

**pedicure 15 min \$10**

**polish change** (Hands or feet)

**15 min \$15**

**french polish** (Add to any manicure or pedicure)

**\$10**

**maniac shellac** (Upgrade your manicure with shellac)

**\$15**

\*Not available at all Bliss locations. Please inquire at booking.

# pedicures

## the fabulous feet pedicure\*

60 min \$55

sole-sprucing essential

This can't-go-wrong pedicure includes a softening soak and scrub, clipping, trimming, buffing and very particular painting.

## the hot milk and almond pedicure™\*

60 min \$65

signature foot fixer-upper

This perennially popular service includes a steamed whole milk and almond oil soak, a softening scrub and a perfect pedicure.

## head over 'peels' pedicure™\*

60 min \$65

citrus treat for feet

This sole-stimulating, citrus-scented pedicure features a blood orange+white pepper soak and scrub that will leave feet looking seriously a-'peel'-ing.

## 'heel'-lelujah! pedicure

60 min \$70

super-therapeutic pedi-'cure'

Takes extremely dry, cracked feet to cloud nine with an oatmeal bath soak, callus-eliminating foot mask and mega-moisturizing massage.

## the hot foot™ pedicure\*

60 min \$70

for toasty tootsies

A sublimely sensory pedicure with a hot stone eucalyptus soak, orange oil softening and heated sea salt scrubbing.

## cold feet™ pedicure\*

60 min \$65

our 'coolest' sole soother

A masterful mint pedicure that uses alternating hot and cold therapies to deflate aching, swollen feet and puffy ankles. (Pregnant ladies, take note.)

## foot patrol® pedicure

75 min \$90

the ultimate power pedi

Gives scary 'Franken-feet' a major overhaul with softening paraffin and added attention to callus buffing, sloughing and smoothing.

## double choc™ pedicure

60 min \$70

'toe'-tal indulgence

Envelop your feet in 'sweet' with a hot chocolate milk skin-smoothing soak, and polish off a tasty chocolate treat while you get polished.

## the callus conqueror pedicure upgrade

\$15

hardened heel helper

Dissolves stubborn calluses with a powerful exfoliating formula, then buffs them away with a thorough foot filing to reveal baby-soft soles.

\*Shaving is not recommended on the same day as your pedicure.





# men

This 'men'-u highlights our most guy-friendly services—but gents can take advantage of almost all of our other treatments, too.

## face

### 'homme' improvement®

75 min \$170

guy-gear'd 'skin'-vigorator

This very virile version of our Triple Oxygen Facial includes a targeted peel, an energizing enzyme pack and three forms of skin-reviving oxygen. It's like a breath of fresh air for your face—literally.

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60 min \$195

the ultimate age-fighter

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**also available: the youth as we know it™ night**

See page 8 for details.

## massage

### blissage™75 / blissage™105 75 min \$160 / 105 min \$225

signature spoil-me sessions

These mind-unwinding full-body massages both begin with a sole-soothing warm wax foot wrap, followed by a ridiculously relaxing rubdown designed to loosen you up and target your most troubled muscles. (We may have to peel you off the table when it's over.)

### extreme sports massage 60 min \$155 / 85 min \$220

for aching athletes and gym-goers

Whether you're sore from spin class or snowboarding, this mega-muscle-relaxing massage pinpoints your most painful parts with a parafango pack, deep tissue work with a spasm-soothing oil, and application of an instant refreshing gel.

## body

### the hot salt scrub™

45 min \$125

our 'hottest' body buff

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**the love handler™****60 min \$135**

waist-targeting treatment

This totally 'hip' treatment combines vacuum-assisted massage, essential oils, and a firming seaweed rubberizing mask wrap to help target your not-so-hard 'core' area. We recommend a six (session) pack.

**nail care****the manly-cure™****30 min \$25**

essential mani for him

This 'macho man'-icure starts with a hot cream hand massage, follows with a cuticle-sprucing session, and finishes by buffing and shaping nails to perfection.

**the 'sole' man pedicure****60 min \$55**

essential pedi for him

This foot treatment for the fellas includes soaking, de-roughing, clipping, trimming and buffing.

**foot patrol® pedicure****75 min \$90**

the ultimate power pedi

Gives scary 'Franken-feet' a major overhaul with softening paraffin and added attention to callus buffing, sloughing and smoothing.

**he-wax hair removal**

|                  |             |                                  |              |
|------------------|-------------|----------------------------------|--------------|
| <b>brow</b>      | <b>\$35</b> | <b>full back</b>                 | <b>\$70</b>  |
| <b>nose</b>      | <b>\$15</b> | <b>lower leg</b>                 | <b>\$40</b>  |
| <b>ear</b>       | <b>\$15</b> | <b>upper leg</b>                 | <b>\$65</b>  |
| <b>underarm</b>  | <b>\$24</b> | <b>full leg</b>                  | <b>\$95</b>  |
| <b>half arm</b>  | <b>\$35</b> | <b>extra hair 'there'</b>        | <b>\$15</b>  |
| <b>full arm</b>  | <b>\$45</b> | <b>cheeks</b>                    | <b>\$40</b>  |
| <b>chest</b>     | <b>\$60</b> | <b>between the cheeks</b>        | <b>\$40</b>  |
| <b>stomach</b>   | <b>\$25</b> | <b>basic brief</b>               | <b>\$35</b>  |
| <b>half back</b> | <b>\$35</b> | (a little off the top and sides) |              |
| <b>shoulder</b>  | <b>\$25</b> | <b>ultimate he-wax</b>           | <b>\$125</b> |
|                  |             | (complete or modified)           |              |

**looking for laser hair removal?**

This service is only available at our Bliss Soho, Bliss 49 and Bliss57 locations (but it's worth the trip). Visit [blissworld.com](http://blissworld.com) for a full list of laser hair removal services.

# upgrades

Spoil yourself! To add these to your 'by the book' treatment, simply request the upgrade when booking or checking in.\* Choose one, two or a few—they're built into your treatment so they don't add extra time.

## **fabulips** **f** **\$40**

This pucker-perfecting treatment includes a smooch-smoothing scrub session and gentle peel, a plumping collagen mask and a quick lip wax to leave you looking 'pout'-of-this-world.

## **the 'eyes' have it** **f** **\$55**

This peeper perk-up includes a wrinkle-renovating peel, a dark-circle-diminishing massage and a de-puffing mask for instant brightening, smoothing and hydrating effects that will leave you wide-eyed.

## **reflexology** **f** **\$80**

Let us treat your T-zone and your tootsies in tandem by soaking up a sole-spoiling session during your facial. Please schedule at booking. Can also be booked alone. \*if time permits

## **head-to-'glow' wrap** **f** **\$50**

Relax from face to feet with a warm, essential-oil-infused body wrap and a foot and scalp massage during your facial.

## **bikini ingrown eliminator** **f w** **\$70**

This bump-banishing treatment includes bikini area microdermabrasion to lift dead cells and brighten dark spots, plus gentle, safe removal of any existing ingrowns. Can also be booked alone.

## **deep tissue massage** **m** **75 min \$20 / 105 min \$30**

Add stronger strokes to any regular rubdown for more intense tension taming and relief from stubborn sore spots.

## **more massage** **m** **\$40**

'Knead' to prolong your rubdown? Ask about extending your massage by 15 more minutes if your technician's schedule allows.

## **'tight' on target** **f b m** **\$45**

Give your treatment a boost with a seaweed task mask that pinpoints your problem parts (hips and thighs, torso or arms), plus a slathering of three body firming creams.

\*An upgrade cannot be booked by itself except where noted.

## hide&glow sleek **b** \$25

Take your fatgirlslim or scrub treatment to the next level with application of hide & glow sleek, our first tinted, firming body spray that clinically firms and tones skin over time, while instantly perfecting skin with a luminous glow. Plus, get a travel sized hide & glow sleek to take home .

## hair dew® **f b m** \$40

De-stress tresses with an acupressure application of scalp-sloughing essential oils, a cocoon of conditioning cream and a stimulating massage mix.

## hot paraffin pack™ **f b m n** \$20

Stimulates circulation and relieves stiff necks, sore lower backs, chapped dry hands or feet, or sun-damaged décolletés.

## parafango **b m** \$45

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.

## the callus conqueror **n** \$15

Dissolves stubborn calluses with a powerful exfoliating formula, then buffs them away with a thorough foot filing to reveal baby-soft soles.

## aromassages \$20 each

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

### the nerve whacker™ **m**

Tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint.

### hot off the stresses™ **m**

Fight stress-induced fatigue and flagging energy with an uplifting blend of lavender, bergamot and sage.

### jet out™ **m**

Jilt 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.)

See page 11 for additional facial-specific upgrades.

- f** can be added to **facials**
- w** can be added to **waxing services**
- b** can be added to **body treatments**
- m** can be added to **massages**
- n** can be added to **nail services**

# FAQ

## what to know before you 'glow'

### what do I wear?

You should wear the robe and slippers we provide when you check in for facials, massages and body treatments. Simply change and saunter over to wait in the lounge area. If you decide to use your robe pockets as storage for any personal belongings, please remember to empty them when you get dressed post-pampering.

### ok, but what do I wear under the robe?

Whatever you want. While most spa-goers just wear their birthday suits, you can wait until you get into the treatment room to undress if you feel more comfortable. You can wear underwear during a massage if you prefer, but rest assured that whatever parts aren't being worked on will be strategically draped with sheets or towels at all times. Remember: you're not at Bliss to worry about this.

### do I have to chat with my massage therapist?

Absolutely not. Just because the word 'therapist' is involved doesn't mean you have to chat if you don't feel like it (although some of our techs have been known to dole out fabulous life advice). If you'd rather stay silent, just lie down, relax and zone out—your therapist will catch on.

### can I specify the gender of my massage therapist?

Of course. Just state your preference when you book your appointment.

### do I have to schedule upgrades in advance?

It's not required, but it's appreciated. If you decide you want something extra in the middle of your appointment, ask your spa tech and he or she will absolutely accommodate you if time allows.

### should I tip? what's normal?

Leaving gratuities for work well done seems to be the norm, but of course is optional. Most tips range from 15%-20% of the price of the service provided, but the amount is left up to your discretion. As a courtesy to our hard-working staff, it is customary to base your tip on the full price of a service, even if your service has been discounted. Gratuities can be paid in cash, by credit card or Bliss Gift Card.

### what is bliss spa membership?

Spa Membership is a monthly spa program. Members get a choice of one fabulous facial or one 60 minute massage per month in addition to exclusive benefits, for a monthly rate of \$99. Ask us for more information or visit [blissworld.com/membership](http://blissworld.com/membership).

\*Not available at all locations.

# spa policies

- Please note: A credit card must be provided to confirm all reservations. A minimum of 24 hours notice must be given to cancel/reschedule an appointment, or the full value of treatments will be charged to the card holding the reservation.
- Please arrive 15-20 minutes early for your appointment to allow time for stress-free check-in, changing, a shower or sauna if you like, and a little pre-treatment decompression time in the lounge.
- Please keep any valuables that you've brought to Bliss with you for the duration of your visit. Bliss cannot be responsible for lost or stolen items.
- Ensuring our guests' safety is crucial. A guest check-in form must be completed before each and every treatment begins. Bliss reserves the right to discontinue a service for any reason to ensure the safety of all parties.
- 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.
- We offer a limited spa menu to junior spa-goers, and all guests under the age of 17 must bring a signed guardian consent form (available at [blissworld.com](http://blissworld.com)). Guests between the ages of 13-17 can enjoy facials, waxing (not including bikini area), massages, and nail services. Guests under the age of 12 may enjoy nail services only and must be accompanied to bliss by an adult.
  - 13-15 year old minors must have a parent in the treatment room during the entire service.
  - 16-17 year old minors, must have a parent on premise during the entire service (unless state law differs.)
  - 16-17 year old minors must have a therapist of the same gender.
- Guests with medical conditions are advised to consult their doctors before booking any spa services. Kindly inform your spa technician of any existing medical conditions by completing a Guest Check-In form prior to your treatment. Spa services are provided for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have.





# bliss<sup>®</sup>

**for locations, information and booking:**

**call: 877 TO BLISS (877 862 5477)**

**click: [blissworld.com](http://blissworld.com)**

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## spa menu

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