



AFFINIA HOTELS
A DISTINCTIVE COLLECTION

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OASIS DAY SPA AT THE AFFINIA DUMONT
*Third Manhattan Location Opens at
New York's First Executive Fitness Suite Hotel*

OVERVIEW:

Located at the **Affinia Dumont**, New York's first Executive Fitness Suite Hotel at 150 East 34th Street, the **Oasis Day Spa** is an urban fitness center and spa that focuses on health and life balance. The Oasis Day Spa offers comprehensive facilities and services, including more than 20 different pieces of exercise equipment and a complete array of spa treatments and grooming services. The hotel's "Fitness Concierge" presides over the facility and assists guests with their total fitness needs.

PHILOSOPHY:

The Oasis Day Spa was created for individuals who understand the need for balance in life. Designed for the refined taste of today's discriminating executive and those who desire to maintain a continuous level of fitness and wellness, the spa provides complete relaxation to restore the body's natural balance and the fitness center features state-of-the-art equipment to support personal health.

To demonstrate this philosophy of life balance, the Oasis Day Spa at the Affinia Dumont offers specially designed treatments and the staff of certified therapists and trainers provides personal care and attention when helping with any spa or fitness need.

FITNESS:

The fitness center at the Oasis Day Spa features a complete range of exercise equipment for a total body workout. Cardio equipment includes Life Fitness Treadmills, Total Body Crosstrainers, Upright Lifecycles and Recumbent Cycles, all with Lifepulse Heart Rate Monitors and Cardio Theaters to play CDs and DVDs during the workout. Strength training equipment includes a full complement of professional apparatus, as well as a variety of free weights.

FITNESS CONCIERGE:

The fitness concierge is on hand to arrange appointments with personal trainers, lead spa and fitness seminars and act as a

resource for all fitness-related questions including recommending fitness-oriented facilities (such as kayaking, swimming pools, etc.) and restaurants in Manhattan.

FACIALS:

Oasis Customized Facial (signature treatment)
Microdermabrasion Facial
Purifying Facial
Sensitive Skin Facial
Aromatherapy Facial
Hot Stone Facial
Paraffin Facial
Seaweed Facial
Side-by-Side Facial
Gentleman's Facial

BODY TREATMENTS:

Dead Sea Salt Scrub
Brown Sugar Scrub
Aromatherapy Body Polish
Aromatherapy Body Wrap
Detoxifying Body Wrap
Nourishing Seaweed Wrap
Herbal Linen Wrap
Cellutone Cellulite Wrap

MASSAGE THERAPIES:

Swedish Massage
Deep Tissue Massage
Shiatsu
Shiatsu/Swedish Combo
Prenatal Massage
Sports Massage
Medical Massage
Craniosacral Therapy
Reiki
Reflexology
Muscle Meltdown
Aromatherapy
LaStone Massage
Couple's Side-by-Side Massage
Instructional Couple's Massage

PERSONAL TOUCHES:

Sunless bronzing and all waxing services are available

SPA FACILITIES:

The 1300-square-foot space features seven treatment rooms including two couples' treatment rooms, a wet room, steam showers in locker rooms, a relaxation area and a special room for yoga.

HOURS:

Spa hours are Monday through Friday 10am-10pm; Saturday and Sunday 9am-9pm. Fitness center hours are Monday through Friday 6am-11pm; Saturday and Sunday 8:00am-9pm. Personal training is available in hour and half-hour sessions. In-room

massage services are available during spa hours. Appointments can be made by calling the spa directly at 212.545.5254.

PRICES:

Prices range from \$65 to \$130 for facials; \$60 to \$145 for body treatments and \$65 to \$195 for massage therapies. Special treatment packages are available. The fitness center is free for hotel guests and local memberships can be purchased monthly or annually, with a full year membership price of \$865.

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