



# THE OPUS

*Spa*

**MENU**

**9TH FLOOR | T 914-946-5500**

**THEOPUSSPA.COM**



## **WELCOME TO ULTIMATE RELAXATION**

The Spa at The Opus is the perfect place to recharge and re-energize. An escape from the ordinary and a haven for rejuvenation. When you walk through our doors, you are embarking on an experience to a place of peace, serenity, and stillness. Our luxury spa in Westchester will send you on a journey, taking you away from the hustle and bustle of everyday life, to a place where you can return to your true radiance.

# SIGNATURE MASSAGE

## REST AND RENEW

Using traditional Swedish techniques this session will help reduce tension, increase circulation and induce relaxation. Your therapist will utilize smooth long strokes, with light to moderate pressure. A perfect choice for the novice spa guest. *60/90 min*

## DEEP MUSCLE MELT

A more therapeutic technique of bodywork incorporating slower strokes to work deeper layers of muscle fibers. Perfect for those who prefer a massage that focuses on allowing tight, overused muscles to loosen and relax completely. Warm compresses cradle your feet to promote a deep state of relaxation. *60/90 min*

## PRO ATHLETE MASSAGE

This invigorating full-body massage utilizes light stretching and various massage techniques to help improve range of motion, circulation and flexibility. Our muscle soothing oil will improve blood circulation and relieve soreness and stiffness. This is a great massage for relaxation and elimination of lactic acid after an active day. *60/90 min*



## **SIGNATURE MASSAGE** *(Continued)*

### **HIMALAYAN STONE MASSAGE**

Relax, unwind, and restore your mind, body, and spirit with the Himalayan Stone Body Ritual. This ultraluxe body journey incorporates hand-selected organic, cold-pressed seed oils to help nourish the skin. A Swedish massage with warm Himalayan body stones helps improve circulation, relax muscles while leaving the skin with a healthy, radiant glow. **90 min**

### **CBD RECOVERY MASSAGE**

Awaken your senses and relax your mind with our CBD Recovery Massage. Crafted with cold-pressed hemp, marula, jojoba & olive oils, this luxury treatment begins with a kombucha body cleanse to clarify the skin and boost circulation. Next, warm body oils are expertly applied to skin to help relax muscles, moisturize, and nourish the body. **60/90 min**

### **PEACEFUL PRENATAL**

Created for the mother to be, this pampering treatment assists to relieve back tensions and swelling during second and third trimesters of pregnancy.

**60 min**

### **EBB & FLOW THAI MASSAGE**

A traditional therapy combining acupressure and assisted yoga movement that is designed to reduce muscle tension and increase circulation. **60/90 min**

# SIGNATURE FACIALS

## LE OPUS GRAND CLASSIQUE

Designed to repair and renew total skin health, our signature facial features five exclusive steps to deeply detoxify the skin. A gently exfoliation eliminates dull and lifeless skin cells with a combination of a plant-based scrub and professional strength AHA-BHA peeling solution. The experience features oxygenating mists with Yon-ka Quintessence; the perfect alchemy of aromatic essential oils which restores the skins natural energy and vibrancy. **60/90 min**

## ORGANIC OPULENCE FACIAL

The Organic Opulence Facial showcases the healing benefits of marine extracts, seaweed, French green clay and aloe vera while helping to repair and nourish skin. An expert technician will perform a facial massage using Gua Sha, an ancient practice for facial contouring and lymphatic drainage. The skin is cleansed, clarified, and expertly prepared for layers of high-performance mask concentrates and organic skin serums. Skin is left calm, nourished, and opulent. **60/90 min**



## SIGNATURE FACIALS *(Continued)*

### THE GENTLEMEN'S CODE

Cleanse and exfoliate with our natural ingredients that eliminate impurities, resurfaces and smooths the texture of your skin. Re-hydrating emulsions and custom-selected serums restore a more toned complexion as our specialized masque relaxes fatigued skin. Perfect for a man's skin, this facial provides the full spectrum of skin benefits as nature intended. Perfect for the golfer's sun aggressed skin. **60/90 min**

### THE VIVACE LIFT

Our exclusive crème de la crème facial treats all signs of aging mature skin. The perfect balance between technologically advanced products and devices. Combining the power of microcurrent technology, a soft wave gently stimulates the skin to rejuvenate and improve its appearance. **90 min**

### LUXE HYDRAFACIAL

Hydrfacial uses patented Vortex-Fusion® technology to cleanse, extract and hydrate. Multi-step treatments remove impurities while replenishing the skin with vital nutrients. This luxury facial treatment helps with skin elasticity tone, and overall vibrancy. **30/60 min**

### ULTIMATE RADIANT GLOW PEEL

Naturally exfoliate your skin revealing new skin cells and helping diminish fine lines and wrinkles. This facial will help reduce breakouts, lighten age spots and even out pigmentation. After a deep cleansing based on your skin's needs, you will receive a gel glycolic or lactic acid peel. **60/90 min**

# SIGNATURE BODY TREATMENTS

## ORGANIC COCONUT SUGAR GLOW RITUAL

This dazzling natural treatment begins with a lively citrus-kombucha body wash followed by the vibrant aromas of ginger-lime sugar scrub. Warm, nourishing coconut and argan oil infused with avocado oil, apricot oil, rose hip, and vitamin E is slowly drizzled on to the body for superior hydration, nourishment, and total body relaxation. **60 min**

## ORGANIC ALOE AND SEAWEED WRAP

This nourishing body firming wrap includes high performance ingredients and ocean minerals to provide full body hydration, while toning and firming. This treatment begins with a scrub exfoliation to brighten skin and increase circulation. A light wrap with green clay and seaweed extracts draws out impurities. Finish with a luxurious full body hydration of sea extracts, stem cells and calming white teas. **60 min**

## VICHY WATERFALL SYMPHONY

Melt away stress as the gentle, warm waters of the Vichy shower cascade over your body creating a luxurious, healthful and deeply relaxing sensation. This high-performance hydration treatment restores suppleness and softness. From the exfoliation to the softening body mask, this aromatic getaway allows the guest to completely escape to a harmonizing journey. **90 min**

## AROMATIC MINERAL BATH

Choose one of our four aromatic minerals as you relax in our warm spa baths. **30 min**



# HEALING AND WELLNESS

## HALOTHERAPY SALT ROOM

Where you can sit back, relax and breathe in the salty air, a therapy that has anti-inflammatory properties which eases stress, soothes respiratory conditions and reduces joint pain. Your overall experience will be elevated with musical meditation and breath work. **30 min**

## CUPPING THERAPY

An ancient form of healing therapy in which skin is lifted through local suction, bringing blood to the surface and improving circulation while removing toxins. Combined with therapeutic essential oils, cupping benefits the lungs, treats cough, and relieves pain in multiple areas of the body. **60 min**

## REIKI HEALING

Palm healing is introduced to encourage emotional and physical healing. Treatment can be localized to the site of a specific ailment or conducted across the body. You will enjoy feelings of warmth and comfort and find yourself in a deep state of relaxation. **60 min**

## NUTRITIONAL WELLNESS

Our Nutrition experts will advise and educate on the best practices on how to eat and maintain a healthy lifestyle. A specialized plan will be curated during the consult that will promote better daily habits to ensure optimum results. **60 min**

# THE OPUS JOURNEY

## THE MAGNUM OPUS

Our signature spa journey takes your mind and body on an escape leaving you transformed and rejuvenated. Our journey includes an invigorating aromatic blend of sugar and essential oils that exfoliate the body. Followed by a purifying detox in our eucalyptus steam room, conditioning essences are deeply absorbed as you soak in our private aromatic bath. Lastly, warm shea butter is massaged deep into the body leaving the skin feeling supple and hydrated and your mind at ease. **3 hours**

## THE WHOLE NOTE BODY ESCAPE

This invigorating wellness escape includes a powerful aromatic scrub, followed by a specialized bamboo technique for tonifying, soothing and detoxifying while indulging into the aromatic experience. Your journey ends with a warm soak in our aromatic detox bath, and a escape in our Himalayan salt room allowing you to fully let go and enjoy the escape. **2 hours**

## THE ENHARMONIC JOURNEY

An exotic ritual of beauty and relaxation. Indulge in a customized facial tailored to your skincare needs, followed by our signature rest and renew body massage to help induce full body relaxation. This full body escape will leave your skin quenched and glowing as you immerse yourself on a harmonizing wellness journey. **2 hours**

## THE RHAPSODY RETREAT

This hydrotherapy treatment starts with an invigorating European Vichy multi-head shower which cleanses the skin, exfoliates to leave it smooth and soft, adds minerals and nutrients and provides relaxation for the entire body. Followed by our deep muscle massage to free you from tension and recover energy levels. **2 hours**

## MEN'S SERVICES

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## NAIL AND WAXING

### THE OPUS MANICURE

This relaxing treatment includes detailed cuticle care and a tension-releasing hand and arm massage with a hydrating lotion. This treatment concludes with nails polished to perfection. **30 min**

### THE OPUS PEDICURE

This cleansing treatment begins with a warm restorative foot soak followed by detailed cuticle care. An invigorating scrub and hydrating masque follows. A relaxing foot and leg aroma-massage releases tension and rehydrates the skin. This treatment concludes with nails polished to perfection. **45 min**

*Enhancements: CND Gel Polish, Gel Removal, French Manicure*

### LE GRANDE SPA MANICURE

This ultra-hydrating treatment takes you on a scent journey with an aroma that reflects your personal taste. A relaxing and detoxifying soak refreshes and comforts hands. The skin is then smoothed and hydrated using our aromatic oils and warm Himalayan salt stones. **45 min**

### LE GRANDE SPA PEDICURE

Experience a feeling of calm and deep relaxation as this pedicure revives your fatigued feet. This uplifting treatment combines essential oils to soothe and revitalize your feet and toes. Your treatment will include an energizing scrub and blissful massage leaving you delightfully refreshed. **60 min**

# SALON SERVICES

The Salon offers a wide range of services, specializing in hair care, cuts and styling. Offers you the perfect look for any occasion\*

## HAIR SALON SERVICES:

- Haircut & Style
- Shampoo & Blow Dry
- Men's Haircut
- Simple Updo
- Special Occasion Styling

*\*Personalized hair, make-up and wedding services are available upon request*



# SPA ETIQUETTE

## *When should I arrive?*

For your enhanced comfort and relaxation, we suggest arriving 30 minutes before your scheduled treatment. This will allow time to relax in our lounge, sauna and steam room.

## *What if I am late for my appointment?*

Arriving late will simply limit the time for your treatment, as your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied regardless of late arrivals.

## *What is the cancellation policy?*

To avoid being charged for scheduled services, you must give 24 hours notice. Please call to notify us of your change of plans. No-shows and late cancellations will be charged in full. An Opus Westchester room number or credit card number is required at the time of booking.

## *What should I wear during my treatment?*

Please wear whatever is comfortable for you. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided. Lockers are available for your personal items.

## *What about my comfort?*

This is your time, and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure, or the volume of the music, please share your preferences with us. We request that cell phones and tablets be turned off in the Spa. No photos are to be taken in private areas. Please be considerate of noise levels, as we strive to provide a relaxing environment for all guests.

## *What about service charges?*

A 20% service charge has been added to your bill to compensate your Spa professional. A small portion of this service charge is retained by the Hotel as an administration fee. You may add gratuity at your discretion.

## **SPA ETIQUETTE** *(Continued)*

### *Should I shave before a treatment?*

Shaving is recommended but not necessary for men prior to a facial. If you do choose to shave prior to your facial, be sure to do so at least 8 hours prior to your appointment. Shaving is not recommended prior to any body treatments or hair removal services.

### *Should I use the sauna or steam room before a body scrub?*

To achieve the utmost satisfaction and comfort from your service, we ask that you wait at least 8 hours before and after a body scrub or peel to use the sauna or steam room. In addition, we recommend that you limit your sun exposure before and after any facial.

### *What if I am pregnant?*

While there are a few services that should be avoided during pregnancy, there are many beneficial treatments that can be enjoyed, such as our Pre-Natal Massage, which is available past the first trimester. Please notify our Spa

Reservation Agents if you are pregnant when you make your appointment so that they can offer guidance.

### *What if I have special health considerations?*

Please notify our Spa Reservation department before booking your treatments if you have high blood pressure, allergies, any other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, please let us know. If at any time during your services, you experience discomfort, please alert your Spa professional immediately.

### *Is there a minimum age for treatments?*

The Spa welcomes guests 18 years of age and older. Minors may receive nail salon services provided they are accompanied by an adult. Guests must be 16 years old to use the Fitness Center.

*All prices and services are subject to change without notice.*





# THE OPUS

*Spa*

**ESCAPE TO THE OPUS SPA  
THE ULTIMATE RELAXATION DESTINATION**

**THE OPUS WESTCHESTER**

3 Renaissance Square | White Plains, NY 10601

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