

# ROCK 'N' RELAX SPA SPECIALS

## WEEKEND DAY PASS | \$175

UNWIND BEFORE AND AFTER YOUR RACE WITH A 2-DAY ACCESS PASS TO OUR LUXURIOUS SPA FACILITIES. ENJOY THE STEAM ROOM, SAUNA, JACUZZI, AND INVIGORATING COLD PLUNGE —PERFECT FOR PREPARING YOUR BODY PRE-RUN AND HELPING IT RECOVER POST-RUN.

### ADD-ONS: (OFFERED ONLY AT BATHHOUSE SPA AT W HOTEL)

#### POOLSIDE FOOT & LEG MASSAGE

15 MIN | \$80

EXTEND THE RELAXATION WITH A SOOTHING 15-MINUTE FOOT AND LEG MASSAGE BY THE POOL. DESIGNED TO RELEASE TENSION AND REDUCE SORENESS, IT'S THE PERFECT INDULGENCE FOR TIRED MARATHON LEGS.

#### HYDRA - SOAK

25 MIN | \$80

EXTEND THE RELAXATION WITH A 25-MINUTE SOAK. THE PERFECT THERMAL BLEND FOR RUNNERS LOOKING TO KEEP LIMBER AND ELASTIC. YOUR CHOICE OF AN ICED OR HOT SOAK.

## PRE-RUN STRETCH | 20 MIN/\$125 | 50 MIN/\$210

PREP YOUR BODY FOR PEAK PERFORMANCE WITH THIS DYNAMIC STRETCH SESSION TAILORED TO RUNNERS. FOCUS ON FLEXIBILITY, MOBILITY, AND LOOSENING TIGHT MUSCLES TO ENHANCE YOUR STRIDE AND PREVENT INJURIES. THE LONGER SESSION INCLUDES CBD TARGETED PAIN CREAM.

## POST-RUN MASSAGE & STRETCH | 20 MIN/\$125 | 50MIN/\$210

RECOVER LIKE A CHAMPION WITH A RESTORATIVE MASSAGE AND STRETCH DESIGNED TO TARGET OVERWORKED MUSCLES. THIS SERVICE FOCUSES ON RELEASING LACTIC ACID, REDUCING INFLAMMATION, AND INCREASING CIRCULATION TO HELP YOU FEEL RECHARGED AFTER THE RACE. THE 50-MINUTE OPTION INCLUDES DEEPER FOCUS ON THE LEGS, FEET, AND BACK FOR FULL-BODY RELIEF AND CBD TARGETED PAIN CREAM.

## RUNNER'S DEEP CLEANSE & SCALP SCRUB | 50 MIN | \$150

REFRESH AND RESTORE YOUR HAIR AFTER THE RACE WITH THIS ULTIMATE DETOXIFYING TREATMENT. START WITH A DEEP CLEANSING SCALP SCRUB TO REMOVE SWEAT, BUILDUP, AND IMPURITIES, FOLLOWED BY A NOURISHING DEEP CONDITIONING TREATMENT TO HYDRATE AND REPAIR. FINISH WITH A PROFESSIONAL BLOWOUT, LEAVING YOUR HAIR LIGHT, SILKY, AND READY TO SHINE FOR POST-RACE CELEBRATIONS.

AVAILABLE FEBRUARY 22ND-24TH