



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.

## 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.*

## DREAM CATCHER

Relax, unwind and discover a haven of peace with this tranquilizing massage. After a full body, heated lavender oil massage, your therapist will place a lavender herbal heat pack over your lower abdomen and then you will be wrapped for 10 minutes to soak in its soothing benefits. During your wrap you will enjoy a scalp, neck and shoulder massage. With a lavender oil inhalation to begin and end your treatment you are sure to sleep peacefully. Sweet Dreams!

## SHIATSU

Shiatsu is a traditional Japanese healing method where compression and stretching is the key. The shiatsu provider uses palms, fingers, thumbs, knuckles and elbows to work on the body's acupuncture points, meridians or energy channels. It helps to balance a person's energy flow and strengthen the vital organs.

## ISLAND RITUAL MASSAGE

Your ritual begins with a full body massage using our hydrating coconut body butter. You will then be induced into a deep state of relaxation as warmed exotic coconut oils are gently drizzled onto your forehead and then massaged into your scalp, neck and shoulders. This treatment is the perfect way to escape to the Fiji Islands without ever leaving the room.

## SPORTS RELIEF

Our sports massage is a therapeutic and restorative massage that incorporates stretching, range of motion and area-specific strokes. This massage can reduce recovery time for injured muscles and help reduce the chance of future injury. Please note that the 50 minute treatment is not full body, but rather an upper or lower area specific massage.

## COUPLES MASSAGE

Experience a special treat in our couples 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!

# SPA TREATMENT ENHANCEMENTS

## MUSCLE AND JOINT RELIEF

..... Pair with massages

## WARM STONES

..... Pair with massages

## HYDRATING HAIR MASK

.....Pair with massages, facials and/or hair services

## RELAXING SCALP TREATMENT

..... Pair with massages and/or facials

## INVIGORATING MINT SCALP MASSAGE

..... Pair with massages and/or facials

## DEEP EXFOLIATION

..... Pair with Facials

## EYE AND LIP TREATMENT

..... Pair with Facials

## MICROCURRENT BROW LIFT

..... Pair with Facials

## EYE MASSAGE AND SENSORY EXPERIENCE

..... Pair with nail services



# 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.

## 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.

## ILLUMINATING COLLAGEN FACIAL

Supercharge your skin and bring back luminosity with this high performance skin treatment. This facial uses biotechnological activators to assist in collagen stimulation. You will notice an instant illumination as your skin is brought back to life.

## ALPHA BETA DEEP CLEANSING FACIAL

A clinical-strength, deep cleansing facial that helps reduce the severity of breakouts, minimizes the appearance of pores and calms down inflammation. This facial includes an alpha beta peel.

## GENTLEMEN'S HOT TOWEL FACIAL

Customized for a man's skin type, this facial is deep cleansing as well as hydrating and calming for the skin. Your eyes will also be pampered with a hydrating eye treatment.

## ELEMIS BIOTEC FIRM-A-LIFT

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

# HAIR REMOVAL

- Back or Chest Wax
- Chin Wax
- Forearm Wax
- Full Arm Wax
- Full Leg Wax
- Half Leg Wax  
(Includes the Knee)
- Lip Wax
- Brow Wax
- Underarm Wax
- Bikini Wax
- Bikini Detail
- Brazilian Wax
- Full Face Wax

# SPA PACKAGES

## CREATE YOUR OWN PACKAGE

Receive a 15% discount by creating your own package of three or more 50 or 80-minute services on the same day, (same guest).

## SEASONAL PACKAGES

Throughout the year we offer exciting seasonal packages. Please call or stop by the Spa to learn more.



\*Independent clinical trials

## HYDRAFACIAL

*The HydraFacial resurfacing procedure provides 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.*

### 25 MINUTES

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.

### 50 MINUTES

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.

### 80 MINUTES

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

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 CELLUTOX AROMA SPA OCEAN WRAP & DEEP TISSUE MASSAGE

This seaweed wrap and massage treatment helps to detoxify & kick-start your body. Combining the richness of sea plants and Marine Algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

### 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.

## BIOTEC

### 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 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

#### 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.



## 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

- Ultimate Indulgence Manicure
- Ultimate Indulgence Pedicure
- Seasonal Manicure
- Seasonal Pedicure
- Men’s Sports Pedicure
- Classique Manicure
- Classique Pedicure
- On-the-Go Pedicure
- Shellac Manicure
- Gel Polish Removal
- Artificial Nail Removal
- Polish Change
- Hand Conditioning Treatment
- Sole Rejuvenation
- Paraffin Infusion Treatment (Hands or Feet)
- French Polish (Hands or Feet)

## HAIRSTYLING

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

- Single Process Hair Color
- Root Touch-Up
- Style Only
- Customized Conditioning Treatment
- Nourishing Scalp Treatment
- Scalp Treatment, Conditioning Mask & Blow Dry
- Chemical services include a blowout

## MAKE-UP SERVICES

- Special Occasion Make-Up
- Eyelash Enhancements

## CHILDREN’S SERVICES

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

- Wiggle Worm Hair Cut (Under 5)
- Prince Hair Cut & Style
- Princess Hair Cut & Style
- Princess Shampoo & Style
- Princess Up-Do
- Prince/Princess Manicure
- Prince/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.

## 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.

## WHAT IS THE CANCELLATION POLICY?

Please notify our Spa reservation team six hours before your scheduled appointment to avoid being charged the full value of the service. If, within six hours of your appointment, you need to reschedule, there will be an additional \$35 fee. Cancellations of packages require 24-hour notice. A credit card number is required to guarantee services at the time of booking.

## WHAT IF I HAVE SPECIAL NEEDS?

Please inform our Spa reservations team of any physical or medical considerations prior to booking your appointment, including pregnancy.

## 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 and the full cost of your treatment will still 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 and fitness facilities for a charge of \$50 per day, per guest.

BOOK YOUR SPA EXPERIENCE TODAY AT

**RELACHESPA.COM**



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