



Menu of Services

2800 Opryland Drive | Nashville, TN 37214 • P: 615-458-1SPA (1772) • F: 615-458-3770 • RelacheOpryland.com

Menu of Services

Massage Therapies

| | Minutes | Mon-Thurs | Fri-Sun |
|----------------------------|---------|-----------|---------|
| Soothing Stone Massage | 50 | \$150 | \$160 |
| | 80 | \$195 | \$205 |
| Aromatherapy Massage | 50 | \$130 | \$140 |
| | 80 | \$185 | \$195 |
| Harmonic Couples Massage** | 50 | \$270 | \$280 |
| | 80 | \$370 | \$380 |
| Deep Tissue Massage | 50 | \$150 | \$160 |
| | 80 | \$195 | \$205 |
| Shiatsu | 80 | \$190 | \$200 |
| Swedish Massage | 50 | \$130 | \$140 |
| | 80 | \$185 | \$195 |
| Neuromuscular Therapy | 50 | \$150 | \$160 |
| | 80 | \$195 | \$205 |
| Mother-To-Be Massage | 50 | \$130 | \$140 |
| Reflexology | 50 | \$130 | \$140 |
| | 80 | \$185 | \$195 |
| Four-Hand Massage | 50 | \$195 | \$205 |
| Acupressure | 20 | \$75 | \$85 |
| Tropical Island Massage | 80 | \$190 | \$200 |

In-Room Massage Services are available upon request for an additional \$40 per treatment (suites only).

**Swedish and Aromatherapy are recommended for the Harmonic Couples Massage.

Skin Renewal Therapies

| | | | |
|---------------------|----|-------|-------|
| Anti-Aging Facial | 80 | \$185 | \$195 |
| Ultra Glycolic Peel | 50 | \$160 | \$170 |
| Vitamin C Facial | 50 | \$135 | \$145 |

Facial Therapies

| | | | |
|------------------------------|----|-------|-------|
| The Gaylor Glow | 80 | \$185 | \$195 |
| Relâche Spa Signature Facial | 50 | \$135 | \$145 |
| Organic Oxygen Facial | 50 | \$135 | \$145 |
| Cascades Moisturizing Facial | 80 | \$185 | \$195 |
| Harmonic Couples Facial | 50 | \$280 | \$290 |
| | 80 | \$380 | \$390 |
| Gentlemen's Hot Towel Facial | 50 | \$135 | \$145 |
| Purifying Back Facial | 50 | \$135 | \$145 |

Make-Up Services

| | | | |
|---|----|------|------|
| Make-Up Application-Relâche Signature | 20 | \$50 | \$55 |
| Special Occasion Make-up | 50 | \$75 | \$80 |
| Eye Lash Enhancement (strip/individual) | 20 | \$45 | \$50 |
| | 45 | \$75 | \$80 |
| Brow Tinting | 15 | \$35 | \$40 |

Treatment Enhancements (Times may vary)

| | Mon-Thurs | Fri-Sun | |
|---------------------------------|-----------|---------|------|
| Relaxing Scalp Treatment | 15 | \$25 | \$25 |
| Warm Hot Towel Treatment | | \$15 | \$15 |
| Ultimate Smoothing Back Therapy | | \$25 | \$25 |
| Acid Exfoliation Peel | | \$25 | \$25 |
| Eye & Lip Treatment | | \$25 | \$25 |
| Organic Microderm Exfoliation | | \$25 | \$25 |
| Micro-Current Face Lift | | \$45 | \$45 |
| Micro-Current Brow Lift | | \$25 | \$25 |
| Ultimate Foot Therapy | | \$15 | \$15 |

Waxing (Times may vary)

| | | |
|-------------------------------|-----------|-----------|
| Back or Chest Wax | from \$65 | from \$65 |
| Chin Wax | from \$25 | from \$25 |
| Forearm Wax | from \$40 | from \$40 |
| Full Arm Wax | from \$50 | from \$50 |
| Full Leg Wax | from \$80 | from \$80 |
| Half Leg Wax (includes knees) | from \$45 | from \$45 |
| Lip Wax | from \$25 | from \$25 |
| Brow Wax | from \$25 | from \$25 |
| Underarm Wax | from \$30 | from \$30 |
| Bikini Wax | from \$50 | from \$50 |

Brazilian technique not available.

Signature Body Therapies

| | Minutes | Mon-Thurs | Fri-Sun |
|----------------------------------|---------|-----------|---------|
| Herbal Mud Therapy Treatment | 50 | \$135 | \$145 |
| Detox Body Wrap | 80 | \$185 | \$195 |
| Firming Body Wrap | 50 | \$135 | \$145 |
| Tropical Island Glow | 50 | \$135 | \$145 |
| Bourbon Cactus Firming Body Wrap | 50 | \$135 | \$145 |

Spa Packages

| | Mon-Thurs | Fri-Sun |
|----------------------|-----------|---------|
| Here Comes the Bride | \$360 | \$370 |
| The Executive | \$240 | \$250 |
| Time Together | \$536 | \$546 |
| The Escape | \$212 | \$222 |
| The Retreat | \$300 | \$310 |

Nail, Hand & Foot Therapies

| | Minutes | Mon-Thurs | Fri-Sun |
|----------------------------|---------|-----------|---------|
| Classique Manicure | 30 | \$45 | \$50 |
| Classique Pedicure | 50 | \$65 | \$70 |
| Shellac Manicure | 50 | \$60 | \$65 |
| Royal Relâche Manicure | 50 | \$65 | \$70 |
| Royal Relâche Pedicure | 80 | \$95 | \$100 |
| Tropical Paradise Manicure | 50 | \$55 | \$60 |
| Tropical Paradise Pedicure | 50 | \$75 | \$80 |
| Express Pedicure | 20 | \$45 | \$50 |
| Shellac Pedicure | 50 | \$80 | \$85 |

Nail Enhancements & Upgrades

| | | | |
|---------------------------------------|----|------|------|
| Nail Repair (each) | 15 | \$15 | \$20 |
| Nail Removal & Manicure* | 50 | \$65 | \$70 |
| Polish Change | 15 | \$25 | \$25 |
| Paraffin Treatment (hands or feet) | 15 | \$25 | \$25 |
| French Polish Upgrade (hands or feet) | 15 | \$15 | \$15 |

*Gental removal of your current enhancements for a fresh start.

Hairstyling (Times may vary)

| | Mon-Thurs | Fri-Sun |
|-------------------------------------|------------|------------|
| Gentlemen's Designer Hair Cut | from \$35 | from \$40 |
| Gentlemen's Designer Hair Cut/Color | from \$50 | from \$55 |
| Women's Shampoo/Hair Cut | from \$75 | from \$80 |
| Shampoo/Style | from \$50 | from \$55 |
| Special Occasion Style | from \$65 | from \$70 |
| Style for the Bride* | from \$80 | from \$85 |
| Designer Highlights | from \$140 | from \$145 |
| Designer Highlights/Hair Cut | from \$180 | from \$185 |
| Single Color | from \$85 | from \$90 |
| Single Color/Hair Cut | from \$125 | from \$130 |
| Special Effects Color | from \$25 | from \$25 |

Corrective Hair Color Prices and times are based on consultation with stylist

| | | |
|--------------------------------|-----------|-----------|
| Relaxer and Style | from \$90 | from \$95 |
| Express Conditioning Treatment | from \$35 | from \$35 |
| Deluxe Conditioning Treatment | from \$55 | from \$55 |

*Practice styles not included

**For all chemical services, a conditioning treatment is recommended

Children's Services

| | Minutes | Mon-Thurs | Fri-Sun |
|-----------------------------------|---------|-----------|-----------|
| Princess Up-Do (10 and under) | 30 | from \$50 | from \$55 |
| Wiggle Worm Haircut (5 and under) | 30 | from \$25 | from \$30 |
| Princess Manicure (10 and under) | 30 | from \$30 | from \$35 |
| Princess Pedicure (10 and under) | 30 | from \$50 | from \$55 |
| Make-Up 101 | 30 | from \$50 | from \$55 |

Must be accompanied by an adult 18 years old or older.

Fitness Services

| | Minutes | | |
|--------------------------------|---------|------|------------|
| Personal Training | | | |
| One-on-One Session | 50 | \$75 | Appt. Only |
| Fast Zone | 30 | \$35 | Appt. Only |
| Body Composition | 30 | \$50 | Appt. Only |
| Group Activities | | | |
| Wellness Lecture & Group Class | | | |
| 5K Runs | | | |