



## WELLNESS BREAKOUTS

Enhance your Group Event with Wellness selections from The Lorien Spa. Our corporate spa packages are designed specifically for our group guests to provide meetings with purpose.

### *SEATED MASSAGE*

Our team of highly skilled massage therapists will work to release muscle tension with a curated massage in the back, neck and shoulders OR arms and hands. Recommend 5- or 8-minute sessions per guest.

\$150 + 20% gratuity per technician per hour

### *WELLNESS BREAKS*

This 20-minute experience is a healthy alternative to the traditional "sugar and caffeine" break and is great for team building. Increase your team's focus, engagement and well-being with a soothing meditation and breathing exercise, uplifting aromatherapy, and an aroma mixology with their choice of massage cream or exfoliating scrub.

\$200 + 20% gratuity per hour

### *GUA-SHA FACIAL MASSAGE*

Gua Sha is a centuries-old facial massage practice; the technique promotes blood circulation, improves fine lines and wrinkles, promotes lymphatic drainage and relieves tension from muscles. Recommend 5- or 8-minute sessions per guest.

\$150 + 20% gratuity per technician per hour

### *WELCOME GIFT*

Specially selected gifts for your attendees & VIPs. We are happy to assist you in creating custom gifts that can be placed in each guest room as a welcome amenity.

### *CUSTOM PACKAGE*

Please contact the spa directly to customize a spa package to provide your guests with the ultimate pampering spa & wellness experience.

PM

LORIEN HOTEL & SPA  
1600 King Street, Alexandria, VA 22314  
703-894-5130 | <https://www.lorienhotel.com/spa-2/spa/>

LORIEN™  
spa