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SPA *Atlantis*

# WELCOME TO SPA ATLANTIS

Replace worldly concerns with a world of relaxation. Indulge your senses and restore body, mind and soul. Escape to Spa Atlantis, a Forbes Four-Star Spa unlike any other.

Spa Atlantis is a space for personal rediscovery, solace and healing. A refuge from the everyday world. Let our professionally trained Estheticians and Massage Therapists guide you through your journey to well-being. Surrounded by calm healing colors, natural stone and the gentle flow of water, you are free. Our treatments focus on nourishing and stimulating the skin, your largest organ, and pleasing the senses, all while giving you a renewed sense of self and relaxation.

## Spa Amenities

- ~ Cardio Theater and Fitness Center featuring TechnoGym® and Precor<sup>SM</sup> equipment with Active Wellness TV
- ~ 16 opulent treatment rooms
- ~ Aqua Spa Lounge with Experiential Shower
- ~ Brine Inhalation-Light Therapy Lounge
- ~ Laconium Relaxation Lounge
- ~ Rasul Ceremonial Chambers
- ~ Hammam Experience
- ~ Exclusive treatments
- ~ Couples suites featuring soaking tubs, steam showers and ceremonial chamber
- ~ Weightless Flotation Soft-Pack-System®
- ~ Indoor atrium pool
- ~ Seasonal outdoor pool and sun deck
- ~ Year-round outdoor jetted spa
- ~ Men's and women's tea and refreshment lounges
- ~ Private lockers
- ~ Safety deposit boxes
- ~ Private dressing room
- ~ Complimentary valet parking
- ~ Botanical extracts, fresh fruit and herb- infused waters

## The Gift of Spa

Gift cards are the perfect way to share the spa experience and are available in any denomination.

## GENERAL INFORMATION

The renewal process begins the moment you enter Spa Atlantis, where we invite you to leave the complexities of your everyday world at the door. Our spa is available to guests 18 and older. We encourage you to schedule your spa services well in advance of your visit to ensure the widest selection of treatments and appointment times.

Spa Atlantis is a tranquil setting. Please be mindful by using quiet conversation and refrain from using cell phones or other electronic devices. Spa Atlantis is an alcohol and smoke-free environment.

### Arrival

For your enhanced comfort and relaxation, we recommend that you arrive at least 45 minutes prior to your service. This allows time to shower and enjoy our spa relaxation rooms which include the Aqua Lounge, Laconium Relaxation Lounge, Brine Inhalation-Light Therapy Lounge, Herbal Steam Room and Cedarwood Sauna.

If arriving late, we will do our best to accommodate your originally scheduled appointment; there may be times when we are unable to do so. Your appointment will end on time and the full value will apply.

### What do I wear?

We provide a luxurious robe and spa slippers to wear. Most body treatments are enjoyed without clothing, however, please disrobe to the level of your comfort. Our therapists are fully trained in proper draping, and your privacy will be maintained at all times. We also recommend guests bring their fitness attire and bathing suits to enjoy all we have to offer. Lounges are designed for a co-ed environment.

### What if I have special health conditions?

We recommend that you check with your physician prior to your visit at Spa Atlantis. Please notify us of any special needs or concerns. Your therapist will consult with you prior to your service. He/She may recommend modifying the service, booking another service or may find it necessary to cancel the service.

Elderly people, pregnant women and those with health conditions should consult with a physician before entering a spa or cold water pool.

### What should I do with my belongings?

Spa Atlantis provides a locker for your personal items. For your convenience, we offer safety deposit boxes. Our Spa Concierge will be happy to assist you. Spa Atlantis is not responsible for lost or stolen items.

### Cancellation Courtesy

We value your business and respectfully ask that you give the Spa at least 4 hours notice if you must cancel an appointment. The full service(s) cost will be charged for any late cancellation or no show appointments.

**For appointments, please call 775.954.4135**  
**Or visit [atlantiscasino.com/spa](http://atlantiscasino.com/spa) | Located on the 3<sup>rd</sup> floor**  
**Spa 8 am to 9 pm daily | Pool & Cardio 6 am to 10 pm daily**

Spa Atlantis reserves the right to refuse service to anyone at any time.

A day at Spa Atlantis includes:

## AQUA SPA LOUNGE

Your journey begins in the soothing environment of jetted spa pools of varying temperatures to refresh and relax tired muscles. Immerse yourself in the cold water pool to invigorate the body and strengthen the immune system.

## NATURE EXPERIENTIAL SHOWER

Four choreographed shower experiences to discover your inner well-being.

**Ice Fog** — Stimulating scents of peppermint to balance the body, mind and spirit

**Tropical Rain** — Scents of fresh citrus to invigorate the senses

**Thunderstorm** — Blends of summer hay and fresh flowers to let the soul unwind

**Waterfall** — Soothing sounds of gentle flowing water to relax and de-stress

## LACONIUM RELAXATION LOUNGE

Heated contoured benches, a warm floor and a captivating water feature soothe the spirit, stimulating circulation and purifying and detoxifying the body while reducing stress. The laconium is a welcome alternative to Spa goers who find a traditional sauna too hot.

## BRINE INHALATION-LIGHT THERAPY LOUNGE

A waterfall of beautiful brine cascading crystals, with color changing lights rotating through the spectrum, soothing music and heated benches aid in the therapeutic benefits of this lounge. The ambience and inhalation of salt aerosols positively affect the respiratory tract to increase well-being both psychologically and physiologically. Experience what spa-goers have appreciated for decades.

**White** — Refreshing, **Blue** — Soothing, **Purple** — Healing, **Pink** — Motivating.

## CARDIO THEATER AND FITNESS CENTER

Cardio Theater and Fitness Center featuring TechnoGym® and Precor<sup>SM</sup> equipment with Active Wellness TV. Enjoy complementary infused water hand-crafted to enhance your workout recovery.

## POOLS

Indoor atrium pool, seasonal outdoor pool and sun deck, year-round outdoor jetted spa. For your dining pleasure, we offer poolside service.

**Enjoy our lounges and pools in a co-ed environment**

## MASSAGE

### Lomi Lomi

A profound Hawaiian art, Lomi Lomi massage facilitates healing on a spiritual level. This specialized technique focuses on the wellness of the whole being, relieving stress and tension, as well as increasing blood and lymph flow. The rhythmic flowing movements up and down the body are used to achieve a deep, yet gentle massage. Your experience concludes with a nourishing scalp massage using warm, pure coconut oil.

60 minutes \$175 | 90 minutes \$215

### East-West Restorative

This specialized massage is drawn from the traditions of both East and West, concentrating on the back, scalp, face, neck, shoulders and feet. The targeted and precise use of pressure stimulates the nervous system benefiting all the systems and organs.

60 minutes \$175 | 90 minutes \$215

### Swedish

A traditional full body massage with light to medium pressure that works gradually to release muscle tension. Increases the level of oxygen in the blood, decreases muscle toxins, and improves circulation and flexibility. Elevate your service with any selection from our massage enhancements.

60 minutes \$150 | 90 minutes \$190

### Deep Tissue

A therapeutic massage targeted to release tightness and reduce muscle pain. This technique uses slow, deep-guided strokes and firm pressure designed to relieve tension and reach below the superficial muscles. Our highly trained therapists will be happy to adjust pressure to your liking.

60 minutes \$165 | 90 minutes \$205

### Hot Stone

This full-body massage utilizes hot stones. The heated stones are used to warm muscles allowing the massage to penetrate deeper, enabling a more profound state of relaxation and improving circulation throughout the body. The radiating heat allows the melting of aches and pains, creating a feeling of restored balance.

60 minutes \$175 | 90 minutes \$215

### Himalayan Salt Stone

Himalayan salt is the purest form of salt on earth. It balances your pH, prevents muscle cramps, replenishes electrolytes and assists in alkalizing the body to rid it of excess acids. Enjoy the tranquility of heated Himalayan salt stones and scented oils while indulging in a relaxing massage.

60 minutes \$175 | 90 minutes \$215

### Aromatherapy

This massage utilizes essential oils that benefit the largest organ of your body, your skin. Working at a physical level, the aromatic effects of each blend balance mind and emotion through the sense of smell.

60 minutes \$165 | 90 minutes \$205

### Arnica Hot Towel

Experience the benefits of hot towels to get your muscles into a deep state of relaxation. This massage uses essential oils, arnica tension relieving oil and incorporates hot stones on the feet to achieve a deeper and more therapeutic massage.

90 minutes \$220

### Wildflower and Apricot Scalp, Hands, and Feet

Nourish and enrich with a warm wildflower scalp massage, followed by an apricot infused oil massage on the hands and feet where nerve endings are abundant. This treatment is the perfect focus on just scalp, hands, and feet.

60 minutes \$150

### Prenatal

Indulge. This massage uses techniques designed specifically for relaxation and to ease discomforts of pregnancy during this time of transition. (Not available in the first trimester)

60 minutes \$150

## SKIN CARE | FACIALS

### Radiant Papaya

Delight your senses in the intoxicating aroma of fresh papaya during our enzyme brightening facial. The clarifying enzyme masque contains a highly effective combination of papaya's natural fruit enzyme with extracts of mango and pineapple to gently dissolve dead surface impurities allowing nourishing oils of sweet almond and borage seed to penetrate deeply, improving tone and elasticity of the skin. Your skin receives a gentle yet effective exfoliation, and cellular turnover increases with the exotic Neroli mist, leaving skin glowing, radiant and refined.

60 minutes \$160 | 90 minutes \$200

### Pore Purifying

A complete deep cleansing facial designed to improve the appearance of problematic skin. This specially selected natural organic formulated facial is rich in antioxidants, calms, purifies, detoxifies and combats breakouts. Skin feels visibly smooth, refreshed and hydrated.

60 minutes \$155 | 90 minutes \$195

### Q10 Oxygen

Perfect for tired, sensitive or dry skin, this scientifically advanced treatment features the super-antioxidant and essential nutrient Coenzyme Q10, proven to minimize wrinkles and help prevent photo aging of the skin. Q10 is a medical-grade oxygen carrier which diffuses and delivers oxygen into the skin improves brightness and clarity, all while increasing the skin's natural barrier function. A truly reparative and age defying treatment.

60 minutes \$180 | 90 minutes \$220

### Rejuvenating Microcurrent

For a radiant healthy glow, our most complete facial helps reduce the appearance of fine lines, wrinkles, discoloration, loss of elasticity as well as clearing out pores and refining skin. Biodynamic skincare nourishes the skin while soft wave microcurrent technology works to improve facial contours and tightening.

90 minutes \$220

### Collagen Boosting

Stimulate collagen production, plump and diminish the appearance of fine lines with organic potent plant peptides and botanicals. Skin is infused with essential vitamins and minerals that replenish moisture, elasticity, balance, as well as noticeably improved tone and texture.

60 minutes \$160 | 90 minutes \$200

### Restore and Repair

A fruit-rich cocktail full of antioxidant vitamins creates the perfect solution for fatigued skin. A refreshing fruit exfoliate dissolves lifeless cells; an energizing mask visibly awakens and tones all skin types, leaving the skin looking smooth and vibrant. This well-balanced facial delivers a potent boost of moisture, visibly restoring and repairing skin.

60 minutes \$160 | 90 minutes \$200

### Simply Clean

Nourish and refresh your skin. This facial is a simple and a relaxing way to improve and maintain your skin's overall appearance. Your skin is cleansed, exfoliated, massaged and nourished with a masque. Complete with moisturizer and eye cream.

60 minutes \$150

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## FACIAL ENHANCEMENTS *Add to any facial*

Eye or Lip Collagen \$20 • Face and Neck Collagen \$35 • Firming Peel-off Mask \$20

Brow Wax \$20 • Lip Wax \$20

## MASSAGE ENHANCEMENTS *Add to any massage*

Aromatherapy \$15 • Biofreeze \$15 • Coconut Oil \$15 • Coconut Oil Scalp Treatment \$25

Dry Brushing \$25 • Arnica \$15 • Wildflower Scalp Treatment \$25 • CBD \$50

## WELLNESS RITUALS

Indulge in our Wellness focused rituals specifically crafted to bring balance to body, mind and spirit.

### Shirodhara

This mind-opening treatment promotes a light state of meditation as a fine stream of warm herb infused oil cascades over the forehead. Feel deep relaxation as the warm oils nourish your hair and scalp. The experience will take you on a journey deep within. A steam shower ends this wonderful treatment.

60 minutes \$170

### Pantai Luar Body Experience

An Eastern Asian inspired body treatment that improves the look, tone, clarity and texture of skin via rapid cellular rejuvenation. Heated sachets filled with the world's finest quality herbs, coconut and limes exude a warm and exotic fragrance throughout your experience. The appearance of the skin improves immediately as nutrients and essential oils are manipulated deep into the skin.

80 minutes \$220

### Jacobjupayan Opulence (*Ja-co-ju-pie-an*)

This full body treatment utilizes the power of enzymes and unique techniques to restore the body and revitalize the skin. A focused foot massage using warm stones will balance the body and help release stress. Exfoliating gloves and warm towels are used to remove the enzymes, followed by a relaxing full body massage using a nourishing shea butter infused with citrus essential oil.

90 minutes \$230

### Exfoliate, Soak and Massage

Your treatment starts with an exfoliation using an exfoliating mitt to increase circulation. We then apply a de-stressing blend of rosemary, black pepper, lavender and ginger essential oils to the body. Next, step into a warm bath and soak away your worries. De-stress muscle gel is applied to aching muscles giving them the extra love they need. We end the treatment with a 60 minute massage using an oil blend to help support healthy circulation and revive tired, overworked muscles, as well as nourish the skin. Your aching muscles will appreciate the TLC.

120 minutes \$275

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## THE RASUL CEREMONIAL CHAMBER

This luxurious body treatment is reminiscent of the ancient Arabian cleansing rituals of royalty. This private, extravagant experience takes place in a temple under the twinkling light of the stars and concludes with a tropical rain shower. The Rasul Ceremony may be experienced solo or with a partner.

### Terra Sigillata Rasul Ceremony

You artfully apply six healing muds, harvested from around the world while the chamber fills gently with herbal steam. Feel the detoxifying properties of each mud as a mask forms while you relax on your heated throne. The ceremony concludes with a refreshing shower and your skin is detoxified and renewed, silky smooth.

50 minutes \$120 (single) | \$180 (couple)

### Bali Paradise Rasul Ceremony

Your ceremony begins with the application of a customized blend of freshly prepared fruits and oils used to create a mask over the body. While in the chamber, aromatic infused steam will enhance your exotic escape, penetrating the fruit enzymes deep into the skin. Your ceremony finishes with a refreshing shower and your skin fresh and aglow.

50 minutes \$120 (single) | \$180 (couple)

## BODY WRAPS | SCRUBS

Relax in a heated flotation bed that relieves joint pressure and promotes muscle renewal, as well as healing. Cocooned and submerged, you'll float in a peaceful, almost weightless environment as our exclusive wraps aid your body in the absorption of oils, creams and other products giving you a newfound feeling of wellness. For optimal hydration and results, we recommend enjoying our steam, sauna or water treatments prior to this experience.

### Hydrating Milk and Honey Wrap

Our secret recipe of milk, honey and nourishing oils combine together to create an elegant and indulgent experience. You will be treated to a milk and honey sugar scrub over the entire body to exfoliate dry, dehydrated skin. A warm blend of milk, honey and therapeutic oils regenerates, nourishes and provides a protective treatment for your skin. The finishing touch is an invigorating face and scalp massage while floating weightless in the warmth of our Soft Pack<sup>SM</sup>.

60 minutes \$180 | With 30 Minute Swedish (90 minutes) \$230 | 60 Minute Swedish (120 minutes) \$290

### Citron Age-Defying Body Wrap

Visibly lift and firm the look of the skin with this age-defying wrap. Your treatment starts with a dry brush exfoliation to increase circulation and lymph flow, followed by a light application of nourishing body oil. Your body is then drenched with citron massage soufflé, containing lemon juice to tone and restore the skin, jojoba oil to rehydrate and shea butter and avocado oil to repair the appearance of damaged skin. Enjoy a relaxing face and scalp massage while you are wrapped in our heated weightless flotation Soft Pack<sup>SM</sup>.

60 minutes \$180 | With 30 Minute Swedish (90 minutes) \$230 | 60 Minute Swedish (120 minutes) \$290

### Restore and Illuminate Body Wrap

Naturally nourish and invigorate your body with a luxurious exfoliation of stone crop, green tea and lemon. A restorative gel containing stone crop, aloe and powerful nutrients is applied to the body to rejuvenate, detoxify and brighten. Enjoy a blissful face and scalp massage and a full body float in our weightless flotation Soft Pack<sup>SM</sup>, releasing tension from your entire body.

80 minutes \$210 | With 30 Minute Swedish (110 minutes) \$270

### Detoxifying Dead Sea Salt Scrub

An invigorating, exfoliating body scrub using the healing powers of salt from the Dead Sea is gently worked into the skin to exfoliate and improve circulation. After a refreshing rinse, enjoy a light moisture application that will leave your skin feeling silky soft and glowing.

50 minutes \$150

### Hydrating Sugar Polish

Fresh sugarcane crystals are used to exfoliate and gently buff away aging, dehydrated skin cells. This scrub is rich in nourishing oils and leaves a lasting, deep moisture even after being rinsed away. Your skin will feel soft and you will leave polished and revived.

50 minutes \$150

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## EFFERVESCENCE SPA PEDICURE

Sit back and enjoy the comfort and privacy of our spa pedicure suite. A luxurious soak in coconut milk nourishes your legs and feet. Your skin is then exfoliated and hydrated with an exotic sugar scrub. A scented paraffin treatment is enjoyed before you are polished, poised and effervescent.

60 minutes \$115

## CBD-INFUSED TREATMENTS

### Vital Body CBD Massage

This full body massage utilizes an 800mg CBD Balm to help alleviate muscle soreness and inflammation. Your body is nourished, renewed and supported with this high potency blend of hemp-derived CBD and penetrating essential oils. Includes your choice of light, medium or deep massage pressure.

90 minutes \$230

### Calming CBD Facial

Nourish and calm skin with this anti-inflammatory CBD oil blend, bringing skin back to a healthy balance, diminishing redness and irritation without clogging pores. Utilizing a purifying peel off mask to soothe, smooth and visibly repair. Includes our signature hand and arm massage with 200mg CBD cream for the ultimate relaxation.

60 minutes \$165 | 90 minutes \$205

### Spa CBD Pedicure

Restore, detoxify and heal with a CBD salt soak, followed by expert nail, cuticle and callus care. A salt scrub made with healing CBD oil and CBD salt will give you the best exfoliation for dry, achy feet. CBD body oil is applied to the lower legs and feet followed by warm paraffin wax to ease into the ultimate relaxation. Includes our signature massage with CBD cream, containing a dynamic blend of eight organic herbs that deeply penetrate for intense hydration and renewal. Finished with your choice of a buff or polish.

60 minutes \$130

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## COUPLES EXPERIENCES

### Ultimate Couples Rasul Retreat

Start your spa day with a Bali Rasul, applying blended fresh fruit and luxurious oils to your partner's body. Emerge and slip into the relaxing fragrant waters of a floral bath. This decadent retreat concludes with side-by-side Aromatherapy massages. A journey for the senses.

160 minutes \$625

### Island Escape for Two

Sugar gently buffs away aging skin cells while nourishing oils protect and reveal healthy skin and a beautiful island glow. Soak away all of your cares in a bath infused with virgin coconut oil before being treated to side-by-side Lomi Lomi massages. A magical, memorable experience.

110 minutes \$625

### Desert Passage

This treatment begins with a luxurious soak in a bath infused with essential oils, followed by side-by-side invigorating Deep Tissue massages. You will then drift into a Simply Clean facial for her and a Gentlemen's facial for him. A Spa Pedicure completes the mini vacation, time together well spent.

175 minutes \$875

### Infinity Couples Massage

Ease into a coconut milk bath in our Infinity soaking tub for two. Immerse and indulge with side by side 90 minute massages.

110 minutes \$550

### Couples Massage

Relax as you receive side-by-side full body massages.

**Swedish** 60 minutes \$310 | 90 minutes \$390

**Hot Stone** 60 minutes \$360 | 90 minutes \$440

**Deep Tissue** 60 minutes \$340 | 90 minutes \$420



Top ten spa in the world  
Best casino spa

**SPA** *Atlantis*

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