



A Customized Experience

At the Waldorf Astoria Spa, luxurious therapies, soothing environments, and our unique client-centric approach to well-being, all unify to create an elevated state of rejuvenation and renewal. Here, individual treatments become a completely customized experience, in which your personal skin qualities and aesthetic expectations are the sole objective of the session.

Following a holistic analysis of your unique characteristics and concerns, your therapist will tailor each session for results that achieve a desired balance of physical and emotional revitalization. With world-renowned treatments designed for face and body, the Waldorf Astoria Spa will transform your visit into a luxurious and personal escape.





Signature Collection

SOUTHERN COMFORT 1 hour 50 minutes

An intensive moisturizing treatment that will revitalize the body. A full-body exfoliation, followed by a nourishing body wrap, will nurture and protect. While enveloped, a soothing foot and leg massage will melt away any remaining tension.

THE LUXURY OF TIME 1 hour 50 minutes

A tailored experience to address your unique needs. Reserve this time for your therapist to consult with you and utilize their individual talents to customize your treatment, combining massage and body therapies to transform your well-being.

PEACH INDULGENCE 1 hour 50 minutes

A serene journey to restore the body's balance. A skin softening exfoliation prepares the skin for a comforting massage using warm peach oil. The treatment ends with a nourishing hair and scalp massage to soothe and quiet the mind.

CRYSTAL CLEAR MIND 50 minutes 1 hour 20 minutes (includes bath soak)

Disconnect and renew your senses with a calming and soothing respite from the demands of a constantly connected lifestyle. Concentrating on the upper body, hands and feet, this restorative treatment aims to ease stress through the power of healing touch, purifying shungite crystals and a soothing paraffin hand treatment.

SLEEP REMEDY 1 hour 50 minutes

Using a blend of deeply relaxing essential oils and exfoliants, this head-to-toe treatment involves carefully applied massage techniques to balance the nervous system and ease an overactive mind. Chamomile, vetiver, and sandalwood provide naturally sedative benefits to induce a deep sense of tranquility and your best night's sleep.

MOTHER-TO-BE 1 hour 20 minutes

An experience of total bliss and relaxation during pregnancy. After a gentle exfoliation, the skin is smoothed from head to toe with rich, nourishing body butter. A soothing massage and nurturing wrap promote the renewal of the skin, while a relaxing scalp massage will ease away stress and strain.

Signature Couples Suite Collection

MAGNOLIA RETREAT 3 hours 50 minutes

Relax together in our luxurious Magnolia Suite in this indulgent time for two. After a welcoming ritual to customize your treatment, enjoy a sumptuous aromatic bath in our marble soaking tub. Skin softening body exfoliations are followed by relaxing aromatherapy massages tailored to your individual needs. Enjoy light refreshments together before finishing with customized facials that will leave you looking and feeling rejuvenated.

AROMATHERAPY JOURNEY 1 hour 50 minutes

Let the power of natural oils and botanicals transport you to tranquility together. After a welcoming ritual to customize your treatment, enjoy skin nourishing body exfoliations followed by deeply relaxing customized massages. Your journey is completed by a soothing scalp massage to calm the mind and release any remaining tension.

Massage Therapies

WALDORF ASTORIA MASSAGE 50 minutes
1 hour 20 minutes

A massage customized to your specific needs using movements inspired by an assortment of worldly techniques. This full-body massage focuses on easing areas of tension, de-stressing the mind and bringing your entire being into balance.

FOUR-HANDED HARMONY 1 hour 50 minutes

Two therapists work together in synchronized rhythm in this profoundly relaxing massage that restores the body and invokes stillness.

AROMATHERAPY 50 minutes
1 hour 20 minutes

A deeply relaxing, holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and blissful calm.

THERAPEUTIC 50 minutes
1 hour 20 minutes

Firm pressure is applied with specific techniques to dissolve your body's aches and pains, targeting areas of tension with elbows and forearms to achieve effective deep tissue release.

LAVA STONE 50 minutes
1 hour 20 minutes

Inspired by traditional healing practices, this relaxing massage uses heated stones to move energy and create a sense of balance. The stones are combined with therapeutic massage techniques to relieve deep-seated muscle tension.

HIMALAYAN SALT STONE 50 minutes
1 hour 20 minutes

A relaxing body massage that incorporates warm, hand-carved salt stones from the Himalayan Mountains to balance the nervous system and nourish depleted cells, leaving the body in a deep state of relaxation.

MOTHER'S MANA 50 minutes
1 hour 20 minutes

A personalized body massage that has been carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this special time.

SHIATSU 1 hour 20 minutes

To bring the body back into balance, pressure is applied to various points on the body using thumbs, fingers, and palms. This pressure is combined with gentle manipulation to alleviate tension, enhance the body's natural healing ability, and promote general good health.

TOUCH OF THAI 1 hour 20 minutes

Inspired by traditional Thai massage, this therapeutic treatment blends assisted stretching and yoga movements with rhythmic acupressure and gentle compression. This table Thai experience relieves joint and muscle tension and allows for greater range of motion and mobility.

ZONE THERAPY 1 hour 20 minutes

By applying precise, directed pressure to various zones of the feet, this treatment encourages holistic healing throughout the entire body. Specific focus on the feet signals the body's own innate intelligence to stimulate organs and restore balance.

Facial Therapies

WALDORF ASTORIA FACIAL

50 minutes
1 hour 20 minutes

Following a consultation to determine your specific needs and skin type, your aesthetician will select a range of products to create a luxurious, results-oriented facial experience.

ADVANCED RESTORATIVE

50 minutes
1 hour 20 minutes

A healthy alternative to skin and collagen renewal, utilizing all-natural bio-active ingredients locally sourced from Savannah to safely restore your complexion's luminosity. The enzyme treatment restores texture and tone to your skin while the milk & honey treatment swaddles your face in a botanical infusion of natural healing ingredients that nourish, hydrate, and soften.

AGE REPAIR

50 minutes
1 hour 20 minutes

An intensive treatment for aging skin, including a unique dual layering of restorative masks, with specific plumping and firming massage. Delivers instantly visible skin results.

RADIANCE LIFT

50 minutes
1 hour 20 minutes

This treatment offers pure relaxation while simultaneously lifting and toning skin to improve natural radiance. Facial muscles are elevated and toned to create a visible lift with the patented NuFace facial device while hydration plumps out fine lines.

O2 AWAKENING

50 minutes
1 hour 20 minutes

Using the powers of glycolic acid and oxygen capsules, this active facial includes a refreshing finishing mask that will leave your skin noticeably firmed and glowing. A perfect treatment for frequent flyers or to combat exposure to daily toxins and pollutants.

CITRUS "A PEEL"

50 minutes
1 hour 20 minutes

This exquisite protocol awakens your senses, infusing skin with the vibrancy of Vitamin C. Extraordinary antioxidant action repairs even the most mistreated skin, unveiling a completely hydrated, revitalized complexion that showcases your radiant face.

HYDRAFACIAL

Experience immediate results with the multifaceted HydraFacial treatment. Appropriate for all skin types, these customizable facial treatments target a multitude of concerns including fine lines, elasticity and firmness as well as congested and problematic skin.

- 30 minutes
Includes deep cleansing, exfoliation, painless extractions and intense hydration plus Vortex-Fusion of antioxidants, peptides, and hyaluronic acid.
- 50 minutes
Enhance your session with blue and red LED light therapy targeting hyper-pigmentation, acne, problematic, or sensitive skin. As an alternative, choose lymphatic drainage to detoxify and reduce puffiness.
- 1 hour 20 minutes
An all-encompassing skin treatment with an intensive anti-aging focus. Lymphatic drainage reduces puffiness while LED light therapy targets hyper-pigmentation and strengthens sensitive skin. A finishing mask and relaxing scalp massage complete this results-oriented, revitalizing treatment.

Body Therapies

PERSONALIZED BODY WRAP 1 hour 20 minutes
A results-driven body treatment tailored to your concerns, with either a detoxifying gel or nourishing sweet water mud wrap to achieve total body refinement. This unique and effective treatment includes skin brushing, exfoliation and the wrap of your choice; finished with a soothing scalp massage.

DIAMOND ROSE SERENITY 1 hour 20 minutes
A journey through an unprecedented sensory experience that begins with a smoothing and nourishing diamond rose exfoliation designed to revitalize and purify the skin. A regenerating massage with the exquisite absolute Damask rose oil will awaken the senses and transport you to a complete state of relaxation.

DETOX AND REVIVE 1 hour 20 minutes
Perfect for times of over-indulgence or stagnation, this treatment combines zesty citrus oils through exfoliation and applied layers of purifying gel, leaving you feeling invigorated and full of energy.

BODY SCRUB ENHANCEMENT 20 minutes
Select a detoxifying or invigorating scrub to hydrate, soothe, and enliven dry skin as an addition to any massage.

Nail Therapies

DIAMOND ROSE MANICURE 50 minutes
This revitalizing manicure incorporates a luxurious exfoliation to renew hands. The essence of rose hydrates and nourishes skin, leaving hands visibly smoother and more radiant.

DIAMOND ROSE PEDICURE 50 minutes
A complete waterless pedicure treatment that incorporates a luxurious Damask rose exfoliation leaving your skin refined and rejuvenated. The essence of rose hydrates and nourishes skin, leaving feet and lower legs refreshed and rejuvenated.

Spa and Fitness Information

FITNESS AND WELLNESS MEMBERSHIP

Waldorf Astoria Spa offers an exclusive membership designed to meet the fitness and wellness needs of our local community in Atlanta's most serene and contemporary setting. Membership includes unlimited access to the fitness center, fully equipped with the latest in Technogym cardio and resistance training equipment as well as virtual class programming. Members also receive access to the spa locker rooms, heat and water facilities, and heated indoor 60-foot saline water lap pool. Complimentary valet parking, a 20% discount on spa services Monday – Thursday and a 10% discount on all retail products are also included. Contact the spa for additional benefits and pricing details.

OPENING HOURS

The Fitness Center is available to hotel guests, members, and residents 24 hours a day, 7 days a week.

Pool & Spa Facilities:		6:30am – 8:30pm
Spa Treatments:	Monday – Thursday	10:00am – 7:00pm
Spa Treatments:	Friday – Sunday	9:00am – 7:00pm

SPA FACILITIES

Enjoy an immersive journey in the spa's heat and water areas. Separate men's and women's facilities include a vitality pool, dry sauna, and steam room as well as cozy relaxation areas. On the lower level, enjoy a heated indoor 60-foot saline water lap pool.

Access to the spa facilities is complimentary to guests receiving a spa treatment and available to all other hotel and local guests for a daily fee.

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.

DIGITAL SILENCE

To respect the privacy of our spa guests and maintain the sanctuary of our spa, we request that guests refrain from using their cell phone in all spa facilities and treatment areas.

ARRIVAL

We recommend that you check in at the spa reception at least 45 minutes prior to your first scheduled appointment to allow ample time for a full tour and enjoyment of the heat and water facilities. Please note, late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness center is 18 years of age.

GRATUITY

For your convenience, a 20% gratuity will be added for each service on your final bill.



WALDORF ASTORIA®
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