



Spa Services

Location: Avalon Hotel & Spa
0455 S.W. Hamilton Court
Portland, Oregon 97239 USA

Reservations: +1 503 802 5900

E-mail: spa.avalon@spachakra.com

Web site: spachakra.com
avalonhotelandspa.com

Open: Monday – Saturday 9:00am – 9:00pm
Sunday 10:00am – 6:00pm

Operated by: Spa Chakra, Inc.

Opened: February 2007

LOCATION

Perfectly placed at the edge of the new South Waterfront District on Portland's serene Willamette River, this luxury boutique hotel and spa basks in the glow of the city's lights. The Avalon welcomes guests with the contemporary sophistication and warm hospitality of the Pacific Northwest.

PERSONALIZED TREATMENTS

The Avalon Hotel & Spa provides comprehensive health and wellness care in an environment that integrates conventional and holistic methods with a definitive sensorial experience. With more than 60 health and beauty therapies that nurture the skin, body, and well-being, The Avalon provides the ultimate experience in day and destination spas. To view The Avalon's complete therapeutic services, visit avalonhotelandspa.com or contact Spa Reservations at +1 503 802 5900.

SELF-ASSESSMENT QUESTIONNAIRE

Spa clients are invited to complete a Self-Assessment Questionnaire, which provides key health information for the client and therapist. This information is used to determine the primary stress influencing the body and affecting vitality.

GUERLAIN PARIS

The Avalon Spa exclusively uses the world-renowned skincare of Guerlain Paris™. Therapies also feature the exclusive Guerlain Méthode—a patented facial and body massage technique used in Guerlain's Champs-Élysées Institute since 1939.

Complimentary Services:

- Revitalizing footbath for new spa clients
- 15-minute Naturopathic Consultation (subject to availability)
- Valet parking with each spa appointment

Venue:

- 11 treatment rooms accommodating facial, massage, and body therapies, Vichy shower, and Chakra Health Assessments
- Available for private functions, product launches, groups, and exclusive hire
- Private relaxation lounges for men and women
- Retail boutique featuring the renowned skincare, fragrance, and makeup collections of Guerlain Paris

Packages & Programs:

- Avalon Hotel & Spa accommodation and spa combination packages
- Full and Partial-Day Spa Packages
- Corporate Programs and Special Events can be designed for small groups
- Customized incentive and reward programs

CONTACT

Spa Director: Carrie Burns
Telephone: +1 503 802 5900
E-mail: carrie@spachakra.com



Luxury Fitness Services

Location: Avalon Hotel & Spa
0455 S.W. Hamilton Court
Portland, Oregon 97239 USA

Telephone: +1 503 802 5900

E-mail: fitness.avalon@spachakra.com

Web site: spachakra.com
avalonhotelandspa.com

Open: Monday – Friday 5:30am – 9:00pm
Saturday 7:00am – 8:00pm
Sunday 7:00am – 7:00pm

Operated by: Spa Chakra, Inc.

Re-opening: February 2007

THE INSPIRATION TO EMBRACE FITNESS AS A WAY OF LIVING

The Avalon delivers an unparalleled health club experience that fosters the motivation to achieve lasting health and well-being. Offering a personalized course of action for all Members within an intimate and peacefully invigorating environment, the club effectively eliminates the need for excessive and intimidating equipment, pounding music, and crowded exercise studios.

PERSONAL TRAINING

The core of The Avalon fitness ethos, Personal Training is not just about exercise, it is about developing a Member-Trainer relationship to ensure workouts remain motivating and the results inspiring. The Avalon Personal Trainers relentlessly strive to create a wellness choreography that incorporates surprising, unorthodox elements that stimulate Members with their unpredictability. The ingenuity, interest, and intimacy of this wellness approach ensure a complete and integrated focus on achieving lasting results.

THE KINETIC ANALYSIS

The Kinetic Analysis is the most important tool in assessing the ideal fitness prescription. This simple, comprehensive analysis examines pre-exercise medical status, body composition, anthropometric measurements, cardiovascular fitness, and musculoskeletal fitness to determine a perfectly integrated course of action for every lifestyle

and wellness objective. The results empower Members to make informed decisions regarding their current health and well-being habits—and to make permanent the changes necessary for better living and optimum wellness.

MEMBERSHIP

The Avalon extends two exclusive health programs to suit everyone's unique requirements—Classic and A-la-Carte. Both memberships offer complete access to the club's state-of-the-art fitness equipment, group classes, luxuriously appointed locker room facilities, and complimentary valet parking. A-la-Carte Members can customize their service amenities even further with a selection of Personal Training, spa therapies, and health and nutrition programs to create an advanced plan that is personalized, dynamic, and distinctive. Corporate memberships are also available.

Facilities and Services:

- Conditioning and strength-training equipment
- Multisensorial cardiovascular machines
- The Kinetic Analysis and Nutrition Consultations
- Stretching area complete with yoga mats
- Active excursions, including guided river walks or runs
- Group exercise studio hosting a variety of classes including Pilates, yoga, and kickboxing
- Sports-specific programs, such as power walking, running club, and hiking
- Luxurious men's and women's locker rooms with grooming amenities and refreshments
- Sauna, steam rooms, and whirlpool with separate relaxation lounges
- Massage, body, and skin therapies at the spa

CONTACTS

Corporate Wellness Manager: Haley Church

Telephone: +1 503 802 5911

E-mail: haley@spachakra.com