

# HEALTH & FITNESS

## FITNESS CENTER



Our beautiful, state-of-the-art facility spans 1,200 square feet and is open 24 hours a day for hotel guests. Our Precor strength and cardiovascular equipment will test your fitness levels in a new way. We provide locker rooms with digital locks, as well as showers that will keep you refreshed post-workout.

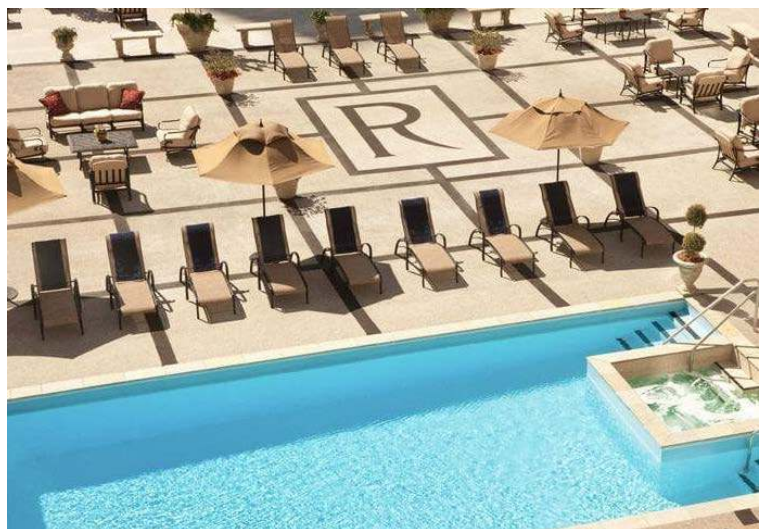
Some of our equipment includes:

- Adaptive motion trainers
- Elliptical fitness cross-trainers
- Treadmills
- Recumbent bikes
- Titanium dumbbell rack, 5 to 50 pounds
- Titanium SuperBench
- Functional training system
- C-line leg press
- Weight stack, up to 425 pounds
- Core workout mats and exercise balls

## ROOFTOP SWIMMING POOL

Our rooftop pool is unlike anything else the city has to offer. Lounge poolside with a drink or a light bite to eat from the rooftop bar, basking in the Louisiana sun. In addition to being a great place to unwind, the rooftop serves as a tranquil meeting place or a beautiful backdrop to a small wedding ceremony.

Featuring comfortable sun loungers and an indulgent whirlpool tub, the rooftop pool is for more than just staying fit. It is a tranquil haven where hotel and spa guests can relax and watch the world go by.



Relax poolside in one of our private cabanas. Full day cabana rentals are available, with maximum of 6 guests per cabana and including bottled water and fresh fruit. Please contact Rodolfo Oliva, Director of Restaurants & Bars, at [Rodolfo.Oliva@waldorfasteria.com](mailto:Rodolfo.Oliva@waldorfasteria.com) for cabana rental and pricing information.

## WALDORF ASTORIA SPA, NEW ORLEANS

Occupying a prime location within the hotel and New Orleans itself, the **Waldorf Astoria Spa** at The Roosevelt Hotel is a haven of absolute relaxation and uninterrupted tranquility. We offer a full range of spa services, from facials, full-body massages and couples' massages, to manicures and complete spa day experiences. Each treatment is expertly crafted and refined to meet your needs, with custom therapies tailored to your skin type, body type and age.

We are pleased to introduce our new **Cupping Therapy**, an invigorating and detoxifying massage, which utilizes advanced massage and cupping techniques to stimulate circulation and soften muscles while drawing out impurities and relieving tension. Perfect for the person looking for a therapeutic deep touch while promoting skin elasticity and myofascial release.

Just in time for the holidays, experience our Waldorf Astoria **Signature Peppermint Massage**. A combination of the therapeutic techniques allows our professionals to completely customize this peppermint aromatherapy massage to meet your needs. Allow the peppermint to awaken the senses, cool overworked muscles, clear congestion and quiet headaches.

We are one of the exclusive carriers of premier spa products including OSEA Skincare, Kevyn Aucion and Carita beauty products. Only the very best spa and skincare products are used by our professional spa therapists – just as you'd expect from an award-winning Waldorf Astoria Spa.

Commit to regular restoration with **The Spa Club**, our monthly treatment membership program that reserves exclusive treatments at an exceptional value. Unlike other memberships, The Spa Club grants you access to on-premise fitness and spa amenities on the day of your treatment in addition to a list of other property perks.

To make your reservation or to learn more about The Spa Club, please call (504) 335-3190.

Our luxury spa features:

- 10 private treatment rooms
- Couples' therapy suite
- VIP treatment room
- Hydrotherapy facilities
- Full-service salon
- Makeup services

### Spa Hours:

#### **Monday - Saturday**

9am – 7pm

#### **Sunday**

10am – 6pm

You can find a link to the menu of spa services here:

<http://www.the-rooseveltneworleans.com/assets/files/pdf/Waldorf-Astoria-Spa-Menu.pdf>

You may book your spa reservation online:

<http://www.secure-booker.com/roosevelthotel/MakeAppointment/Search.aspx>

