



BYJW



Welcome to Spa by JW. Here you will discover an inspired well-being experience that favours simplicity over complexity, clarity over mystery. Knowing how important time and well-being are to you, we introduce accessible offerings, with inviting social spaces to gather or simply unwind, express spa treatments and experiential retail.

Spa by JW delivers treatments that are tailored to your exact needs and focus on delivering four distinctive benefits: Calm, Indulge, Invigorate and Renew. So whether you're fatigued from a long journey or simply desire a well-deserved retreat, we provide a personalized spa experience that's as effortless as it is rewarding. Begin your journey with your desired results in mind.

CALM

Reset for a moment of serenity. Find your centre by slowing down time, so you're ready to take on whatever comes next.

INDULGE

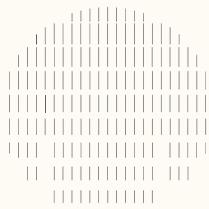
You deserve the best. For all that you do, take time for some special nourishment. After all, life's simplest pleasures should not be forgotten.

INVIGORATE

Stress takes its toll. Embrace your own vitality by replacing what's been lost, enlivening your body and clarifying your mind.

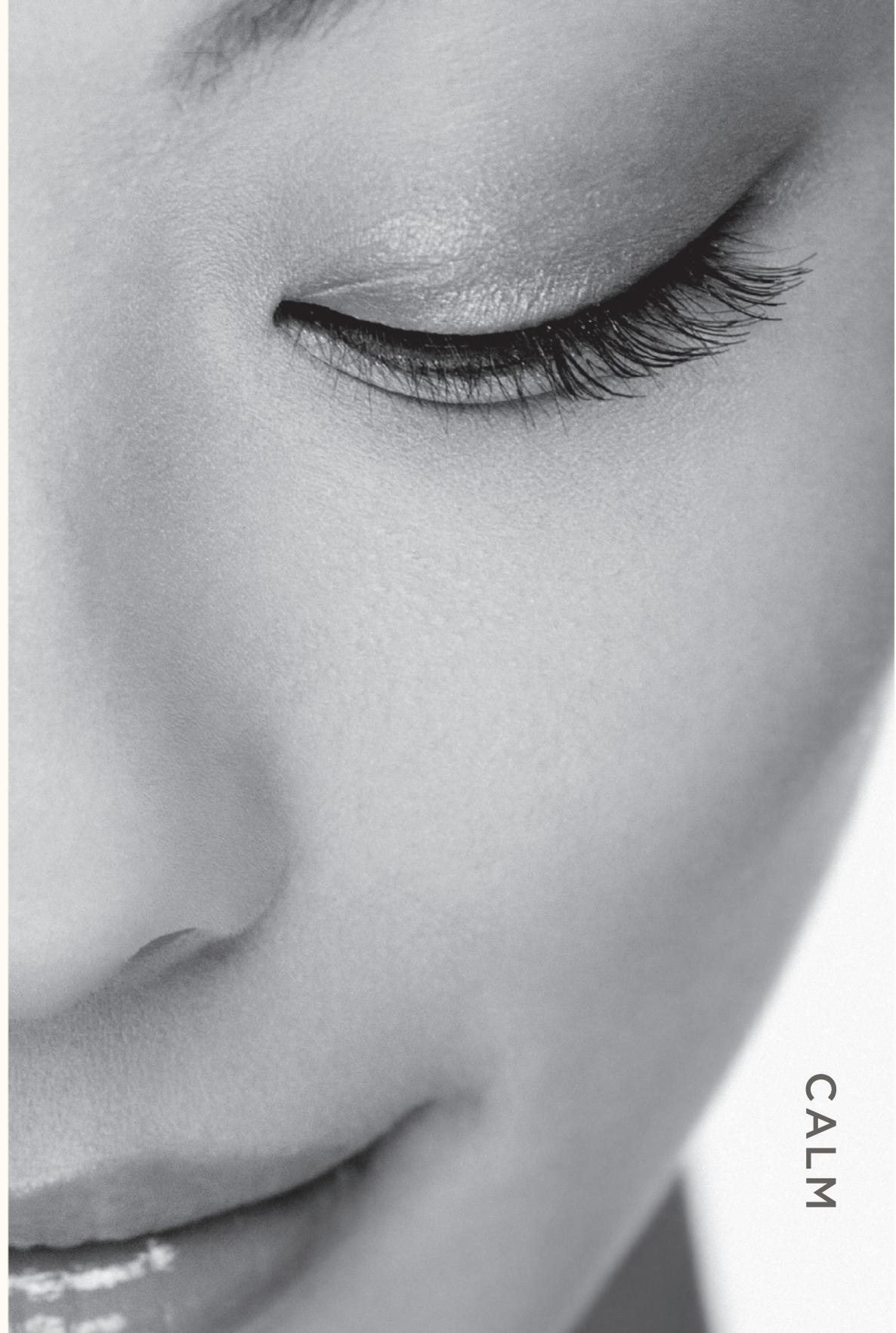
RENEW

Unclutter your mind and body. Our busy lives often leave little room to focus on ourselves. Cleanse and purify to gain absolute clarity.

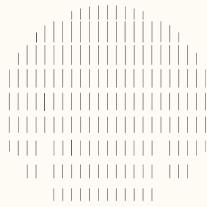


CALM

So much is expected of us - to be brilliant, be ready, be connected. Why not just be? We take the idea a step further, removing distractions and excess to create an environment of simple tranquility. Our signature treatments oblige with a calming effect. Let Spa by JW slow your world down, for as long as you like



CALM



MASSAGE

PERSONAL RETREAT MASSAGE

This customized massage is designed to incorporate various massage techniques to be tailored to one's individual needs. (50/80 Minutes)

NURTURING PREGNANCY MASSAGE

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of everyday life behind you. This massage will relieve stress and tension, while easing additional pressure on sore muscles that can come with pregnancy and help alleviate an aching back. (50/80 Minutes)

SLEEP DEEPLY

Achieve an elevated sense of relaxation with this curative aromatherapy massage that restores the body for a deeper feeling of relaxation and enhanced sleep. Perfect for those suffering from an overactive mind and insomnia. (50/80 Minutes)

BODY

BAMBOO SCRUB

Exfoliate and soften your skin while stimulating circulation. This nourishing and hydrating scrub will infuse the skin with essential elements of bamboo microfibers and essential oils. (50/80 Minutes)

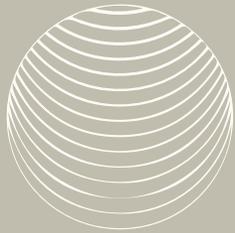
FACIAL

PERSONAL RETREAT CUSTOMIZED FACIAL

Allow your skin care specialist to create a customized facial treatment using organic ingredients designed specifically for your skin type. (50/80 Minutes)

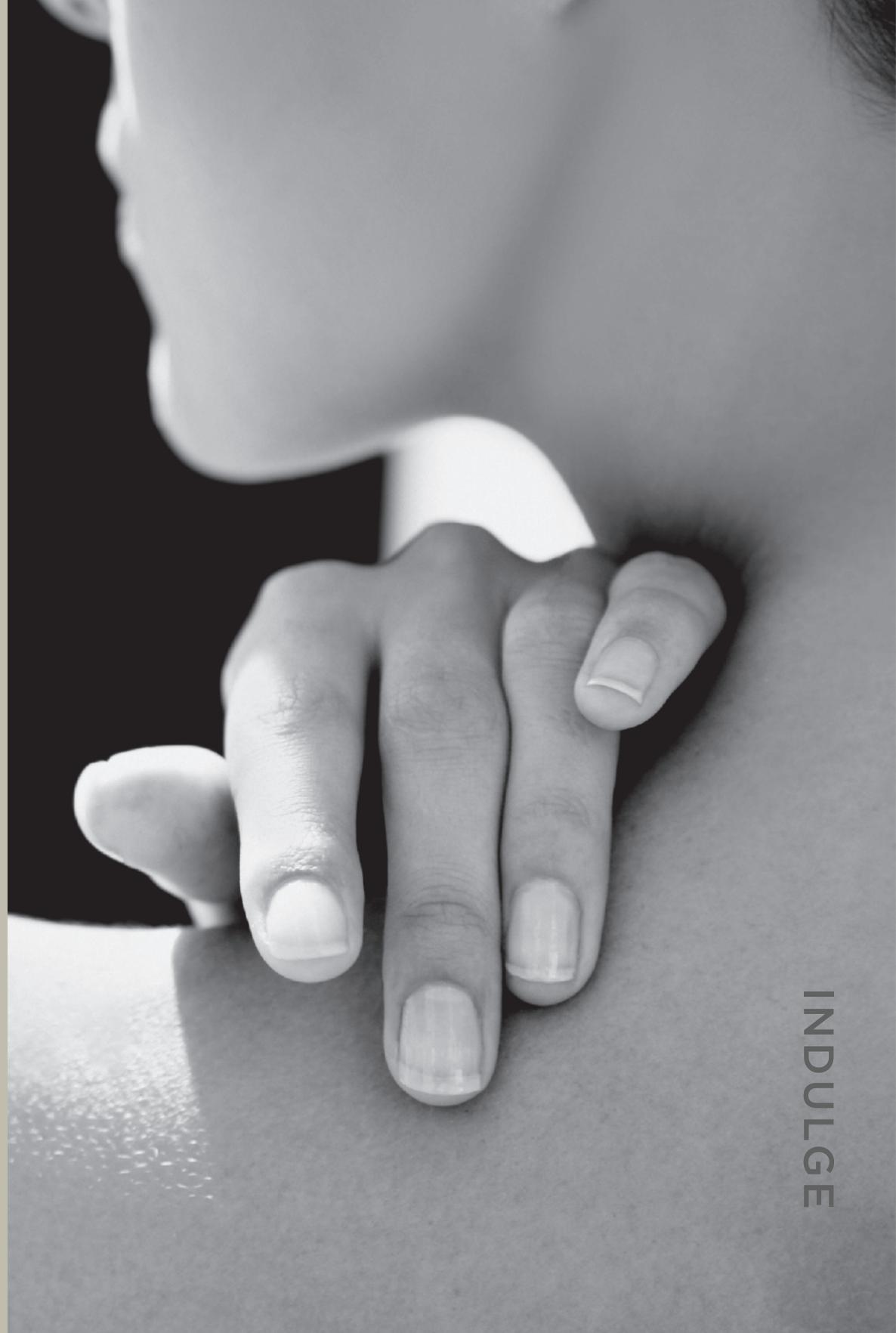
SKIN COMFORT FACIAL

Rebuild skin tolerance, visibly reduce sagging and reverse microinflammation with causes premature aging. Specifically designed to instantly reinforce the skin, this tailored facial is a serious answer for hypersensitivity and rosacea. (50 Minutes)



INDULGE

Everyone deserves a moment of pampering, without guilt or reservation. At Spa by JW we offer an indulgent experience through a range of therapeutic treatments that soothe in the most sublime and simplistic way. A rewarding feeling that will stay with you long after you leave



INDULGE

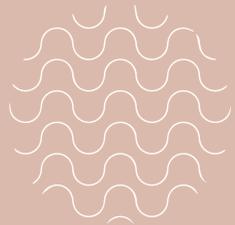


INVIGORATE

The stresses of travel and everyday life all take a toll, making energy elusive. Replace what's been lost with treatments designed to focus on your body's less obvious engines and enliven every facet of your being. At Spa by JW, find balance and energy on your way to new vitality.



INVIGORATE



RENEW

What was lost can now be found. Discover a sense of clarity, a more balanced life and that state of well-being that has drifted too far from centre. Get back to the necessity of simply feeling good - about your body, your mind and spirit. From massages to facials to total body treatments, emerge from a highly personalized treatment feeling refreshed and rejuvenated.



RENEW

EXPRESS & ESSENTIALS

MASSAGE

RELAXING SCALP MASSAGE

Discover our nurturing hair oil and tension relieving scalp massage when you take a moment to simply let go. (12/25 Minutes)

URBAN NECK AND SHOULDER

Release tension from the body and the mind will follow. (12/25 Minutes)

ENERGY BOOST MASSAGE

Feel refreshingly renewed with a scalp, neck, back, and arm massage. (12/25 Minutes)

RELAXING MASSAGE

Enjoy a personal timeout to renew with a revitalizing scalp, neck, back, and arm massage. (12/25 Minutes)

TENSION RELEASE MASSAGE

Take a moment to renew with this massage that targets tension spots in the back, neck, and shoulders. (12/25 Minutes)

HANDS AND FEET

NASHVILLE SIGNATURE MANICURE RETREAT

Drift away with our signature scent of cucumber and grapefruit. This uplifting ritual begins with our signature sugar scrub and continues with an ultra-hydrating paraffin hand treatment. A massage follows with warm lotion to soothe and soften the skin. Your choice of polish will conclude this signature treatment. (50 Minutes)

NASHVILLE SIGNATURE PEDICURE RETREAT

Drift away with our signature scent of cucumber and grapefruit. This uplifting ritual begins with our signature sugar scrub and continues with an ultra-hydrating paraffin foot treatment. A massage follows with warm lotion to soothe and soften the skin. Your choice of polish will conclude this signature treatment. (50 Minutes)

HYDRATING HANDS MANICURE

Give your hands and arms the love they deserve with an exquisitely nourishing and deeply restorative treatment that is long overdue. (50 Minutes)

ULTIMATE HYDRATION PEDICURE

Sink into an indulgent state of relaxation. Our uniquely crafted citrus scrub exfoliates dull dry skin followed by an ultra-hydrating Vitamin-C soufflé mask. An extended foot massage is included with this pedicure to relieve muscle and joint discomfort. (50 Minutes)

GEL POLISH MANICURE

Our gel polish service includes filing, cuticle care, gel polish application and a veil of moisturizing lotion. (50 Minutes)

NAIL SHINE MANICURE

Be well polished with simple luxuries like this nail polish or buff that can inspire a satisfying sense of renewal. (25 Minutes)

ACHING FEET PEDICURE

Respect these hard-working extremities with a refreshing and restorative massage that relieves tired feet. (25/50 Minutes)

HOW TO SPA

SCHEDULING AN APPOINTMENT

To schedule an appointment for a treatment, please speak with our Spa Coordinator, who will be happy to help you with your selection. Hotel guests can dial the hotel operator and request the Spa by JW. From outside the hotel, please call 615-291-8600. To ensure availability of your preferred time and service, we recommend making your reservation in advance. Online Booking for Spa is available at www.jwmarriottnashville.com/m/experience/wellness

Spa by JW recommends arriving 30 minutes prior to your appointment to settle in and start your spa experience.

SPA ETTIQUETTE

In order to ensure all of our guests enjoy a relaxing experience, please respect all guests' right to privacy and serenity. Please refrain from using a mobile device or pager. The Spa by JW is a smoke-free environment. Towels, slippers, shower cap and required amenities will be provided for use during your visit. The minimum age of 18 is required for access to the spa.

HEALTH CONDITIONS

When making your Spa by JW reservation, please advise us of any health conditions, allergies or injuries, which could affect your experience.

PREGNANCY

Please allow our Spa Team to recommend suitable treatments for you during this special time.

CANCELLATION POLICY

As a courtesy to other guests, we strictly adhere to the cancellation policy. A 100% cancellation fee will be incurred for any treatment cancelled less than 4 hours prior to the appointment.

FITNESS

All fitness center guests must be at least 16 years of age with an adult. Proper athletic attire and footwear must be worn at all times in the fitness center for the safety of our guests.



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