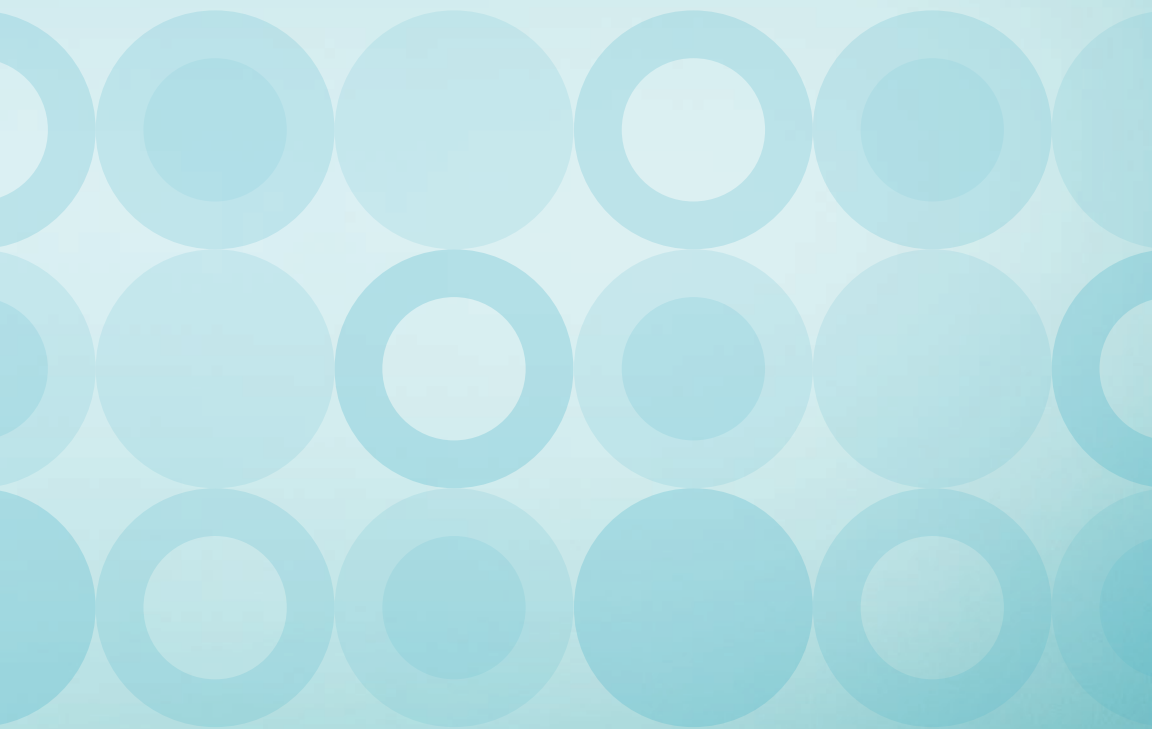


bliss[®]



**achieve a higher
state of happy™**

get ready to look and feel absolutely 'spa'-tacular

Tension mounts. Stubble sprouts. Polish chips. Zits happen. And that's exactly why Bliss is here to deliver the world's best massages, waxing, nail services and facials: incredibly effective treatments that are able to transform not only your appearance, but also your overall state of mind — all administered by our phenomenal team of the Best Techs on the Planet.

Unlike any spa you've ever set foot in, **bliss atlanta-downtown** infuses happiness into everything we do. From our pretension-free attitude to our upbeat music, colorful design and beloved brownies, our spa is designed to be fun, positive environment that will leave you uplifted, glowing and empowered to take on the world.

bliss. achieve a higher state of happy™

⊗ Indicates our most popular treatments.



glow + behold

the face collection

Fabulous, signature or simply what your skin needs, our world-famous estheticians use power-performing products, the latest technology, and that blissful touch to leave your skin beautifully luminous, youthful and lit up with good health.

fabulous facial™ | for the every skin

This fab-for-all facial includes all the expertly performed essentials — a skin consultation, cleansing, exfoliation and necessary extractions. A basic therapy, this facial can be customized 'spa'-cifically to address areas of concern with a variety of beauty-boosting enhancements. See our facial enhancements options on page 5. Fabulous indeed! | **60 min \$135**

triple oxygen facial | for the 'glow' getter

The facial that made us famous radiantly revives stressed, dehydrated and overworked skin. A skin-specific peel primes the skin while three forms of oxygen, including an oxygen wrap and vitaminized antioxidant spray, brightens and leaves a gorgeous, bliss branded glow. It's like a breath of fresh air for your face — literally. | **75 min \$175**

'homme' improvement® | for the brilliantly smooth man

This energizing treatment restores vitality to male skin, decongesting pores and increasing circulation. A virile version of our triple oxygen therapy, a targeted peel and three forms of oxygen are propelled into the dermis while a soothing foot massage deeply relaxes. A rescue remedy for revitalized and fresh skin. | **75 min \$175**

the youth as we know it™ | for the age-less skin

Targeting tone, volume, fine lines and wrinkles, this turn-back-time treatment helps uncover the 'youth' in maturing skin. An age-defying peel gently and effectively exfoliates the face and décolleté, while an anti-oxidant packed high-tech collagen mask improves firmness and elasticity for a younger-looking complexion. | **60 min \$195**

steep clean® | for the complicated skin

Perfect for 'problem' skin, this no-holds-barred facial combines either a thorough microdermabrasion session or oil-dissolving peel with pore-purging extractions and an oxygen wrap, plus breakout-busting and calming masks. After just one treatment, enlarged pores and coarse textured skin will diminish, leaving skin clearer, brighter and soothed. | **75 min \$265**

multi-‘face’-ted facial | for the one-of-a-kind

Our personalized, powerhouse facial begins with an intensive skin consultation with one of our world-famous estheticians who will customize a treatment specific to your skin, tackling the six signs of aging. Reduce the appearance of fine lines and pores, improve skin tone and texture, and reveal softer, brighter skin. Not all enhancements are applicable. See our facial enhancements on page 5. | **60 min \$255**

head-to-‘glow’ treatment | for the complete tune-up

A two-in-one treatment of total ‘wrap’-ture, this top-to-tips therapy lets you simultaneously soak up our signature skin-rejuvenating triple oxygen facial and a warm full-body wrap of herbal essential oils. *Includes a scalp massage.* | **90 min \$210**

the fully loaded facial™ | for the five-star treatment

This over-the-top treatment includes the whole ‘skin’-chilada. Fully loaded with a deep cleansing, fruit acid wash, oxygen wrap, extractions, age-fighting plumping collagen serum, skin specific rubberizing mask, paraffin on the hands, and O₂ blast as well as head, neck, shoulder, arm and foot massage, your skin will instantly feel softer and smoother, look radiantly beautiful, and be protected from environmental aggressors. | **75 min \$235**

quick fix

Get your fix in a flash with these mini facial treatments to resurface and replenish skin in just 30 minutes.

acne+age-fighting alpha beta peel / retinol peel

Give your skin the ‘peel’ of approval with one of two exfoliations to either fight post inflammatory hyper-pigmentation and wrinkles, or to improve skin firmness, elasticity and reduce breakouts.

| **30 min \$140 | \$150**

mini microdermabrasion

Get straight to the point with a cleansing and two passes of micro-derm over the face and neck.

| **30 min \$130**

oxygen blast™

This pick-me-up includes a peel, anti-oxidant vitamin massage, hydrating enzyme pack, and oxygen spray.

| **30 min \$95**

peeling groovy®

Like cross-training for the skin, both physical and chemical exfoliation with microdermabrasion, a brightening enzyme peel, and facial massage will leave your skin recharged.

| **30 min \$140**

facial enhancements

Boost the bliss with our collection of facial enhancements to enrich your experience. These boosters are built in to your service time with no additional time.

radiance boosters

brightening+exfoliating enzyme peel

Speeds up skin cell renewal and increases collagen production. **\$70**

energizing vitaminized oxygen spray

An antioxidant-packed mist that moisturizes and increases radiance. Perfect for pre-date, night out, post flight. **\$35**

retexturing glycolic lactic peel

Reduces fine lines and wrinkles and illuminates. Great for dry skin types. **\$45**

super-smoothing enzyme peel

A gentle exfoliant that smoothes and refreshes. Safe for sensitive and reactive skin types. **\$40**

retinol peel

Addresses hyper-pigmentation and signs of aging. Includes layers of AHA, BHA and retinol, with a dose of hyaluronic acid to seal and hydrate the skin. **\$90**

radiance revealing rubberizing mask

A powerful antioxidant mask loaded with Vitamin C to calm the skin and leave it radiantly beautiful. **\$30**

that's incredi-'peel'! pro

Induces even skin tone, reducing the appearance of fine lines and wrinkles. **\$30**

age less

advanced healing collagen mask

Helps plump fine lines and wrinkles, calming and soothing dry sensitive skin. **\$60**

plumping collagen serum

An anti-aging serum that intensely plumps and firms skin, helping maintain its elasticity and hydration levels. **\$30**

hyper-hydrating warm wax mask

A thirst quencher for the skin. Moisturizes parched skin and aids in product absorption. **\$25**

microcurrent

Stimulates skin and encourages production of collagen and elastin to help firm and tone. **\$30**

microdermabrasion

A gentle, deep exfoliation to resurface, address early signs of aging, and even skin tone. Select from one area: face, hands, neck, or décolleté. **\$75**

microdermabrasion plus

Microdermabrasion in two areas. **\$120**

it's complicated

acne+age-fighting alpha beta peel

Exfoliates, smoothes and reduces pores and fine lines. Uses alpha and beta hydroxy acids. **\$85**

complexion clearing rubberizing mask

Infused with menthol and tea tree extracts to control oil and calm the redness, irritation and inflammation. **\$30**

oil-dissolving salicylic peel

Perfect for acne-prone or oily complexions. BHA decongests while breaking down excess oil on the skin. **\$45**

deluxe

the 'eyes' have it

This peeper perk-up peel will leave you wide-eyed restoring volume to skin cells, reducing puffiness and diminishing dark circles around the eye area. **\$50**

fabulips

Includes a smooch-smoothing scrub session, gentle peel and a plumping collagen mask that will leave your lips 'pout'-of-this world. **\$50**

hot paraffin pack™

Stimulates circulation and hydrates chapped, dry hands or feet. Can also be applied to the décolleté. **\$15**



waxing

Try our 'ouch'-less waxing services, which promise to leave your skin smooth and hair-free.

See page 15 for a complete list of our waxing services. Not all waxing services are available as add-ins. Please consult with your spa technician to learn more.

A close-up photograph of a person's hand applying a thick, white cream to their upper thigh. The person is wearing white underwear. The background is a light, neutral color. Overlaid on the right side of the image are several large, semi-transparent blue circles of varying sizes, creating a modern, spa-like aesthetic.

a touch of bliss

the massage collection

Our expert 'soothe' operators use the power of touch and aromatics to care for your well-being, easing muscles and leaving you in a state of total bliss. Now, that's happiness.

blissage™75 / blissage™105 | for the essentialist

This mind-unwinding full-body massage begins with a sole-soothing warm wax foot wrap, followed by a relaxing rubdown designed to loosen you up and target your most troubled muscles (we may have to peel you off the table when it's over). | **75 min \$165 | 105 min \$225**

blissage™49 | for the every body

Named after our flagship NYC location, this 49-minute massage is for those who need to be in, 'ahh' and out within an hour. Choose between a full shoulder-to-toe rubdown or targeted treatment of specific spots with knots (talk about a happy hour). | **49 min \$125**

deep tissue massage | for the deeply committed

Like a workout for the body, this mega-muscle relaxing massage gets deep into the cause of the 'tissue' — be it muscle pain, stress or tension. Your most painful parts are pinpointed with a spasm-soothing oil and an application of instant refreshing gel to release toxins, increase circulation, alleviate aches, and help the rapid recovery of strained muscles. | **50 min (targeted massage) \$150 | 80 min (full body) \$210**

great expectations | for the nurturing mother-to-be

This bump-friendly version of our blissage relieves tired muscles, swelling and sluggish circulation to leave maxed-out moms-to-be feeling practically 'reborn'. *After the first trimester only.* | **75 min \$180**

the rubber neck® | for the detail focused

'Shrug' off tension with this targeted rubdown, which includes a pre-massage parafango pack followed by kneading, stretching and acupressing to work the boulders out of your neck, shoulders, and scalp. See boost the bliss on page 10 for deep tissue add-in. | **60 min \$140**

the ginger rub™ | for the luxury seeker

A sumptuous massage legend in its own right, bask in a rub of freshly-grated, circulation-stimulating ginger root blended with warm detoxifying essential oils. Soak in the healing benefits while cocooned in a cozy warming foil wrap, followed by a full-body massage to relax the body and skin and get to the 'root' of your tension. | **105 min \$235**

the body collection

Commit to stunning skin and a beautiful body. Our curated range of results-driven body therapies deliver relaxation and restoration for well-being on the inside and out.

fabgirlslim® treatment | for the firm believer

Fab for sure, this body-toning treatment includes a full body brushing, detoxifying oils, a trouble-zone targeted firming body mask, a heated wrap, and a waist-targeting rubdown topped off with our famed fabgirlslim®. | **75 min \$170**

lime and ginger salt glow | for the 'scent'-sational glow

Bring vitality to your skin with this invigorating polish. After a light body brushing, warm oil is luxuriously drizzled all over before applying a lime and ginger-tinged salt scrub. Skin is left soft, smooth and ready for the 'lime'-light. | **45 min \$130**

Our firming and toning treatments are most effective when booked in a series of multiple sessions. Buy a series of five and your sixth session is free!



massage + body enhancements

Better your bliss with our collection of massage and body enhancements to enrich or extend your experience.

aromatherapy

Add some aroma to your massage with one of these essential oil blends:

the nerve whacker™

Tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint. **\$20**

hot off the stresses™

Fight stress-induced fatigue and flagging energy with an uplifting blend of lavender, bergamot and sage. **\$20**

jet out™

Jilt jet lag with a time-aligning rub of pine, rosemary and eucalyptus. **\$20**



*Boost the bliss with a service enhancer that is built in to your service without adding time. Build the bliss with a service enhancer that adds time to your service.

boost the bliss*

deep tissue

Address areas causing tension and pain by adding deeper strokes and pressure to any regular rubdown.

| upgrade blissage™ 49 or
the rubber neck® \$25

| upgrade blissage™ 75 \$35
| upgrade blissage™ 105 \$45

back buffing

A hot salt, skin-softening exfoliation of entire back to buff out the old and reveal the new. **\$20**

dry brush

A fantastic technique to improve detoxification. Firms and exfoliates the skin and softens to the touch. **\$20**

hot paraffin pack™

Stimulates circulation, relieves stiff necks and sore lower backs, or hydrates dry hands or feet. **\$15**

parafango

This warm sea mineral mud pack can be applied to any part of your body (within reason) to draw out toxins, increase circulation, and relieve sore muscles and tension. **\$30**

build the bliss*

more massage

'Knead' to prolong your rubdown? Ask about extending your massage by 15 more minutes if your technician's schedule allows. | **15 min \$30**



nail it!

the nail collection

Hands down, a collection of the world's most wonderful manicures and pedicures. Be on the front foot of trends and leave an all-star line up of tip and toe therapies at the hands of our techs who will groom your nails so you put your best foot forward.

hot cream manicure | for the fixer-upper

A maintenance must-have mani that includes a hot cream hand soak, cuticle trimming, nail clipping, shaping and polishing. | **30 min \$30**

the upper hand manicure | for turning back the 'hands' of time

A youth-inducing treatment for dry or sun-damaged hands features a brightening mask, warm wax wrap, hot cream hand massage, nail shaping and polish. | **60 min \$65**

the fabulous feet pedicure | for a fabulous 10

This can't-go-wrong pedicure includes a softening soak and scrub, clipping, trimming, buffing and very particular painting. | **60 min \$60**

foot patrol® pedicure | for the ultimate power pedi

The major overhaul for overworked feet. This pedicure includes all the essentials, plus added attention to callus buffing and smoothing. It's topped off with a hyper-hydrating paraffin wrap to soften the feet. | **75 min \$90**

'heel'-lelujah! pedicure | for glorified feet

Takes extremely dry, cracked soles to cloud nine with a soothing oatmeal bath soak, callus-eliminating foot mask, and mega-moisturizing massage, followed by a complete pedicure. | **60 min \$75**

the hot milk and almond pedicure™ | for the got milk treatment

This perennially popular service includes a nutritious warm milk and almond oil soak, a skin softening scrub, and a perfect pedicure. | **60 min \$65**

shellac™ manicure and pedicure by CND | for the no-chip polish

A hybrid nail color that brushes on like polish, but holds up like a gel — so its natural, glossy 'wet look' finish can stay smudge- and chip-free for up to 2 weeks (and doesn't require power tools for removal). To remove and reapply, select a re-shellac service. | manicure **45 min \$45** | pedicure **60 min \$75**

re-shellac™ removal and re-application

manicure **60 min \$55** | pedicure **60 min \$85**

for all 'man'kind

the man-ly cure™ | the essential mani for him

His 'macho man'-icure will start with a nail soak followed by a cuticle-sprucing session, and finishes with the buffing and shaping of his nails. | **30 min \$30**

the 'sole' man pedicure | solely for men

An ideal foot treatment for the fellas. Includes soaking, de-roughing, clipping, trimming and buffing. | **60 min \$60**

additional nail services
+ enhancements

french polish | \$10

gel removal | \$15*

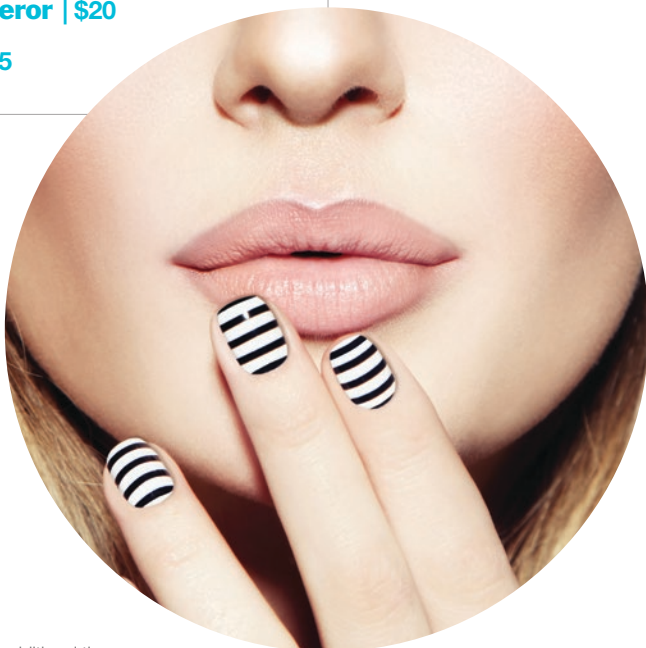
hot paraffin pack™ | \$15

polish change (hands or feet) | \$20*

shellac removal | \$10*

the callus conqueror | \$20

vinylux polish | \$5



*These nail services require additional time.



**fabulous
in the making**

the wax collection

Our world famous poetic® waxing is quick, effective and practically painless, removing unwanted hair from (just about) anywhere.*

brow | \$35

cheeks | \$15

nose or ear | \$15

lip or chin | \$15

shoulder | \$30

underarms | \$30

half arm | \$30

full arm | \$50

chest | \$60

stomach | \$30

half back | \$40

full back | \$70

basic bikini | \$40

the betweeny™ wax | \$65

brazilian bikini | \$80

cheeks (buttocks) women | \$40

upper leg | \$65

upper leg/bikini | \$90

upper leg/betweeny™ | \$115

upper leg/Brazilian | \$125

lower leg | \$45

full leg | \$95

full leg/bikini | \$115

full leg/betweeny™ | \$140

full leg/Brazilian | \$155

extra hair 'there' | \$15

bikini ingrown eliminator

This bump-banishing treatment uses microdermabrasion on the bikini line to exfoliate and lighten skin followed by gentle removal of any stray ingrown hairs. | **15 min \$70**

Save on multiple sessions.
Pricing available upon request.

he wax — only for him

basic brief | \$45

between the cheeks | \$40

cheeks (buttocks) | \$50

ultimate he-wax | \$130



*For best results, hair should be at least 1/4 inch length.

spa information | what to know before you ‘glow’

reservations and cancellation

To schedule treatments, you may call our spa directly from a hotel phone by dialing extension **5776** or call **404-582-5776** from outside of the hotel. For your booking convenience, visit us at www.blissspa.com. We are mobile friendly! Upon booking, a major credit card is required in order to confirm your reservation. A minimum of 24 hours' notice must be given to cancel or reschedule an appointment to avoid being charged the full price for your treatments to the credit card holding your reservation.

minimum age requirements

Spa guests under the age of 17 must have a consent form signed by a parent or guardian. Guests ages 13-17 can enjoy facials, waxing (not including bikini area), massages and nail services. Guest ages 12 and under may enjoy nail services only and must be accompanied by an adult. Guests ages 13-15 must have a parent or guardian in the treatment room during the entire service. Guests ages 16-17 must have a parent or guardian on premise during the entire service (unless state law differs), and must have therapists of the same gender.

arrival Please arrive at least 20 minutes prior to your scheduled appointment so you can decompress and make full use of the spa facilities. To maintain the blissfulness of the spa, we ask that you silence your mobile phones and electronic devices upon arrival. Regretfully, untimely arrivals may be subject to reduced treatment time, in order to remain on schedule for subsequent guests.

valuables For your convenience lockers are available to store your personal belongings. However, we suggest you leave your valuables at home. Bliss will not be responsible for lost or stolen items.

services and prices Services and prices vary by location. We reserve the right to modify, discontinue or change services and prices without notice to ensure that maximum standards of service and quality are being met.

gratuity Our staff works hard to help you achieve a higher state of happy. While gratuity is optional and at your discretion, it is kindly accepted. We suggest 20% of the full price of the service provided.

for your safety Guests with medical conditions are advised to consult their doctors prior to booking any spa services. Kindly inform your spa technician of any existing medical conditions by completing a Guest Check-In form prior to receiving your treatments. Bliss reserves the right to discontinue a service for any reason to ensure the safety of all parties.

the gift of bliss Gift cards are available in any dollar amount. Need a last minute gift? For eGift cards, visit us at www.blissspa.com.

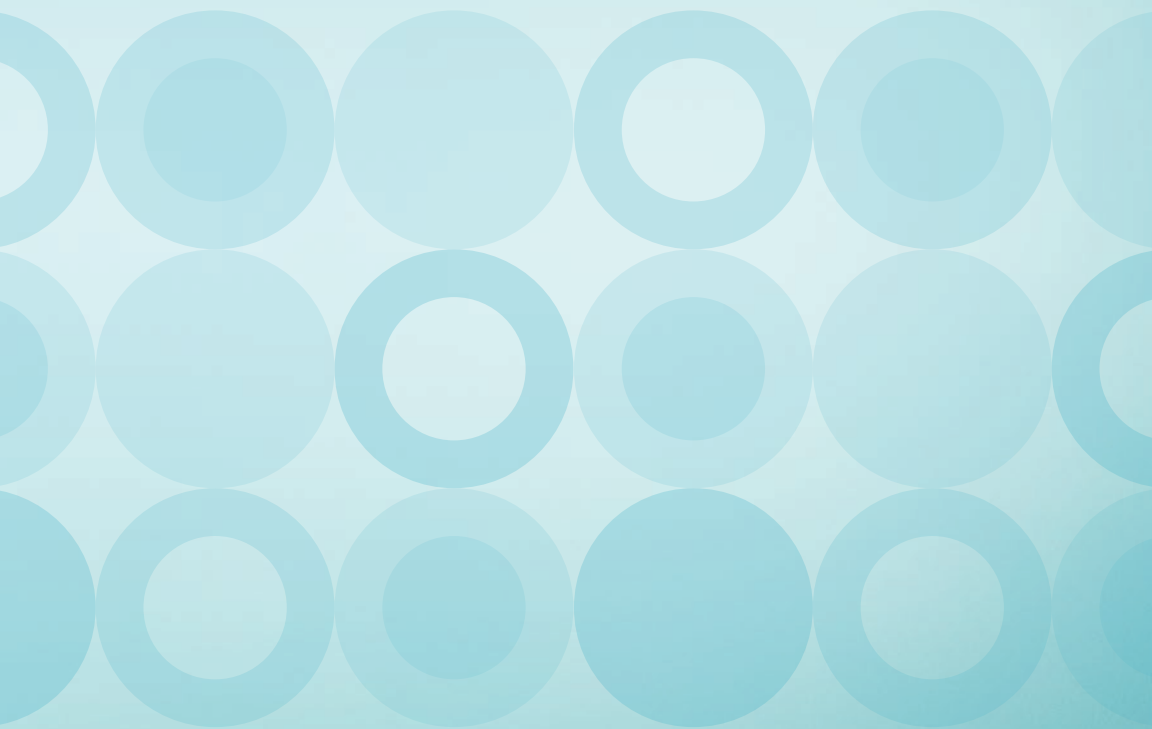
our locations Bliss spas can be found in diverse locations around the world. To find a location nearest you, visit www.blissspa.com.



bliss spa at W Atlanta-Downtown
45 Ivan Allen Jr Blvd
Atlanta, GA 30308

Visit www.blissspa.com for information on hours of operation.

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bliss®