



Sheraton®

NEW YORK
TIMES SQUARE
HOTEL

Spa Services

Services are available by appointment only. Please dial 212-841-6714 and speak to one of our trained professionals. Appointment desk is available 5AM to 11PM EST and services are available 8AM to 9PM EST.

SWEDISH MASSAGE

Classic massage technique designed to promote relaxation, improve circulation, relieve tension and expand range of motion.

30 minutes - \$70.00 60 minutes - \$110.00 90 minutes - \$170.00

DEEP TISSUE MASSAGE

Deep Tissue massage is a therapeutic massage that is helpful for stress, bad posture, excessive fitness training, prolonged computer work and overuse of muscles.

30 minutes - \$75.00 60 minutes - \$120.00 90 minutes - \$170.00

SPORTS MASSAGE

Sports massage is a combination of massage strokes and techniques combined with flexibility and specific exercise routines geared to increase an athlete's performance and capabilities.

30 minutes - \$75.00 60 minutes - \$120.00 90 minutes - \$170.00

HOT STONE MASSAGE

Smooth heated stones are integrated into a powerful Swedish or Deep Tissue massage.

60 minutes - \$130.00 90 minutes - \$180.00

PREGNANCY MASSAGE

This massage is specifically tailored for the expectant mother's needs. Pregnancy massage has been found to reduce stress, decrease swelling in the arms and legs and relieve aches and pains in muscles and joints.

30 minutes - \$75.00 60 minutes - \$120.00



Sheraton®

NEW YORK
TIMES SQUARE
HOTEL

COUPLES MASSAGE

Two massage therapists can massage you and your loved one, or a friend with both of you together in the same room. Two one-hour massage sessions utilizing Swedish or Deep Tissue massage techniques.

60 minutes \$220.00

COUPLES MASSAGE INSTRUCTIONAL

This basic couples massage class is based on simple, easy-to-learn Swedish and sports massage techniques and is designed to help you and your partner share the nurturing, relaxing, therapeutic benefits of massage with each other.

60 minutes - \$110.00 90 minutes - \$200.00

POSTURAL CORRECTION MASSAGE

Work, travel and stress can all contribute to postural distortions leading to pain and discomfort. The massage session focuses on a problem area and the compensating muscle groups.

30 minutes - \$75.00 60 minutes - \$120.00 90 minutes - \$170.00

REFLEXOLOGY MASSAGE

This healing massage technique stimulates energy pathways through reflex points on the feet, hands and ears, promoting relaxation and well being.

30 minutes - \$75.00 60 minutes - \$120.00

PERSONAL TRAINING

We offer personal training sessions check with the Fitness & Spa Services desk for plans and pricing. Classic massage technique designed to promote relaxation, improve circulation, relieve tension and expand range of motion.

30 minutes - \$70.00 60 minutes - \$110.00 90 minutes - \$170.00