

DISTINCTLY BY





WELCOME TO WALDORF ASTORIA SPA NEW ORLEANS

Amid the vibrant energy and rich culture of New Orleans, finding moments to recharge is essential. Our 'Distinctly By' treatments are thoughtfully curated to provide the perfect balance of recovery and rejuvenation, ensuring you can fully embrace the excitement of this unique destination. Blending luxury with innovation, these experiences offer a sanctuary where you can restore your vitality and immerse yourself in the spirit of the city, refreshed and renewed.

DISTINCTLY BY...

Discover a new standard in self-guided wellness with treatments designed to harmonize your body and mind. Merging cutting-edge technology with restorative practices, these autonomous experiences offer the perfect antidote to the vibrant energy of New Orleans. Whether seeking physical recovery or meditative tranquility, each treatment represents the pinnacle of wellness innovation—crafted to leave you renewed, balanced, and ready to embrace every moment.



INFRARED SAUNA & COLD PLUNGE

Contrast Therapy

Experience the transformative power of contrast therapy, combining the soothing warmth of an infrared sauna with the invigorating chill of a cold plunge. This self-guided treatment promotes circulation, reduces inflammation, and enhances muscle recovery while supporting mental clarity and resilience. Designed to restore balance and vitality, this therapeutic practice is the perfect way to recharge your body and mind.

50 MINUTES

COMPRESSION THERAPY

Recovery Lounge

The first-ever recovery boots to combine compression therapy with powerful vibration and infrared LED light therapies, delivering faster results in less time. Pneumonic compression enhances circulation and reduces muscle soreness while infrared LED light therapy penetrates deep into muscles and joints to reduce inflammation and speed up healing. When combined, these powerful therapies enhance overall wellbeing and are ideal post-workout or travel.

STARTING FROM 20 MINUTES

HARMONIC MEDITATION

Recovery Lounge

Experience Harmonic Wellness, combining clinically tested vibroacoustic sound therapy with zero-gravity positioning for optimal restoration. Choose from six immersive therapy programs, ranging from 20 to 60 minutes, designed to reduce stress, ease anxiety, and improve sleep. Perfect as a stand-alone, experience or as a complement to other recovery therapies. Relax, restore, and rediscover balance.

STARTING FROM 20 MINUTES

COMPLEMENTS

SMART GOGGLES

A moment of calm that fits into any schedule.

Through a soothing combination of eye and temple massage, heat and vibration, SmartGoggles are designed to relieve stress, eye strain and headaches throughout the day, and help you relax and prepare for sleep at night.

Scientifically proven to improve sleep quality, validated by SleepScore Labs.

RED LIGHT THERAPY

Harness the restorative power of red light therapy in this self-guided treatment. Scientifically proven to enhance cellular repair and boost collagen production, red light therapy promotes healthier skin and overall well-being. This innovative experience is ideal for restoring energy and achieving radiant results, leaving you refreshed and revitalized from the inside out.

KNESKO COLLAGEN FACE MASK

Brighten and lift skin with a richly hydrating collagen treatment.

KNESKO COLLAGEN EYE MASK

Refresh and de-puff under eyes with an age-defying treatment.

RECOVERY PACKAGES

Enjoy much-needed time in our Recovery Suite where you will follow a recommended circuit designed around specific benefits to optimize your mind, body, and soul.

RECHARGE

Contrast Therapy
Harmonic Meditation
Compression Boots
Red Light Therapy
Energizing Adaptogen
Wellness Patch

90 MINUTES

RECOVER

Contrast Therapy
Compression Boots
Harmonic Meditation
Recovery Adaptogen
Wellness Patch

90 MINUTES

REST

Harmonic Meditation
Smart Goggles
Calming Adaptogen
Wellness Patch

60 MINUTES

RECOVERY SPA TREATMENTS

DEEP TISSUE MASSAGE

Our signature muscle recovery massage combines deep tissue techniques with soothing heat therapy and arnica gel. This powerful treatment relieves muscle tension, reduces inflammation, and promotes healing.

60 / 90 MINUTES

SHIATSU MASSAGE

Indulge in our traditional deep tissue massage, where therapists use their body weight to apply deep pressure to your muscles. This technique helps to relieve tension, reduce pain, and improve flexibility.

60 / 90 MINUTES

RECOVERY MASSAGE WITH THERABODY

Our therapeutic recovery massage offers a unique blend of traditional techniques and percussive therapy. This powerful treatment targets deep muscle tissue, relieving tension while accelerating the healing process.

60 / 90 MINUTES

SPA TERMS & CONDITIONS

OPENING HOURS

Sunday – Thursday: 9am – 5pm

Friday – Saturday: 9am – 7pm

SPA FACILITIES

Our spa comes complete with a men's and women's locker area, plush robes, and comfortable slippers. We also offer complimentary tea, coffee, infused water, mimosas, and champagne, as well as fruit and snacks.

ARRIVAL POLICY

We kindly request that you check in a minimum of 15 minutes prior to the start of your first scheduled treatment. Our treatments begin promptly as scheduled. Where possible, we will accommodate late arrivals. However, if we are unable to accommodate a late arrival, your treatment time may be shortened at the full-service price.

GIFT CERTIFICATES

Our American Express gift cards offer guests the flexibility to select from a variety of spa treatments, packages, and products, or customize a spa gift with a personal treatment selection. Available for purchase online at www.therooseveltneworleans.com. Gift cards can be redeemed at any Hilton in the USA.

VALET PARKING

Spa guests receive complimentary valet parking with each appointment. Please advise Reservations at the time of booking.

SPA TERMS & CONDITIONS

CANCELLATION POLICY

If you need to cancel your appointment, please provide 24 hours' notice to avoid incurring the full therapy fee.

BOOKINGS & EVENTS

For a unique and memorable experience, The Waldorf Astoria Spa at the Roosevelt is the perfect setting to host groups and special events.

SERVICE CHARGE

A 20% service charge will be added to all services for your convenience.

WALDORF ASTORIA SPA
NEW ORLEANS

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