



GUERLAIN
SPA

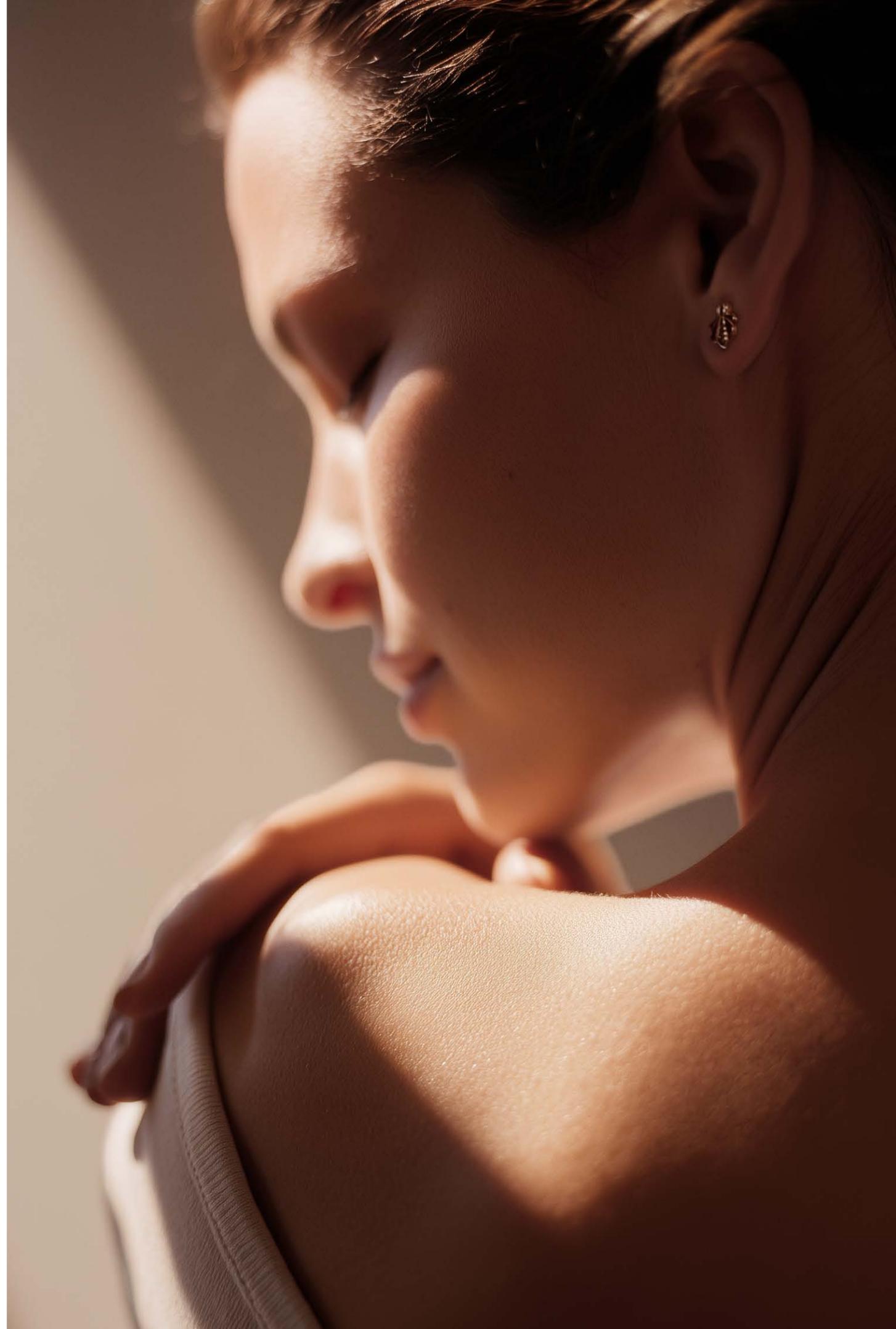
One&Only

AESTHESIS

Athens

GUERLAIN
PARIS

AT GUERLAIN,
WELLNESS IS AN ART





THE ART OF WELLNESS AND LONGEVITY

Guerlain redefines the boundaries of well-being through a holistic philosophy that intimately intertwines beauty, preventive health, and longevity. Each treatment becomes a step in a personalized journey that nurtures the body, restores emotional balance, and supports long-term vitality. Our thoughtfully curated retreats and programs are built around the four foundational pillars of Guerlain wellness: Nutrition, Movement, Sleep, Mindfulness. Guerlain's expertise, exclusive aesthetic innovations, and the world's most advanced wellness technologies combine to bring this transformative vision to life.

KNOW-HOW & DARING

Guerlain's bold vision of wellness began in 1850, when the founder of the Maison created one of the first thermal well-being centers in northern France, in Le Crotoy. This pioneering initiative began a holistic approach to beauty and care. Since the opening of its first Institute in 1939, Guerlain has continuously pushed the limits of excellence, blending audacity with precision. Each Guerlain Wellness Expert is trained in Maison's renowned protocols, mastering the gestures that have shaped the heritage of French spa artistry. Whether through the now-iconic 19-minute facial (considered an industry benchmark) or full-body rituals that evolve with the client's needs, every treatment is a masterpiece of personalization, delivered with finesse and intuition.

THE PRODIGIOUS CHEMISTRY OF NATURE

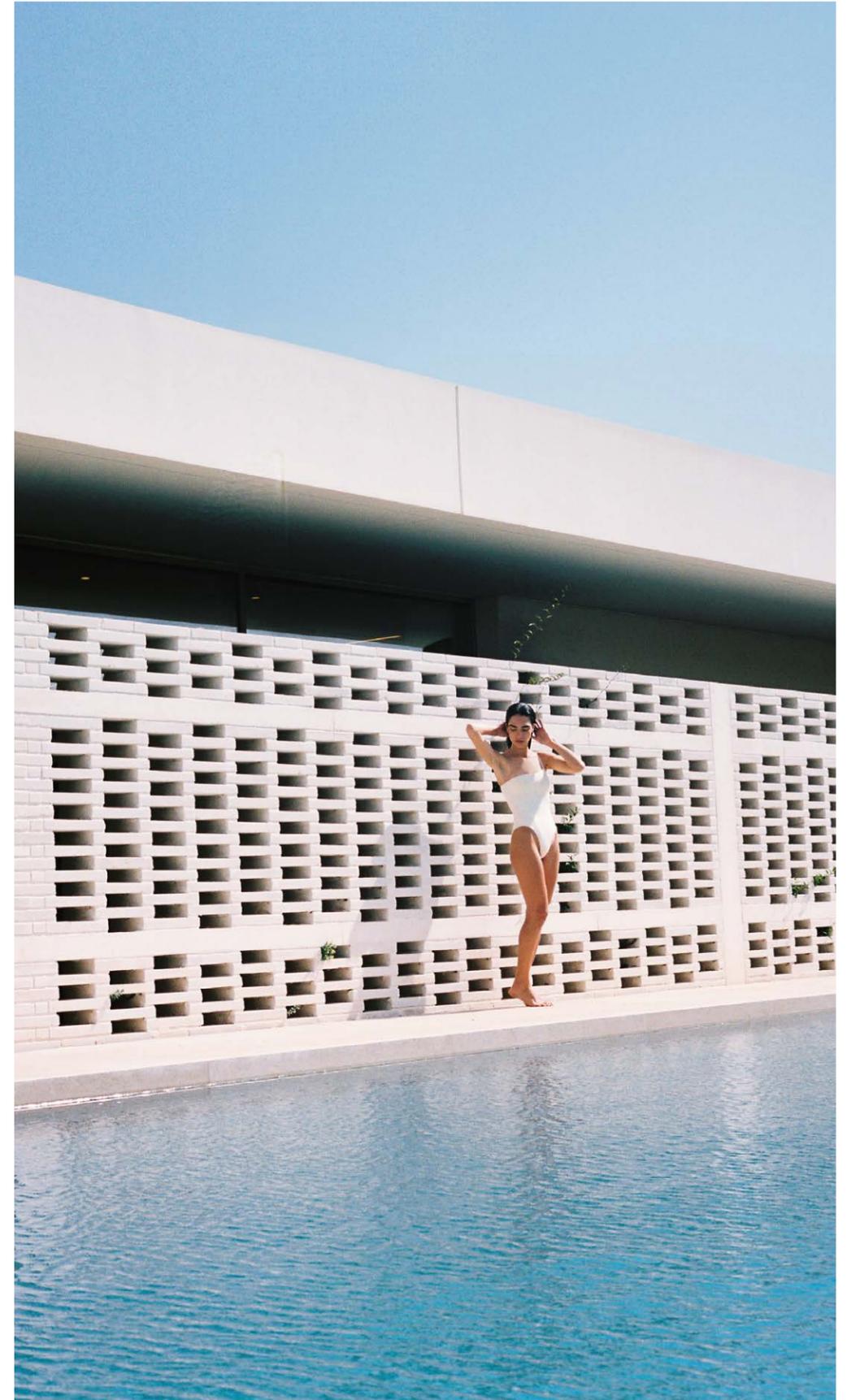
The natural world lies at the heart of Guerlain skincare, embodied by two of its most extraordinary wonders: the orchid and the bee. Drawing from the orchid's exceptional longevity and the bee's remarkable regenerative power, Guerlain has developed a singular expertise that unites nature with innovation. Through decades of devoted research, the Maison has distilled the essence of these natural treasures, transforming their innate powers into potent rituals that regenerate, repair, and illuminate the skin. These powers are brought to life through immersive, multi-sensory experiences within the serene sanctuary of the Guerlain Spa at Waldorf Astoria.

O&O AESTHESIS EXCLUSIVES 12

TAILOR-MADE FACIALS 17

MASSAGE AND BODY THERAPY 22

EXCEPTIONAL MOMENTS 31





ONE&ONLY
AESTHESIS
EXCLUSIVES

ONE&ONLY AESTHESIS EXCLUSIVES

Steeped in Grecian culture, this created especially for One&Only Aesthesis ritual celebrates beauty and femininity, awakening the inner goddess within.

NYMPH OF THE ATHENIAN RIVIERA

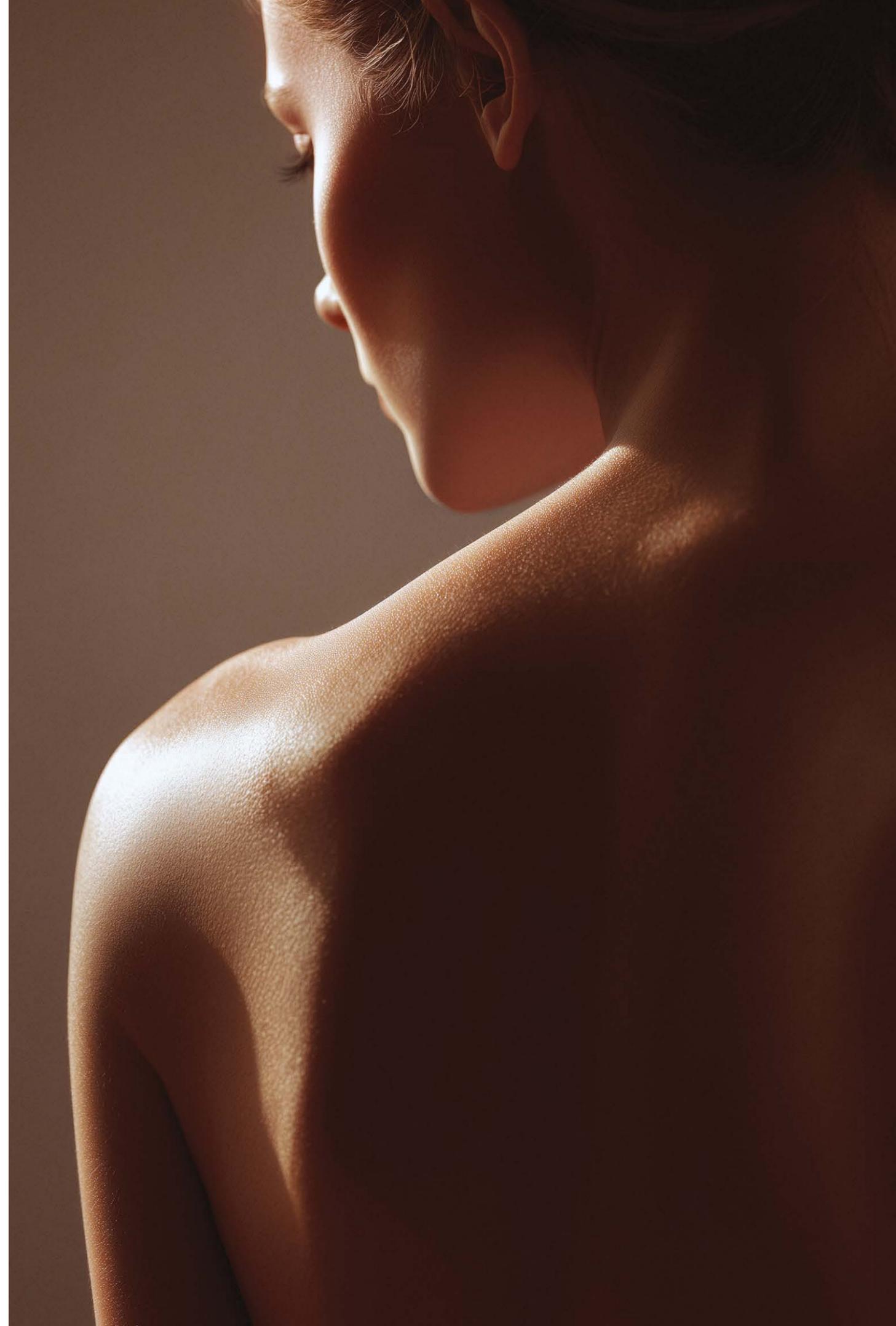
2 HRS

This multisensory ritual exalts beauty and femininity. The treatment includes a footbath, a face and body massage performed with rose quartz stones, and the exquisite and tender scent of Rose Cherie. This irresistible experience brings out the inner nymph within every woman.

LEGENDARY STRENGTH

1 HR 30 MIN

An intense body and back experience crafted especially for Guerlain Spa at One&Only Aesthesis, the Legendary Strength massage is expertly performed with hot glass spheres filled with aromatic oils to improve the musculature, enhance the overall posture, and boost your mind power.





TAILOR-MADE
FACIALS



TAILOR-MADE FACIALS

THE TAILOR-MADE TREATMENT

1 H • 1 HR 30 MIN • 2 HRS • PROGRAM OF 4 OR 8 SESSIONS

A tailor-made facial treatment designed just for you. After a thorough skin diagnosis, our Wellness expert formulates a personalized selection of products to address your specific facial needs. This treatment offers limitless customization, whether purifying, hydrating, re-densifying, or regenerating.

IMPERIAL FACE SCULPT

1 HR • PROGRAM OF 4 OR 8 SESSIONS

Combining a precise facial and morphological analysis with expert massage techniques, this advanced sculpting treatment restores firmness, radiance, and youthful vitality to your skin. Through deep muscular work, it redefines facial contours, lifts cheekbones, opens the eyes, and smooths fine lines and wrinkles: a powerful touch, expertly delivered, for a flawless lifting effect.

ROYAL HONEY REPAIR & RENEW

1 HR 30 MIN

This facial treatment, infused with the healing properties of honey, is an indulgent and restorative escape that envelops the skin in soothing comfort. A harmonious fusion of pressure point massage and warm herbal compresses reawakens cellular renewal and calms the mind. Skin is left luminous and revitalized, glowing with youthful radiance.

ORCHIDÉE IMPÉRIALE AGE REVERSE

ULTIMATE YOUTH TALISMAN

1 HR 30 MIN • 2 HRS • PROGRAM OF 4 OR 8 SESSIONS

The ultimate expression of Guerlain's expertise is that this exceptional treatment is a rare and luxurious ritual. Merging the power of expert touch with the revitalizing energy of the Black Orchid supports the skin's natural self-preservation mechanisms. A true talisman of youth, it leaves your skin radiant, healthy, and flawlessly renewed.

GOLDEN AURA

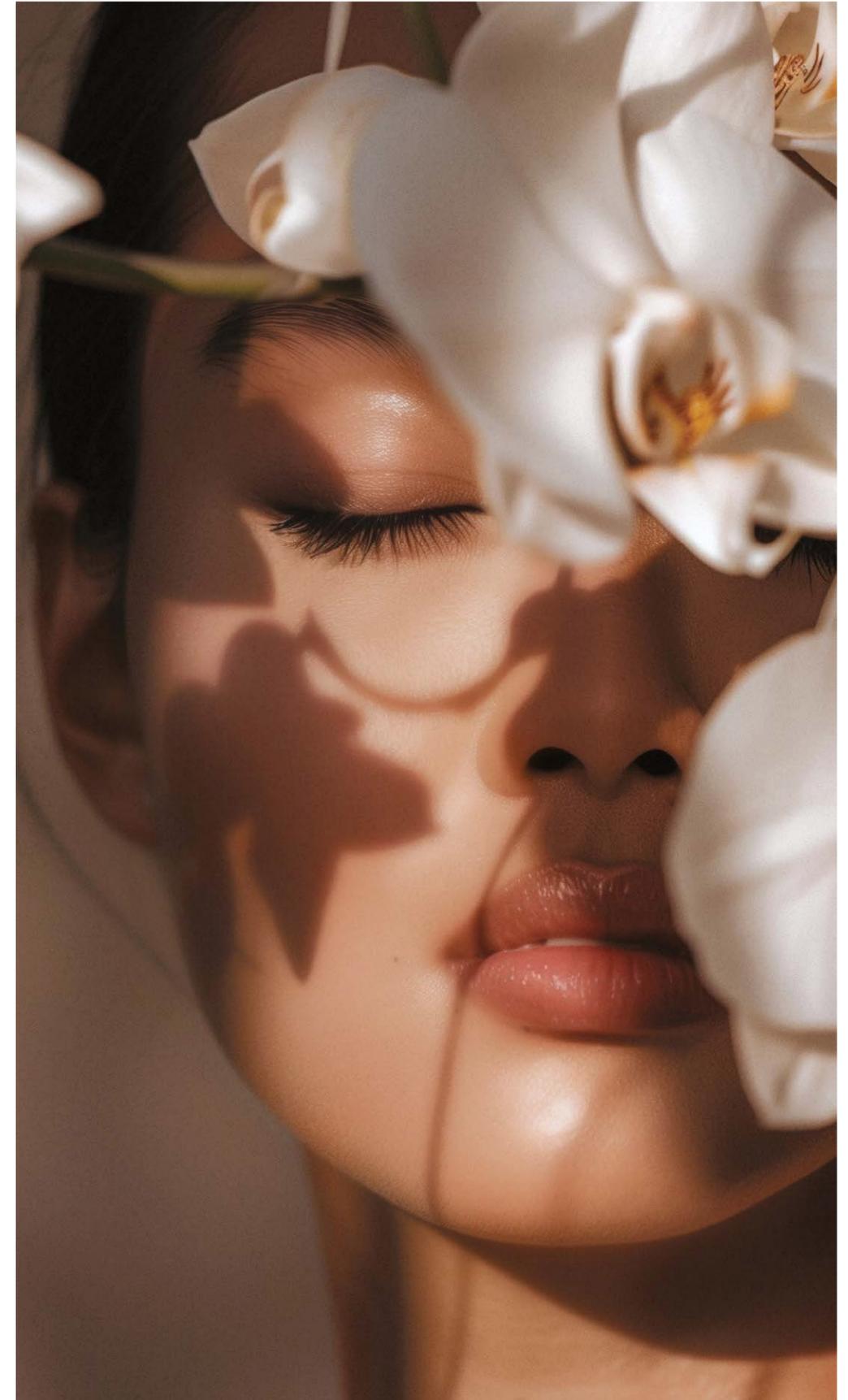
1 HR 30 MIN • 2 HRS • PROGRAM OF 4 OR 8 SESSIONS

Harnessing the extraordinary power of the Gold Nobile Orchid, native to the Himalayan region, this anti-aging facial restores luminosity and youthful vitality to the skin. It blends the precision of digit pressure with the time-honored art of gua sha to sculpt facial contours, boost oxygenation, and revitalize at the cellular level. Expert lymphatic techniques yield visible results, including lifted features, a flawless and radiant glow, and a luminous, youthful aura.

IMPERIAL LONGEVITY

1 HR 30 MIN • 2 HRS • PROGRAM OF 4 OR 8 SESSIONS

Drawing inspiration from the orchid's remarkable longevity, Guerlain has created its most exceptional and complete anti-aging treatment, an extraordinary ritual with intense regenerating and re-densifying powers. While regaining its ideal texture and radiance, the skin feels irresistibly soft, velvety, and sublimely beautiful to the eye and touch.





MASSAGE &
BODY THERAPY

RELAXATION & ENERGY MESSAGES

DEEP MUSCULAR MASSAGE

1 HR • 1 HR 30 MIN

Experience an intensive massage that restores the body's natural flexibility through deep tissue techniques, targeted pressure, and revitalizing stretches. It releases deep-seated tension, improves circulation, and leaves you feeling profoundly recharged and renewed.

IMPERIAL RELAXING MASSAGE

1 HR • 1 HR 30 MIN

Inspired by the timeless elegance of Eau de Cologne Impériale, this signature Guerlain massage awakens the senses and renews the body. Expertly designed to stimulate circulation and enhance oxygenation, it delivers a deeply soothing experience that melts away tension and instills a sense of irresistible relaxation.

ENERGY OF TIANZI

1 HR

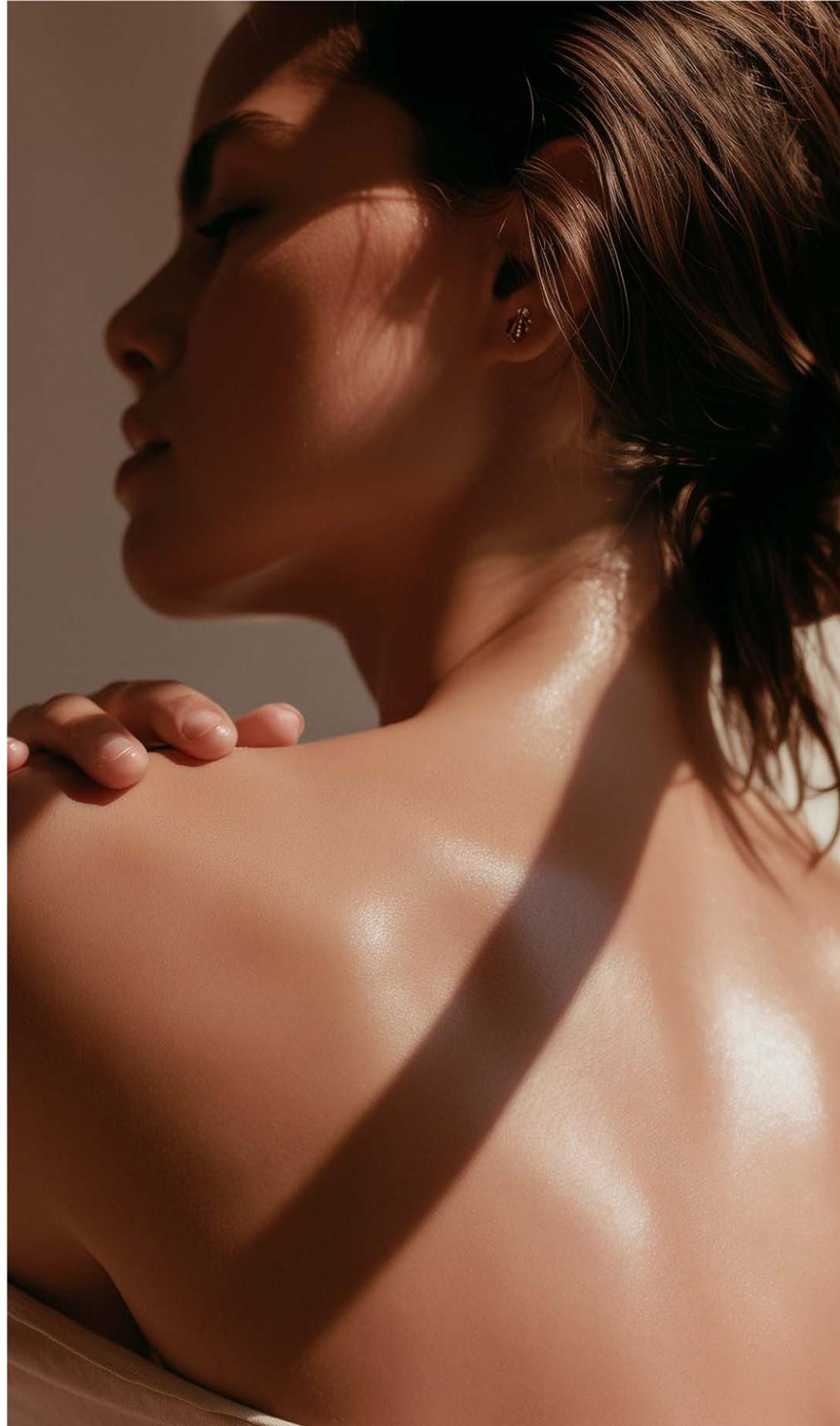
This voyage into the heart of the Tianzi tropical forest offers a unique awakening of the senses through a perfect harmony between the intensity of the movements and the soulful melody. Offering a sensation that combines grounding, meditation, and elevation, this exploration of the motherland of Guerlain orchids soothes the mind and rebalances the body. It's an emotional adventure that is both vibrant and regenerative in essence, allowing you to be reborn with boundless energy.

BLISSFUL MUM

1 HR • 1 HR 30 MIN

Designed to improve the skin's elasticity and stimulate circulation, this blissful massage dedicated to mothers can be performed after the first trimester of pregnancy or once the baby is born.





SCULPT & PAMPER TREATMENTS

IMPERIAL BODY SCULPT

1 H • 1 HR 30 MIN • PROGRAM OF 4 OR 8 SESSIONS

Powerful and instantly transformative, this slimming treatment sculpts the body, diminishes cellulite, and detoxifies through expert drainage and deep kneading techniques. These intense, targeted motions stimulate metabolism and promote lasting results, naturally reshaping the silhouette with smoother, more harmonious curves. Experience a refined contour and renewed vitality that radiates confidence.

INTENSE BODY THERAPY

2 HRS

This luxurious treatment is a full-body ritual of renewal. It begins with a refined exfoliation to smooth the skin, followed by a nourishing wrap that comforts the body. A personalized massage melts away tension, reawakening the senses. This exquisite experience leaves the skin radiant and the body sublimely revitalized.

BODY POLISH

1 HR

Experience the ultimate ritual of renewal as you exfoliate the skin to reveal a flawlessly smooth, radiant glow. This indulgent polish refines the skin's texture, making it soft and silky. Envelop yourself in a sensorial journey that refreshes the body and uplifts the spirit.

FOCUS RITUALS

30 MIN

To enhance your Guerlain Spa beauty ritual, select an area of your choice to soothe or pamper with additional focus, including the scalp, eye area or neck and décolleté. You will naturally succumb to this sublime, targeted massage as your Wellness Expert pays undivided attention to any areas of concern.

TREATMENTS FOR MEN

SKIN SAVER FACIAL

1 HR 30 MIN

This revitalizing facial combines a deep-cleansing scrub, an expertly crafted massage, and a rejuvenating mask to restore your skin's natural radiance and comfort. The treatment is completed with targeted eye contour care to refresh and brighten, leaving your complexion visibly renewed, soothed, and impeccably refined. Experience a moment of pure indulgence tailored to the modern man's skincare needs.

ENERGIZING FACIAL

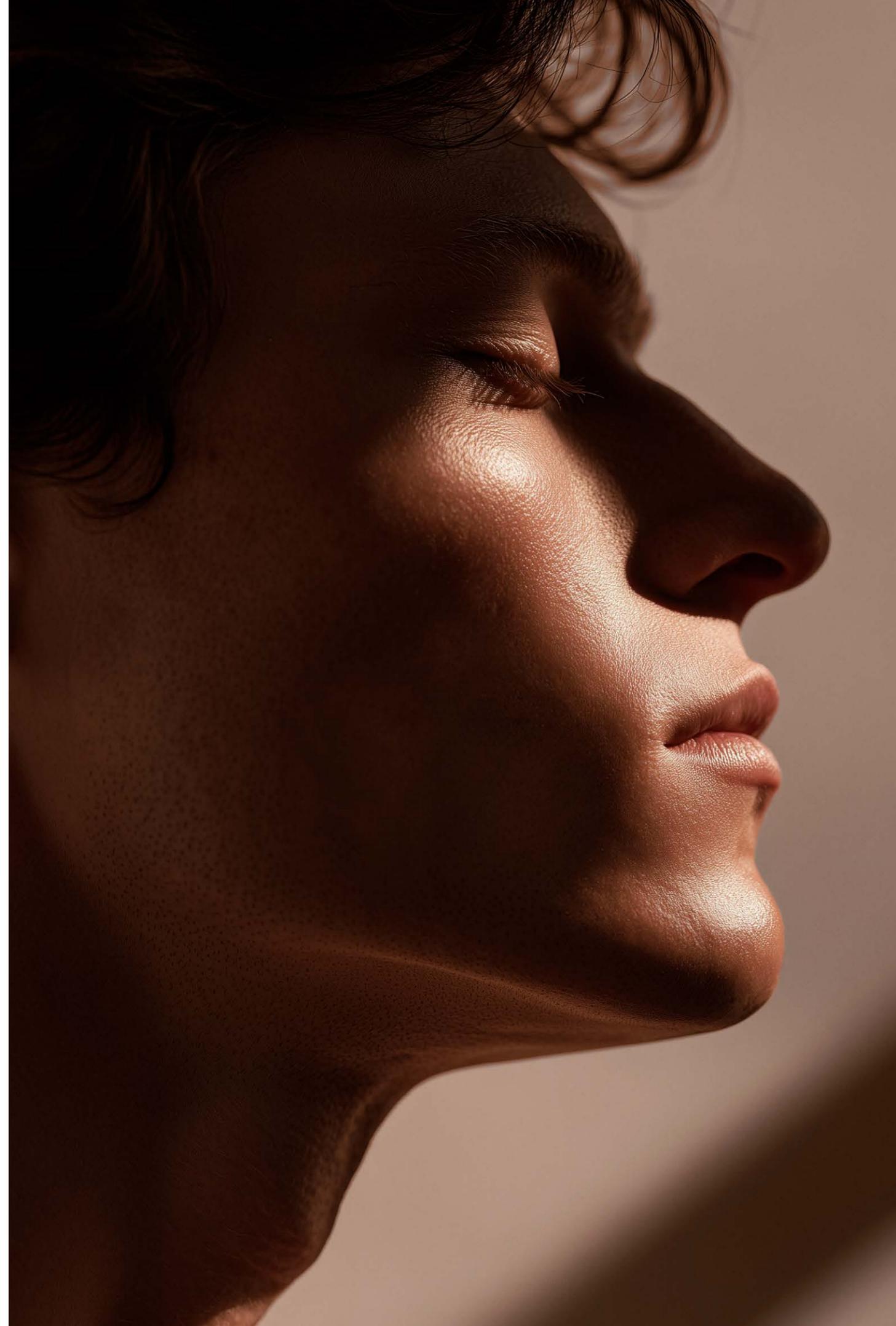
1 HR

Awaken your skin with this revitalizing treatment tailored to your unique needs. A gentle yet effective scrub clears away impurities, followed by a deeply relaxing massage that helps invigorate circulation. A nourishing mask and specialized eye contour care complete the ritual, restoring freshness, clarity, and radiant vitality to your complexion.

MUSCULAR ENERGY

1 HR • 1 H 30 MIN

This aesthetic massage stretches the muscles, leaving them suppler, and also works on circulation to balance the body and mind.





EXCEPTIONAL
MOMENTS



TIME TOGETHER MASSAGES

ROMANTIC GETAWAY

1 HR • 1 HR 30 MIN

There is no better way to experience exceptional relaxation than sharing it with the one you love. Enjoy your time together in our private double room with access to an exclusive pool for a truly unforgettable escape.

AMONG FRIENDS

1 HR • 1 HR 30 MIN • 2 HRS

Celebrate friendship in style with a Guerlain curated shared experience. Enjoy the privacy of our exclusive pool and the freedom to combine your favorite Guerlain treatments for a personalized journey of relaxation and indulgence together.

FAMILY TOGETHERNESS

1 HR

Share an exceptional massage experience with mom, dad, or your siblings and make memories to treasure.

PRECIOUS ESCAPE

SCULPT YOUR FACE & BODY

2 HRS

Imperial Face Sculpt 1 H
Imperial Body Sculpt 1 H

BOOST YOUR ENERGY

3 HRS

Tailor-Made Treatment 1 H 30 MIN
Legendary Strength 1 H 30 MIN

MOTHER'S PAMPERING

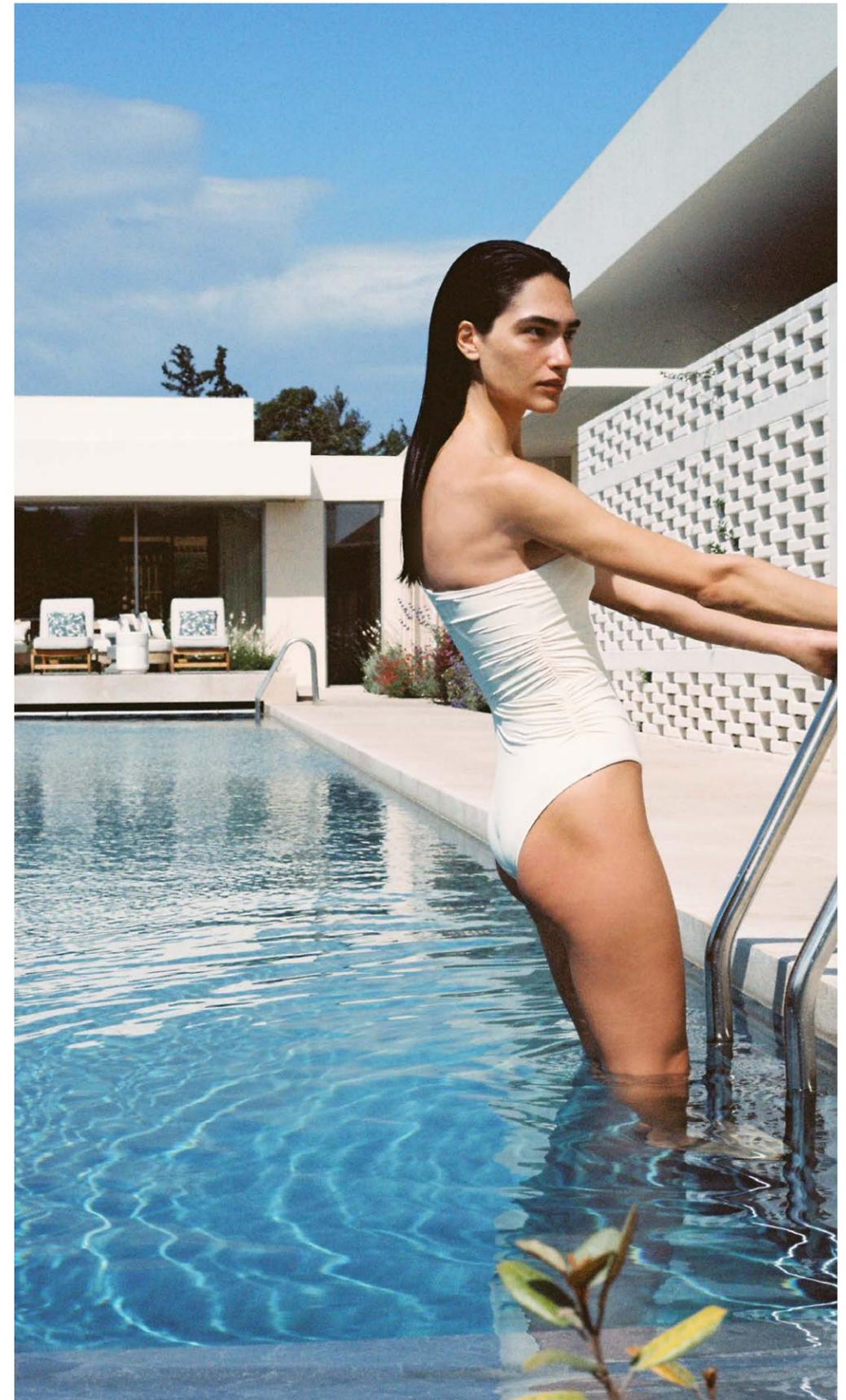
2 HRS 30 MIN

Blissful Mum 1 H
Tailor Made Treatment 1 H 30 MIN

RESTORE YOUR NATURAL GLOW

3 HRS 30 MIN

Royal Honey Repair & Renew 1 H 30 MIN
Imperial Relaxing Massage 1 H
Body Polish 1 H





GLAMOUR EXPERIENCE MAKE-UP

MAKE-UP APPLICATION

1 HR

For a special occasion or to be perfect and irresistible every day, Guerlain imagines a make-up session that combines expertise and pleasure.

MAKE-UP LESSON

1 HR 30 MIN

We all dream of mastering the art of make-up application. Guerlain reveals the most effective beauty secrets to enhance your face.

EXCEPTIONAL MAKE-UP

2 HRS (1 HR + 1 HR)

For life's most memorable moments, opt for a bespoke two-step make-up ritual. Guerlain creates a personalized make-up to ensure a flawless look when it matters most.

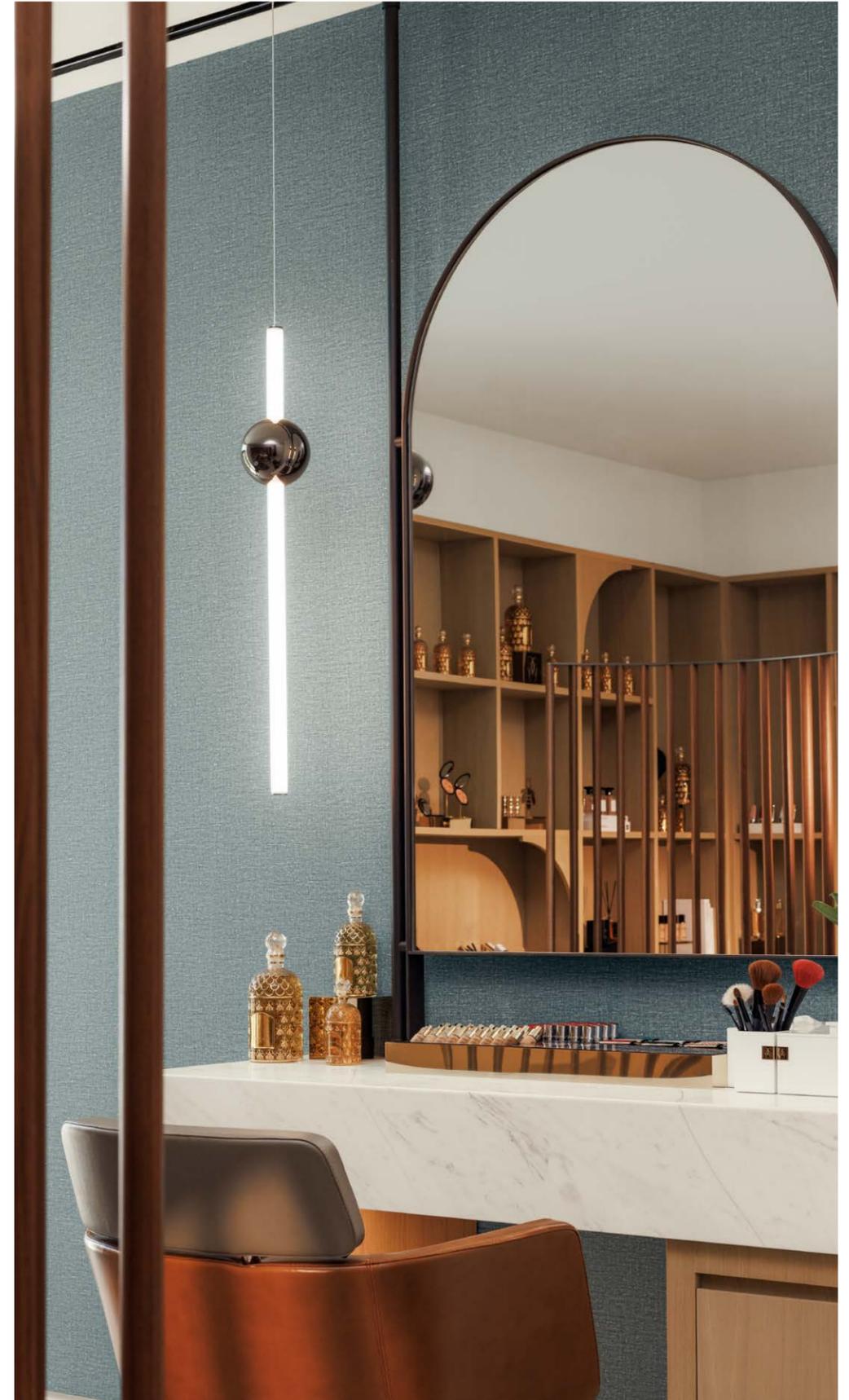
BEAUTY STUDIO

GLAMOUR EXPERIENCE

Embrace a completely new look in record time, as up to three Beauty Experts work together to perform simultaneous treatments including manicure, pedicure, facial, body treatment, hairdressing and make-up. This fairytale pampering experience is perfect before milestone events, such as professional meetings, parties or weddings.

THE ART OF HAIR

Enjoy a luxurious hair care experience in our state-of-the-art salon. From precision haircuts and expert styling to flawless blowouts and professional hair coloring, we offer it all. Ask our specialists for personalized advice.





PEDI: MANI: CURE STUDIO BY BASTIEN GONZALEZ

BASTIEN'S PEDICURE

1 H

This pampering experience includes a nail treatment with gentle buffing, elimination of hard and dry skin, and a lower-leg massage from the toes to the knees to relieve muscle tension and heaviness.

BASTIEN'S MANICURE

45 MIN

An exceptional manicure in three steps: a cuticle and nail treatment including a natural finish without nail polish, and a massage of the forearms, wrists, hands and fingers.

NAIL BRIGHTNESS

45 MIN

A foot treatment focusing on the beauty of nails, cuticles, and light smoothing of the skin dryness. Nails are reshaped and buffed with chamois leather and a pearly buffing cream resulting in healthy, shiny, and naturally beautiful nails. It ends with a relaxing foot massage.

PEDI: MANI: CURE STUDIO BY BASTIEN GONZALEZ

FOOT ' REFOUNDATION' MASSAGE

35 MIN

This specialised foot massage treatment is designed for the total wellbeing of the feet and legs. Ideal for heavy and tired legs after flights, this truly relaxing massage is performed from the toes up to the knee, focusing on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet.

PARAFFIN TOUCH

20 MIN

Intensify any Bastien Gonzalez treatment by adding the paraffin touch. The warmth of this silky wax will aid the penetration of applied moisturisers into the skin for deeper hydration. It will also enhance relaxation and ease tension in the joints and muscles.

BLACK DIAMOND SCRUB TOUCH

10 MIN

Elevate your Bastien Pedicure or Bastien Manicure by adding the Black Diamond Scrub Touch. This mineral foaming scrub encourages a vigorous natural exfoliation, aiding in the removal of dead skin cells and leaving it silky smooth.





KIDS EXPERIENCES

SWEET SECRETS OF THE BEE

45 MIN

A symbol of Guerlain, the bee invites children to explore its kingdom. Pleasant massages for the scalp, and hands. A discovery of the benefits of honey and its role in nature, the Sweet Secrets of the Bee treatment promises gentle pampering and an indulgent, fun experience.

MY FIRST GUERLAIN MOMENT

30 MIN

Be as beautiful as mum: experiment with colours, put on pretty make-up and learn about the Guerlain Art of Perfume... the perfect opportunity to play princess in front of the mirror.

FAMILY TOGETHERNESS

30 MIN

Share a special experience with mum or dad, or between brothers and sisters. Choose your massage like a grown-up and enjoy it as a family. Moments and memories to treasure.

INITIATION TO RELAXATION

1 H

The ideal wellness workshop to gently introduce kids to relaxation. A playful approach to explore, breathing techniques, balance and emotions management to become a real mini yogi.

CLUB ONE

FUNCTIONAL CIRCUIT TRAINING

1 H

Elevate your fitness with a dynamic full-body circuit that combines strength, cardio, and flexibility. Suitable for all levels, this invigorating session offers variety, challenge, and expert guidance.

PILATES MAT / REFORMER

1 H

Designed to enhance both body and mind, this Pilates Mat class blends strength, flexibility, and precision. Overlooking fragrant gardens, the session guides you on a journey toward improved posture, core control, and balance. Available as both private and group classes.

AESTHESIS BODY

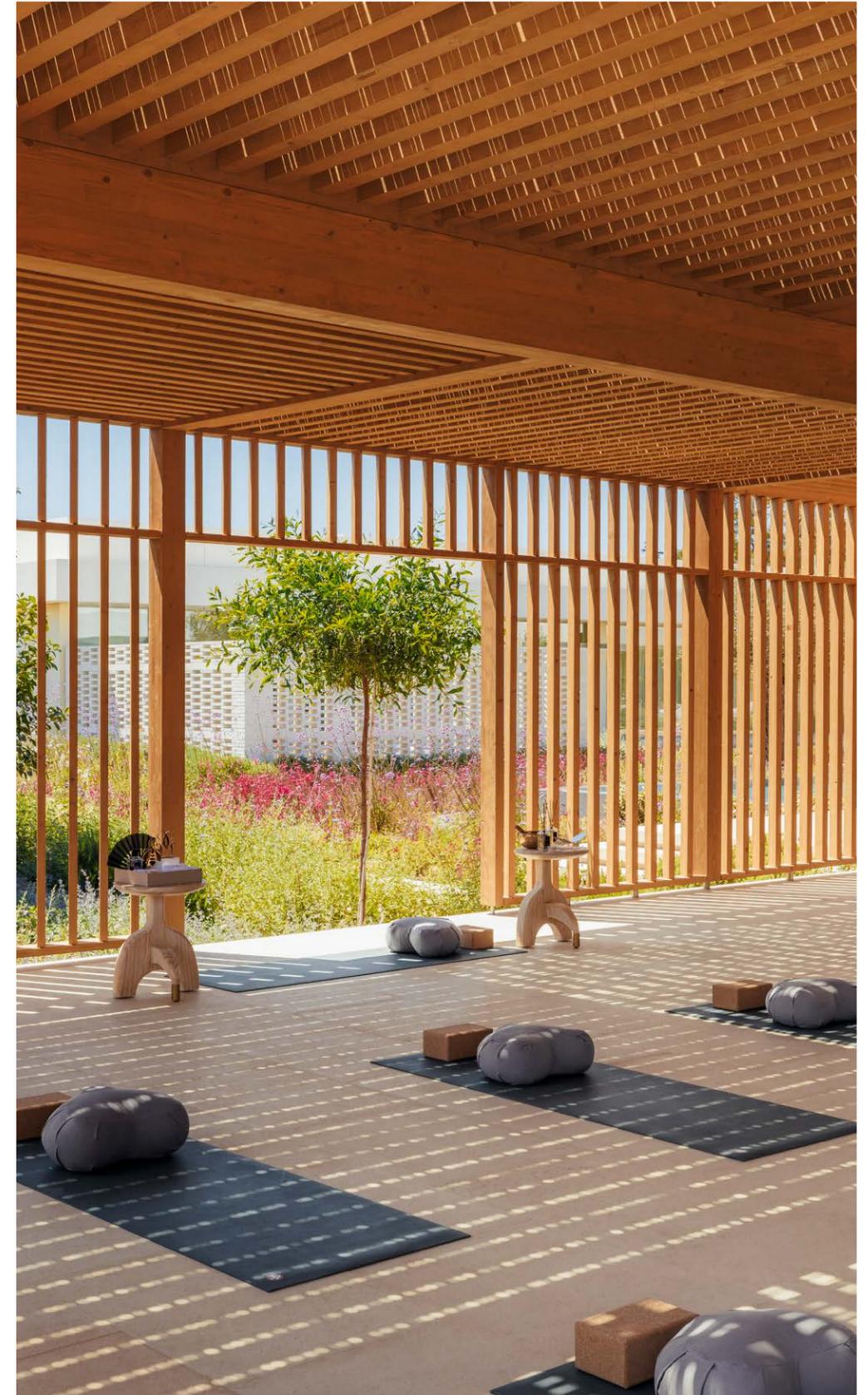
45 MIN

A refined, form-focused strength experience designed to cultivate power, poise, and aesthetic harmony. Blending functional training with mindful movement, this class emphasizes posture, control, and graceful endurance. Through considered sequences and intentional resistance work, you will build strength from within enhancing how the body performs, feels, and moves with effortless elegance.

YOGA

1 H

Find balance, strength, and flow in this energizing Hatha Vinyasa practice. Guided by our skilled instructor, the class blends the grounding postures of Hatha with the graceful, breath-linked transitions of Vinyasa. Each sequence is designed to build heat, improve flexibility, and cultivate mindful focus while remaining accessible for all levels.





YOUR SPA EXPERIENCE

SPA ETIQUETTE

To make the most of your experience, we suggest you arrive 30 minutes prior to your treatment. Upon arrival at the Spa you will be provided with a locker, bathrobe, and slippers. You are welcome to enhance your experience by enjoying our exclusive Spa facilities, including the external heated pool, steam room and sauna before or after your treatment.

YOUR CUSTOMISED SPA

Transform Guerlain Spa into your own exclusive setting for an afternoon of treatments with friends or an indulgent event. To bring your pampering dreams to life, contact us for a customised program.

GUERLAIN BEAUTY BREAKS

Treat someone special to an unforgettable and luxurious experience with Guerlain Spa Beauty Breaks. Choose your gift from a wide selection of treatments and products by Guerlain.

GUERLAIN AESTHETIC MASSAGE

The massages we offer are for beauty and aesthetic purposes. If you are looking for therapeutic massages, we recommend consulting a physician for advice.

A TRANQUIL SETTING

Our Spa is a place to relax and unwind, so we kindly ask you to turn off your mobile telephones in order to make the most of your experience and preserve the peaceful environment for other visitors.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries prior to your booking.

CHILD POLICY

Guests of Guerlain Spa under 16 years of age are welcome and must be always supervised by an adult 18 years or over. Treatments can be scheduled, and a discretion form is required to be signed by an adult.

PRICE

Additional gratuities may be added at your discretion. Prices and services are subject to change.

CANCELLATION POLICY

Should you need to cancel or reschedule your Spa appointment, we request a minimum of 24 hours' notice to avoid a full charge.

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