



GUERLAIN

WELLNESS SPA

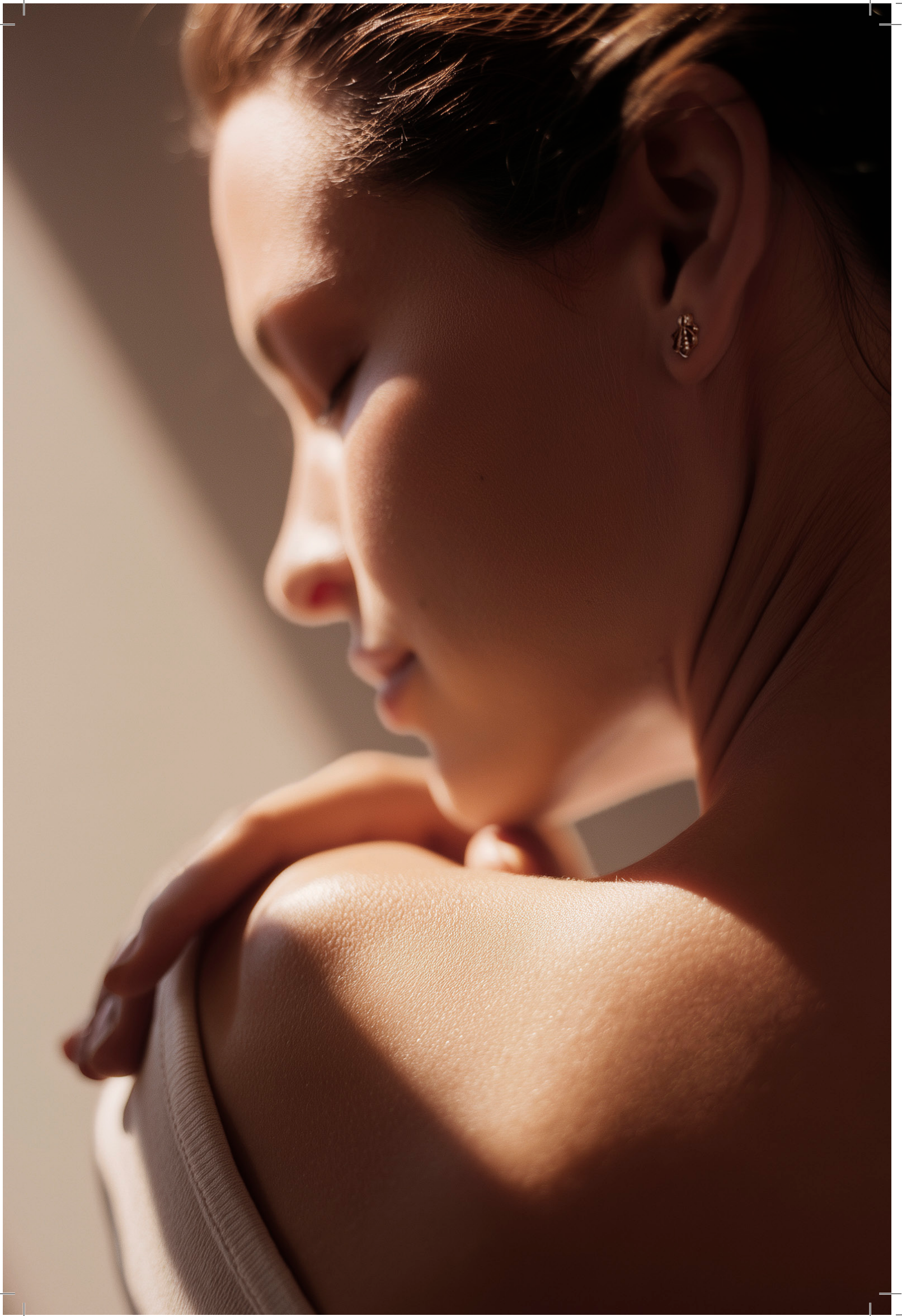


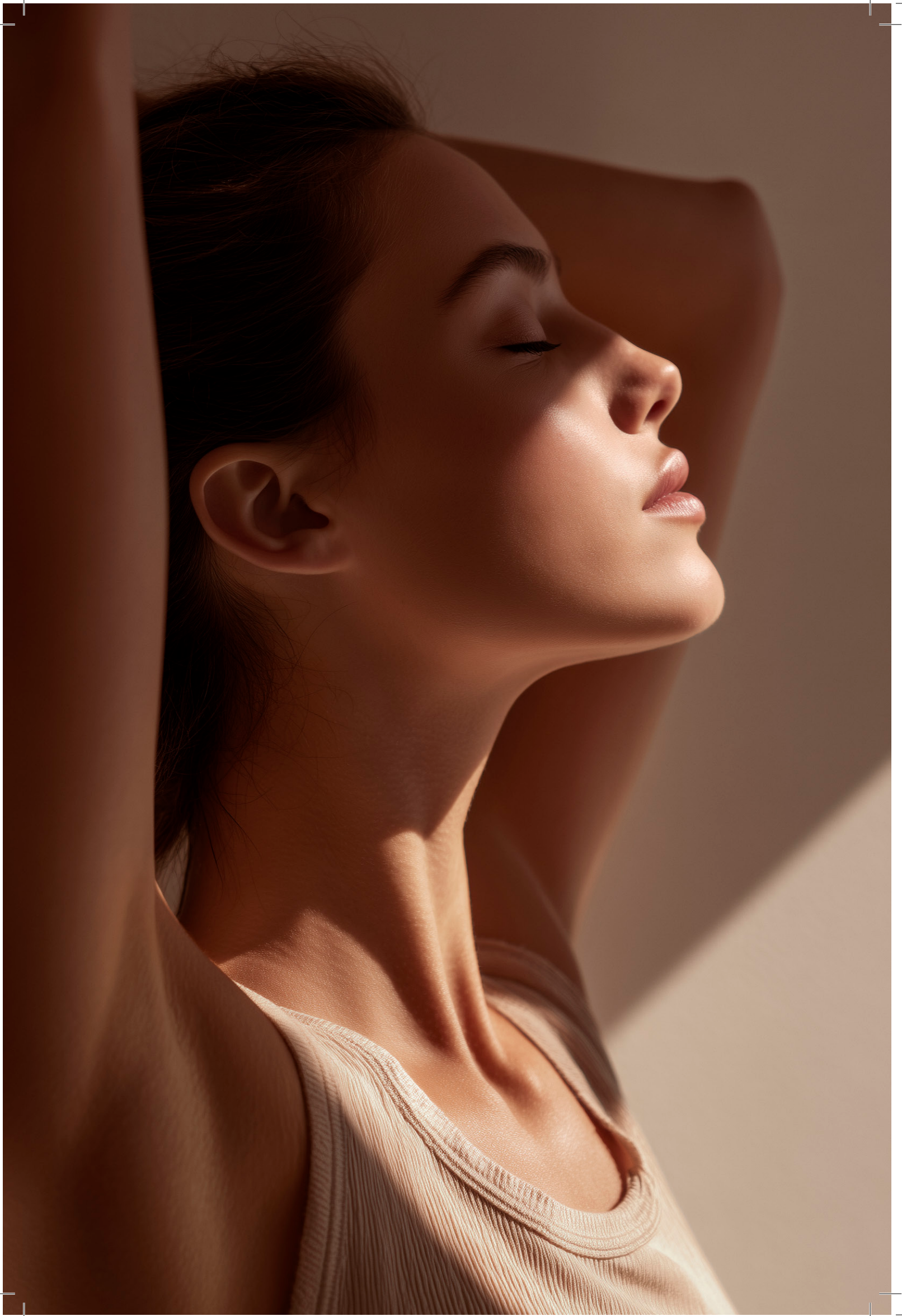
WALDORF ASTORIA®
NEW YORK



AT GUERLAIN,
WELLNESS IS AN ART







THE ART OF WELLNESS AND LONGEVITY

Guerlain redefines the boundaries of well-being through a holistic philosophy that intimately intertwines beauty, preventive health, and longevity. At Waldorf Astoria, New York, each treatment becomes a step in a personalized journey that nurtures the body, restores emotional balance, and supports long-term vitality. Our thoughtfully curated retreats and programs are built around the four foundational pillars of Guerlain wellness: Nutrition, Movement, Sleep, Mindfulness. Guerlain's expertise, exclusive aesthetic innovations, and the world's most advanced wellness technologies combine to bring this transformative vision to life. At the heart of it all is LongeviSkin, Guerlain's proprietary device that combines seven cutting-edge aesthetic techniques (including LED, Plasma, and Radiofrequency) into one state-of-the-art system. Complementing this are high-performance wellness technologies, such as the vibroacoustic table, cryo chamber, and heated quartz bed, which have proven to benefit physical recovery, emotional reset, and cellular renewal. Seamlessly integrated with Guerlain's expert techniques and personalized diagnostics, these innovations deliver visible, lasting results tailored to each guest's unique needs and aspirations.

KNOW-HOW & DARING

Guerlain's bold vision of wellness began in 1850, when the founder of the Maison created one of the first thermal well-being centers in northern France, in Le Crotoy. This pioneering initiative began a holistic approach to beauty and care. Since the opening of its first Institute in 1939, Guerlain has continuously pushed the limits of excellence, blending audacity with precision. Each Guerlain Wellness Expert is trained in Maison's renowned protocols, mastering the gestures that have shaped the heritage of French spa artistry. Whether through the now-iconic 19-minute facial (considered an industry benchmark) or full-body rituals that evolve with the client's needs, every treatment is a masterpiece of personalization, delivered with finesse and intuition.

THE PRODIGIOUS CHEMISTRY OF NATURE

The natural world lies at the heart of Guerlain skincare, embodied by two of its most extraordinary wonders: the orchid and the bee. Drawing from the orchid's exceptional longevity and the bee's remarkable regenerative power, Guerlain has developed a singular expertise that unites nature with innovation. Through decades of devoted research, the Maison has distilled the essence of these natural treasures, transforming their innate powers into potent rituals that regenerate, repair, and illuminate the skin. These powers are brought to life through immersive, multi-sensory experiences within the serene sanctuary of the Guerlain Spa at Waldorf Astoria.

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Please visit waldorfastorianewyorkspa.com/guerlain for service pricing and to book your Guerlain Wellness Spa experience.





**WALDORF
ASTORIA**
EXCLUSIVES

WALDORF ASTORIA EXCLUSIVES

Experience exclusive treatments, only available at Waldorf Astoria New York, imagined by Guerlain and inspired by the magic and legend of this landmark hotel and the city it calls home.

DEEP MUSCULAR SIGNÉ NEW YORK

1HR30 • 2HRS

Born from the effervescent energy of Manhattan, this powerful massage strengthens and releases the body, melting away deep-seated tension. It restores the body's natural flexibility by drawing on deep tissue techniques, targeted pressure, and revitalizing stretches. This exclusive treatment leaves you feeling deeply recharged and refreshed.

SPIRIT OF ARCHIEVEMENT

1HR30

Inspired by the majestic and iconic statue at the Waldorf Astoria in New York, Guerlain has created a massage that awakens inner strength and empowerment. Each movement traces a path from grounding to elevation, gracefully guiding energy upward. Focused on the neck, décolleté, and back, this massage releases deep-seated tension and unburdens the body, leaving guests with a powerful sense of lightness and renewal.

LIKE CLOCKWORK

1HR30

This mind-release experience pays tribute to the hotel's historic clock. Guided by the steady rhythm of synchronized sounds, time seems to slow, allowing the mind to settle into perfect harmony. Gentle frequency waves from the vibroacoustic massage table pass through the body, promoting deep relaxation and heightened focus. This resynchronizing escape restores balance and renews clarity.





GOLDEN HOUR

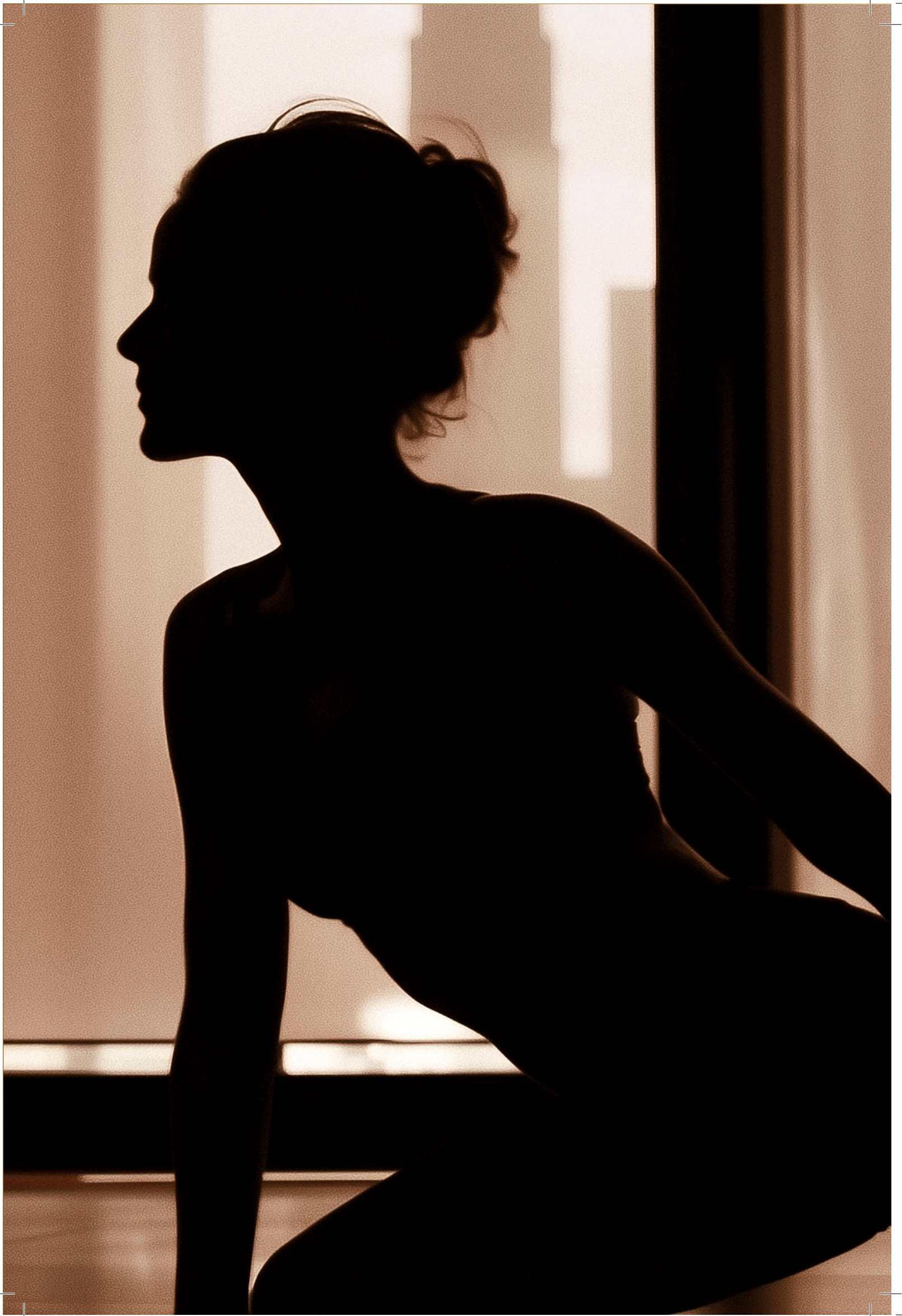
1HR30 • 2HRS

Crafted to reveal your skin's natural luminosity, this exclusive facial restores radiance and vitality through the alternating use of cold spheres and Gua Sha. Rejuvenated and glowing, the skin captures the essence of New York's dynamic allure, illuminated like the city at golden hour. Like the skyline touched by the setting sun, your complexion rises with newfound brilliance and sculpted vitality.

MANHATTAN ESCAPE

4HRS30 • PACKAGE

A city escapes into the heart of serenity. This half-day journey offers a perfect respite from the fast-paced life in New York. Begin with a personalized treatment tailored to your unique needs, followed by a deeply relaxing massage designed to help alleviate tension. Then, enjoy free time at the spa to extend your feeling of calm and care, and leave feeling recharged, restored, and ready to experience the city that never sleeps.





THE ART OF **LONGEVITY**

AT GUERLAIN, WELLNESS IS AN ART



LONGEVISKIN

For the first time, a single beauty device unites seven of the most advanced skincare technologies (Radiofrequency, Plasma, Microcurrent, Micropeel, LED, Cryo, Ultrasounds) into onepowerful, multi-action tool.

Longeviskin delivers visible, lasting results through fully personalized protocols tailored to every skin need for both face and body. Whether addressing firmness, radiance, vitality, or signs of aging, each treatment's unique capabilities, powered by the technology, will work deeply across all skin layers, enhancing results with every session.

Longeviskin sets a new standard in performance, restoring youthfulness, luminosity, and renewed energy to the skin.

FACE TREATMENTS

INFINILIFT

1HR30 • 2HRS

This treatment stimulates skin regeneration and reactivates essential cellular functions. It deeply plumps the skin, smooths wrinkles, reduces fine lines and fortifies the skin's natural defenses. Your complexion appears visibly firmer, more radiant, and infused with renewed vitality.

RADIANT GLOW

1HR • 1HR30

This facial reawakens the skin's natural radiance by boosting cellular energy. It tones the skin, evens the complexion, and promotes lymphatic drainage, making the face fresher and more luminous. Instantly revitalized, skin reveals a renewed glow and vitality.

PURE PERFECTION

1HR • 1HR30

This deep-cleansing facial provides thorough purification, leaving the skin fresh, clear, and revitalized. It targets imperfections, refines texture, and instantly brightens the complexion. The result: balanced, smooth, and radiant skin, glowing with renewed freshness.

BODY TREATMENTS

TONING SHAPE

1HR • 1HR30

This treatment tones and firms the body using targeted techniques. It stimulates microcirculation, slims, and contours the silhouette while restoring skin elasticity and firmness. Instantly, the body feels energized and appears visibly more toned and revitalized.

POWER DRAIN

1HR • 1HR30

This body treatment activates drainage to refine the silhouette and restore a sense of lightness throughout your body. It stimulates circulation, reduces water retention, and deeply decongests the tissues while toning the skin. The body regains a feeling of balance and harmony.

LONGEVISKIN ADD-ON

30MIN

These rituals enhance each treatment with targeted focuses on specific areas, such as the hands or the back.

LONGEVISKIN CURES

ABSOLUTE RENEWAL

4 OR 8 SESSIONS

This complete cure targets both face and body to stimulate cellular regeneration and reactivate the skin's natural youth mechanisms. It deeply plumps, smooths wrinkles and fine lines, while strengthening the skin's immunity.

SCULPTED ENERGY

4 OR 8 SESSIONS

This dynamic body and cure stimulates the skin's vital energy and sculpts the silhouette. Through targeted care, it reactivates circulation and helps reduce surface tension in the skin.

HARMONY LIFT

4 OR 8 SESSIONS

This facial cure delivers a comprehensive lifting effect. It tones and firms the skin, smooths facial features, and redefines the contours for a visibly rejuvenated appearance.



WELLNESS ASSESSMENTS

These comprehensive assessments are to deepen your understanding of your unique needs and aspirations through a holistic, personalized approach. Each session is tailor-made and precisely aligned with your overall well-being and personal goals, offering the perfect starting point for your bespoke wellness journey at the spa.

FACIALIST ASSESSMENT

1HR30

Trust your beauty with the expertise of a wellness expert. This advanced diagnostic session combines the precision of cutting-edge technology, Guerlain Skin Diag, with the expertise of a facialist. Your skin condition, face morphology, fine lines, radiance, and firmness are analyzed in depth, laying the foundation for a tailor-made wellness expert program that brings out your skin's youthful glow.

WELLNESS ASSESSMENT

1HR30

Focus on your wellness goals, whether boosting energy, sculpting, detoxifying, or recovering. This assessment expertly deciphers your body's messages through precise observation and impedance analysis, clearly understanding its needs and priorities.

LONGEVITY ASSESSMENT

2HR30

Experience a comprehensive diagnostic that combines facial, beauty, well-being, and fitness assessments to provide a thorough understanding of your current needs. Based on this in-depth analysis, Guerlain experts craft a personalized program to holistically restore harmony between body and mind while enhancing mental resilience and physical vitality.

1-HOUR POWER

Ultra-targeted treatment programs that meet your wellness needs in a record time.

BOOST

Regain your full vitality with body stimulation and muscle awakening. The programs include cryotherapy, infrared sauna, and even pressure therapy.

DETOX

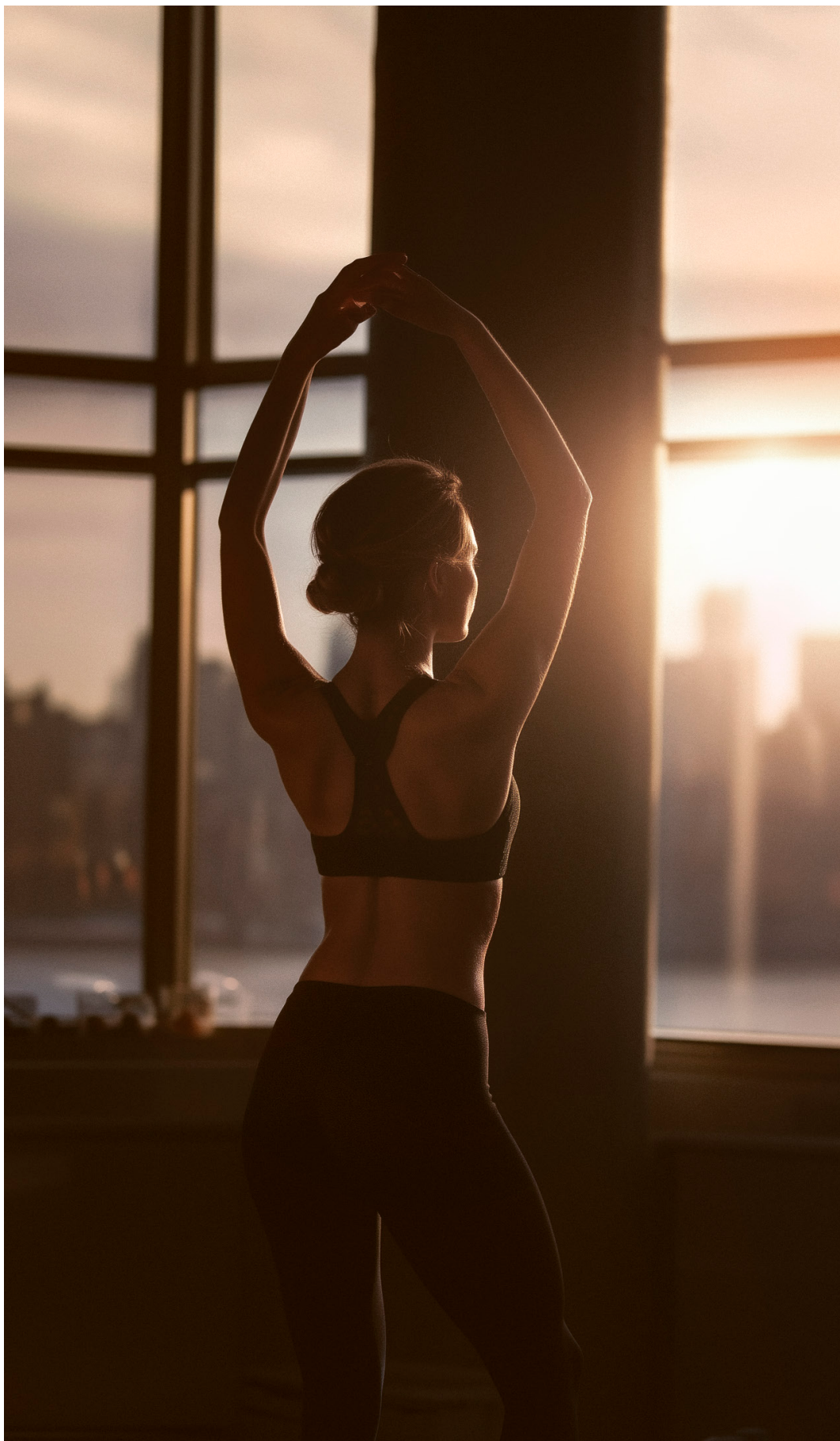
Drain and deeply detoxify your body. This session is ideal for eliminating excess water and toxins. It purifies and lightens the body through manual techniques and advanced technologies, including LED and lymphatic compression.

SLEEP

Improve sleep quality and reduce insomnia or nighttime awakenings. Aromatherapy, breathwork, and the frequency waves of the Wellnamis table deeply relax the body and mind, easing into a restful sleep.



AT GUERLAIN, WELLNESS IS AN ART



WELLNESS PROGRAMS

1 & 3 MONTHS

Guerlain's Wellness Programs embody the highest standards of personalized, long-term care, designed to sculpt the body, detoxify, resynchronize, and energize or reveal every facet of your beauty. Spanning one or three months, each journey begins with an in-depth longevity assessment that forms the foundation of your fully bespoke path. Precisely tailored to your needs, each program includes a series of treatments, consultations, fitness coaching, access to wellness facilities, and group sessions.

TAILOR-MADE BEAUTY

Reveal a spectacular metamorphosis of both face and body. This fully customizable program begins with an in-depth diagnostic, combining facialist expertise and holistic wellness analysis to deliver visible, lasting results. Designed as a beauty-led transformation, it lifts, firms, and boosts skin vitality, enhancing your natural glow and maximizing your aura through cutting-edge technologies and Guerlain's exceptional savoir-faire.

FULL RESYNCHRONIZATION

Reconnect body and mind and rediscover a profound sense of alignment. This program offers holistic recovery, sleep optimization, and mindful movement: an ideal reset for those experiencing stress, burnout, or fatigue, to restore inner harmony and help you regain clarity, energy, and a renewed sense of self.

FIT, SCULPT & DETOX

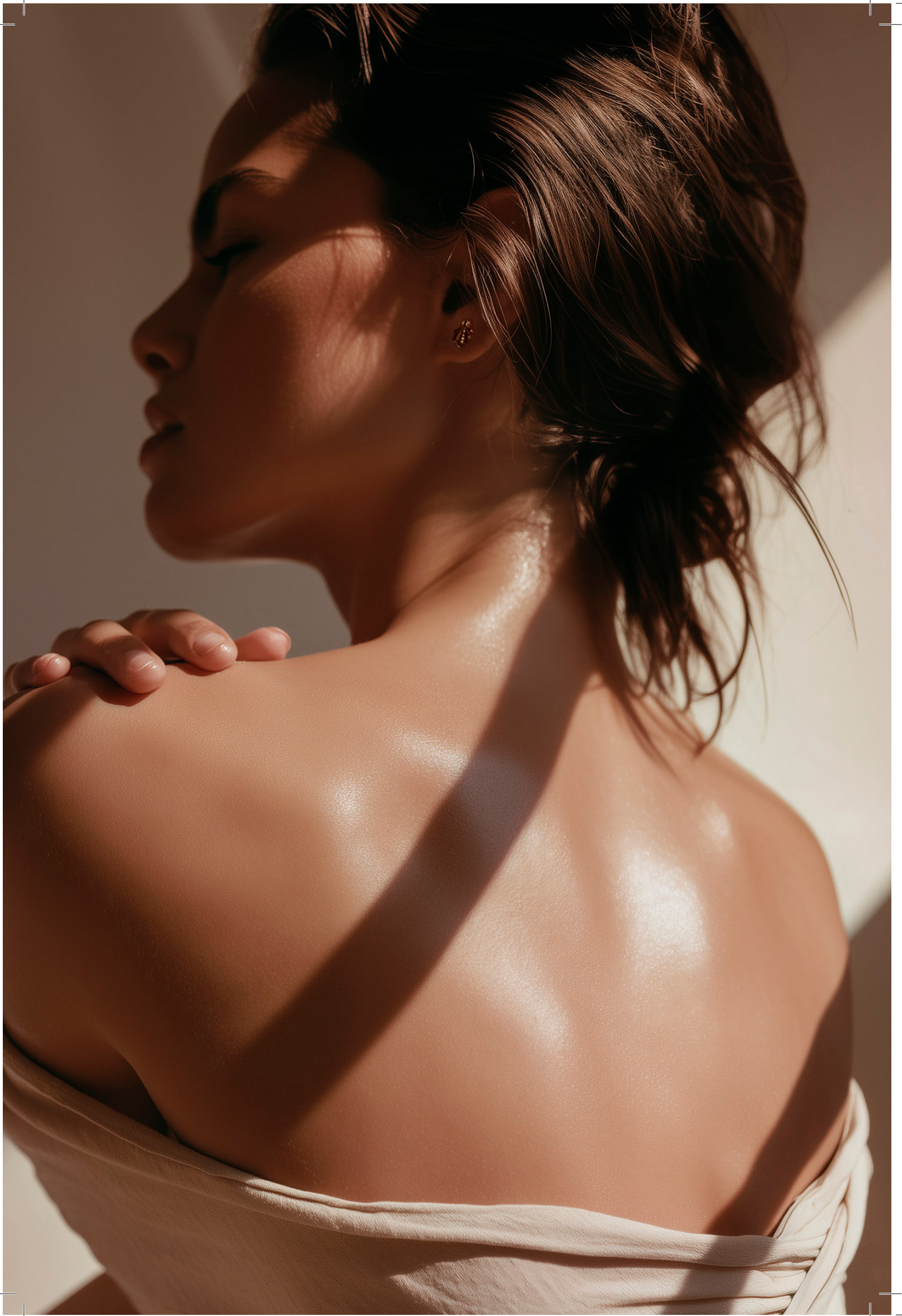
A complete program designed to achieve a harmonious silhouette and maintain optimal shape. Focused on movement, nutrition, and targeted treatments, this plan helps with weight loss, detoxification, body sculpting, and muscle strengthening, ultimately redefining your body contours.

WELLNESS RETREATS 3 DAYS

Immerse yourself in a transformative journey of well-being with Guerlain's bespoke 3-day retreats. Each one offers a holistic exploration of Guerlain's four essential wellness pillars: Nutrition, Movement, Sleep, and Mindfulness. This philosophy shapes every aspect of your wellness retreat: from personalized nutritional programs and expert-led consultations to high-performance treatments that blend manual mastery with cutting-edge technology and thoughtfully curated physical and mindful practices, all crafted to restore balance, vitality, and inner radiance.

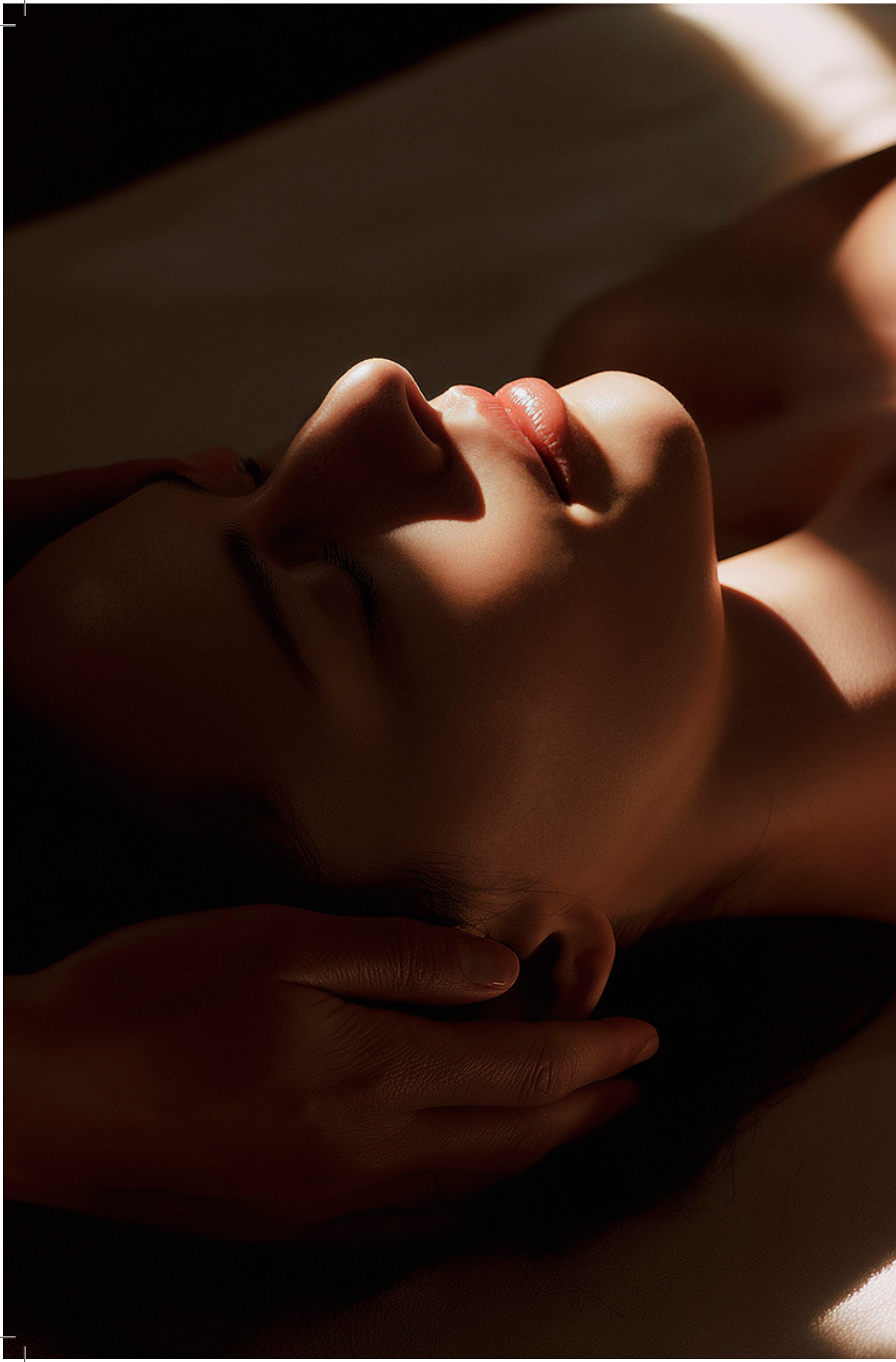
TIMELESS REJUVENATION

Reveal the full beauty of your face and body through a complete metamorphosis. Guided by Guerlain's renowned facialist expertise and enhanced by advanced technology, this exceptional retreat restores radiance, improves firmness, sculpts every contour with remarkable precision: for visibly renewed harmony and a glow.





TAILOR-MADE
FACIALS



TAILOR-MADE FACIALS

THE TAILOR-MADE TREATMENT

1H • 1HR30 • 2HRS • PROGRAM OF 4 OR 8 SESSIONS

A tailor-made facial treatment designed just for you. After a thorough skin diagnosis, our Wellness expert formulates a personalized selection of products to address your specific facial needs. This treatment offers limitless customization, whether purifying, hydrating, re-densifying, or regenerating.

IMPERIAL FACE SCULPT

1HR • PROGRAM OF 4 OR 8 SESSIONS

Combining a precise facial and morphological analysis with expert massage techniques, this advanced sculpting treatment restores firmness, radiance, and youthful vitality to your skin. Through deep muscular work, it redefines facial contours, lifts cheekbones, opens the eyes, and smooths fine lines and wrinkles: a powerful touch, expertly delivered, for a flawless lifting effect.

ROYAL HONEY REPAIR & RENEW

1HR30

This facial treatment, infused with the healing properties of honey, is an indulgent and restorative escape that envelops the skin in soothing comfort. A harmonious fusion of pressure point massage and warm herbal compresses reawakens cellular renewal and calms the mind. Skin is left luminous and revitalized, glowing with youthful radiance.

ORCHIDÉE IMPÉRIALE AGE REVERSE

ULTIMATE BLACK ORCHID

1HR30 • 2HRS • PROGRAM OF 4 OR 8 SESSIONS

The ultimate expression of Guerlain's expertise is that this exceptional treatment is a rare and luxurious ritual. Merging the power of expert touch with the revitalizing energy of the Black Orchid supports the skin's natural self-preservation mechanisms. A true talisman of youth, it leaves your skin radiant, healthy, and flawlessly renewed.

AURA NOBILE

1HR30 • 2HRS • PROGRAM OF 4 OR 8 SESSIONS

Harnessing the extraordinary power of the Gold Nobile Orchid, native to the Himalayan region, this anti-aging facial restores luminosity and youthful vitality to the skin. It blends the precision of digit pressure with the time-honored art of gua sha to sculpt facial contours, boost oxygenation, and revitalize at the cellular level. Expert lymphatic techniques yield visible results, including lifted features, a flawless and radiant glow, and a luminous, youthful aura.

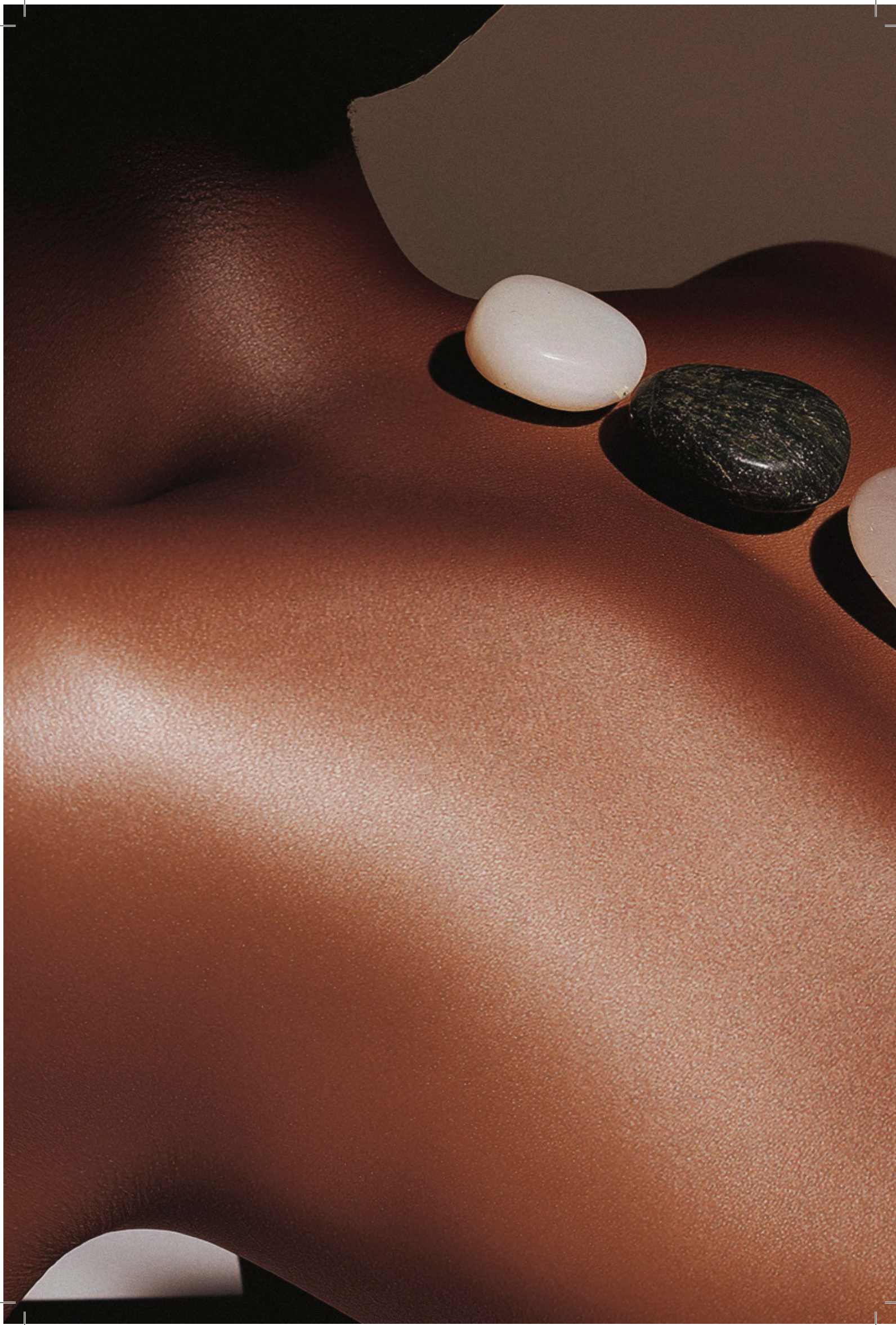
IMPERIAL LONGEVITY

1HR30 • 2HRS • PROGRAM OF 4 OR 8 SESSIONS

Drawing inspiration from the orchid's remarkable longevity, Guerlain has created its most exceptional and complete anti-aging treatment, an extraordinary ritual with intense regenerating and re-densifying powers. While regaining its ideal texture and radiance, the skin feels irresistibly soft, velvety, and sublimely beautiful to the eye and touch.

TAILOR-MADE FACIALS







MASSAGE &
BODY THERAPY

RELAXATION & ENERGY MESSAGES

DEEP MUSCULAR MASSAGE

1HR • 1HR30

Experience an intensive massage that restores the body's natural flexibility through deep tissue techniques, targeted pressure, and revitalizing stretches. It releases deep-seated tension, improves circulation, and leaves you feeling profoundly recharged and renewed.

IMPERIAL RELAXING MASSAGE

1HR • 1HR30

Inspired by the timeless elegance of Eau de Cologne Impériale, this signature Guerlain massage awakens the senses and renews the body. Expertly designed to stimulate circulation and enhance oxygenation, it delivers a deeply soothing experience that melts away tension and instills a sense of irresistible relaxation.

HARMONY JET LAG

1HR30 • 2HRS

Guerlain presents a transformative body treatment crafted to restore inner harmony after travel. This unique ritual blends expert massage techniques with the soothing vibrations of Tibetan bowls, each movement perfectly synchronized with gentle sound waves to awaken and balance your energy flow.

MOTHERS MASSAGE

1HR

This soothing massage combines comfort and deep relaxation for expecting mothers. A gentle massage to improve skin elasticity and stimulate circulation, ideal for after the first trimester or in early motherhood.



SCULPT & PAMPER TREATMENTS

IMPERIAL BODY SCULPT

1H • 1HR30 • PROGRAM OF 4 OR 8 SESSIONS

Powerful and instantly transformative, this slimming treatment sculpts the body, diminishes cellulite, and detoxifies through expert drainage and deep kneading techniques. These intense, targeted motions stimulate metabolism and promote lasting results, naturally reshaping the silhouette with smoother, more harmonious curves. Experience a refined contour and renewed vitality that radiates confidence.

INTENSE BODY THERAPY

2HRS

This luxurious treatment is a full-body ritual of renewal. It begins with a refined exfoliation to smooth the skin, followed by a nourishing wrap that comforts the body. A personalized massage melts away tension, reawakening the senses. This exquisite experience leaves the skin radiant and the body sublimely revitalized.

BODY POLISH

1HR

Experience the ultimate ritual of renewal as you exfoliate the skin to reveal a flawlessly smooth, radiant glow. This indulgent polish refines the skin's texture, making it soft and silky. Envelop yourself in a sensorial journey that refreshes the body and uplifts the spirit.

ADDICTIVE RITUALS*

30MIN

These rituals enhance each treatment by targeting specific areas.

- | | |
|-------------------------|----------------------------|
| • EYE REFRESHING RITUAL | • STONE SERENITY RITUAL |
| • BACK RELAX RITUAL | • WELNAMIS FLOW RITUAL |
| • HAIR REPAIR RITUAL | • CRYO REGENERATING RITUAL |
| • VELVET HAND RITUAL | |

*As a complement to another treatment.

TREATMENTS FOR MEN

SKIN SAVER FACIAL

1HR30

This revitalizing facial combines a deep-cleansing scrub, an expertly crafted massage, and a rejuvenating mask to restore your skin's natural radiance and comfort. The treatment is completed with targeted eye contour care to refresh and brighten, leaving your complexion visibly renewed, soothed, and impeccably refined. Experience a moment of pure indulgence tailored to the modern man's skincare needs.

ENERGIZING FACIAL

1HR

Awaken your skin with this revitalizing treatment tailored to your unique needs. A gentle yet effective scrub clears away impurities, followed by a deeply relaxing massage that helps invigorate circulation. A nourishing mask and specialized eye contour care complete the ritual, restoring freshness, clarity, and radiant vitality to your complexion.

MUSCULAR ENERGY

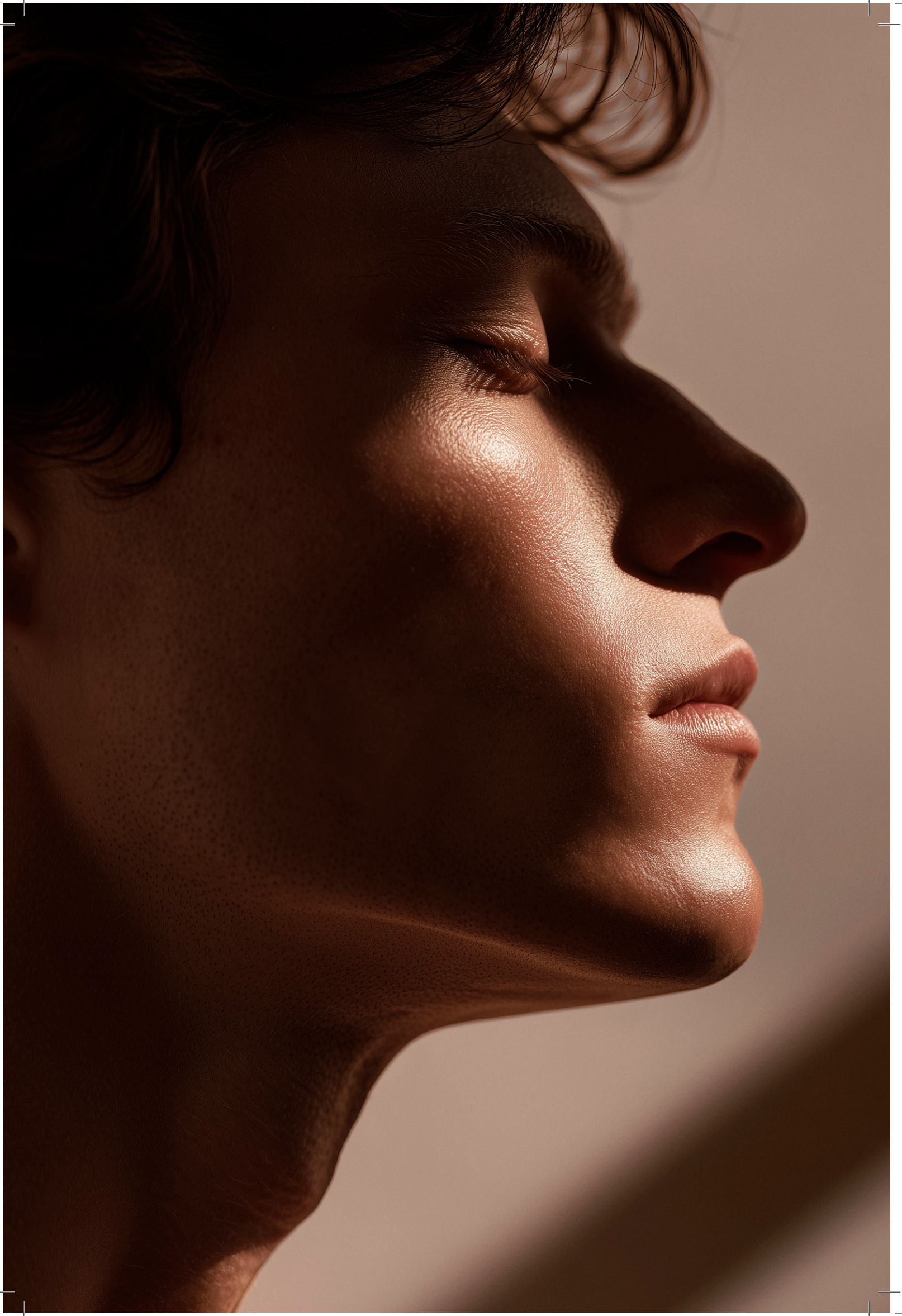
1HR • 1H30

This aesthetic massage stretches the muscles, leaving them suppler, and also works on circulation to balance the body and mind.

RELAXING FORCE

1HR • 1HR30

This signature Guerlain massage engages all the senses through precise, flowing gestures. It revitalizes circulation, supports oxygenation, and delivers an intense and memorable sense of serenity and relaxation.







EXCEPTIONAL
MOMENTS

TIME TOGETHER MASSAGES

BONDING BLISS

1HR • 1HR30

Enjoy quality time together and experience the best of Guerlain treatments.

AMONG FRIENDS

1HR • 1HR30

Celebrate friendship with a Guerlain-curated shared experience.

ROMANTIC GETAWAY

1HR • 1HR30

There is no better way to experience exceptional relaxation than sharing it with the one you love.

FAMILY TOGETHERNESS

30MIN

Share an exceptional massage experience with mom, dad, or your siblings and make memories to treasure.

PRECIOUS ESCAPE

MOM TO BE

2HRS30

This soothing ritual combines comfort, beauty, and deep relaxation for expecting mothers. It includes a gentle massage designed to improve skin elasticity and stimulate circulation, making it ideal after the first trimester or during early motherhood. The experience is completed with a tailor-made facial, carefully customized to address your specific need.

MANHATTAN ESCAPE

4HRS30

A city escapes into the heart of serenity. This half-day journey offers a perfect respite from the fast-paced life in New York. Begin with a personalized treatment tailored to your unique needs, followed by a deeply relaxing massage designed to help alleviate tension. Then, enjoy free time at the spa to extend your feeling of calm and care, and leave feeling recharged, restored, and ready to experience the city that never sleeps.

WEDDING EXPERIENCES

Discover our dedicated wedding brochure featuring exclusive Guerlain experiences designed for your special day. From the personalized Tailor-Made Treatment to shared rituals for couples, each celebrating love and connection. To create unforgettable moments of beauty and wellness.



GLAMOUR EXPERIENCE

MAKE-UP

MAKE-UP APPLICATION

1HR

For a special occasion or to be perfect and irresistible every day, Guerlain imagines a make-up session that combines expertise and pleasure.

MAKE-UP LESSON

1HR30

We all dream of mastering the art of make-up application. Guerlain reveals the most effective beauty secrets to enhance your face.

EXCEPTIONAL MAKE-UP

2HRS (1HR + 1HR)

For life's most memorable moments, opt for a bespoke two-step make-up ritual. Guerlain creates a personalized make-up to ensure a flawless look when it matters most.

Please visit waldorfastorianewyorkspa.com/guerlain for service pricing and to book your Guerlain Wellness Spa experience.

AT GUERLAIN, WELLNESS IS AN ART





COACHING

FITNESS CONSULTATION

30MIN

This tailored consultation begins with a detailed discussion of your fitness goals and a comprehensive analysis using the Techno-gym Check-up. This cutting-edge diagnostic tool provides insights into muscle mass, metabolic rate, and body composition. Conclude your session with a mini introductory workout, designed to align with your goals and set the stage for your personalized fitness journey.

PERSONAL COACHING SESSION

1HR | 1HR30

A one-on-one fitness instruction focused on helping individuals achieve their health and fitness goals.

SEMI-PRIVATE COACHING SESSION

1HR

Train together with a small group fitness instructor focused on helping individuals achieve their health and fitness goals. The starting price is per person for up to 4 guests.

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SHOP

On the ground floor, step into the world of Guerlain, two boutiques where High Perfumery and High Cosmetics meet heritage, innovation, to celebrate the art of beauty.

TREATMENT DURATION

Please arrive at least 30 minutes before your appointment so that we can introduce you to our facilities.

RESERVATIONS AND CANCELLATION POLICY

Appointments are confirmed with a credit card or room number only. We require a minimum of 24 hours' notice for cancellations. Cancellations, changes, or missed appointments will incur a fee of 100% of the service when the minimum notification times are unmet. Please arrive at least 30 minutes before your appointment so that we can introduce you to our facilities.

ENVIRONMENT

Our spa is an adult sanctuary. Guests must be 18 years or older. For your peace of mind and privacy, cell phones and other electronic devices are not permitted in our facilities.

PAYMENT METHODS

We accept all major credit cards. We regretfully do not accept payment methods such as Apple Pay and Cashless Spa.

SERVICE CHARGE

A 22% service charge will be attached to all spa treatment services and package prices. The service charge is adjustable upon request. All services are subject to New York City service tax.

GUEST RESPONSIBILITY, SAFETY & DISCLAIMERS

NON-MEDICAL NATURE OF TREATMENTS & SERVICES

All treatments offered are designed for relaxation, wellness, and beauty enhancement. They are non-medical in nature and are not intended to diagnose, treat, or cure any condition. No invasive procedures or clinical interventions are performed.

MASSAGES & HOLISTIC EXPERIENCES

Massages and wellness rituals (mindfulness, breathwork, sleep rituals etc.) are non-therapeutic and not a substitute for medical care. Guests experiencing pain, injury, or health concerns should consult a licensed physician before booking.

NUTRITIONAL & LIFESTYLE COACHING

Any advice provided during Assessments is for general wellness and informational purposes only. Please consult your doctor or a registered dietitian before making changes to your health or diet.

MEDICAL CONDITIONS & CONTRAINDICATIONS

If you are pregnant, have a medical condition, or have had recent surgery, please inform us in advance. Some treatments may be unsuitable or require prior medical approval.

TECHNOLOGY-BASED TREATMENTS

Our advanced aesthetic devices (radiofrequency, LED, cryotherapy, etc.) are cosmetic and wellness-focused only. They are not medical treatments. Guests with pacemakers, metal implants, epilepsy, recent injectables, or skin conditions must consult a physician beforehand.

PRACTITIONER SCOPE & SAFETY

All team members operate strictly within the limits of their training and certification. Your safety is our priority — please inform us of any allergies, sensitivities, or health issues. We reserve the right to decline treatment if safety is compromised.

EXPECTED RESULTS & LIMITATIONS

Treatment results may vary depending on individual factors such as skin type and lifestyle. While we strive for excellence, no results can be guaranteed.

NO MEDICAL CLAIMS

Our treatments are grounded in cosmetic performance, sensorial experience, and traditional wellness — not medical efficacy.

INFORMED CONSENT & LIABILITY

By booking a service, guests acknowledge they do so voluntarily, understand the nature of the treatment, and accept responsibility for informing us of any relevant health conditions. A signed consent form may be required.





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