



RELÂCHE™

The Spa at Gaylord Opryland



Menu of Services

Spa, Salon & Fitness Center
A PLACE TO SOOTHE BODY & SOUL



HOURS OF OPERATION

Relâche Spa & Salon:	8 a.m. - 8 p.m.
Relâche Boutique:	8 a.m. - 8 p.m.
Fitness Center:	24 hours
Relâche Indoor Pool:	6 a.m. - 10 p.m.
*Relâche Outdoor Pool:	9 a.m. - 9 p.m.
*Magnolia Pools:	9 a.m. - 7 p.m.

Hours subject to change.

* Pool peak hours stated. Seasonal hours vary.

* Inclement weather may cause pool closure.

SERVICE CHARGE

Please note that a 20% service charge will be added to all spa therapies.

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 the workout facilities. Identification may be required prior to entering the Spa and Fitness Center.

WHEN SHOULD I ARRIVE?

For your enhanced comfort and relaxation, we recommend that you arrive 30 minutes prior to your treatment, allowing time to experience the sauna and steam rooms.

WHAT IF I AM LATE FOR MY APPOINTMENT?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time so that the next guest will not be delayed. The full value of your treatment will be applied.

WHAT IS THE CANCELLATION POLICY?

If you must reschedule or cancel your appointment, please notify us six hours before your scheduled appointment to avoid being charged the full service fee. Cancellations of packages or private parties require 24 hours' notice. We will attempt to resell the appointment to prevent a charge to your account.

* Identification may be required prior to entering the spa and Fitness Center.

* \$35 charge to change time.

WHAT DO I WEAR DURING MY TREATMENT?

Most body treatments are enjoyed without clothing. However, please wear whatever is comfortable for you. During all treatments, the body is fully draped, except for the area being worked on. Before and after your treatment, robes and slippers are provided in lockers in the locker room.

WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

Please notify our Spa Reservations extension at 81772 before booking your treatments if you have high blood pressure, allergies any other physical ailments or disabilities or if you are pregnant.

SHOULD MEN SHAVE BEFORE A FACIAL?

Shaving isn't necessary, but it is recommended. If you do choose to shave prior to your facial, be sure to do so at least two (2) hours prior to your scheduled appointment.

WHAT ABOUT MY COMFORT?

Whether it is the room temperature, the amount of massage pressure or the volume of the music, please notify us of any comfort or preferences. We request that all cellular phones and pagers be turned off in the spa.

WHAT IF I AM PREGNANT?

We recommend that body treatments be scheduled after the first trimester. Please notify us when you make your appointments so we can offer guidance.

WHAT ABOUT MY JEWELRY AND VALUABLES?

Please leave such items in the in-room hotel safe.

CONSIDERATIONS

Cellular Phones – To preserve our tranquil setting, cell phones are discouraged. For the privacy of our guests, use of any camera device is strictly prohibited.

Safety – For the safety of our guests and staff, we reserve the right to refuse service to individuals who appear intoxicated or under the influence of alcohol or drugs or inappropriate behavior.

Physical & Medical Conditions – Please inform the agent of any physical or medical considerations prior to booking your appointment. We reserve the right to determine if we are able to provide service.

There is an additional charge of \$25 for all hotel guests to have full access to our spa locker area. There is an additional charge of \$35 for all local guests to have full access to our Fitness Center.

MASSAGE THERAPIES

	minutes	Mon-Thurs	Fri-Sun
Soothing Stone Massage	50	\$150	\$160
	80	\$190	\$200
Aromatherapy Massage	50	\$130	\$140
	80	\$185	\$195
Harmonic Couples Massage**	50	\$270	\$280
	80	\$370	\$380
Deep Tissue Massage	50	\$140	\$150
	80	\$190	\$200
Shiatsu	80	\$190	\$200
Swedish Massage	50	\$130	\$140
	80	\$185	\$195
Neuromuscular Therapy	50	\$140	\$150
	80	\$190	\$200
Mother-To-Be Massage	50	\$130	\$140

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

**Swedish, Deep 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 Gaylord Glow	80	\$185	\$195
Cascades Moisturizing Facial	80	\$185	\$195
Relâche Spa Signature Facial	50	\$135	\$145
Gentlemen's Hot Towel Facial	50	\$135	\$145
Purifying Back Facial	50	\$135	\$145
Harmonic Couples Facial	50	\$280	\$290
	80	\$380	\$390
Organic Oxygen Facial	50	\$135	\$145
Warming Sugar & Spice Facial	50	\$135	\$145
Aromatherapy Radiance 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 (ALL TIMES VARY)

Deep Exfoliation Treatment - A.H.A.	times vary	\$25	\$25
Eye & Lip Treatment	times vary	\$25	\$25
Microderm Exfoliation	times vary	\$25	\$25
Invigorating Scalp Treatment	times vary	\$25	\$25

WAXING (ALL TIMES VARY)

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

Brazilian technique not available.

SIGNATURE BODY THERAPIES

	minutes	Mon-Thurs	Fri-Sun
Herbal Mud Therapy Treatment	50	\$135	\$145
Dilo Rescue Wrap	50	\$135	\$145
Detox du Jour Body Wrap	80	\$185	\$195
Pink Pearl Firming Body Wrap	50	\$135	\$145
Tropical Island Glow	50	\$135	\$145

SPA PACKAGES (ALL TIMES VARY)

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

Light lunch at Relâche is available for an additional nominal charge.

NAIL, HAND & FOOT THERAPIES

	minutes	Mon-Thurs	Fri-Sun
Classique Manicure	30	\$45	\$50
Classique Pedicure	50	\$65	\$70
Royal Relâche Manicure	50	\$65	\$70
Royal Relâche Pedicure	80	\$95	\$100
Raw Earth Stone Pedicure	80	\$100	\$105
Tropical Paradise Manicure	50	\$55	\$60
Tropical Paradise Pedicure	50	\$75	\$80
Express Pedicure	20	\$45	\$50
Polish Change	15	\$25	\$30
Paraffin Treatment (hands or feet)	15	\$25	\$30
French Polish Upgrade (hands or feet)	15	\$15	\$20

NAIL ENHANCEMENTS

	minutes	Mon-Thurs	Fri-Sun
Acrylic/Full-Set	80	\$85	\$90
Acrylic/Full-Set (pink & white)	80	\$100	\$105
Acrylic/Fill-In	50	\$55	\$60
Acrylic/Fill-In (pink & white)	50	\$70	\$75
Natural Nail Overlay/Full-Set	60	\$65	\$70
Natural Nail Overlay/Fill-In	45	\$45	\$50
Gel/Full-Set	80	\$90	\$95
Gel/Fill-In	50	\$60	\$65
Nail Repair (each)	15	\$15	\$20
Nail Removal*	30	\$25	\$30

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

HAIRSTYLING (ALL TIMES VARY)

	minutes	Mon-Thurs	Fri-Sun
Gentlemen's Designer Hair Cut	times vary	from \$35	from \$40
Gentlemen's Designer Hair Cut/Color	times vary	from \$50	from \$55
Women's Shampoo/Hair Cut	times vary	from \$75	from \$80
Shampoo/Style	times vary	from \$50	from \$55
Special Occasion Style	times vary	from \$65	from \$70
Style for the Bride*	times vary	from \$80	from \$85
Full Highlights	times vary	from \$140	from \$145
Full Highlights/Hair Cut	times vary	from \$180	from \$185
Full Highlights/Single Color	times vary	from \$190	from \$195
Full Highlights/Single Color/Hair Cut	times vary	from \$230	from \$235
Partial Highlights/Single Color/ Hair Cut	times vary	from \$210	from \$215
Partial Highlights	times vary	from \$100	from \$105
Partial Highlights/Hair Cut	times vary	from \$140	from \$145
Partial Highlights/Single Color	times vary	from \$170	from \$175
Single Color	times vary	from \$85	from \$90
Single Color/Hair Cut	times vary	from \$125	from \$130
Effect Color	times vary	from \$25	from \$25
Permanent Wave	times vary	from \$150	from \$155
Corrective Hair Color	times vary		
Relaxer and Style	times vary	from \$90	from \$95
Express Conditioning Treatment	times vary	from \$35	from \$40
Deluxe Conditioning Treatment	times vary	from \$55	from \$60

Prices and times are based on consultation with stylist

*Practice styles not included

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

CHILDREN'S SERVICES

Princess Up-Do (10 and under)
 Wiggle Worm Haircut (5 and under)
 Princess Manicure (10 and under)
 Princess Pedicure (10 and under)
 Make-Up 101

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

FITNESS SERVICES

Personal Training
 One-on-One Session
 Fast Zone
 In-Room Training
 Take-Home Workout
 Body Composition

minutes
30
30
30
30
30
50
30
30
times vary
30

Mon-Thurs

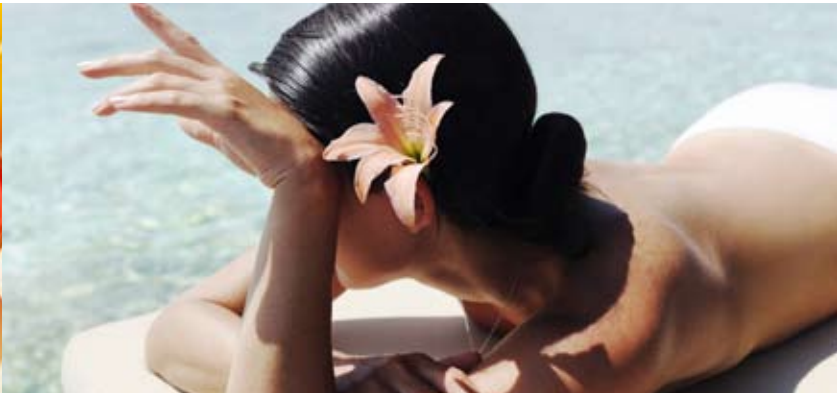
from \$50
 from \$25
 from \$30
 from \$50
 from \$50

Fri-Sun

from \$55
 from \$30
 from \$35
 from \$55
 from \$55

FITNESS GROUPS

Wellness Lecture & Group Class - Consult with our Sales Department
 Rejuvenation Break - Consult with our Sales Department
 5K Runs - Consult with our Sales Department



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www.gaylordopryland.com