

SPA & HEALTH CLUB

SERVICES & MEMBERSHIPS

TO
Rejuvenate
THE SOUL,
START WITH
The Body

OMNI

SHOREHAM



SHOREHAM SPA & HEALTH CLUB

Overlooking the hotel's 11- acre landscaped gardens, the Omni Shoreham Spa & Health Club is your perfect escape.

Whether you are looking to indulge just for the day or to enjoy our facilities all season long, the Omni Shoreham Spa & Health Club offers personalized attention for pampering and wellbeing.

Voted one of the South's Best Pools by Southern Living magazine, our enticing outdoor pool complex is a favorite of guests and neighbors, alike. Here you will find a uniquely sculptured heated swimming pool with lap lanes, a heated children's pool and hot tub complete with lounges, tables and chairs for comfort when dining, a towel service and a café for refreshments at your convenience.



Reservations

**Call today to schedule your
spa appointments**

Spa services are by appointment only.
Please call 24 hours or more in advance to
schedule massage or facial treatments.



+1 202.756.5199

or dial extension 6199



wassho.healthclub@omnihotels.com

A RICH HISTORY

For over 90 years, Omni Shoreham Hotel has been the host of Washington, D.C.'s most prestigious guests and events and is listed on the National Registry of Historic Places. The history and tradition continue today, but with the addition of modern conveniences and amenities.

2500 Calvert Street, NW · Washington, D.C. 20008
OmniHotels.com/DC



ENHANCEMENTS

| | |
|--------------------------|------|
| AHA Peel | \$30 |
| Aromatherapy | \$30 |
| Dry Brushing | \$30 |
| Feet or Hand Exfoliation | \$30 |
| Gua Sha | \$20 |



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FACIAL TREATMENTS

DEEP CLEANSING FACIAL 50 MIN • \$190

This classic European facial includes cleansing, exfoliation, soothing massage and a customized finishing mask.

MEN'S FACIAL 50 MIN • \$190

Enjoy a deep cleansing treatment specifically designed for the special skin care needs of men. Please shave two hours prior to treatment.

OGENAGE REPLENISHING FACIAL 50 MIN • \$240

This facial helps to smooth out the appearance of fine lines and wrinkles, stimulates cells and firms the tissue. Marine spring water combines toning and anti-free radical effects to help prevent aging.

DELUXE HYDRACTIVE FACIAL 80 MIN • \$210

This innovative facial treatment is designed to provide the hydration necessary for mature skin. Exclusive freeze-dried marine vegetable fibers saturate upper epidermis, providing instant hydration with visible results after one treatment.

A 20% service charge will be automatically applied to all services.

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ENHANCEMENTS

| | |
|----------------------------|------|
| CBD Cream Enhancement | \$40 |
| Himalayan Salt Stones | \$40 |
| Aromatherapy | \$30 |
| Dry Brushing | \$30 |
| Feet or Hand Exfoliation | \$30 |
| Specialized Muscle Therapy | \$30 |



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MASSAGE SERVICES

SWEDISH MASSAGE 50 OR 75 MIN • \$170/\$240

A classic European massage that uses light to moderate touch over the full body, while improving circulation and promoting relaxation.

DEEP TISSUE MASSAGE 50 OR 75 MIN • \$190/\$270

A combination of moderate to deep pressure that uses a variety of techniques to release tight, sore muscles.

TENSION RELIEVER 50 OR 75 MIN • \$180/\$255

A massage that focuses on neck and shoulders, where most stress and tension accumulates.

STONE MASSAGE 50 OR 75 MIN • \$190/\$285

Taken from the healing rituals of the Native Americans, this treatment stimulates a journey out of mind and body.

Incorporating hot stones, a therapist delivers a well synchronized massage to relieve tension and stress, while promoting a harmonizing effect on the body's chakras.

REFLEXOLOGY 50 MIN • \$170

Ancient technique uses pressure point massage on the feet and hands to restore the flow of energy throughout the body.

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WAXING SERVICES

Enjoy silky smooth skin with the guidance of our experienced and licensed esthetician who will tailor your waxing hair removal service to achieve optimal results and comfort.

Please contact the Spa for more information.

| | | |
|-----------|------------------------|------|
| BIKINI | Line | \$50 |
| | Brazilian | \$70 |
| | Full | \$65 |
| FACE | Cheeks+Chin+Ears | \$45 |
| | Eyebrows+Lips | \$35 |
| | Neck, Nose & Sideburns | \$45 |
| | Full Face | \$55 |
| LEGS | Upper | \$55 |
| | Lower | \$45 |
| | Full | \$90 |
| BACK | Upper+Mid | \$50 |
| | Full | \$75 |
| ARMS | Half | \$45 |
| | Full | \$40 |
| CHEST | Full | \$45 |
| STOMACH | Full | \$40 |
| SHOULDER | Only | \$35 |
| | Add hands | \$40 |
| UNDERARMS | Only | \$35 |
| | Add hands | \$40 |



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HEALTH CLUB

HEALTH CLUB EQUIPMENT

Peloton bikes
Rowing machine
Stationary bikes
Upright bikes
Ellipticals trainers
Treadmills
FTS Glide
Smith machine
Leg press
Chest press
Dumbbells
Free weights
Kettle bells
Medicine balls
Pilates balls
Sit-up boards
Yoga mats
Foam rollers



Call today

**For membership
or spa appointments**

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MEMBERSHIP | HEALTH CLUB + POOL

- \$1,800 annually (\$150 monthly)
- Enjoy 24-hour access to the Health Club
- Use of the Sauna
- Access the resort swimming pool and gardens
- Complimentary three-hour parking, towels and lockers
- Requirement | 12-month commitment

MEMBERSHIP | POOL ONLY

- Individual | \$1,500
- Couple | \$2,500
- Child | \$800

** Subject to availability. Prices are inclusive of the service fee. The season to
enjoy the swimming pool is from April 1 through October 31.*

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OUR NEIGHBORHOOD

BICYCLE RENTALS

- Bikes are available for rental from 6:00 am to sunset.
- Giant hybrid bike and take on the District
- Hourly rental | \$10 (includes helmet, lock and DC map)
- Full day rental | \$40 (includes helmet, lock and DC map)
- Visit the Health Club or call +1 (202) 756-5199

NOTE | Bike rentals are available for children age 13 and older and subject to the child's height.

ROCK CREEK PARK

Rock Creek Park is a gem. The 1,745-acre park is always filled with cyclists, runners, and walkers; and offers an escape into nature for everyone.

- Two primary north-south trails range from 1 to 12 miles
- 16 easy trails for hiking, walking, biking or birding
- Opt for a run for miles, or consider the park's Exercise Trail at Calvert and Connecticut Avenue

To the North

The trail takes you by the National Zoological Park and along the creek up to the Piney Branch or the Valley Trail with Pulpit Rock and Boulder Bridge. Rapids Bridge is 0.1 mile from the hotel.

To the South

Enjoy the Exercise Trail, or trail that includes the Potomac River, DC attractions and beautiful green areas. In total, the trail is 4.6 miles round-trip.



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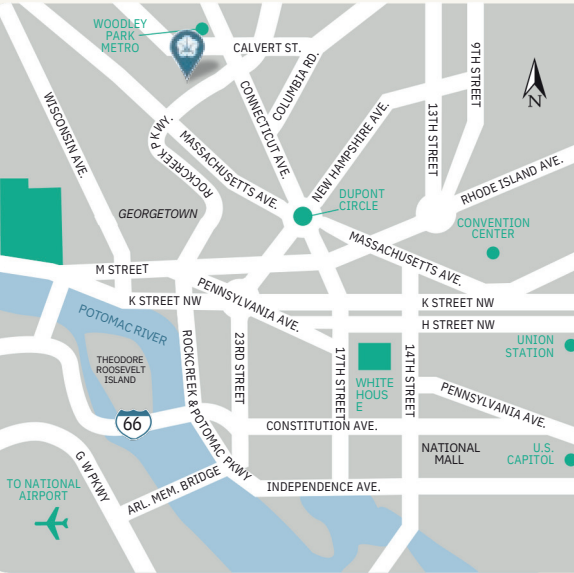
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OMNI SHOREHAM HOTEL

SPA BOUTIQUE

Discover a fine selection of Eminence Organic Skincare products that enhance wellness naturally through extraordinary products.

Our knowledgeable Associates are ready to assist and tailor a skin care regime just for your unique needs.

The boutique also offers a collection of products and yoga wear.

AN OASIS IN WOODLEY PARK

Located in one of Washington D.C.'s premier residential neighborhoods, the Omni Shoreham Hotel is a landmark in Washington, D.C., hosting presidents, world leaders and inaugural balls since opening in the 1930s.

- Robert's Restaurant, Marquee and Morsels are convenient onsite venues for meals, a quick bite and beverages.
- Guest rooms blend past and present beautifully.
- Resort-like swimming pool located on the 11-acre landscaped grounds. Enjoy a workout in a state-of-the art fitness center that is open 24/7 and indulge in spa treatments tailored for you. Sauna available.
- The Nation's Capital's many attractions are nearby - including the National Zoo, the White House, the Metro to monuments and museums along the National Mall, and the U. S. Capitol.



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