

body~mind~wellness

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 a world of complete serenity. Spa Atlantis offers northern Nevada a 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® equipment with Active Wellness TV and iPod®-compatible for music and video
- ~ 15 opulent treatment rooms
- ~ Exclusive treatments
- ~ Couples suites
- ~ Brine Inhalation-Light Therapy Lounge
- ~ Laconium Relaxation Lounge
- ~ Aqua Spa Lounge with Experiential Shower
- ~ Rasul Ceremonial Chambers
- ~ Hammam Wet Table
- ~ Weightless Flotation Soft-Pack-System®
- ~ Indoor atrium pool
- ~ Year-round outdoor whirlpool
- ~ Seasonal outdoor pool and sun deck
- ~ Men's and women's locker rooms with herbal steam and cedarwood saunas
- ~ Men's and women's tea lounges

Massage

Hot Stone

Heated stones are used to warm muscles allowing the massage to penetrate deeper creating a more relaxed state and improved energy flow.

60 minutes \$155 | 90 minutes \$180

Swedish Massage

Light to medium pressure, relaxing massage.

60 minutes \$115 | 90 minutes \$165

Deep Tissue

A more therapeutic massage that targets sore contracted muscles. Excellent for ridding your body of tension, releasing tightness and reducing muscle pain.

60 minutes \$125 | 90 minutes \$175

Aromatherapy Massage

Essential oils are applied to the body for their healing and soothing properties. Aromatherapy soothes the emotional as well as the physical body.

60 minutes \$125 | 90 minutes \$175

Prenatal Massage

A massage using techniques designed specifically to ease discomforts of pregnancy or aid in the healing process of the body during the time of transition. *(Not available in the first trimester)*

60 minutes \$115

Arnica Hot Towel Massage

Experience the comfort of warm towels while your muscles are put into a deep state of relaxation. This massage uses essential oils, arnica tension relieving oil, hot stones and warm towels to relieve muscle tension, aches and pains. The muscles are warmed to help you achieve a deeper and more therapeutic massage.

90 minutes \$185

Lomi Lomi

A profound Hawaiian art, Lomi Lomi massage facilitates healing on a mental, emotional and spiritual level as well as being a relaxing spa experience. This specialized technique focuses on the wellness of the whole being, relieving stress and tension as well as increasing blood and lymph flow, stimulating metabolism and assisting in the elimination of waste and toxins. The erythematic flowing movements up and down the body are used to achieve a deep, yet gentle massage. Any remaining tension melts away as your experience concludes with a nourishing scalp massage using warm, pure coconut oil.

60 minutes \$135 | 90 minutes \$170

Himalayan Hot Stone Massage

Himalayan salt is the purest form of salt on earth. It balances your pH, improves your respiratory system, prevents muscle cramps, replenishes electrolytes and assists in alkalizing the body to rid it of excess acids. Enjoy the natural hydrotherapeutic tranquility combination of 90 million year old heated Himalayan salt stones and scented oils while indulging in a relaxing massage.

60 minutes \$155 | 90 minutes \$180

Skin Care

Radiant Papaya Enzyme Facial

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. You will leave glowing, radiant and refined.

60 minutes \$130 | 90 minutes \$160

Purifying Complexion Perfection

A deep cleansing facial designed to improve the appearance of problematic skin. This scientifically formulated facial calms, purifies, detoxifies and combats breakouts. Specially selected natural fruit acids, enzymes, antioxidants and minerals improve the tone and texture of your skin leaving you smooth, clean and confident.

60 minutes \$120 | 90 minutes \$150

Oxygen Q10 Facial

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

A truly reparative and age-defying treatment.

60 minutes \$130 | 90 minutes \$160

Complete Renewal Facial

Literally turn back time and rest assured you will leave this treatment with a glowing, fresh and refined appearance. Our most complete facial addresses fine lines, wrinkles, discoloration, loss of elasticity as well as clearing out pores and refining the skin. Enjoy our signature hand and foot massage while the firming mask is hard at work lifting and plumping the skin. Oxygen complex serums will deliver results down to the deepest layers of your skin, ensuring lasting results.

90 minutes \$180

Scientific Organics Facial

Our Scientific organics facial uses gentle yet effective ingredients with natural, organic ingredients, designed to noticeably improve skin tone and texture while preventing the appearance of fine lines and wrinkles. It incorporates cutting edge ingredients as well as active proven botanical and marine extracts to protect your skin against free radicals and premature aging. Protect your skin for the future with this botanical blend created by Mother Nature.

60 minutes \$120 | 90 minutes \$150

Essential Facial

Our most basic facial, this skin treatment delivers the essentials. Relax while your skin is cleansed, exfoliated and nourished. You leave feeling refreshed and ready to "face" the day.

60 minutes \$110

Purifying Back Treatment

Deep cleansing exfoliation treatment for your back.

60 minutes \$110

Body Wraps

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 the taking of any steam, sauna or water treatments prior to this experience.

Cleopatra Milk and Honey Hydration Wrap

Cleopatra's secret recipe of milk, honey and nourishing oils combine together to create an elegant and indulgent experience. You will be treated to milk and honey sugar scrub over the entire body to exfoliate dry, dehydrated skin. Next the royal recipe of warm milk, honey and oils regenerates, nourishes and provides a protective treatment for your skin. The crowning touch is a invigorating face and scalp massage while floating weightless in the warmth of our Soft Pack® cocoon bed.

50 minutes \$155.00 | With Swedish Massage 30 minutes \$205.00 | 60 minutes \$255.00

Bliss Antioxidant Wrap

A true delight for your senses, our bliss body wrap, rich in antioxidants, is the perfect solution to environmental damage and premature aging. Protect your skin from harsh pollutants and let your cares melt away while you delight in our rich wine grape infused sugar rub. Your skin is rejuvenated with an antioxidant enriched fresh crushed wine grape mask. This mask penetrates deeply with an antioxidant, mineral and nutrient enriched blend. Dull, damaged skin is gently buffed away and a rich moisture application ensures your skin will be glowing and protected for weeks to come. Finally relax in our Soft Pack® bed while your scalp is treated to an exquisite massage.

80 minutes \$195.00 | With Swedish Massage 30 minutes \$245.00

Detox Beauty Wrap

Cool down with our refreshing Detox Beauty Wrap. Organic ginger lime sugar scrub, a natural skin brightener, is applied to exfoliate the entire body. A clay and seaweed mask increases cellular turnover improving skin clarity and tone. Enjoy a blissful scalp massage as you float and tension is released from your entire body in our weightless flotation Soft Pack®. A cooling moisturizer completes your experience.

80 minutes \$195 | With Swedish Massage 30 minutes \$245

Apple Anti-Aging Body Wrap

This wrap uses the latest stem cell technology to deliver optimal anti-aging results. We begin with a rich apple-scented exfoliant used to gently buff away dull skin. Your body is then hydrated using exclusive apple stem cell infused creams specially formulated to target anti-aging needs of the body. You will feel hydrated, smooth and renewed.

50 minutes \$155 | With Swedish Massage 30 minutes \$205.00 | 60 minutes \$255.00

Seaweed Contouring Wrap

Your body is gently polished with an exfoliating salt glow using Dead Sea Salts to renew skin. We then layer the body with a warm mask of the finest European Seaweed known for its slenderizing and revitalizing benefits. Floating weightless, your stress is melted away as you savor our signature face and scalp massage. To complete your "sea-esta" we will lavishly moisturize your entire body with rich cremes.

80 minutes \$195 | With Swedish Massage 30 minutes \$245

Spa Body Treatments

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 \$95

Hydrating Sugar Polish

Fresh sugar cane 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 \$95

Pantai Luar

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 extra manipulation is used to release nutrients and essential oils deep into the skin.

80 minutes \$195.00

Hanakasumi Body Ritual

Inspired by ancient Japanese tradition, experience the ancient art of beauty with our sophisticated and nourishing Hanakasumi Body Ritual. Your journey commences with the application of a warmed exfoliating cream infused with cherry blossom and rice powder followed by an exfoliating towel massage that softens your skin and invigorates your body. A unique, reflexology foot massage follows, reviving vital energy and relieving tension. Your treatment concludes blissfully with a full body massage complete with melted, Asian scented Shea butters and oils.

90 minutes \$185

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 \$80

Massage Enhancements *Add to any massage*

Aromatherapy \$10 • Biofreeze \$10 • Coconut Oil \$7.50

Dry brushing \$25 • Arnica \$10

Facial Enhancements *Add to any facial*

Eye or Lip Collagen \$15 • Face and Neck Collagen \$35

Protocell Mask \$20

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 \$95.00 (single) | \$140.00 (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 \$95.00 (single) | \$140.00 (couple)

Couples Experiences

Ultimate Couples Rasul Retreat

Gently apply blended fresh fruit and luxurious oils to your partner's body creating a creamy mask all over. After your Bali Rasul Ceremony, emerge and slip into the relaxing fragrant waters of a floral bath. The decadent treatment concludes with side-by-side aromatherapy massages.

160 minutes \$595

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 Swedish full body massages. A magical, memorable experience.

110 minutes \$560

Desert Passage

The treatment begins with an invigorating deep tissue massage, then soak in a bath infused with tropical flowers and essential oils. Afterwards, renew and refresh with a Custom European Facial for her and a Fitness Facial for him. A Spa Pedicure completes the mini vacation, "time together well spent."

175 minutes \$750

Infinity Couples Massage

Tired muscles are eased with 90-minute massages followed by a relaxing soak for two in our Infinity soaking tub.

110 minutes \$440

Couples Massage

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

Swedish 60 minutes \$240 | 90 minutes \$340

Hot Stone 60 minutes \$320 | 90 minutes \$370

Deep Tissue 60 minutes \$260 | 90 minutes \$360

General Information

Spa guests must be at least 18 years old. Cell phone use is not permitted outside of the retail foyer. Spa Atlantis is an alcohol and tobacco free area.

Arrival

Please arrive at least 45 minutes prior to your scheduled appointment to allow time to rinse/shower, change and relax. With each treatment, you are invited to enjoy our Aqua Lounge, Laconium Relaxation Lounge, the Brine Inhalation-Light Therapy Lounge, herbal steam room and cedarwood sauna. Arriving late will simply limit the time for your treatment. Your treatment will end on time and the full value will be charged.

What do I wear?

We will provide you with a luxurious robe and sandals to wear while you are in the spa. Most body treatments are enjoyed without clothing. You will be given the opportunity to disrobe and your privacy will be maintained. Throughout your services, your body will be professionally draped, except for the area being worked on, to ensure privacy. We recommend you bring a swimsuit to fully enjoy the Aqua Spa Lounge and fitness clothes if your schedule/visit plans include working out. Once you leave the privacy of the tea lounge and locker areas, all areas are co-ed.

What if I have special health conditions?

Please notify your therapist if you have high blood pressure, allergies, physical ailments, any disabilities or are pregnant.

What should I do with my belongings?

Lockers are available for your personal items and clothing during your spa visit. Safety deposit boxes are available.

Cancellation Courtesy

We understand if you have to reschedule your treatment. As a courtesy to our guests and staff, please notify us at least 4 hours in advance if you are unable to make your scheduled appointment. Our therapists are dedicated to their clients for the full time allotted for a service. Therefore, cancellations within 4 hours will be charged 100% for the scheduled service.

8 am to 9 pm daily | Located on the 3rd floor
For appointments, please call 775.954.4135

A day at Spa Atlantis includes:

Aqua Spa Lounge

Ancients worshiped the “taking of the waters.” The elite have been reveling in elaborate baths for centuries. Today we now understand the health benefits associated with dramatic changes in water temperatures. Your journey begins in the soothing environment of our jacuzzi pools which combine muscle-relaxing jets and alternating warming temperatures designed to refresh tired muscles and relax the body. To complete the journey, immerse yourself in the cold water pool to invigorate the body and strengthen the immune system.

Please note: People with heart conditions and pregnant women should not use cold plunge.

Nature Experiential Shower

Completely immerse yourself into a state of well-being by creating and choosing your very own water experience. Four choreographed shower experiences take you on a highly personalized journey all your own.

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

Tropical Rain — With scents of fresh citrus to invigorate the senses.

Thunderstorm — Blends of summer hay and fresh flowers to let your soul unwind.

Waterfall — Gentle flowing waters wash away all of your cares, leaving you completely relaxed.

Laconium Relaxation Lounge

Heated lounges, a heated floor and a captivating water feature soothe the spirit without taxing the body. Mild temperatures, cooler than a steam room, allow you to relax for longer periods of time. The Laconium stimulates circulation, purifies and detoxifies the body while reducing stress. The result – a feeling of freshness and deep mental and physical relaxation.

Brine Inhalation-Light Therapy Lounge

Surrounded by soothing music, a waterfall of Brine cascades, creating beautiful crystals to aid the therapeutic benefits. While resting on the heated, contoured tile bench, your senses will be stimulated, both psychologically and physiologically, by the specific colors reflecting on the crystals. The ambiance and inhalation of salt aerosols positively affect the respiratory tract to increase well-being. Experience what Europeans have appreciated for decades as the colors rotate through the spectrum.

White — Refreshing, **Blue** — Soothing, **Purple** — Healing, **Pink** — Motivating. The sublime complement to a hot stone massage.

Cardio Theater and Fitness Center

Fitness guests must be at least 18 years old. Experience TechnoGym® equipment with Active Wellness TV and iPod® compatibility for music and video. We offer a full complement of cardio and strength training equipment. Olympic athletes trained on TechnoGym® equipment for each of the 2000, 2004 and 2008 games. Enjoy complimentary infused water created by our in-house “master mixologist” specifically designed to enhance your workout recovery.



Forbes
TRAVEL GUIDE

SPA *Atlantis*

3800 South Virginia Street | Reno NV 89502 | 775.825.4700 | atlantiscasino.com