

900 F ST NW

RIGGS

WASHINGTON D.C

# Spa Services

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## UNWIND

We are pleased to offer bespoke massage therapy services in the comfort of your room. To arrange an appointment, please contact the Front Desk.

*Services are inclusive of 18% gratuity.*

# Massage Therapy

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## SWEDISH MASSAGE

Perfect for relaxation, the Swedish Massage is one of the most popular massage techniques. During this treatment, your therapist will use a combination of gliding and kneading strokes to release overall muscular stress and physical tension.

60 MINS. \$170 | 90 MINS. \$240

## DEEP TISSUE MASSAGE

Deep tissue massage is great for targeting persistent muscle discomfort. Deep tissue targets the deeper layers of muscles, tendons and fascia (the tissue covering muscles), releasing painful knots and reducing overall aches and pains.

60 MINS. \$170 | 90 MINS. \$240

## SPORTS MASSAGE

Combining deep tissue and assisted stretching, it's a great healing technique for anyone who wants to decrease muscle soreness, improve flexibility and increase range of motion.

60 MINS. \$170 | 90 MINS. \$240

## PRENATAL MASSAGE

Prenatal massage is ideal for easing the discomfort of pregnancy for moms-to-be. Your specially trained therapist will use a combination of techniques aimed at easing pelvic and back pain, reducing swelling and enhancing overall wellbeing.

60 MINS. \$170 | 90 MINS. \$240

## CANCELLATION POLICY

It is our goal to provide high-quality, individualized treatments to Riggs Washington, D.C. guests. We require a minimum of a 24 hours' notice for any change to or cancellation of an appointment. Failure to change or cancel your appointment at least 24 hours in advance will result in a full charge of the amount of the treatment that was ordered.

*To modify or cancel an appointment, please contact the Front Desk.*