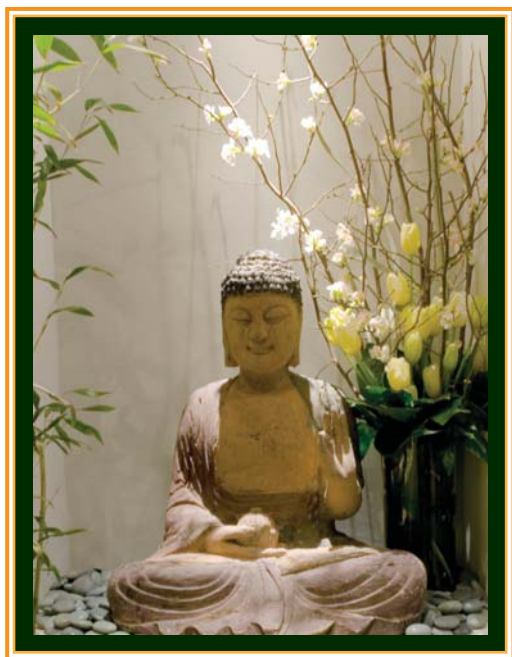




*la vie* **ZEN**  
s.p.a.  
*Wellness from body to soul*



*“Welcome to la vie ZEN spa.*

*We invite all of our guests to  
step away from the city  
and into an oasis  
in the heart of Manhattan  
to enjoy peace, serenity and relaxation.*

*Our team of highly trained professionals  
will provide you with  
the finest treatments available  
in a beautiful, tranquil environment.”*

*la vie* **ZEN**  
s.p.a.



## Spa Etiquette

*We ask that you arrive at least 15 minutes prior to the time of your appointment. This allows time for a leisure check in, a change of clothes and a few moments to relax and await your la vie ZEN experience. To preserve serenity of the spa we ask that you turn off all cell phones, pagers and pda's upon arrival.*

## Facilities & Accommodations

*Enjoy a cup of tea and some delicious snacks in our resting lounge, lose yourself in soothing music as you gaze out onto Madison Avenue from our relaxation room, or unwind with a bit of reading in our French-inspired outdoor patio.*

*la vie ZEN spa offers showering facilities for your convenience, as well as private locker rooms for both men and women to store your belongings. We DO NOT assume responsibility for lost, stolen or damaged properties.*

## Appointments & Cancellation Policies

*Due to the popularity of our services, we highly recommend that you make your reservation in advance for any of our treatments; however we will always do our best to accommodate all guests. A major credit card number is required when booking your appointment. If you need to cancel or reschedule your reservation(s) we require a minimum of 24 hours for any single service and 48 hours for multiple services or any la vie ZEN package(s). Your credit card will be charged the full amount of the treatment(s) for any late cancellations or failure to show. If you are late, we will offer you the time remaining on your treatment(s).*

## Gratuities

*If you are pleased with the spa services you have received, it is customary to give a minimum of 18% gratuity to each of your therapists. Cash gratuities only please.*

## Product Return Policy

*Exchanges ONLY within 30 days of purchase on products that are in resalable, unused, unmarked and in original packaging and condition.*

## Gift Certificates

*A la vie ZEN gift certificate makes the perfect gift for any occasion or holiday. All gift certificate sales are final. Gift certificates cannot be redeemed for cash and they are not refundable. Please note an 18% gratuity charge will be added to all gift certificate purchases for a specific service(s) or package(s).*

*Gift Certificates may be purchased at the spa, by phone, or through e-mail. You can reach us at 212.207.8220 or [info@laviezen.com](mailto:info@laviezen.com).*

*Please be advised that all prices  
are subject to change without notice.  
Please call the spa for up to date information  
or visit us on the web at [www.laviezen.com](http://www.laviezen.com).*



# Massage Therapy

At la vie ZEN spa, our highly-trained licensed massage therapists use a results-oriented and individually tailored approach to reduce stress, soothe painful muscles, and enhance physical and mental well-being. Please mention any special conditions so your therapist can maximize the effectiveness of the session. We offer complimentary aromatherapy using our signature green tea scent on any of our services upon request.



## la vie ZEN Signature Massage

Indulge in our most requested massage! Your therapist will create a treatment customized to meet the needs and wants of your body utilizing a combination of Swedish, Deep Tissue, and Shiatsu techniques.

## ZEN-Sational Massage

Pamper yourself from head to toe with our signature full body massage followed by a session devoted to sole-soothing acupressure foot treatment. An aromatherapy blend of your choice will further stimulate this sensory experience.

## Swedish Massage

This European modality uses long and fluid light-to-medium strokes to induce complete relaxation. It will promote circulation, enhance lymphatic drainage, calm your mind, restore energy, and relieve tension caused by everyday stress.

## Deep Tissue Massage

Specific physical stresses are addressed with a combination of neuromuscular therapy and myofascial release techniques. Firm and deep strokes will alleviate muscle pain, break up adhesions ("knots"), relieve muscle tightness, and improve joint mobility. This treatment can be fully customized.

## Eastern Meridian Massage

In this ancient Eastern modality, the therapist uses fingers, palms, and forearms to apply gentle but firm acupressure-style compressions along the body's energy channels to stimulate the meridians and improve energetic flow. This relieves muscle tension and discomfort brought on by stress and disharmony in the body and is believed to strengthen the vital organs. *(Can be done dressed or undressed)*

## Stress Buster Massage

Say good-bye to your stubborn stress with our invigorating and therapeutic upper body massage. Feel the knots and tension in your neck, shoulders, and back effortlessly melt away.

## "Your Way" Targeted Massage

This therapy is perfect for those with specific needs and a tight schedule! Your therapist customizes a treatment focused on a problematic area of your preference for a full 30 minutes.

## Basalt Lava Stone Massage

Your entire body is massaged with heated basalt lava stones using long Swedish strokes. The heated stones, which allow for deeper muscle penetration, increase blood circulation, help treat chronic muscle pain, and aid in detoxification, enhancing both mental and physical well-being.

## Warm Paraffin & Shea Butter Melt Massage

Be both relaxed and hydrated as your body is enveloped with warm shea butter using light to medium pressured Swedish strokes. Paraffin is applied to hands, feet, décolleté, and elbows to further lock in moisture, leaving your skin luxuriously soft.

## Thai Herbal Poultice Massage

Experience a traditional Thai therapy blending aromatherapy, Thai-Acupressure and steamed muslin compresses of healing herbs. This therapy is known to detoxify, improve digestion, boost the immune system, and relieve anxiety, fatigue, and muscle pain. Following the treatment, you will be given the Thai herbal poultice to apply in the comfort of your own home or to use in a healing herbal bath!

## Reflexology

In this Eastern treatment, specific points on the feet corresponding to each part of the body are stimulated to balance and support the body's natural regulatory mechanisms. (e.g. sleep, digestion, blood pressure, hormone balances, etc.) This treat for the feet boosts oxygen-rich blood flow, improves organ function, and leaves you mentally and physically rejuvenated. *(No need to remove clothing other than shoes and socks)*

## Prenatal Massage

Simply for the mom-to-be, this nurturing side-lying massage is designed to alleviate the physical discomfort related to pregnancy. Prenatal massages can improve circulation, ease neck, feet, and back pain, relieve leg cramps and joint stress, and reduce water retention. Massages can only be performed after the first trimester.



# Skin Therapy

Our licensed estheticians always begin by expertly evaluating your skin and then developing a treatment approach to address your needs. We use only the highest quality professional strength products to deliver results and restore your natural radiance.

*Please inform your therapist of any medications or medical conditions which could result in contraindications.*

## la vie ZEN Signature Facial

Our Signature Facial includes a detailed facial analysis, complete steaming and deep cleansing of the skin, gentle extractions if needed, a soothing mask, and a contouring face and shoulder massage. Your skin is revitalized, hydrated, and healthier.

\*\*\*\*\*

## Zen-Sational Facial

Take our signature facial even further with the addition of our therapeutic eye and lip treatment, which contains powerful antioxidants to reduce puffiness and fine lines, as well as a hydrating hand treatment to ultimately protect and nourish these delicate areas. This luxurious treatment will instantly revive tired, dull-looking skin and improve skin texture.

\*\*\*\*\*

## Men's Grooming Facial

Designed specifically for men, this deep cleansing treatment will smooth and polish the skin's surface while calming irritation caused by shaving. It includes a soothing mask, an exfoliation treatment targeted to prevent ingrown hairs, and massage of the shoulders and scalp.

\*\*\*\*\*

## Dermologica Antiaging Facial

Designed to help reverse signs of aging, this tightening and toning facial will stimulate healthy circulation, enhance elasticity, decrease puffiness and inflammation, and minimize fine lines. Age control complexes are used to help revive and regenerate skin of the face, neck, décolleté and hands, revealing younger looking skin.

\*\*\*\*\*

## Acne-Prone Skin Facial

Designed for those with congested skin or prone to breakouts, this facial provides a more intensive cleansing and extraction process to remove dirt and oil deep in the pores and rid skin of the bacteria that causes pimples. The treatment will not only help heal problematic skin but also aid in preventing future breakouts.

\*\*\*\*\*

## Hydrating Warm Paraffin Facial

This treatment includes hydrating serums, a combination multivitamin masque and a warm paraffin masque for intense conditioning and moisturizing. We then give your hands the same paraffin treatment, leaving both your face and hands feeling like silk.

\*\*\*\*\*

## Express Facial

Ideal for those on the go, this treatment will quickly replenish your skin's brightness diminished by everyday stress. It includes a cleansing, exfoliation, mask, and moisturizing, as well as a revitalizing neck and shoulder massage. This mini-facial is a great way to restore the natural radiance of your face and promptly invigorate your day.

\*\*\*\*\*

## Botanical Back Facial

This treatment will do for the back what a facial can do for your face! It is great for those with sun damage or problematic skin. The treatment incorporates hot steam, any necessary extractions, exfoliation, deep pore cleansing, a specialized mask to effectively remove dead skin cells and impurities, and a skin renewal cream to help refine, balance, and polish your back.

\*\*\*\*\*

## Vitamin C Facial

Vitamin C is one of the most effective substances in repairing environmental damage to your skin, activating cellular repair, and preventing premature aging. This facial includes an antioxidant masque to help combat free radicals, stimulate collagen synthesis and increase skin elasticity and firmness.

# Body Treatments

## Vichy Shower

All body treatments are performed under our state of the art nine-head Cascade Vichy Shower.

We use only 100% pure, unrefined ingredients to nurture your skin and awaken your senses.



## BODY POLISHES

### Bamboo Lemongrass Foaming Scrub

A zesty lemongrass and bamboo blend creates a decadent foaming exfoliation scrub that will dissolve dead cells, revealing healthy radiant skin. This treatment is followed by an application of organic hydrating oils that will fulfill your skin-loving indulgences.

*(Also available as a lavender foaming scrub)*

### Himalayan Salt Glow

This simple, yet effective scrub uses fine Ayurvedic salts taken from the Himalayan Mountains to gently exfoliate flaky, dry skin, regenerate new skin cells, and draw out impurities for a fresher, healthier glow.

### Bella Aromatherapy Sugar Polish

Our delicious sugar scrubs, which smell good enough to eat, contain natural enzymes that will dissolve surface cells to reveal a radiant complexion without irritating the skin. This gentle all-over body polish is a fun and healthy way to get your skin feeling silky, smooth and refreshed. Choose from any our scents, such as Indo-pumpkin sugar spice or Belgian chocolate, or try one of our seasonal infusions!

## BODY WRAPS

### la vie ZEN Signature Body Wrap

Begin with a light relaxing massage, followed by a full body dual exfoliation using a blend of our rich body scrubs filled with aromatic oils of your choice. A masque is applied to your body before it's enveloped in a luscious thermal wrap to allow for deeper penetration of nutrients. The treatment ends with a warm hydrating lotion to nourish your skin.

### Detoxifying Mud Treatment

In this skin purifying body treatment, you are given a gentle all-over body exfoliation using one of our nutrient-rich sugar scrubs, followed by a detoxifying mud masque to nourish your body and remove toxins and impurities that dull the appearance of your skin. This treatment will refine the texture of your skin, moisturize, and help replenish essential minerals.

### Rejuvenating Green Tea Wrap

Green tea, long revered for its natural antioxidant properties, is the cornerstone of this amazingly fresh body wrap. Experience an invigorating exfoliation using an enriching blend of green tea, crushed rice, and bamboo concentrate. This is followed by a rejuvenating green tea-sea kelp wrap that will firm, repair and reveal healthier looking skin.

### Women's Balance Body Wrap

Firm up those abs, legs, and thighs with a body wrap designed especially for ladies! This wrap is composed of calcium- and magnesium-rich seaweed harvested from the Brittany Coast of France to help eliminate trapped fluids responsible for cellulite and water retention. Essential oils are also used for further fluid draining and stimulating the lymph and circulatory system.

*\* Add a 30 min massage to any of the above services.  
\*Add airbrush tanning to any of the above services.*



## Additional Services

### Ear Candling Lymphatic Drainage Facial

This technique is used to drain toxin and waste fluid in the face and neck, bring the body into balance, and is especially beneficial for pre and post operation, post-facial peel or for treating rosacea, acne or facial swelling. A slow burning cylinder is gently placed into the outer ear and a face lymphatic drainage face massage is performed.

### Airbrush Tanning

Our organic spray tan produces a truly natural looking tan. In, 5-10 minutes you will immediately notice a natural looking tan that will continue to develop over the next 5-12 hours. The tan may last up to 3-7 days depending on your skin type and preparation. Full body exfoliation is recommended prior to treatment. Regular moisturizing may extend the tan's life. Please wear or bring appropriate clothing.

### Nail Therapy

*Enjoy your nail services alongside your tea of choice in our private pedicure & manicure room, where you will receive first class treatment and one-on-one attention.*



## MANICURES

### la vie Zen Signature Manicure

Nourish and restore neglected hands with our highest quality moisturizers, advanced exfoliants, and an extended hand massage. Your hands are additionally treated with an ultra hydrating paraffin masque.

\*\*\*\*\*

### Hand Nourishing Manicure

This manicure will refine skin's texture as it protects from premature aging. The treatment begins with a soothing soak, followed by cuticle care, shaping, an aromatherapy-infused exfoliation, a hydrating masque, an invigorating hand massage, and finishes with a buff or polish.

\*\*\*\*\*

### Green Tea Manicure

Brimming with natural antioxidants and potent polyphenols, this green tea manicure will refine skin texture as it protects from premature aging. The treatment begins with a soothing soak, followed by shaping, cuticle care, a green tea extract exfoliation, a hydrating green tea masque, an invigorating hand massage, and finishes with a buff or polish.

\*\*\*\*\*

### New York Minute Manicure

Ideal for those pressed for time or needing touchups, this mini-manicure includes a soothing soak, trimming and shaping of nails, cuticle care, a light moisture-rich hand massage, and a polish of your choice.



## WAXING

For best results, hair should be at least ¼ inch length.

Waxing as a hair removal method should be refrained when under certain types of medication. Please consult with your physician or with one of our technicians before scheduling your appointment.

Lip / Chin	Chest
Eyebrow Clean-up	Full Back
Eyebrow Shaping	Chest & Back (men)
½ Arm	Underarm
Lower Leg	Full Arm
Upper Leg	Full Leg
Upper Leg & Bikini	Full Leg & Bikini
Regular Bikini	Brazilian Bikini

## PEDICURES

### la vie ZEN Signature Pedicure

Spoil yourself with this ultra-luxurious treat for your toes, guaranteed to soothe and soften the most tired of feet. This treatment includes a dual exfoliation to dissolve layers of dead skin, an indulgent foot and lower leg massage, and a warm oil-infused paraffin treatment that will leave your skin feeling like satin.

\*\*\*\*\*

### Sole Nourishing Pedicure

After a long day on your feet, nothing will feel better than this sole-nourishing indulgence. The treatment begins with a soothing soak, followed by shaping, cuticle care, an aromatherapy-infused exfoliation, a hydrating masque, an invigorating foot massage, and finishes with a buff or polish.

\*\*\*\*\*

### Green Tea Pedicure

Extend the benefits of the Green Tea Manicure onto your toes. This repairing pedicure will leave your feet feeling fresher, younger and healthier!

\*\*\*\*\*

### New York Minute Pedicure

Ideal for those pressed for time or needing touchups, this mini-pedicure includes a soothing soak, trimming and shaping of nails, cuticle care, a light moisture-rich foot massage, and a polish of your choice.



# Packages



*Spa Lunch or other food available upon request for an additional cost. Customized packages are available; please call us for more information.*

## Lunch Escape - 60 min

Escape from your stressful work schedule and find a peaceful relaxation of body and mind. You will be greeted and pampered by our specialists while your valuable time will be respected.

*Express Facial or "Your Way" Targeted Massage, 30 min Spa Lunch*

## Express Package - 2 hrs

Designed for those constantly on the-go, this package offers a taste of our most popular treatments without taking a lot of time out of your day.

*Express Facial, "Your Way" Targeted Massage, New York Manicure*

## Cupid's Rendezvous - 2 hrs (Couple)

Treat yourself and a special someone to the gift of relaxation. Your massages will take place in our tranquil couple's room dimly lit with candles. You will each receive:

*60 min Swedish Massage, 30 min la vie ZEN Signature Facial*

## Traveler's Delight - 2½ hrs

Whether you're in town for business or pleasure this package is a must.

*Stress Buster Massage, Express Facial  
New York Minute Manicure, New York Minute Pedicure*

## Emperor's Package - 2½ hrs

Perfect for the man needing to be treated like an Emperor.

*Deep Tissue Massage, Men's Grooming Facial, Ear Candling*

## Nirvana - 2½ hrs

Experience a state of body bliss.

*la vie ZEN Signature Massage or la vie ZEN Signature Facial  
New York Mintue Manicure, New York Minute Pedicure*

## Royal Pacific Package - 3½ hrs

Transport yourself to the Far East and replenish your "qi" (vital energy), restore harmony, and soothe away the stresses of modern lifestyles with this package.

*60 min Thai Herbal Poultice Massage, Rejuvenating Green Tea Wrap  
Green Tea Manicure, Green Tea Pedicure*

## Bride & Groom Packages - 4 hrs each

Come alone or as a couple and take some time to ease your tension and get yourself ready for your big day.

### for him

*60 min la vie ZEN Singature Massage  
Men's Grooming Facial  
New York Manicure  
30 min Reflexology*

### for her

*60 min Swedish Massage  
la vie ZEN Signature Facial  
Hand Nourishing Manicure  
Sole Nourishing Pedicure*

*\* Make-up trial available upon request at an additional cost*

## La vie ZEN Signature Package - 4 hrs

Experience all of our signature treatments.

*60 min la vie ZEN Signature Massage, 60 min la vie ZEN Signature Facial  
la vie ZEN Signature Manicure, la vie ZEN Signature Pedicure*

## Half-Day Getaway- 4½ hrs

Spend half your day with us as we pamper you from head to toe.

*60min Swedish Massage, la vie ZEN Signature Facial  
Bamboo Lemongrass Foaming Scrub  
Hand Nourishing Manicure, Sole Nourishing Pedicure*

## Full Day "ZEN Retreat" - 6 hrs

Treat yourself to the ultimate full day getaway. You will forget you're in Manhattan as you indulge in our most luxurious services.

*75min ZEN-Sational Massage  
75min ZEN-Sational Facial, la vie ZEN Signature Body Wrap  
la vie ZEN Signature Manicure, la vie ZEN Signature Pedicure*

## Girls Night Out

No boss, husband, boyfriend, kids, cell phones/blackberrys/notebooks and anything stress related! It's time for you and your girlfriends to catch up and relax. Please let us know how we can make this day special for you. Every one will receive 15% off their services and a la vie ZEN gift bag.

*\* Minimum of 2 people & 3 services per person;  
Parties of 4 or more will receive 20% off;  
This offer cannot be combined with any other offer.*



# ADVANCED TREATMENTS

*\* Recommended in series*

## Microdermabrasion

Achieve a smoother, younger-looking complexion with Microdermabrasion. Highest-quality fine crystals are used to exfoliate and polish the skin, removing dead cells, minimizing fine lines and wrinkles, repairing sun damage and acne scarring, and helping eliminate superficial age spots. Available for face, neck, décolleté, and other areas upon request.

*\*Complete your microdermabrasion experience with a full facial, 80 min*

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## Glycolic Peel

The glycolic peel utilizes alpha hydroxy acids to remove dead skin cells and encourage the production of collagen. Great for those with uneven skin tone, hyper pigmentation, and fine lines and wrinkles.

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## Salicylic Peel

Ideal for problematic skin, this beta hydroxy peel exfoliates to lift away dead skin cells, dissolves surface oil, unclogs and cleanses pores, combats bacteria, and improves collagen synthesis. Great for those with acne and acne scarring.

## Have your next Spa Event with Us!

la vie ZEN is the perfect intimate setting for any occasion, including:

- *Holiday Parties*
- *Corporate Outings*
- *Bridal Showers*
- *Baby Showers*
- *Spa Day with your girlfriends*
- *Book Signings*
- *And More ... ..!*

Our knowledgeable Event Planning Team will help make any occasion truly memorable. Please contact our Spa Manager at 212.207.8220 or email us at [info@laviezen.com](mailto:info@laviezen.com).

*We will help make your event an affair to remember!*



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

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