



Chaos will disappear. Noise will fade away. The pace will slow.

Welcome to Spa Mystique.

Spa Mystique is a unique oasis in the heart of Los Angeles' Westside. Located at the Century Plaza Hotel, the 35,000-square-foot resort spa provides the perfect retreat from the stresses of travel and city life. Guests experience an array of Asian spa services and amenities, from Thai and Shiatsu massages to Korean scrub treatments. In addition, a complete menu of beauty services are available at Yamaguchi in Spa Mystique, a salon from celebrity stylist Billy Yamaguchi. Between



treatments, guests enjoy the outdoor garden and café. Inspired by the traditions and rituals of Eastern cultures, Spa Mystique offers guests a unique environment in which to relax and renew. Designed using feng shui principles, the spa features nature's purest elements, including water, fire, metal, wood, and earth. Guests enjoy a wide range of fitness programs and equipment to strengthen the body and a full menu of beauty treatments to contribute to an overall sense of well-being.





Hours of Operation

Spa Facilities
5am to 9pm Mon. - Sat.
7am to 9pm Sun.

Treatment Areas
8am to 8pm Daily

Fitness Facilities
5am to 9pm Mon. - Sat.
7am to 9pm Sun.

Café Mystique
10am to 5pm Daily

Café Mystique

Tucked away in a peaceful corner of the spa, Café Mystique is the ideal place to relax and reward your senses. Featuring both indoor and outdoor seating and an inviting communal table, serving light, healthy cuisine with an Asian flair for breakfast and lunch, as well as a variety of low-calorie desserts. Menu items include freshly tossed salads, homemade soups, exotic and flavorful sandwiches.

Spa Lifestyles Boutique

A tempting array of personal and distinctive gift accessories await you when you take a captivating stroll through the spa lifestyle boutique. Your visit is not complete without a personal selection of candles, body products, logo merchandise or a unique purchase of East and West spa goods, so that you can take your Spa Mystique experience home. For more information, gift purchase and shipping information, please call 310.551.3251 or toll free 877.544.CALM.



General Information

The following information is provided to assist you during your Spa Mystique experience:

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- Guests of Spa Mystique must be at least 18 years of age for the use of the locker rooms, fitness facilities and spa treatments. Salon treatments are available for guests under 18 with parental supervision.
 - Your personal needs are important to us. We kindly request that at the time of reservation you inform the

Guest Service agents of any special or medical conditions such as pregnancy or product sensitivity.

- For the courtesy of all guests, cellular phone and pager use is prohibited within Spa Mystique. We kindly request that all calls are concluded and cellular devices turned off prior to entering the locker rooms and treatment areas.
- All spa and fitness prices are subject to change without notification. Spa Guest Service agents will assist you with any pricing inquiries you may have at the time of your reservation.

Reservations

We encourage guests to schedule your appointments in advance to ensure your preferred treatment or therapist is available, preferably five to seven days. Same-day reservations and walk-in appointments are always welcome, based upon availability. All reservations must be secured with a major credit card and telephone number. To schedule your appointment(s), please call the guest service desk at 310.551.3251, toll free 877.544.CALM. For Century Plaza hotel in-house guests dial x3251.

Cancellation Policy

We value your business and appreciate your cooperation with the cancellation policy. Please respect the spa's scheduling by keeping appointments if possible and providing a minimum of four hours notice when canceling or rescheduling individual treatments. Spa Packages, (three or more services), require 24 hour notice. Because your services are guaranteed reservations reserved for you, full payment is required for the following conditions:

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- Less than 4-hour notification to cancel or to reschedule individual appointments

- Less than 24-hour notification to cancel or to reschedule spa packages
 - No-show or missed appointments
 - *Late arrivals
- *Please keep in mind that arriving late for a service may require the spa to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests. We regret that late arrivals will not receive extension of scheduled appointments.

Arrival and Check-In Procedure

For all massage, body treatments and facial services, we require that you arrive at least 30 minutes prior to your

scheduled appointment time. This will allow you ample time to slip into an oversized robe and slippers, as well as time to enjoy our luxurious amenities such as sauna, steam room and whirlpool. We require showering prior to your appointment in order to receive full treatment benefit.

Group Bookings

Spa Mystique is the premiere setting for any group outing. Events can be customized for any type of gathering from an intimate group of friends to a large corporate conference. We encourage parties of five or more to schedule their appointments well in

advance to ensure availability. For the optimal spa outing choose from a wide variety of delicious light and tasteful catering and beverage services. Advanced notice is requested at the time of group reservation.

Gratuities

Gratuities are left to your discretion and based upon your level of satisfaction with the services and your personal provider. Envelopes are provided at the spa checkout desk or you may add it to your room or credit card charge.



Whether a member, spa or hotel guest, Spa Mystique offers a comprehensive fitness center including the world's most advanced cardiovascular and free-weight equipment, and a mirrored exercise aerobics center, Cardio Theatre entertainment systems. During your visit, expert trainers teach and oversee personal workouts and instruction and are on hand to answer any of your questions or nutritional inquiries.

Classes

A daily schedule of aerobic and mind-body classes accommodate all fitness levels with group instruction for classes such as low-impact aerobics, body sculpting, Pilate's and Yoga classes. All instructors are I.D.E.A and/or A.F.A.A. certified.

Body Composition Analysis

This analysis determines the amount of body fat an individual may carry. Included is a consultation to understand what is a healthy amount of body fat and how to achieve and/or maintain that amount. Loose clothing is required.

Fitness Consultation

Degreed and/or certified professional fitness trainers are available for consultation. This is an excellent chance to have confusing fitness questions answered, discuss your health and fitness goals and receive training recommendations. We recommend a consultation before your personal training session.

Personal Training

Personal training sessions are custom designed workouts incorporating components of cardiovascular fitness, muscular strength and endurance, and flexibility. Personal training can help



you reach your fitness goals more quickly and safely, whether your goal is to tone up or lose weight. A take home program is included.

Comprehensive Fitness Assessment

This fitness evaluation includes a body composition analysis followed by tests for flexibility, muscular strength and endurance, and cardiovascular endurance. This test is a great oppor-

tunity to gather information related to your current level of physical fitness. This information will assist you to establish goals and provide motivation, evaluate your progress, and identify areas of health/risk injury.

Private Instruction

Private instruction in Yoga, Pilates, Tai Chi or Meditation is a custom designed experience for the first-time student or the experienced practitioner. Your personal needs and concerns will always be taken care of in these private training sessions

Flowers offered
to Buddha
Come floating
Down the
winter river.

-Buson



Mystical Massage Therapies

Spa Mystique offers a variety of Asian and European massage therapies to improve body tone, circulation and to promote a state of physical and psychological well being. You may choose either a full session (50 minutes) or deluxe session (80 minutes) from the following selection of modalities. To produce a greater state of relaxation or intense feeling of well-being you may choose to upgrade to any of the massages with the massage enhancements.

Hayaku Neck, Back, and Shoulder Massage

This 25-minute express massage is perfect for the business traveler. Specific attention is placed on the neck, back, and shoulder area to produce the ultimate stress reduction results for those guests with only a short time available. Half-Session Only

Sleeping Tiger Massage

Experience pure relaxation with a Swedish Massage, which incorporates light to medium pressure, long strokes and kneading to reduce tension, soothe sore muscles and stimulate circulation.

Twin Tiger Massage

This treatment is the ultimate in indulgence at Spa Mystique! A Sleeping Tiger Massage is performed rhythmically and in harmony by two highly trained therapists to enhance the immune system and elicit a deep state of relaxation that allows your spirit to sink into a true state of bliss. This massage is an excellent treatment diversion for the experienced spa connoisseur.





Bamboo Awakening Massage

A signature Deep Tissue Massage begins by awakening the body with a brisk bamboo whisking in order to help stimulate circulation and achieve deep muscle penetration. Following this technique your therapist will concentrate on relieving muscular tension and spasms due to stress, work or athletic activities.

Massage Therapist's Choice

Allow your therapist to design a treatment to your specific needs. Each of the highly trained and educated therapists will use a combination of his or her massage techniques and modalities to create the perfect massage.

Shiatsu Massage

A Japanese service from the healing arts that literally means, "finger-pressure treatment." Using acupressure, Shiatsu provides healthful stimulation along the meridians or, "energy pathways," of the body to increase and release vital energy. This service is performed in the traditional Shiatsu manner on a futon mattress.

Guests are provided with shorts and t-shirt for their Shiatsu experience.

Thai Massage

Also called "Yoga Massage," Thai Massage is highly therapeutic, focusing on the pressure points, energy lines, breath and basic body forces.

Performed in the traditional manner on a futon mattress, this relaxing treatment uses smooth, continuous movement to promote a youthful, limber body while increasing range of motion. Guests are provided with shorts and t-shirt for their Thai experience.

Reflexology

An ancient cousin to acupuncture involving the pressing of "reflex areas" on the feet, ears and hands. Pressure is applied to reflex areas that correspond to various organs and systems of the body to cleanse the mind and achieve an overall sense of calm and rejuvenation.

Mystical Massage Therapies



Reiki Massage

The word "Reiki" [ray-key], combines two Japanese expressions: Rei, which means, "spirit" or "soul," and Ki, meaning "energy." A very subtle therapy using a variation of techniques where the laying of the hands is used to re-balance the body's life energy and evoke a sense of healing on an emotional, mental, physical and spiritual level. Full Session Only

Aromatherapy Massage

Therapist's use advanced training modalities during this true Aromatherapy Massage, which combines specialized techniques with the healing effects of

pure essential oils. Essential oils when combined with full-body massage, promote the elimination of toxins, strengthen the immune system, and increase the circulation to aid in achieving a healthy balance of the mind, spirit and body.

Meoto Massage

Japanese for "couple" or "pair," the Meoto Massage is an excellent service choice for guests who want to share their Spa Mystique experience! Side by side therapeutic massages are performed in the comfort of the duet massage suites. Perfect for any occasion, the Meoto Massage has

become a tradition at Spa Mystique for mothers and daughters, brides and bridesmaids, husbands and wives or just plain friends to share just a touch of the spa together.

Pre-Natal Massage

An especially relaxing massage to alleviate the extra stress and tension that is placed on an expecting mothers body. Extra care and attention is given to the comfort and stage of the pregnancy in order to nurture the mother and child. Improved circulation and diminished back and hip pain are benefits of this trained therapy. Not recommended during the first

trimester or for those experiencing a high-risk pregnancy.

Outdoor Cabana Massage

Experience one of life's greatest rewards with a Spa Mystique Outdoor Cabana Massage. In a tranquil and private outdoor cabana, guests can choose between the Sleeping Tiger and the Bamboo Awakening.

Massage Enhancements

Choose from a revitalizing foot mask, aromatherapy oils or an anti-stress eye compress to enhance your massage experience.



Beyond words,
This no-thingness within,
Which I've become.
So to remain...
Marvelous.
The joy's so pure,
It's beyond anything.
-Takahashi

Body Scrubs

Using only the purest ingredients, the unique body scrubs effectively exfoliate and moisturize your skin. Whether trying a Korean bathing tradition or a pure cane sugar and palm oil body polish, we recommend adding a body scrub to any of the spa treatments.

Akasuri

Inspired by a Korean bathing tradition, your body will be vigorously scrubbed with an exfoliating cloth and body gel to clean and prepare your skin for a warm oil application. To complete this experience a thorough face cleansing and nourishing application of ground cucumber is applied to soothe and cool the skin. Half Session

Sugar Body Polish

Allow your body to be invigorated; exfoliated and moisturized using unrefined cane sugar and palm oil. Scented with an uplifting mixture of grapefruit, rosemary, rose, geranium, mandarin and sage essential oils. This treatment is 100% organic and will aid in stimulating relaxation while gently improving circulation. Half Session

Aroma-Glow

This all over body polish is sure to be an invigorating and delightfully aromatic experience. This mineral-rich marine sea salt polish blended with lavender and tangerine oils will cleanse and refine your skin as well as refresh your

senses. **May not be suitable for those with very sensitive skin.** Half Session

Jojoba Gentle Exfoliation

Hydrating as well as nourishing, this gentle chamomile and rosemary botanical exfoliant will leave your skin smooth and soft to the touch. Combined with the gentle rains of the Vichy shower, this treatment is an excellent choice for sensitive skin types. Full Session





Dip into the Japanese Furo Baths to experience the ultimate in relaxation. Furo Baths fuse the ancient tradition of Japanese bathing with state of the art whirlpool baths designed to promote deep relaxation and help the body reach a true meditative state. For the ultimate massage experience we highly recommend experiencing one of the Japanese Furo Baths before or after your massage service.

The Serenity Bath

The traditional Japanese Sento, or community bath, inspires this treatment where one is cleansed by hand prior to bathing. The Serenity Bath begins with a therapist vigorously scrubbing your

back with Spa Mystique's signature fragrance scrub. This treatment prepares your mind for a deeper cleansing while you meditate in an aromatic bath of your choice. Your therapist will assist you in selecting from any of the scents listed below for your signature bath. Half Session

Jade

A signature natural aromatic seaweed and spirulina bath infused with pine needle oil will invigorate the senses and energize the body.

Purity

A purifying blend of lemon, lime, rosemary and grapefruit extracts will cleanse and detoxify.

Tranquility

An aromatic blend of lavender and petit grain essential oils bring relaxation to body and soul.

Recovery

Recover a sense of well-being with this rich natural mud bath that will relieve muscular tension while soothing aches and pains.



Body Treatments

To rejuvenate, de-stress and renew your skin, the choice is a Spa Mystique Body Treatment. Spa Mystique combines a pure and natural product line that utilizes the richness of earth and sea with pure essential oils for visible results and relaxing aromatherapeutic benefits.

Ginger Wrap

Surrounded by the fragrances of the Orient, you will be cocooned in linens that have been steeped in warming ginger tea. This relaxing treatment encourages the body to release toxins and strengthens the, "chi," or life energy of the body.
Half Session

Smoothing Marine Body Mask

Relax and luxuriate in steady warmth while your skin detoxifies and absorbs benefits from the rich array of minerals, micronized vitamins, and enzymes naturally abundant in this contouring seaweed. This all over body mask reduces water retention and aids in the reduced appearance of cellulite. Full Session

"Hasu" Lotus Flower

Body Envelopment

Indulge in a Japanese inspired lotus flower body wrap. After a gentle exfoliation and application of botanical oils, a rich application of this mask will leave your skin soft and hydrated.

Nourishing, soothing and repairing to the skin from the everyday damage caused by the sun and wind.
Full Session

Muscle Relief Mud Wrap

A sports recovery ritual created for active lifestyles. Designed to detoxify and reduce muscle pain, this warm organic mud wrap is combined with a face and scalp acupressure treatment.
Full Session

Green Tea Body Mask

After a dry brushing for exfoliation, traditional medicinal green tea known for its anti-aging properties is applied to the body. A soothing face and scalp

massage is performed prior to finishing with a contour spray application to improve circulation. Deluxe Session

Body Enzyme Peel

Natural organic fruit enzymes break down the dead layer of the skin and stimulate the dermis to manufacture more collagen and elastin. By having an enzyme peel periodically, your body is forced to constantly make new skin, which in turn creates stronger, healthier, younger looking skin. Full or Deluxe Session

Designed to help you address your skin care concerns according to your specific skin type. Your aesthetician will customize a regime that leads to healthy, youthful skin. Full session facials include a skin analysis, cleansing, exfoliation, neck and facial massage, mask, moisturizing, and recommendations as to how to maintain vibrant skin. Deluxe session facials include a therapeutic hand and foot treatment. Please select either a Full or Deluxe Session

Mystique Ultimate Rejuvenation

This is an exceptional facial to firm, rejuvenate, and provide a radiant appearance. Enjoy the signature Mystique effleurage and pressure point massage coupled with a high potency serum rich in powerful anti-oxidants; followed by a unique and delicately scented mint and lavender thermal mask. Deluxe Session

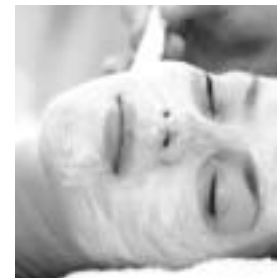
Mystique Refresh

This cool, gentle mask treatment soothes, heals, strengthens and deeply hydrates leaving the skin, refreshed, vital and healthy with an exceptional glow. This refreshing facial

is the perfect beginning for any special occasion. Full Session

Mystique Yang

Specifically created for a man's skin, this deep cleansing treatment provides a renewing experience. Rich in botanical extracts, this treatment helps prevent razor burn, sensitivity and folliculitis. A deep cleansing and mild exfoliation is accompanied with a tranquil massage of the face, neck, shoulders and hands. All Sessions



A day slow in going
Echoes
In the corner of Kyoto.
-Buson

Mystique Skin Care

Mystique Yin

Maintain natural, vibrant skin with this nourishing aromatherapy treatment customized for your skin's own individual needs. All Sessions

Mystique Oxygen Repair

This effective procedure combines 87 different micronized vitamins, minerals, amino acids and enzymes, in addition to pure oxygen to nourish, cleanse, hydrate and revitalize every cell of the facial skin. This treatment promotes the body's own inherent healing process and is based on a medical concept of the utilization of oxygen to repair the skin of burn victims. Full Session

Green Tea Garden

A therapeutic treatment abundant in green tea, rose extract and other beneficial active ingredients to relieve redness and care for ultra-sensitive skin conditions such as Rosacea or those suffering from hormonal skin imbalances. This skin nurturing therapy treatment includes a hydrating paraffin ginger-jasmine hand-dip. Full Session

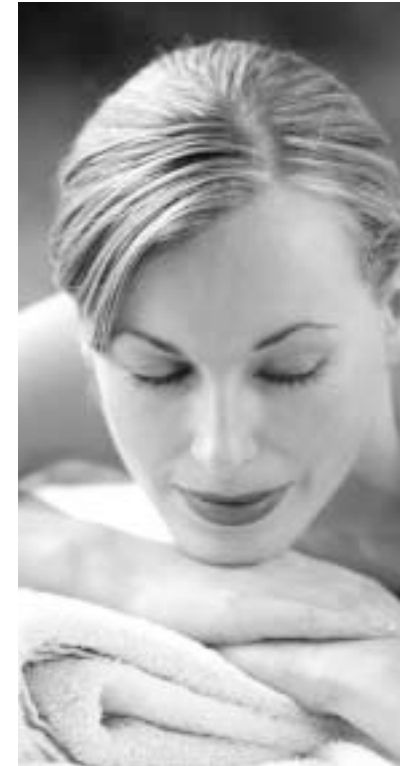
Enzyme Facial

Following a deep cleansing, this facial uses natural organic fruit enzymes to break down the dead layers of the skin and stimulate the dermis to

manufacture more collagen and elastin. Aromatic enzymes in conjunction with gentle steam are used for this relaxing and revitalizing experience. Enzymes of various strengths are applied depending on your needs and type. Deluxe Session

Instant Face-Lift Facial

Favored by Hollywood's elite, this treatment is a combination of contouring products, which tones and tightens the muscles of the face with special products that lift the skin and tissues, giving an exceptional glowing, toned appearance and the look of an instant face-lift. Deluxe Session





Ginkgo Recovery Eye Treatment

An effective treatment to combat wrinkles and reduce puffiness around the eyes. A refreshing Ginkgo Biloba mask follows an application of pure collagen. Your eyes will be noticeably rejuvenated. May be performed as a half session or added to any facial.

Youthful Lip Contour Mask

Refine and smooth your lips. Azelaic acid evens skin tone while shea butter and vitamin A moisturize. elastin and collagen refresh and diminish fine lines for visible results. A wonderful treatment that may be performed alone or added

as a perfect compliment to any facial.
Half Session

Revitalizing Hand Treatment

The perfect add-on to any treatment to nourish, soothe and soften dry or overworked hands. Half Session

Waxing services

Warm wax is used to gently remove unwanted face and body hair. May not be suitable for those with sensitive skin or those taking certain medications.

Times Vary

- Lip/Chin
- Full Back
- Brow Arch
- Half Back
- Half Leg
- Bikini
- Full Leg
- Underarm



Yamaguchi Salon



Internationally renowned Yamaguchi Salon at Spa Mystique integrates the Asian Feng Shui philosophy into a holistic approach to beauty. Step inside the salon and you'll be pampered like never before. Upon leaving, you'll feel and look better than ever.

Inspired by celebrated stylist Billy Yamaguchi, the salon offers unparalleled hair, manicure, and pedicure services. His extraordinary team of stylists and technicians are famed for their artistry and attentive customer care. Whether you're seeking a manicure to spoil your senses or a Feng Shui beauty consultation with Billy that will reawaken

your spirit, Yamaguchi offers a full range of salon services to satisfy every type of client.

Come along on this voyage of self-indulgence. Experience the best in salon and nail care services, where your outer beauty is enhanced with the greatest respect for your inner beauty. To book your appointment with Yamaguchi at Spa Mystique, please call 310.551.7577.



Spa Mystique
10220 Constellation Avenue
Los Angeles, CA 90067



THE CENTURY PLAZA
HOTEL & SPA
WESTIN HOTELS & RESORTS.