



RELÂCHE  
— SPA —

TAKE A JOURNEY THAT IGNITES THE SENSES AND SOOTHES THE SOUL. NESTLED WITHIN THE BEAUTIFUL BOTANICAL GARDENS OF GAYLORD HOTELS, YOU'LL DISCOVER THE TRUE ESSENCE OF RELAXATION, RELÂCHE SPA.

Experience the freedom of the present moment when you let go of your cares and immerse yourself in our exclusive treatments and therapies, infused with natural elements from the garden and delivered with flawless professionalism.

The core of our philosophy lies in our name, "Relâche," which comes from the French word meaning "to take a break." We believe in the power of physical de-stressing to calm and relax the mind. Relâche Spa is the perfect place to lose yourself in the moment and find your center again.

[RELACHESPA.COM](http://RELACHESPA.COM)



## MASSAGE THERAPIES

### SOOTHING STONE MASSAGE

Loosen up your tense muscles and completely unwind! Warmed basalt stones are used in combination with Swedish massage techniques on the body to release tension, restore balance and increase positive energy flow. The stones are used to gently encourage sore muscles to relax and surrender as circulation increases, bringing a sense of well being and harmony.

### RELÂCHE SPA DESTRESS MASSAGE

The Customized Touch Destress Massage awakens the senses through touch and aroma. This deeply relaxing synergy soothes the mind, melts tension and harmonizes the body. This oil is blended by an expert; experience the power of real Aromatherapy, with hand selected pure essential oils of Rosewood, Melissa, Marjoram, Geranium, Rosemary, Lavender and Chamomile.

### RELÂCHE SPA MUSCLEASE DEEP TISSUE MASSAGE

“Welcome touch” breathing and inhalation introduces this massage. Using a warming blend of Rosemary and Maritime Pine to alleviate stress, ease aching muscles and revive the senses with this powerful, customized massage to target individual needs and reduce specific stress and muscle tension.

### MUSCLEASE WARMING OCEAN WRAP & MASSAGE

This seaweed wrap and massage treatment helps to loosen muscle tension and relax deep muscles. Combining the richest of sea plants and marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of essential oils including

Lavender, Clary Sage, Rosemary and Thyme is applied to targeted areas of the body. The treatment is completed with a full body massage.

### RELÂCHE SPA HOT MINERAL BODY BOOST

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed with a restorative massage, this is a revolutionary, minerally-charged experience of skin-conditioning, metabolic-balancing and energizing wellness.

### MOTHER-TO-BE MASSAGE

Our therapists take careful consideration to relax and ease the tension a mother-to-be might be feeling. A complete body massage, using specific prenatal techniques to help relax, increase circulation, alleviate tired muscles and reduce excess water retention.

*This service is only performed after the first trimester.*

### SIDE-BY-SIDE

Experience a special treat in our duo therapy treatment room. This perfect spa journey can be shared with that special someone, or a friend, allowing you to share unforgettable memories side-by-side!

*Available as couples massage or facial.*

## SPECIALTY MESSAGES

### BAMBOO FUSION MASSAGE

Heated bamboo shoots of varying sizes are used to glide deeply across the body, to relax sore muscles and promote mental and physical well-being.

### HYDRO-THERAPY TREATMENT

Cast away in a sea of warm water in your own private hydro-jet tub, infused with your choice of bath salts guiding you to pure relaxation. Enjoy a water pressure wand massage, as it releases tension and stimulates lymphatic drainage. Bathing suits are required for this service.

### LEMONGRASS RITUAL

This Thai-inspired treatment works your pressure points to release blocked energy. A heated herbal poultice is used to reduce aches and pains while increasing lymphatic drainage. Complete this journey with our signature oil to increase flow of energy between the pressure points and to nourish the skin.

## TREATMENT ENHANCEMENTS

- Relaxing Scalp Treatment
- Hydrating Hair Mask
- Polishing Hand or Foot Therapy
- Warm Stones
- Knesko Skin Diamond Radiance or 24K Nanogold Repair Mask, *included in treatment time Face / Eyes / Lips / Neck & Décolleté Mask*





## SKIN RENEWAL FACIAL THERAPIES

### RELÂCHE SPA PRO-COLLAGEN SIGNATURE

Smooth fine lines and wrinkles with the age-defying benefits of Padina Pavonica, a unique Mediterranean algae clinically proven\* to increase moisture, firmness and elasticity of the skin. ELEMIS relaxing facial massage stimulates optimum cellular function for nourished, vibrant and younger-looking skin. This anti-aging treatment offers two professional strength masks, rich in Hyaluronic Acid and the hero ingredients from the ELEMIS Pro-Collagen Age Defy Range.

### ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Clinically proven\* to target the signs of aging and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

### ELEMIS SUPERFOOD PRO-RADIANCE

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

### ELEMIS PRO-DEFINITION LIFT AND CONTOUR

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients found in plant actives to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

### ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, color-corrected and illuminated complexion.

### ELEMIS SENSITIVE SKIN SOOTHER

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

### ELEMIS ANTI-BLEMISH MATTIFY AND CALM

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

### ELEMIS MEN'S HIGH PERFORMANCE SKIN ENERGIZER

The hard-working facial for aging, dehydrated skin and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation.

*\* Independent clinical trials*

### VITAMIN C ENERGIZING COLLAGEN FACIAL

Supercharge your skin. Regenerate luminosity with potent vitamin C, nature's most powerful and proven skin brightening agent. This high-performance skin treatment helps correct sun damage, for firmer and brighter skin. Facial includes a professional Alpha Beta Peel and a microcurrent face lift that will leave you looking younger and feeling your best. This treatment is performed with Dr. Dennis Gross skincare.

### HYALURONIC MARINE HYDRATING FACIAL

Replenish hydration, with this ultra-hydrating facial that gives skin an instant plumped, smoother appearance. Hyaluronic acid quenches parched skin and holds up to 1,000 times its weight in water to draw in and bind moisture to the skin, cushioning it from environmental stress and dehydration. Facial includes a professional-only peel. This treatment is performed with Dr. Dennis Gross skincare.

## HAIR REMOVAL

- Back Wax
- Chest Wax
- Forearm Wax
- Full Arm Wax
- Full Leg Wax
- Half Leg Wax
- Lip Wax
- Brow Wax
- Underarm Wax
- Bikini Wax

## SKINCARE ENHANCEMENTS

- Relaxing Scalp Treatment
- Hydrating Hair Mask
- Micro Current Brow or Face Lift
- Knesko Enhancement Options
- Parafin Hand Treatment



## HYDRAFACIAL

*The HydraFacial resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extractions and hydration, including Vortex-Fusion® of antioxidants, peptides and hyaluronic acid. The HydraFacial is a non-invasive, non-surgical procedure that delivers instant results. These treatments are soothing, refreshing, non-irritating and immediately effective.*

### BOOSTER FACIAL

This 25 minute treatment offers the perfect skin solution for the time-challenged, by bathing the skin in rich antioxidants and deeply hydrating hyaluronic acid. It starts with deep cleansing and gentle exfoliation, followed by painless extractions and ends with a burst of hydration.

### SIGNATURE HYDRAFACIAL

Our 50 minute Signature, rejuvenating skin resurfacing treatment immediately reduces the look of lines, wrinkles, hyperpigmentation, congested pores and uneven skin tone on the face and neck. This session is completed with LED light therapy especially suited for your skin's specific needs.

### DELUXE HYDRAFACIAL

This Deluxe 80 minute invigorating treatment includes all the luxurious essentials of the HydraFacial for your face, neck and décolleté. It begins with Lymphatic Drainage Therapy to initiate the detoxification process. Then the HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin. This treatment also includes Multi-Peptide Dermabuilder to address fine lines and wrinkles followed by LED light therapy.



## BODY THERAPIES

### ELEMIS BODY NECTAR NOURISHING WRAP – FRANGIPANI

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

### ELEMIS THOUSAND FLOWER DETOX WRAP

This Nutrient-rich detox wrap uses the deeply nourishing Green Tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

### PURE FIJI ESCAPE TO PARADISE

Sail away in a Pure Fiji coconut milk bath to help relax the body and ease the mind. The body is exfoliated with a pineapple cream scrub to restore dry and thirsty skin. Warm body butter is applied onto the body to quench the skin's dehydration. You are then wrapped into a cozy cocoon after hot stones are strategically placed along the body. Complete this treatment with our Fijian scalp massage.

### PURE FIJI TROPICAL ISLAND GLOW

Relax and enjoy as warm milk from the coconut is gently applied to the skin, followed by a full body exfoliation with pure coconut-infused sugar cane scrub, ridding the body of any dry skin. Warm coconut oil is then applied to the skin revealing the most hydrated, replenished skin.

### CELLUTOX SCULPTING TREATMENT

A powerful blend of sculpting massage and detoxifying Algins for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven to reduce the appearance of cellulite after just one treatment. Marine algae biotechnology with its minerals, vitamins and phytonutrients help balance, firm and detoxify the skin.

## TANNING

### SOUTH SEAS SPRAY TANNING\*

Maintain a year-round glow with South Seas Skin Care Spray Tanning. Founded by celebrity makeup artist, Julie Nostrand, this paraben-free product is as safe for your skin as it is for the environment.

### SOUTH SEAS SPRAY TAN EXPERIENCE\*

This exfoliation treatment is ideal for preparing the skin for a flawless spray tan. Treatment begins with a full-body exfoliation using an oil free scrub. This body polish contains extracts of avocado, carrot, cucumber and ginseng, along with the ideal amount of pumice to gently exfoliate the skin. The signature citrus essential oil blend will leave you feeling clean and invigorated.

*\* Usage of facilities is not included due to the nature of this service.*



## SIGNATURE HAND & FOOT THERAPIES

### ULTIMATE INDULGENCE PEDICURE

This heavenly ELEMIS foot treatment, is like no other. A true recipe to soothe your "soles" beginning with our exclusive welcome touch relaxation techniques. Beyond the traditional pedicure steps like nail shaping, polish, cuticle care and dry skin removal, this deluxe tension reliever will banish all signs of stress from your feet and lower legs. From being bathed in our nourishing milk bath, smoothed with an exotic scrub and massaged with warm drizzled oils, your hard-working aching legs and feet will receive divine care and attention! This supreme foot treatment is like no other. Ready to walk a hundred miles? You will be after you've experienced the Ultimate Indulgence Pedicure!

### ULTIMATE INDULGENCE MANICURE

This sumptuous "facial for the hands" will go way beyond your expectations. Your journey begins with our unwinding welcome touch techniques to calm your psyche and soothe your senses. This is followed by our luxurious botanical oil and exotic frangipani scrub that leaves hands feeling softer than velvet. Beyond taking care of your nail shaping, cuticles and polish we'll transport you with our deeply relaxing and therapeutic hand and arm massage that relieves modern aches and pain like texter's thumb and mouse hand. Our aromatic rose balm will transport you to a garden of roses and our trio of beautiful rose oils will nourish, hydrate and repair. Say hello to your Instagram-worthy new hands and nails!







## SALON SERVICES

### HAND & FOOT THERAPIES

- Classique Manicure
- Classique Pedicure
- On-the-Go Pedicure
- Men's Sports Pedicure
- Gel Manicure
- Gel Removal
- Polish Change

### NAIL ENHANCEMENTS

- Paraffin Treatment (*Hands or Feet*)
- French Polish (*Hands or Feet*)
- Callus Treatment (*Feet Only*)
- Warm Stones (*Feet Only*)

### HAIRSTYLING

- Gentlemen's Designer Hair Cut
- Women's Designer Hair Cut & Style
- Women's Shampoo & Style
- Special Occasion Style
- Hair Color
- Full Highlights
- Partial Highlights

### MAKE-UP SERVICES

- Special Occasion Make-Up
- Eyelash Enhancements
- Make-Up Lesson

### CONDITIONING TREATMENTS

*Add a conditioning treatment to any hair service to increase strength and shine.*

- Deluxe Conditioning Ritual

### CHILDREN'S SERVICES

*For our guests 5 to 10 years old we recommend the following services:*

- Prince Hair Cut & Style
- Princess Hair Cut & Style
- Princess Manicure
- Princess Pedicure

# GENERAL INFORMATION

## SERVICE CHARGE

For your convenience, a 20% service charge will be added. This service charge is dispersed to the spa staff that served you during your visit. Additional gratuities may be offered at your discretion.

## WHAT IS THE CANCELLATION POLICY?

In consideration of others, please cancel 6 hours in advance to avoid fees. Appointments cancelled less than 6 hours will be charged the full price. If appointments are rescheduled or changed less than 6 hours in advance, a 25% fee will be charged.

## IS THERE A MINIMUM AGE?

Guests under the age of 18 are not permitted to use Spa facilities. Guests under the age of 16 are not permitted to use fitness facilities. Identification may be required.

## SHOULD I MAKE A RESERVATION?

Reservations are recommended and are subject to availability. Requests for a male or female therapist can be made but are not guaranteed.

## WHEN SHOULD I ARRIVE?

Please arrive 30 minutes prior to your treatment to allow time to enjoy our facilities and prepare for your treatment.

## WHAT IF I AM LATE FOR MY APPOINTMENT?

Arriving late will shorten the time of your treatment. The full value of your treatment will be applied.

## DAY PASS GUESTS

Hotel guests may enjoy full access to our Spa facilities for a charge of \$30 per day per guest. Local guests may enjoy full access to our Spa facilities for a charge of \$55 per day per guest.

## CONSIDERATIONS

To preserve our tranquil setting, cell phones and electronic devices are discouraged. For the privacy of our guests, use of any camera device is strictly prohibited.

For the safety of guests and staff, we reserve the right to refuse service to individuals who appear under the influence of alcohol or drugs or are displaying unprofessional behavior.

## HOURS OF OPERATION

Monday - Saturday..... 9:00 am – 8:00 pm  
Sunday..... 9:00 am – 7:00 pm  
*subject to change*

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*For a complete list of General Information and Frequently Asked Questions, visit [RelacheSpa.com](http://RelacheSpa.com).*





# MENU of SERVICES

## MASSAGE THERAPIES

Relâche Spa Destress Massage.....	25 min	\$80
.....	50 min	\$150
.....	80 min	\$200
Relâche Spa Musclease Deep Tissue Massage		
.....	50 min	\$155
.....	80 min	\$210
Relâche Spa Hot Mineral Body Boost		
.....	80 min	\$195
Musclease Warming Ocean Wrap and Massage		
.....	80 min	\$195
Soothing Stone Massage .....	80 min	\$210
Mother-To-Be Massage .....	50 min	\$150
.....	80 min	\$200

## SPECIALTY MESSAGES

Bamboo Fusion Massage.....	80 min	\$195
Hydro-Therapy Treatment.....	40 min	\$140
Lemongrass Ritual.....	80 min	\$195

## BODY THERAPIES

ELEMIS Body Nourishing Wrap.....	50 min	\$155
ELEMIS Thousand Flower Detox Wrap		
.....	50 min	\$165
Escape to Paradise.....	80 min	\$190
Tropical Island Glow .....	50 min	\$150

## SKIN RENEWAL THERAPIES

Relâche Spa Pro-Collagen Signature ....	50 min	\$160
.....	80 min	\$210
ELEMIS Men's High Performance Skin Energizer		
.....	50 min	\$160
ELEMIS Dynamic Resurfacing Precision Peel		
.....	50 min	\$160
.....	80 min	\$210
ELEMIS Superfood Pro-Radiance.....	50 min	\$160
ELEMIS Pro-Definition Lift and Contour		
.....	50 min	\$160
ELEMIS White Brightening Pigment Perfector		
.....	50 min	\$160
ELEMIS Sensitive Skin Soother.....	50 min	\$160
ELEMIS Anti-Blemish Mattify and Calm		
.....	50 min	\$160
Vitamin C Energizing Collagen Facial		
.....	80 min	\$210
Hyaluronic Marine Hydrating Facial .....	50 min	\$160

## HYDRAFACIAL TREATMENT

Booster Facial.....	25 min	\$145
HydraFacial .....	50 min	\$205
Deluxe HydraFacial .....	80 min	\$295

## TREATMENT ENHANCEMENTS

Relaxing Scalp Treatment.....	\$25
Hydrating Hair Mask.....	\$25
Polishing Hand or Foot Therapy .....	\$25
Warm Stones.....	\$25
Full Body Dry Rub Exfoliation .....	\$25+
Microcurrent Brow Lift (Facial Only).....	\$25+

Paraffin .....	\$25
Microcurrent Face Lift (Facial Only) .....	20 min \$65

## COUPLES SERVICES

Couples Massage.....	50 min	\$320+
.....	80 min	\$430+
Couples Facial.....	50 min	\$330+
.....	80 min	\$430
Extended Time in Couples Suite.....	20 min	\$40

## HAIR REMOVAL

Full Leg Wax.....	\$100
Half Leg Wax (Includes the Knee) .....	\$65
Lip Wax.....	\$35
Brow Wax .....	\$35
Underarm Wax .....	\$35
Bikini Wax.....	\$50

## NAIL ENHANCEMENTS

Paraffin Treatment (Hands or Feet) .....	\$25
French Polish (Hands or Feet).....	\$15
Callus Treatment (Feet Only) .....	\$25
Warm Stones (Feet Only).....	\$15

## HAND & FOOT THERAPIES

Classic Manicure.....	25 min	\$40
Classic Pedicure .....	50 min	\$75
Ultimate Indulgence Manicure.....	50 min	\$65
Ultimate Indulgence Pedicure.....	80 min	\$90
On-the-Go Pedicure.....	25 min	\$45
Men's Sports Pedicure.....	50 min	\$75
Gel Manicure.....	50 min	\$65
Gel Removal.....	30 min	\$20
Polish Change .....	15 min	\$25

## MAKE-UP SERVICES

Eyelash Enhancement .....	from	\$40
Special Occasion Make-Up .....	from	\$75
Make-Up Lesson .....	from	\$100

## HAIRSTYLING

Gentlemen's Designer Hair Cut.....	from	\$45
Women's Designer Hair Cut & Style... short hair		\$85
.....long hair		\$95
Women's Shampoo & Style..... short hair		\$65
.....long hair		\$75
Special Occasion Style .....	from	\$90+
Deluxe Conditioning Ritual .....	from	\$110

## HAIR COLOR

Touch-Up Color .....	short hair	\$105
.....long hair		\$115
Single Process Color .....	short hair	\$125
.....long hair		\$140
Partial Highlight or Lowlight..... short hair		\$130
.....long hair		\$145
Full Highlight or Lowlight..... short hair		\$180
.....long hair		\$195

## CHILDREN'S SERVICES For our guests 5-12 years old

Prince or Princess Hair Cut & Style.....	25 min	\$40
Princess Manicure.....	25 min	\$30
Princess Pedicure .....	25 min	\$40

## TANNING

Spray Tan.....	25 min	\$45
Spray Tan Experience .....	50 min	\$90

Tanning services do not include usage of spa facilities.

# BIOTEC

25 min \$80   50 min \$175   80 min \$225

## ELEMIS BIOTEC LINE ERASER

Target wrinkles and energize the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines.

## ELEMIS BIOTEC RADIANCE RENEW

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

## ELEMIS BIOTEC SENSITIVE SKIN SOOTHER

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

## ELEMIS BIOTEC SKIN RESURFACER

This revolutionary clinically proven\* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

## ELEMIS BIOTEC ENHANCEMENTS    \$60

### ELEMIS BIOTEC EYE TREATMENT

BIOTEC Technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

### ELEMIS BIOTEC NECK TREATMENT

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

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# ELEMIS BIOTEC

*The Unique Fusion of Actives, Touch and Technology*

A synergistic energy force of unique high-potency ACTIVES, Skin Lift TOUCH and advanced TECHNOLOGY that bridges the gap between hands-on and non-invasive procedures with “hands embracing technology.” 5 technologies in 1 machine deliver dynamic skincare results with long term benefits.

## ELEMIS BIOTEC LINE FIRM-A-LIFT FACIAL

Rediscover the architecture of your face with the ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

## ELEMIS BIOTEC ANTI-PIGMENT BRIGHTENER

Illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

## ELEMIS BIOTEC BLEMISH CONTROL

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

## ELEMIS BIOTEC SUPER-CHARGER FOR MEN

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

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25 min \$80   50 min \$175   80 min \$225