

# Spa Menu

2017

## Massage Therapy

Our licensed Massage Therapists are trained in various modalities; including Swedish, Deep Tissue, Shiatstu, Sports and Reflexology.

60 Minute Massage = \$98.00  
90 Minute Massage = \$142.00  
Two hour Massage = \$200.00

60 Minute Massage = \$120.00  
90 Minute Massage = \$162.00  
Two hour Massage in room  
Minute Massage = \$220.00

## Personal Training

Our Certified Personal Instructors are trained in various modalities; including Strength Training, Active Response, Personalized Stretching, and Meditation.

60 Minute Session = \$85.00

## Prefer the Privacy of Working out in your Room?

Personal fitness bags are available. The bag includes sets of 5 pound and 8 pound hand weights, a yoga stretch mat, tension bands, and a training manual.

Contact the Fitness Center at ext. 6808 for an appointment. Please allow us 2 to 4 hours advance notice, to best serve you.

(Above prices exclude 4.25% service tax)



**Millennium Hilton**

NEW YORK DOWNTOWN



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New York Downtown  
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