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 take a shower and relax. With each treatment, you are invited to enjoy our Aqua Lounge, Lacoarium Relaxation Lounge, the Brine Inhalation-Light Therapy Lounge, herbal steam room and redwood 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 towel to fully enjoy the Aqua Spa Lounge and fitness clothes if your schedule/visit plans include working out. Once you are finished with the spa lounge and locker areas, all areas are co-ed.

What if I have special health conditions?
Please note: People with heart conditions and pregnant women should not use cold plunge.

What should I do with my belongings?
Lockers are available for your personal items and clothing during your spa visit. Safety deposit boxes are also 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. Your therapist is dedicated to their 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 guests and staff, please notify us at least 4 hours in advance if you are unable to make your scheduled appointment. Please arrive at least 45 minutes prior to your scheduled appointment to allow time to take a shower and relax. With each treatment, you are invited to enjoy our Aqua Lounge, Lacoarium Relaxation Lounge, the Brine Inhalation-Light Therapy Lounge, herbal steam room and redwood sauna. Arriving late will simply limit the time for your treatment. Your treatment will end on time and the full value will be charged.

A day at Spa Atlantis includes:

Aqua Spa Lounge
Accessories include the "bathing of the waters." The violet charcoals have been working in elaborate forms for centuries. Today we now understand the health benefits associated with dramatic changes in water temperature. Four journeys begin in the soothing environment of our lavender pool which combines music, relaxing jets and alternating warming temperatures, designed to take the body, mind and soul to a level of tranquility.

Nature Experiential Shower
Completely immersed in a state of well being by breathing and drawing on your very own water experience. Four dramatic shower experiences take you on a highly personal journey of your own.

Ice Fog
— A mist of cold fogging spray on the body to invigorate the body and mind.

Tropical Rain
— Wide streams of hot spray to energize the senses.

Thunderstorm
— A soothing sound of the rain pours over the body for a soothing and reviving treatment.

Waterfall— A vertical stream of water that immediately blocks out the world and allows you to completely relax.

Lacoarium Relaxation Lounge
Heated loungers, a beautiful floor and sparkling water feature set the stage without taking the body. Mild temperatures, cooler than a room, allow you to extend the longer periods of time. The Lacoarium stimulates circulation, paralyzes and伊拉克ized the body while reducing stress. The result - a feeling of freshness and being mentally and physically relaxed.

Brine Inhalation-Light Therapy Lounge
Brine featuring soothing music, a blend of lavender, creating beautiful crystalline structures that reflect the therapeutic benefits. While resting on the bed, the frame, bed, back, arms and legs will be stretched, both psychologically and physiologically, by the specific colors reflecting on the crystals. The ambiance and inhalation of salt aerosols positively affects the respiratory tract to increase well-being. Experience is what Brine has appropriated for decades as the color changes through the spectrum.


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.

Spa Amenities
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 serene 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 cleansing the senses, all while giving you a renewed sense of self and reflection.

What to bring for your spa visit?
• Comfortable footwear for gym
• Swimsuit or beachwear for spa
• Towel for your belongings
• Restaurant reservation for lunch, dinner or dessert

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Spa Amenities
• Cardio Theater and Fitness Center featuring Technogym® and Precor equipment with Active Wellness TV and iPod® compatibility for music and video
• 15 opulent treatment rooms
• Exclusive treatments
• Couples suites
• Ocean-Inhalation Light Therapy Lounge
• Hammam Wet Table
• Aqua Spa Lounge with Experiential Shower
• Seasonal outdoor pool and sun deck
• Weightless Flotation Soft-Pack-System®
• Indoor atrium pool
• Year-round outdoor whirlpool
• Seasonal outdoor pool and spa deck
• Men’s and women’s locker rooms with herbal steam and infrared saunas
• Men’s and women’s tea lounges
Himalayan salt is the purest form of salt on earth. It balances your pH, improves your respiratory system assisting in the elimination of waste and toxins. The rhythmic flowing movements up and down the body’s natural energy lines help to open the body’s internal organs and bring about a deep sense of relaxation, ease stress, and improve your spiritual level. This specialized technique focuses on the wellness of the whole being, relieving muscle tension, aches and pains. The muscles are warmed to help you achieve a deeper and more profound healing experience. Arnica Hot Towel Massage

Light to medium pressure, relaxing massage. 60 minutes $135 | 90 minutes $180

Essential oils are applied to the body for their healing and soothing properties. Aromatherapy massage combines the therapeutic properties of essential oils with the proven healing powers of massage. It is believed that the direct application of essential oils to the skin can help to relieve tension, induce relaxation, and improve mood.

Lomi Lomi

A profound Hawaiian art, Lomi Lomi massage facilitates healing on a mental, emotional and spiritual level. This massage incorporates a unique massage technique of light and flowing movements up and down the body using the practitioner’s thumbs and the tips of their fingers, emphasizing the energy points of the body. The movements are fluid, graceful and deliberate, providing a nurturing and restorative experience. The deeper the hands go, the deeper the healing.

Deep Tissue

A deeper therapeutic massage that targets areas of tight, muscular tension. Excellent for relieving your body of stress, releasing tightness and soreness in 60 minutes $125 | 90 minutes $175

Anatomotherapy Massage

Essential oil is applied at the end of the body for soothing and rejuvenating properties, in an environment soothing to the soul and the body.

Therapeutic Massage

A massage accompanied by stretching and therapeutic movements up and down the body during the time of the massage. Not available for the first 20 minutes/ hr.

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