

Welcome to Nusta Spa! The Nusta Spa approach to spa services stems from the simple theory that there is no universal “ultimate spa experience.” Our goal is to give you **your** ultimate spa experience—one that is unique to you. We hope that you will come to feel that Nusta Spa is an escape designed just for you.

Do you like classical music during a massage? Or is jazz more your speed? Are you a talker or would complete silence be heaven to you? Are you warm-natured or perpetually cold? Our service providers will work with you to create an environment in which you are completely comfortable.

It is no coincidence that we named the spa Nusta, which means “royalty” in the indigenous South American language Quechua. We promise to lavish you with specialized attention.

We invite you to visit us and let our experienced staff create **your** ideal spa experience.

nusta  spa

Hours of Operation:

Monday—Friday: 10:00 a.m. – 8:00 p.m.

Saturday: 9:00 a.m. – 6:00 p.m.

Sunday: 11:00 a.m. – 5:00 p.m.

1129 20th Street, NW
Washington, DC 20036
Phone - 202.530.5700
Fax - 202.530.5701



www.nustaspa.com

Body Care

Massages

Each of our experienced massage therapists brings his or her own individual styles and techniques to tailor your massage session to your specific needs. Techniques may include traditional Swedish; deep tissue or sports massage; Shiatsu; Reiki; reflexology; and neuromuscular or myofascial release therapies. Experience one method of bodywork or a combination of styles.

Integrated Massage

25 minutes, 50 minutes, 80 minutes, or 110 minutes;
Series of Six Available

Your massage therapist will draw from a range of techniques to help your body release stress, to loosen muscle tightness, and to increase your overall sense of peace and well-being.

Interpretive Touch Massage

50 minutes, 80 minutes, or 110 minutes;
Series of Six Available

This exciting new approach to muscle tension relief combines the most beneficial aspects of traditional massage techniques with the newest discoveries in therapeutic massage - a flowing, tension-relieving experience unlike any other.

Couples Massage

50 minutes or 80 minutes

Enjoy dual Integrated Massages, Interpretive Touch Massages, or Soothing Stone Massages in our Spa Suite with a friend or loved one.

Pregnancy Massage

50 minutes or 80 minutes

Pre-natal and post-natal massage therapy enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue. Whether you're a mother-to-be or have recently given birth, our specially trained therapists will focus on your lower back, neck, hips, and legs for relief from muscle cramps, spasms and myofascial pain.

Reflexology

25 minutes or 50 minutes

A natural healing art based on the principle that there are reflexes in the feet and hands corresponding to every part of the body. By applying pressure to specific areas of the feet and hands, this massage technique improves circulation and promotes specific bodily and muscular functions.

Soothing Stone Massage

50 minutes or 80 minutes

Smooth Basalt stones are used as an extension of your therapist's hands in long, slow strokes. We incorporate aromatherapy into this session to leave you feeling blissfully relaxed.

Scalp Massage

25 minutes

When the scalp is "tight" from stress and dry from environmental elements, circulation and hair growth are impeded. Enjoy a full head massage which promotes scalp circulation and boosts healthy hair growth. Not only does the massage work wonders for your hair, but it also relaxes the mind and nervous system.

To enable Nusta Spa to match your needs and preferences with a particular massage therapist, at the time of booking, please advise the Spa Desk of any of the following:

- If you are currently pregnant or have recently given birth;
- If you have any recent injuries or medical conditions;
- If you prefer that a specific massage modality be used during your session;
- If you have a gender preference in therapists.

Body Treatments

Our body treatments include a variety of scrubs, wraps, polishes, and water therapies customized to your personal needs - whether it is stress, dry skin, water retention or some other condition that ails you. We use a combination of products, equipment and techniques to achieve positive results in a pampering and luxurious way.

Hydrotherapy Soak

25 minutes

Indulge yourself in our state-of-the-art hydrotherapy tub, equipped with both air and water jets of adjustable intensities and color-optic therapy. Your therapist will customize your soak using essential oils, bath salts, seaweed powder or calcium powder to remineralize, detoxify or hydrate your skin.

Hair & Scalp Rescue

25 minutes

We begin this intensive, nourishing hair conditioning treatment by massaging a custom-blend of Camellia oil and various essential oils into your hair and scalp. Next, hair is wrapped in warm towels while you receive a neck and shoulder massage. We end the service by combing the oils through your hair one final time. We recommend leaving the oils in your hair for several hours following this treatment to maximize the conditioning benefits.

Body Polish

25 minutes

An invigorating treatment using algae and pumice to exfoliate and revitalize your skin, followed by an all-over application of our exclusive body hydration lotion.

Super Scrub

50 minutes

A refining body exfoliation using Dead Sea salts or maple sugar body scrub, designed to stimulate circulation and give your skin an all-over glow. After rinsing off under our rainforest shower, your treatment ends with an application of our signature body hydration lotion.

Hydrating Mud Wrap

50 minutes

A dry brush scrub is followed by a soothing wrap of cleansing Sedona mud to hydrate and nourish your skin. The service concludes with a rainforest shower and full-body moisture treatment. An excellent remedy for dry, dull skin.

Alpha Beta® Body Peel

50 minutes

A combination of alpha- and beta-hydroxy acids, antioxidants and soothing green tea extract are applied all over your body in a four-step treatment to firm and re-texturize the skin. Dead surface cells are removed to leave skin more radiant and to minimize areas of discoloration. This service also helps to reduce breakouts on acne-prone areas of the body such as the shoulders, chest and back. To maximize its effectiveness, this treatment includes a 30-day supply of Alpha Beta® Body Peel pads for at-home use.

Full Body Detox

80 minutes

The ultimate in pampering and relaxation, this treatment is designed to exfoliate and hydrate the skin, remove toxins from the body, and alleviate both physical and mental stress. We begin the service with a dry brush scrub, followed by a warm oil lymphatic drainage massage and a custom body wrap using red algae, green algae or Sedona mud. The final steps include a rainforest shower and all-over moisture treatment. Perfect after a stressful day or late night.

Add to any Massage or Body Treatment:

Shoulder and Neck Massage or Rainforest Shower (add 15 minutes)

Hydrotherapy Soak or Scalp Massage (add 25 minutes)

Skin Care

Facials

All Nusta Spa facials are customized to the individual needs of our clients. Please explore our list of options; however, if you are a first-time client, we suggest that you simply book a Pure Facial and, upon a thorough skin analysis, your esthetician will recommend which treatments best meet your skin's needs.

Pure Facial

50 minutes; Series of Six Available

A classic cleansing facial with exfoliation, extractions, facial massage and custom mask. Ideal for all skin types, even the most sensitive skin.

Fresh Fix

25 minutes

A modified version of our Pure Facial, with no extractions.

Pure Facial Plus

80 minutes

An extended Pure Facial, with extra time devoted to facial massage and deep-pore cleansing.

Gentleman's Facial

50 minutes

All the components of the Pure Facial, with extra attention given to the skin care and grooming needs of men.

Provence Facial

50 minutes

For clients wanting a unique and all-natural facial treatment. Olive oil-based products from the Provençal region of France are used to promote a glowing complexion and naturally prevent premature aging by stimulating cell renewal.

Soothing Stone Facial

50 minutes

The ultimate facial for pampering and stress relief. Alternating hot and cold stones promote muscle relaxation and blood circulation, leaving skin radiant and rejuvenated. (Extractions are not performed in this service.)

Back Facial

50 minutes

The skin on your back and shoulders should be treated with the same TLC as your face. Our back facial involves a deep pore cleansing and steam to lift impurities, followed by gentle extraction, a relaxing massage and a specialized treatment mask.

Add to any Facial with no additional time required (excludes Fresh Fix and Soothing Stone):

Anti-aging Alpha Beta® Hand Peel

Eye Relief for lifting and tightening the delicate skin around the eye

Lightwave™ or Vitamin C Therapy for brightening and firming

Facial Peel (Glycolic, Alpha Beta® or Salicylic Gel) for deep cleansing and refining

Microdermabrasion for deep-pore cleansing, super-exfoliation, and the diminishment of fine lines and discoloration

Resurfacing Treatments

All of our resurfacing treatments promote skin rejuvenation through deep-pore cleansing and super exfoliation.

Facial Peel

25 minutes; Series of Six Available

Remove unwanted dull, de-vitalized skin and stimulate cellular renewal with our Glycolic, Alpha Beta or Salicylic Gel peels. Acids gently exfoliate dull, flaky skin to reduce the appearance of fine lines and wrinkles.

Microdermabrasion

25 minutes; Series of Six Available

Microdermabrasion is treatment that improves wrinkles, skin texture and color by removing the topmost layer of skin leaving it more supple and vibrant. Using a diamond-encrusted wand to polish the skin, your complexion will have a healthier and firmer appearance.

Body Microdermabrasion

Body Microdermabrasion may be used on any area of the body to eliminate ingrown hairs, dead skin cells and discoloration.

Nail Care

Manicures

Pure Manicure

30 minutes

A classic manicure that begins with nail and cuticle shaping, followed by hand and arm massage and hydration. Expertly-applied polish adds the finishing touch.

Clean Manicure

30 minutes

A polish-free manicure - nails are buffed to a natural shine.

Sports Manicure

30 minutes

A manicure especially designed for athletes and others with extra attention given to the unique needs of overworked hands.

Luxe Manicure

45 minutes

Our Pure Manicure combined with hand and arm exfoliation, extra massage and a hydrating hot paraffin dip.

Add to any Manicure:

Hydrating Hot Paraffin Dip

French Polish (add 15 minutes)

Anti-aging Alpha Beta® Hand Peel

Extended Hand and Arm Massage
(add 15 minutes)

Pedicures

Pure Pedicure

45 minutes

A classic pedicure that includes massage, exfoliation, a warm towel wrap and hydration for the feet and legs. Expertly-applied polish adds the finishing touch.

Clean Pedicure

45 minutes

A polish-free pedicure - nails are buffed to a natural shine.

Sports Pedicure

45 minutes

A pedicure especially designed for athletes and others with extra attention given to the unique needs of overworked feet.

Luxe Pedicure

75 minutes

Our Pure Pedicure plus a foot-and-leg seaweed mask, additional massage and a hot paraffin dip for intensive moisturizing.

Add to any Pedicure:

Hydrating Hot Paraffin Dip

French Polish (add 15 minutes)

Anti-aging Alpha Beta® Foot Peel

Extended Foot and Leg Massage
(add 15 minutes)

Polish Change

Change the color of your polish for a quick, new look.

Nail Extensions

For clients wanting more durable nails, our nail technicians will gladly incorporate acrylic or gel tips or fills into our classic manicure services.

Beauty Care

Hair Removal

We offer several options for facial and body hair removal for both men and women.

Waxing

We use superior customized wax blends (strip and hard wax) to perform quick, expert hair removal with minimal skin irritation.

Threading

Threading is a natural alternative to waxing for facial hair removal. Specialized thread is twisted and pulled along the area of unwanted hair, removing the hair directly from the follicle. Ideal for clients with particularly sensitive skin or those taking medications that make the skin especially fragile.

Brow & Lash Color

Your stylist will tint your brows and/or lashes to add the illusion of thickness and dimension.

Makeup

Makeup consultation and application available upon request. Please inquire at the Spa Desk.

Nusta Spa Fusions

Glow

Pure Facial and Eyebrow Styling

Touch

50-minute Interpretive Touch Massage and Hair & Scalp Rescue

Vent

Pure Facial and 50-minute Integrated Massage

Rapidly Renew

Fresh Fix Facial, 25-minute Integrated Massage, Pure Manicure and Pure Pedicure

Gush

Hydrotherapy Soak, Super Scrub and 50-minute Integrated Massage

Rock

Soothing Stone Facial and 50-minute Soothing Stone Massage

Buff

Gentleman's Facial, 50-minute Integrated Massage and Sports Pedicure

Unbind

Hydrotherapy Soak, Full Body Detox and 50-minute Soothing Stone Massage

Sustain

Pure Facial Plus, Hydrotherapy Soak, 80-minute Integrated Massage, Luxe Manicure and Luxe Pedicure; includes spa lunch

Environmental Commitment

Nusta Spa is the first and only spa to be certified Gold by the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) for Commercial Interiors program. What's more, the Spa is the first project in Washington, DC to achieve this honor under any of the USGBC's LEED rating systems.

Our vision for Nusta Spa was to marry a sophisticated design concept with the highest standards of sustainability - to demonstrate that being "green" no longer means doing without. The choice to design a spa using high-performance healthy materials is only logical—a spa should be a healthy environment.

Our Methodology

Sustainable Design Using the LEED™ Rating System

There are many degrees and definitions of what constitutes a "green" project. We adopted a revolutionary, comprehensive standard for designing and building a spa that is a high-performance, environmentally sustainable facility. Our rating system, The Leadership in Energy and Environmental Design (LEED) Green Building Rating System was developed by the United States Green Building Council in an effort to define and measure sustainable design. Nusta Spa is the first and only spa accepted into the LEED Pilot Program for Commercial Interiors. Our participation in this pilot influenced decision-making throughout the design process regarding issues of location, energy efficiency, materials, air quality, and innovative design. We hope that our facility serves as a model to educate and influence future environmentally responsible projects.

Materials

Educated Choices

Activities to extract, create, and transport building materials pollute the air and water, and destroy natural resources. In selecting new materials for Nusta Spa, we preferred products with a high percentage of recycled content. In order to decrease transportation efforts, we gave priority to products from local sources. Rapidly renewable resources and certified wood from well-managed forests were also solutions for minimizing the impact to our natural environment.

Your Health and Comfort

Breath Easy

Surprisingly, most of our daily exposure to air pollutants comes through the inhalation of indoor air! We are familiar with the expression "sick-building syndrome" and that is why we have taken all necessary steps to provide clean, fresh air. Our sophisticated mechanical system offers exceptional air changes, filtration and ventilation. We have also eliminated many common building materials prone to releasing harmful contaminants.

Where to Start

Cleaning Up the Site

Selecting the location for a new project can have a large environmental impact. Nusta Spa is a quick walk from the Metro, encouraging the use of public transportation, and thereby helping reduce auto emissions. Our location in a high-density urban district helps preserve existing construction in an environmentally responsible way. It was our goal to salvage and recycle as much as possible from previous tenants. Office equipment and furniture were donated to local non-profit organizations such as DC Central Kitchen, Dinner Program for Homeless Women, Sarah's Kitchen, DC Preparatory Academy, Second Chance, and The Loading Dock. Although the demolition debris proved much more challenging, through diligent sorting and organizing we managed to divert and recycle half of the construction waste.

Energy

Reduce Demand and Increase Efficiency

The harmful environmental effects of energy production are well documented: global warming, smog, acid rain, water contamination, respiratory illnesses, etc. Nusta Spa lessens its negative environmental impact by employing state-of-the-art mechanical equipment designed for high performance and increased energy efficiency. As a further measure, we have entered into a contract to continuously and professionally monitor our equipment to ensure peak operation. We have also reduced our energy consumption through the use of natural day-lighting, fluorescent lamps, LED lighting, occupancy sensors, and Energy Star appliances. Our mechanical system is free of ozone-harming CFC refrigerant, which supports our goals of health and comfort by permitting individual area control and advanced air filtration of air-borne pollutants.



LEED®

Nusta Spa Essentials

Cancellations and Changes

We require a credit card when booking an appointment. Changes to or cancellation of your appointment must be made 24 hours in advance to avoid full charge for the session.

Getting to Nusta

Please be mindful that parking can be a challenge in downtown DC. There are a number of parking garages within walking distance of Nusta Spa, although these garages can get full, especially on weekday mornings. Limited street parking is available between the hours of 9:30 a.m. - 4:00 p.m. and after 6:30 p.m. on weekdays. We also are Metro accessible via the Dupont Circle, Farragut North and Farragut West Metro stops (approximately 2-3 blocks from each).

Timeliness

We value your time at Nusta Spa and want you to take advantage of every moment. Please arrive 10 to 15 minutes prior to your appointment time so that you may change into a robe and spa sandals and enjoy our Spa Lounge. Arriving early is especially important for your first visit, as you will be asked to complete a spa intake form with questions about your health history and the specific needs and preferences you would like us to attend to during your service.

Your treatment will begin and end promptly at the scheduled times; if you arrive late, we will be unable to give you the full service time, so that we may stay on schedule for the convenience of our other guests and employees.

Confidentiality

Please be assured that all personal information collected is for the sole purpose of providing superior client service. This information will be held in the strictest confidence.

Modesty

Since our goal is to make you feel as comfortable as possible during your visit to Nusta Spa, what you wear during a service is entirely up to you. While many people choose to wear nothing under the sheets and towels when getting a massage, facial or body treatment, feel free to wear your own undergarments (or bathing suit for water therapies), or ask your service provider for disposable undergarments.

Peace and Quiet

For maximum relaxation, we ask that cell phones and pagers be turned off while visiting Nusta Spa. Also, please be mindful of other guests in common areas and refrain from loud conversation.

Gift Certificates

Nusta Spa Gift Cards are available for all services, Spa Fusion packages or any dollar amount. If you would like to pre-pay a gratuity, our Spa Desk staff can assist you with that at the time of purchase. All Nusta Spa Gift Card sales are final – we are unable to refund, re-issue or replace any Gift Cards after the initial sale. Gift Cards may not be purchased or used in conjunction with any special discount or promotion.

Payment

Nusta Spa is pleased to accept cash, personal checks, travelers' checks, Visa, MasterCard, American Express, and Diners Club. We also accept Spa Finder gift certificates. Unfortunately, we do not accept Discover cards at this time.

Gratuities

Gratuities are not included in Nusta Spa service prices. If you are pleased with your service, we recommend a gratuity of 15-20%. The gratuity may be paid in cash, by personal check or by credit card.

Nusta Spa Suite

Experience the ultimate ambience for total relaxation and comfort in our deluxe Spa Suite, equipped with a rainforest shower, hydrotherapy tub and two massage tables. Perfect for couples or friends who want to enjoy their spa experience together and benefit from our unique body therapies.

Groups

Nusta Spa welcomes group bookings. Please call our Spa Desk and we will be happy to assist you in planning your group event. For groups of six or more, a 15% service charge and 20% gratuity will be added to the service total.

Children

Children under the age of 12 are not allowed at Nusta Spa due to safety and noise considerations. Certain treatments, such as microdermabrasion and facial peels, can be performed on clients younger than 16 only with parental consent. Our Spa Desk staff can provide you with additional information and answer any questions you may have.

Personal Belongings

Lockers are provided for our guests in the men's and women's changing rooms. Please leave all personal belongings in your locker during your service. We recommend against bringing jewelry or other valuables to the spa; although we will do our best to locate and return any personal belongings left or lost at our facility, we cannot be held responsible for the loss of such items.

Returned Checks

Nusta Spa is pleased to accept personal checks. However, should your check be returned due to insufficient funds, we will charge a processing fee of \$10.00.

Product Return Policy

Nusta Spa will accept the return of any unopened and unused merchandise in its original packaging within 30 days of purchase. All returns must be accompanied with the original sales receipt. We will refund credit card purchases to the original card used. For purchases made by check or cash, we will mail a refund check within five business days of the return.