



R E L Â C H E TM

The Spa at Gaylord Texan

Menu of Services

Whether you join us for an hour or a day a world of luxury, pampering, and serenity awaits you at Relâche: our spectacular Spa, Salon and Fitness Center! Choose from an extensive menu of extraordinary treatments including rejuvenating facials and relaxing massages—all in the private, tranquil atmosphere of our beautiful and relaxing spa. Our facility includes:

- 10 Spa Service Treatment Rooms and 2 Spa Suites
- Hair and Nail Salon
- Private Lounge and Changing Areas
- Women's Relaxation Room
- Men and Women's Private Pedicure Rooms
- Co-Ed Lounge Area
- Men's and Women's locker rooms offering steam, sauna and a full complement of amenities.
- Fitness Center
- 20 meter Indoor Pool

General Information:

- Relâche Spa Guests must be at least 13 years old to use the changing rooms.
- Guests must be at least 18 years old to use steam, sauna, and fitness center.
- Clients 13-17 must be accompanied by a parent or guardian.
- Please arrive 15 to 30 minutes prior to your first scheduled appointment to allow yourself time to check in, change and familiarize yourself with our facility. Each appointment will end on time so that the next guest is not delayed.
- The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other spa guests by speaking softly or simply enjoying the silence.
- A luxurious spa robe and slippers will be provided for all spa guests receiving treatments.
- Please leave cellular phones, pagers and jewelry at home or in the in-room safety deposit boxes – this will further enhance your worry and stress-free experience at Relâche Spa!
- We recommend that you call to make reservations at least two weeks in advance. Upon booking, please notify our receptionists of your preference for a male or female therapist, as well as any physical ailments or conditions (including pregnancy).
- In consideration of our hard working technicians, Relâche cancellations must be received at least 24 hours prior to appointment time or the full service fee is charged.
- We reserve the right to deny spa services for any physical or medical conditions. For your safety and well-being we highly discourage alcohol consumption prior to any spa service.

Relâche Hours:

Monday through Friday:

Fitness Center – 5:00am to 9:00pm
Indoor Pool - 6:00am to 9:00pm
Spa Services - 9:00am to 9:00pm

Salon Services - 9:00am to 9:00pm
Relâche Boutique - 9:00am to 9:00pm
Reservation Line - 8:00am to 9:00pm

Saturday:

Spa Services – 8:00am to 9:00pm
Salon Services - 8:00am to 9:00pm

Sunday:

Salon Services - 9:00am to 8:00pm
Spa Services - 8:00am to 8:00pm

Hand and Foot Therapies

Aromafloria Manicure

30 Minutes

Aromafloria's sugar scrub will leave your skin feeling silky smooth and lightly fragranced with the exotic scents of pomegranate or honey papaya. This relaxing anti-oxidant and ultra hydrating manicure is made complete with a whipped body butter hand and arm massage.

Classic Manicure

30 Minutes

Treat your hands to some TLC. Begin with a warm fizzing citrus soak using river rock stones. Complete with a relaxing hand and lower arm massage.

Customized Aromatherapy Manicures (Choose from the following):

30 Minutes

Rose and Frankincense: Renowned for their skin rejuvenation effects, re-moisturize your hands with Rose Renew.

Lavender and Rosemary: Ease joint discomfort and enjoy a quick de-stress and detox with our Relax manicure.

Pink Grapefruit and Eucalyptus: Soothe your weary mind, body, and soul with our Revive manicure.

Relâche Signature Spa Manicure

45 Minutes

This transforming manicure will leave your hands looking and feeling brand new. We will exfoliate, hydrate and smooth your hands with this revolutionary 'facial' for the hands. Recommended for the client that needs hydration and additional massage.

Seasonal Manicure

30 Minutes

Relax, unwind and enjoy the changing seasons. Ask about our Seasonal Manicure, a treat you are guaranteed to enjoy!

Tropical Manicure

30 Minutes

Bring back a youthful glow to the hands. This manicure begins with a soothing soak with river rock stones and coconut milk, followed by an exfoliation of pure sugar infused with essential oils, enzymes and coconut oil. A warm body butter wrap for your hands will deliver moisture instantly to revive your skin.

Warm Sports Hand Treatment**30 Minutes**

Detox with this wonderful Phytomer hand treatment. We begin by applying self heating mud to the palms of your hands and wrapping them lightly in a micron foil. Eliminate toxins, impurities and swelling while we drape your neck with an aromatherapy heat wrap. Next we infuse 11 vitamins that are vital for healthy skin using paraffin heat infusion. Warm body milk is massaged into your arms and hands completing this warm and wonderful treatment. A great choice alone or added to any of our manicures.

Aromafloria Pedicure**50 Minutes**

The scent of pomegranate or honey papaya fills the air as we exfoliate away dry skin using a fine sugar scrub. Pores are opened using warm towels to allow hydration to deeply nourish. Complete with a whipped body butter foot and lower leg massage. Indulge yourself in this fruity anti-oxidizing and ultra-hydrating sensation.

Cool Gel Foot Treatment**30 Minutes**

This 'cool foot treatment' is the perfect solution to soothe tired feet. From the moment you immerse your feet into the warm peppermint foot soak your feet will awaken. A cool mint mask is applied to your feet and legs, followed by a combination of peppermint foot cream for the feet and a marine cooling gel for the legs. A great choice alone, or added to any of our pedicures.

Classic Pedicure**50 Minutes**

It is time to get off your feet and relax! This pedicure begins with a warm peppermint foot soak. A lavender salt scrub exfoliates dry skin, then a lower leg and foot massage using a French Lavender Heel Therapy completes your experience.

Customized Aromatherapy Pedicures (Choose from the following):**50 Minutes**

Rose and Frankincense: Moisturize and comfort your dehydrated feet with the therapeutic effects of Damask Roses and Geranium.

Lavender and Rosemary: Perfect after exercise; helps ease tired, aching feet, with the help of ginger and black pepper.

Pink Grapefruit and Eucalyptus: Revive swollen ankles through gentle exfoliation and massage with juniper berry and grapefruit.

Executive Men's Golf Pedicure**50 Minutes**

Calling all men...A pedicure you are sure to enjoy after a great game of golf or a day full of meetings. Relax and enjoy a warm peppermint foot soak followed by our cool invigorating mint mask applied to your feet and calves. Peppermint exfoliation, hydrating peppermint foot cream, and cool gel complete this wonderful experience.

Express Pedicure**30 Minutes**

In a hurry? Our express pedicure is for you. A shortened version of our classic pedicure will have you in and out in no time. A perfect clean up for the toes or recommended for the fortunate few with little or no callus work needed.

Lighten Up Treatment**30 Minutes**

Mama Mio's cool, fragrant mineral salt when applied to your feet, will not only energize, but reduce swelling in the feet and stimulate circulation. Hydrating balm and super rich body cream is massaged into your hands and arms as well as your feet and legs as part of this complete hand and foot treatment. A great choice for vendors, shoppers, or moms-to-be.

Relâche Signature Spa Pedicure**75 Minutes**

The ultimate in pedicures... Stone Crop comes to the rescue with ancient healing properties to help calm, and restore hydration. Also included a Hungarian herbal mud treatment and 10 grain exfoliating grains to help with circulation. Our all organic soufflé and Stone Crop mist toner leaves your feet feeling pampered to perfection.

Sea Foam Mud Pedicure:**50 Minutes**

Designed to restore essential energies to your feet and restore vitality to your entire body. Our marine mud is self-heating and produces an invigorating, warm bubbling effect the moment it touches your legs! The warmth of the mud helps the active ingredients absorb into the tissue resulting in detoxification and deep muscle relaxation.

Seasonal Pedicure**50 Minutes**

Help transform weathered feet by giving them the attention they deserve. Ask about our seasonal pedicure, a treat you are guaranteed to enjoy!

Tropical Pedicure

50 Minutes

Take yourself far away to the islands of Fiji. Our tropical pedicure starts with ritual cleansing using coconut milk, followed by an exfoliation using pure cane sugar infused with essential oils, enzymes and coconut oil. A warm body butter wrap combined with hot towel therapy delivers moisture to instantly revive your skin.

Paraffin Infusion Treatment

The hottest treat for your hands and feet. Single use personal pouches are infused with 11 vitamins that are vital for healthy skin. Offering the most revolutionary technology, we deliver heat and hydration for the ultimate in soft smooth skin. This treatment helps dry, rough, achy, or irritated hands and feet. Also included is a hydrating moisture massage prior to the paraffin application. A great addition to any of our manicure or pedicure services.

Other Nail Services

Full Set of Acrylic Nails

Acrylic Nail Repair

Polish Change

Acrylic Fills (& Backfills)

French Polish Upgrade

Skin Therapies

Aromatherapy Radiance Facial:

50 Minutes

Organically grown aromatherapy preparations are applied to soften and soothe your skin as the essential oils work to balance or renew your complexion. In addition, stress relieving massage techniques will enhance the therapeutic effects of this unique aromatic facial. Ask a Relâche Aesthetician which formulation is best for your skin type!

Deep Cleansing Facial:**50 Minutes**

Our deep-cleansing facial renews and invigorates the skin with a glycolic treatment. First your skin is cleansed and gently exfoliated to remove lifeless surface skin cells which will refine skin tone. Finally, the intense exfoliating glycolic masque will reveal a healthy new complexion after dirt and oil are eliminated.

Jack Black Facial:**50 Minutes**

Let Jack bring out the smooth operator in you. This facial is the perfect solution to smooth skin before and after shaving.

Jack Black Hot Towel Facial**50 Minutes**

Customized for a man's skin type. This facial is deep cleansing as well as hydrating and calming for the skin. Your eyes will also be pampered with anti-aging eye compresses.

Organic Customized Facial**50 Minutes**

Custom tailored to your skin type, an array of organic fruit, vegetable and herbal skin care that address a variety of skin concerns and delivers naturally glowing healthy skin.

Revealing Collagen Lift Facial:**50 Minutes**

This facial involves a warm sheet of 100% marine collagen. The treatment enables the collagen to absorb into the skin allowing deep rehydration and reduction of fine lines and wrinkles. It has a deep cleansing effect and leaves the skin revitalized and radiant.

Relâche Spa Premier Facial:**50 Minutes**

This intensive treatment was designed to provide customized attention to your skin's needs through our anti-aging, purifying, and moisturizing treatments. Each premier facial includes a specialized spinal detox treatment and a luxurious masque which will help to relax you as you indulge yourself in one of our following customized facials: The exuberating anti-aging facial will restore the skin's natural collagen by lifting and tightening dehydrated skin. Our purifying facial will help to oxygenate the skin with warm seaweed. If your skin needs to be quenched, our deluxe moisturizing facial would be ideal.

Relâche Spa Signature Facial:**50 Minutes**

A classic customized facial. Each step is selected specific to your skin type to achieve balance within the skin producing a clear radiant complexion.

Sea Holistic Facial Treatment:**80 Minutes**

The stimulation of energy lines (Sen lines) through a series of strokes, pressure, and stretching restores balance to your body, leaving you with a feeling of absolute well-being. Sea boluses, applied with pressure onto tense areas, are steam heated to release a soothing lavender fragrance.

Seasonal Facial:**50 Minutes**

Nature recognizes the need for balance, growth and health, as does your skin. A refined blend of fruits and herbal extracts can restore this natural balance within your skin. Deficiencies of oxygen can result in a dull, de-vitalized sometimes hyper-pigmented complexion

Seawater Pearl Ritual**50 Minutes**

Every skin type needs hydration, whether normal, mature, oily, or sensitive, and the ocean offers the perfect way to restore ideal moisture levels. Once the skin has been prepared with a deep cleanse and exfoliation, a nourishing massage is performed with warm boluses filled with pure red seaweed, and liquid calcium seawater pearls. Throughout the massage the pearls break and the skin is enriched with vitality and hydration from calcium and algae gel. Next a creamy mixture of Shea butter and red seaweed is painted onto the skin to plump the complexion. The result is a smooth, dewy complexion that lasts for weeks.

Spicy Hungarian Back Treatment**50 Minutes**

This spicy treatment uses old world spices blended with fruits and herbs to detoxify and smooth the back. A massage with the stone crop plant boosts hydration. The healing benefits will leave your skin silky.

Stone Crop Facial:**50 Minutes**

The ultimate in organic skincare. Whole plant pulp and juices of the stone crop plant make this facial naturally pigment lightening, hydrating, and anti-aging.

Super Sensitive Facial:**50 Minutes**

Specifically formulated for the most delicate and sensitive skins. Skin is cleansed and exfoliated with the most gentle of products. Designed to calm sooth and bring harmony to the complexion. Marine extracts will reduce any irritation or redness.

Teen Facial**25/50 Minutes**

Skin will feel calm and fresh with this facial created just for teens. Our skincare professional will help design an at home skincare routine to keep skin looking fabulous everyday.

Texas Red Rose Facial**50 Minutes**

Fragrant roses combined with lightly steamed rose hips brimming with vitamin C make up this soothing facial. Designed to nurture the most sensitive and irritated skin leaving it calm, hydrated and beautiful.

Yam & Pumpkin Enzyme Facial**50 Minutes**

A delicious puree of yam and pumpkins accelerate the exfoliation process to peel away dead skin cells, reduce pigmentation, fine lines and sun damage. Natural enzyme content increase collagen production to leave skin firm and radiant with increased elasticity.

Treatment Enhancements: Add an extra special finishing touch to any facial treatment!

Alpha Beta Peel – Clinically proven to improve fine lines and wrinkles and to clarify skin tone and texture by up to 47%. Specifically designed to rapidly stimulate cellular renewal and provide the most intense skin rejuvenation for all skin types. In addition, our “Intensifiers” (only used in conjunction with a facial) will individually address your most stubborn skin care concerns.

Brow Tinting - Enjoy the look of darker eyebrows, without applying any makeup! *May be preformed independently from a facial.*

Extractions – Complimentary extractions can be done by request within each facial.

Lash Tinting - Enhance the lashes with out using mascara.

Lifting Eye Contour – Rejuvenate your expression by using our innovative lifting technique to reduce puffiness, dark circles, and minimize wrinkles. This excellent anti-fatigue, decongestant eye treatment incorporates eye contour pads which are applied to restore the firm youthful appearance to the skin around your eyes!

Lip Healing Therapy

Citrus and pineapple enzymes scrub and refine lip area and remove dryness, leaving lips smooth. A hydrating masque with Shea butter and avocado oil melts into the lips and contour area for softness while natural peptides stimulate collagen production and fullness. Citrus balm treats lips with Shea butter and sunflower oil to give maximum hydration.

Pure Collagen Eye Treatment – using pure soluble collagen, this luxurious eye treatment leaves your eye contour soft and smooth as it plumps out fine lines and wrinkles. *Not suited for puffy eyes.*

Refining Enzyme Peel - This is an **amazing** peel using the **strongest** grade of exfoliate that an esthetician can use without being medical grade. Some clients may actually have peeling similar to a chemical peel.

Vitamin K Exfoliating Eye Treatment - Uses the Naseberry scrub which is a gentle exfoliation. Gentle fruit enzymes exfoliate fine lines and crows feet to give youthful smoothness. Ophthalmologist recommended. The Raspberry Eye Masque for deep hydration and comfort which increases the elasticity and smoothness of the eye contour area with this deeply hydrating masque.

Waxing

Bikini	Lip	Chest
Brazilian	Forearm	Chin
Bikini- Detail	Full leg	Brow
Full arm	Half leg	Brow Shaping
	Underarm	Back

Massage Therapies

Aromatherapy:

50/80 Minutes

Our Aromatherapy massage uses a specific massage technique similar to that of a Swedish massage. Our pure essential oils are absorbed through the skin putting your mind and body back into complete balance. *Facial and abdominal massage offered only in 80 minutes*

Cold Stone Therapy

30 Minutes

Your treatment begins with inhalations of essential oils followed by pressure point work and stretching of the neck and shoulders. An application of cold stones to the face and neck will decrease pain and swelling, which are normal symptoms of a migraine. A foot massage with pressure point therapy is the perfect ending to your treatment.

Couples Harmony:

50/80 Minutes

Experience a special treat in one of our Relâche Spa Suites! This perfect couple's getaway allows you to share unforgettable memories side by side with someone special! Enjoy any one of our massage services in your own secluded spa haven. *Not all Relâche services are available in the Spa Suites and they are subject to limited availability, please ask a Relâche Spa Concierge for more information. Prices vary according to massage. Couples Harmony massage excludes Hot Rocks in Texas.*

Deep Tissue:

50/80 Minutes

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. This massage is perfect to release chronic muscle tension through slower strokes and more direct deep pressure.

Hot Rocks in Texas:

80 Minutes

Loosen up your tense muscles and completely unwind with our Hot Rocks in Texas Massage! Smooth river basalt stones are warmed for deep muscle relaxation.

Island Ritual Massage:**50/80 Minutes**

Your ritual begins with a full body massage using our hydrating coconut body butter. You will then be induced into a deep state of relaxation as warmed exotic coconut oils are gently drizzled from a coconut bowl onto your forehead and then massaged into your scalp, neck, and shoulders. This treatment is the perfect way to escape to the Fiji Islands with out ever leaving the room.

Mind and Sole:**50 Minutes**

Put the soles of your feet at ease and alleviate your mind! The treatment begins with a foot scrub followed by a lower leg and foot massage as well as working the pressure points, then your therapist will put your mind at ease with a scalp, neck, shoulder massage, that also incorporates the Marma Points on the face.

Reflexology:**50 Minutes**

This ancient healing therapy is as blissful as it is beneficial. Reflexology works on the principle that all body organs are connected to reflex points in the feet, via constantly flowing energy channels which can restore the natural flow of body energy. Your therapist will begin with a foot scrub followed by a massage that works the pressure points of the feet.

Relâche Custom Massage:**50/80 Minutes**

A massage customized specifically with your needs in mind. Using a variety of massage modalities your therapist will work with you to design your perfect massage.

Shiatsu:**80 Minutes**

Shiatsu is a traditional Japanese healing method where compression and stretching is the key. The shiatsu practitioner uses palms, fingers, thumbs, knuckles and elbows to work on the body's acupuncture points the body's meridians or energy channels. It helps to balance a person's energy flow, and strengthen the vital organs. .

Sports:**50/80 Minutes**

Our Sports Massage is a therapeutic and restorative massage that incorporates stretching, range of motion, and area-specific strokes. This massage can reduce recovery time for injured muscles and help reduce the chance of future injury. *Please note that the 50 minute treatment is not a full body, but rather an upper or lower body specific massage!*

Swedish:**25/50/80 Minutes**

Enjoy our classic full body massage that encompasses all major muscle groups. Our Swedish massage is perfect for reducing stress, relieving tension, easing pain and improving circulation.

Treasures of the Sea:**50/80 Minutes**

The most precious marine extracts and therapeutic massage techniques offer targeted balance to each area of the body. This is an essential treatment for relaxation of the senses, revitalizing the body and moisturizing the skin. **A full body exfoliation is offered only in our 80 minute service*

Body Treatments

Bed of Roses:**50 Minutes**

For wonderfully nourished and softened skin, rich oils and creams are smoothed into your freshly exfoliated skin leaving your whole body glowing, silky, and revitalized. A relaxing scalp massage completes your pampering experience.

Coco Mango Body Glow:**50 Minutes**

A delicious blend of fresh coconut, juicy mango and organic Fijian sugar are combined to create a youthful and healthy appearance on the skin.

Dream Catcher:**50 Minutes**

Relax, unwind, and discover a haven of peace with this tranquilizing body treatment. Submerge yourself in a comforting cocoon of fragrance as your skin is gently exfoliated then drenched in deep relaxing essential oils.

Eucalyptus Breathe Easy:**50 Minutes**

This comforting treatment utilizes the clearing and strengthening aromas of eucalyptus and pine to ease your breathing and boost your natural healing powers. The Breathe Easy is also antiviral and very effective against the symptoms of seasonal allergies.

Golden Goddess:**50 Minutes**

Envelop yourself in the golden magic of this indulgent body treatment. Minerals are combined with Artemisia & Passion flower extracts to provide re-mineralization and radiant moisturizing action. Afterwards, your skin will shimmer in a golden goddess hue.

Grapefruit and Juniper Berry:**50 Minutes**

This vibrant treatment will leave you feeling completely cleansed and renewed! A complete exfoliation to smooth and purify your skin followed by a light application of a revive gel and aromatherapy oils on the skin promoting a release of excess fluid and toxins.

Grapevine and Roses:**50 Minutes**

For wonderfully nourished and softened skin, rich oils and creams are smoothed into your freshly exfoliated skin leaving your whole body glowing, silky, and revitalized. A relaxing scalp massage completes your pampering experience.

Lavender, Ginger and Black Pepper:**50 Minutes**

Loosen those tired, tense muscles and ease joint discomfort with this warming body treatment. A gentle rub of aromatherapy oil accompanies a touch of tension releasing gel; then your body is comfortably enveloped so that essential oils can absorb and work effectively.

Pomegranate Rejuvenation:**80 Minutes**

The pomegranate is known for its anti-aging properties. After a pomegranate sugar scrub, you'll indulge in a full body massage with pomegranate body butter. This treatment leaves your skin soft and hydrated.

SeaFlora Seaweed Scrub:**50 Minutes**

This energizing scrub uses sea salt, wild seaweed and marine minerals to remove impurities, revitalize the skin, and encourage new cell growth. An application of seaweed oil will hydrate, leaving skin soft smooth and polished.

Sea Holistic Massage Treatment:**80 Minutes**

This massage treatment focuses on your well-being and relaxation as well as working out physical tension while freeing the mind from negative emotions. The process begins with a full body exfoliation leaving the body glowing. Sea boluses are then applied with pressure onto tense areas, and steam heated to release a soothing lavender fragrance. Made complete by a full body massage.

The “Pear”fect Body Treatment:**50 Minutes**

Get impossibly silky smooth skin with a sweet pear sugar scrub and then indulge in a gorgeous pear and apple wrap that tones with a touch of nettle and refreshes with lime and ginseng, follow with a massage using hydrating pear and green apple soufflé.

Tropical Island Glow:**50 Minutes**

Organic sugar from the Islands of Fiji, combined with exotic nut oils, creates this ultimate body beautifying experience. Coconut milk is gently poured over the body in preparation for the pure cane sugar and tropical oils which are massaged gently into the skin to exfoliate and leave your body glowing. An application of hydrating body lotion concludes this treatment to leave the body radiant.

Body Detox

Warm Sea Foam Mud Therapy:**50 Minutes**

Our marine mud is self-heating and produces an invigorating, warm, bubbling effect the moment it touches your body! The warmth of the mud helps the active ingredients absorb into the tissue resulting in detoxification and deep muscle relaxation.

SeaFlora Seaweed Wrap:**80 Minutes**

Detoxify and re-mineralize skin and body. A dry brush exfoliation is followed by a therapeutic body butter wrap using Glacial Clay and certified organic seaweed hand harvested from the pristine waters of British Columbia. A seaweed-oil massage and firming spot treatment will replenish vitamins and minerals, rebalancing hydration levels while firming and tightening skin.

Therapies for the Mother-to-Be

*A collection of treatments designed to nourish, soothe, renew, and relax the mother-to-be! **Not recommended until after the first trimester.***

Bed of Roses Body Treatment:

50 Minutes

Enjoy total bliss during your pregnancy, and relax in our fragrant Bed of Roses cocoon. For wonderfully nourished and softened skin we start with a gentle exfoliation, followed by a soothing application of rich, nourishing creams and oils to pamper your body and senses! A relaxing scalp massage completes your pampering experience. *Not recommended until after the first trimester.*

Lighten Up Therapy:

30 Minutes

Mama Mio's cool, fragrant mineral salt, when applied to your feet, will not only energize, but reduce swelling in the feet and stimulate circulation. Hydrating balm and super rich body cream is massaged into your hands and arms as well as your feet and legs as part of this complete hand and foot treatment. A great choice for vendors, shoppers or mothers-to-be

Mama Mio Smoothie

80 Minutes

Rejuvenate your skin and clear your mind in preparation of your pending arrival. The Mama Mio Smoothie will exfoliate your skin oh so gently (but effectively), followed by the most moisturizing products to hydrate your skin. A luxurious scalp massage will sweep away your stress, leaving you with skin to rival your baby's bottom.

Mellow Mama Massage:

50/80 Minutes

A complete body massage, using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce excess water retention.

Prenatal Massage:

50 Minutes

One of the most wonderful times of life can be stressful! Our therapists take careful consideration to relax and ease the tension for mothers-to-be by using a mixture of specially tailored techniques to promote an overall relaxing, calming and nurturing feeling.

Rose Indulgence Facial:**50 Minutes**

Organically grown Rose preparations are applied to soften and soothe your skin. Stress relieving massage techniques are employed to release tension in the scalp, arms, neck, and shoulders which enhance the therapeutic effects of this unique aromatic facial.

Texas Red Rose Facial:**50 Minutes**

Organically grown Rose preparations are applied to soften and soothe your skin. Stress relieving massage techniques are employed to release tension in the scalp, arms, neck, and shoulders which enhance the therapeutic effects of this unique aromatic facial.

Therapy for Him

A collection of treatments designed specifically for a man's relaxation and rejuvenation needs!

Cool Gel Foot Treatment for Men:**30 Minutes**

This 'cool foot treatment' is the perfect solution to soothe tired feet. From the moment you immerse your feet into the warm peppermint foot soak your feet will awaken. A cool mint mask is applied to your feet and legs, followed by a combination of peppermint foot cream for the feet and a marine cooling gel for the legs. A great choice alone, or added to any of our pedicures.

Executive Golf Pedicure:**50 Minutes**

Calling all men...A pedicure you are sure to enjoy after a great game of golf or a day full of meetings. Relax and enjoy a warm peppermint foot soak followed by our cool invigorating mint mask applied to your feet and calves. Peppermint exfoliation, hydrating peppermint foot cream, and cool gel complete this wonderful experience.

Jack Black Facial:**50 Minutes**

Let Jack bring out the smooth operator in you. This facial is the perfect solution to smooth skin before and after shaving.

Jack Black Hot Towel Facial:**50 Minutes**

Customized for a man's skin type. This facial is deep cleansing as well as hydrating and calming for the skin. Your eyes will also be pampered with anti-aging eye compresses.

Southern Gentleman:**80 Minutes**

A full body scrub and massage designed with our male guests in mind. This treatment is the perfect ending to a day full of meetings or a long day on the greens.

Warm Sports Hand Treatment:**30 Minutes**

Detox with this wonderful Phytomer hand treatment. We begin by applying self heating mud to the palms of your hands and wrapping them lightly in a micron foil. Eliminate toxins, impurities and swelling while we drape your neck with an aromatherapy heat wrap. Warm body milk is massaged into your arms and hands completing this warm and wonderful treatment. A great choice alone or added to any of our manicures.

Hair Services

Complimentary Consultation:

A one-on-one discussion with a stylist designed to familiarize you with the plan of action which ensures that you get the look you desire.

Single Process Color:

Root touch up or Scalp to ends

Full/Partial Highlight:

Hair color is applied to selected pieces of hair from the nape of the head to the front of the hairline using foil to create dimension and contrast with natural or permanent hair color. Within the partial highlight, the hair color is only applied throughout the crown of the head.

Corrective Color:

This treatment is designed to correct an undesired result from a previous color treatment. *Prices determined upon consultation*

Kerastase Nourishing Rituals:

Aqua-Oleum: Nourishing for Normal to Dry Hair.

Masquintense: Nourishing for Dry to Very Dry Hair.

Oleo-Relax Masque: Smoothing for Dry Rebellious Hair.

Cure d'Elasticite: Elasticity for Dry to Very Dry Curly Hair.

Chroma Riche Masque: For damaged Color Treated Hair.

Injection de Force: Strengthening for Very Weakened Hair.

Concentre Vita-Ciment: Fortifying for Weakened Hair.

Age Recharge Masque: Firming for Brittle Devitalized Hair.

Pixelist: For color treated hair

Other Hair Services:

Women's haircut

Shampoo and blow-dry

Up-Do Hair Styling

Men's haircut

Additional styling (to blow-dry)

Bridal Up-Do Hair Styling

Make-up Services

Bridal

Lash Application

Make-up Lesson

Make-up Application



Half-Day Packages

If you're planning on staying the day with us, feel free to order from our In -Room Dining Menu upon arrival! With no-worries delivery, relax and dine in your very own spa robe! Enjoy your meal however you'd like: in the reserved spa area, while getting a pedicure, by waterfalls in the couples lounge or take an hour break and dine by the indoor courtyard!

Aromatherapy Packages

Choose from the Rose Renew, Lavender Relax, or the Eucalyptus & Grapefruit Revive and enjoy an aromatherapy experience complete with Massage, Body Therapy, Manicure, Pedicure and Kerastase Hair Ritual.

Couple's Package

Now both of you can enjoy the Relâche Signature Package, starting with a Couple's Harmony massage and followed by Facials, Manicures, Pedicures, and Kerastase Hair Rituals for both! .

Island Escape Package

With all natural products from Fiji, you will forget you're in Texas!! Perfect for the "Winter Blues," or that imaginary tropical vacation! Let us amaze you with an Island Ritual Massage, Tropical Island Glow Body Treatment, Tropical Manicure, Tropical Pedicure and a Kerastase Hair Ritual.

Mother-To-Be Package

Start your new beginning with a relaxing day at the spa. This package includes the Mama Mio Smoothie Body Treatment, and a Lighten Up Therapy, and a Kerastase Hair Ritual

Relâche Signature Package

Enjoy a little of everything with our classic half-day package. Complete with a relaxing Swedish massage, Relâche Signature Facial, Signature Spa Manicure, Signature Pedicure and Kerastase Hair Ritual.

Spa Packages

Hill Country Retreat

"Pear"fect Body Treatment
50 Minute Swedish Massage
Kérastase Hair Ritual

Lone Star Spirit

Hot Rocks in Texas Massage
Dream Catcher Body Treatment
Kérastase Hair Ritual

Yellow Rose

50 Minute Relâche Custom Massage
Relâche Signature Facial



Riverwalk Replenish

50 Minute Swedish Massage
Classic Manicure
Express Pedicure
Kérastase Hair Ritual

From Miss to Mrs.

50 Minute Relâche Custom massage
Signature Spa Pedicure
Signature Spa Manicure

Like Mother, Like Daughter

Two 50 Minute Swedish Massages
Two Classic Pedicures
Two Classic Manicures

The Texan Experience

Southern Gentleman
Jack Black Hot Towel Facial
Executive Golf Pedicure

Grapevine Indulgence

Grapevine & Roses Body Treatment
Stone Crop Facial
Kerastase Hair Ritual

Bridal Collection

Warm Sea Foam Mud Therapy
50 minute Swedish Massage
Revealing Collagen Lift Facial
Kerastase Hair Ritual

**Relâche Fitness Center: Open Daily from
5:00 am to 9:00 pm**

No need to worry about missing your workouts while away from home! Our 4,000-square-foot fitness center features a wide variety of LifeFitness® cardiovascular and strength equipment. To further your workout experience, our fitness programs can jumpstart any fitness routine!

***Please note that all fitness training is by advance appointment only. ***

Body Composition

25 Minutes

Our fitness staff uses a skin-fold technique to determine the proportion of lean muscle mass, body fat, water weight, etc. By measuring the thickness of the skin-fold estimation can be made as to the total percent lean muscle mass.

Personal Training

50 Minutes

Explore your true fitness potential with a personal training session! Experience the benefits of working directly with a Relâche Fitness Center trainer. Whether you are exploring new exercise techniques, or looking to increase strength and conditioning, our qualified and experienced staff will incorporate different innovative techniques to get the best results. (Individual or group sessions)



Sports Specific Training **50 Minutes**
 A workout designed for the specific sport for the athlete who wants to take their workout to the next level in order to excel at the sport.

Fast Zone Personal Training **30 Minutes**
 A quick 30 minute workout personalized toward the clients goals.

Relâche Spa Boutique: Open Daily from 9:00 am to 9:00 pm

Did you wait last minute to book your spa treatments and we didn't have any availability? Take a deep breath and make your own spa inside your hotel suite! Stroll along the Riverwalk to our Relâche Spa Boutique! Experience a variety of rejuvenating skin care products, soothing massage oils, and a luxurious variety of bath and body products. Don't forget about our Relâche logo line and ultra comfy spa robes!

Body Treatments

Bed of Roses	\$135	50 Minutes
Coco Mango Body Glow	\$145	50 Minutes
Dream Catcher	\$135	50 Minutes
Eucalyptus Breathe Easy	\$135	50 Minutes
Golden Goddess	\$135	50 Minutes
Grapefruit and Juniper Berry	\$135	50 Minutes
Grapevine and Roses	\$135	50 Minutes
Pomegranate Rejuvenation	\$210	80 Minutes
Smoothie Body Treatment	\$180	80 Minutes

The "Pear"fect Body Treatment	\$155	50 Minutes
SeaFlora Seaweed Scrub	\$145	50 Minutes
Sea Holistic Massage Treatment	\$225	80 Minutes
Tropical Island Glow	\$145	50 Minutes

Body Detox

SeaFlora Mud Wrap	\$225	80 Minutes
Warm Sea Foam Mud Therapy	\$170	50 Minutes

Skin Care

Aromatherapy Facial	\$130	50 Minutes
Deep Cleansing Facial	\$140	50 Minutes
Organic Customized Facial	\$150	50 Minutes
Jack Black Facial	\$130	50 Minutes
Jack Black Hot Towel Facial	\$150	50 Minutes
Relache Premier Facial	\$150	50 Minutes
Relâche Signature Facial	\$130	50 Minutes
Revealing Collagen Lift Facial	\$170	50 Minutes
Sea Holistic Facial Treatment	\$215	80 Minutes
Seasonal Facial	\$130	50 Minutes
Sea Water Pearls Ritual	\$170	50 Minutes
Spicy Hungarian Back Treatment	\$150	50 Minutes
Stone Crop Facial	\$150	50 Minutes
Super Sensitive Facial	\$145	50 Minutes
Texas Red Rose Facial	\$145	50 Minutes
Yam & Pumpkin Enzyme Facial	\$185	50 Minutes

Extractions done upon request

Massage

Aromatherapy Massage	\$135/\$190	50/80 Minutes
Cold Stone Therapy	\$85	30 Minutes
Couples Harmony Massage	\$250+/\$350+	50/80 Minutes
Deep Tissue Massage	\$140/\$200	50/80 Minutes
Hot Rocks in Texas Massage	\$190	80 Minutes
Island Ritual Massage	\$135/\$190	50/80 Minutes
Mellow Mama Massage	\$145/\$180	50/80 Minutes



Mind and Sole Massage	\$110	50 Minutes
Reflexology	\$130	50 Minutes
Relâche Custom Massage	\$135/\$190	50/80 Minutes
Shiatsu Massage	\$200	80 Minutes
Sports Massage	\$140/\$200	50/80 Minutes
Swedish Massage	\$125/\$180	50/80 Minutes
Treasures of the Sea	\$150/\$225	50/80 Minutes

Therapy for Him

Cool Gel Foot Treatment	\$50	30 Minutes
Executive Golf Pedicure	\$80	50 Minutes
Jack Black Hot Towel Facial	\$150	50 Minutes
Jack Black Facial	\$130	50 Minutes
Southern Gentlemen	\$210	80 Minutes
Warm Sports Hand Treatment for Men	\$45	30 Minutes

Therapy for Mother-to-Be

Bed of Roses Body Treatment	\$135	50 Minutes
Lighten Up Therapy	\$55	30 Minutes
Mellow Mama Massage	\$145/\$180	50/80 Minutes
Pre-natal Massage	\$135	50 Minutes
Rose Indulgence Facial	\$125	50 Minutes
Smoothie Body Treatment	\$195	80 Minutes
Texas Red Rose Facial	\$145	50 Minutes

Treatment Enhancements

Alpha Beta Peel	\$45	(added to facial)
Brow Tinting	\$20	20 Minutes
Lash Application	\$20	(times vary)
Lash Tinting	\$30	20 Minutes
Lifting Eye Contour Treatment	\$30	(added to facial)
Lip Healing Therapy	\$20	(added to facial)
Pure Collagen Eye Treatment	\$30	(added to facial)
Refining Enzyme Peel	\$45	(added to facial)
Vitamin K Exfoliating Eye Treatment	\$40	(added to facial)

Spa Packages

Aromatherapy Half-Day Package	\$370	210 Minutes
Bridal Collection	\$455	180 Minutes
Couple's Harmony Half-Day Package	\$700	210 Minutes
From Miss to Mrs. Spa Package	\$265	170 Minutes
Grapevine Indulgence	\$300	130 Minutes
Hill Country Retreat	\$280	130 Minutes
Island Escape Half-Day Spa Package	\$385	210 Minutes
Yellow Rose Spa Package	\$230	100 Minutes
Like Mother Like Daughter	\$415	130 Minutes
Lone Star Spirit	\$325	160 Minutes
The Texan Experience	\$390	180 Minutes
Mother-To-Be Package	\$280	140 Minutes
Relâche Signature Half-Day Package	\$395	250 Minutes
Riverwalk Replenish Spa Package	\$235	140 Minutes

Make-Up

Bridal	\$70	50 Minutes
Make Up Application	\$50	30 Minutes
Make Up Lesson	\$100	50 Minutes

Hand and Foot Therapies

Aromafloria Manicure	\$50	30 Minutes
Aromafloria Pedicure	\$75	50 Minutes
Classic Manicure	\$40	30 Minutes
Classic Pedicure	\$65	50 Minutes
Cool Gel Foot Treatment for Men	\$50	30 Minutes
Customized Aromatherapy Manicure	\$50	30 Minutes
Customized Aromatherapy Pedicure	\$75	50 Minutes
Executive Golf Pedicure for Men	\$80	50 Minutes
Express Pedicure	\$50	30 Minutes
French Polish Upgrade	\$10	15 Minutes
Lighten Up Therapy	\$65	30 Minutes
Nail Repair	\$15	15 Minutes
Paraffin Treatment	\$20	15 Minutes



Paraffin with Nail Therapy	\$10	Added to Treatment
Polish Change	\$20	15 Minutes
Relâche Signature Spa Manicure	\$65	45 Minutes
Relâche Signature Spa Pedicure	\$95	75 Minutes
Sea Foam Mud Pedicure	\$75	75 Minutes
Seasonal Manicure	\$50	30 Minutes
Seasonal Pedicure	\$80	50 Minutes
Solar Nails/Pink and White Fills	\$75	50 Minutes
Teen Pedicure	\$45	30 Minutes
Tropical Manicure	\$50	30 Minutes
Tropical Pedicure	\$75	50 Minutes
Warm Sports Hand Treatment for Men	\$50	30 Minutes

Salon Services

Bridal Up-Do Hair Styling	\$95+	Times Vary
Corrective Hair Color	Consult	Times Vary
Effect Color	\$25+	Times Vary
Highlights Partial/Full	\$100+/150+	Times Vary
Kerastase Nourishing Rituals	\$40	Times Vary
Man's Designer Haircut	\$40+	Times Vary
Shampoo and Style	\$45+	Times Vary
Single Color- Root touch up	\$65+	Times Vary
Single Color- Scalp to ends	\$100+	Times Vary
Single Color- Partial Highlights	\$175+	Times Vary
Single Process Hair Color	\$65+	Times Vary
Up-Do Hair Styling	\$65+	Times Vary
Woman's Haircut	\$75+	Times Vary

Waxing

Back or Chest Wax	\$65	Times Vary
Bikini Wax	\$40+	Times Vary
Bikini Wax- Detail	\$60+	Times Vary
Brazilian Wax	\$80+	Times Vary
Brow Shaping	\$30+	Times Vary
Brow Wax	\$25	Times Vary
Chin Wax	\$20	Times Vary
Fore Arm Wax	\$40	Times Vary

Full Arm Wax	\$50	Times Vary
Full Leg Wax	\$80	Times Vary
Half Leg Wax	\$45	Times Vary
Lip Wax	\$20	Times Vary
Underarm Wax	\$35	Times Vary

Fitness

Body Composition	\$50	30 Minutes
Fast Zone Personal Training	\$35	30 Minutes
Personal Training	\$75	50 Minutes
Sports Specific Training	\$85	50 Minutes

Teen Services

Total Teen Facial	\$65/\$95	25/50 Minutes
Texan Teen Massage*	\$60/80	25/50 Minutes
Fancy Fingers Manicure	\$40	30 Minutes
Twinkle Toes Pedicure	\$45	30 Minutes
Less is More Make-up (Application and lesson)	\$50	30 Minutes
Mom and Me Massage	\$215	50 Minutes
Peas in a Pod Mani / Pedi	\$190	80 Minutes

**A parent or guardian must be in the room*

Children's Services

Princess Mini-Manicure	\$20	15 Minutes
Princess Mini-Pedicure	\$25	15 Minutes
Not Your Mommy's Make-up Application	\$20	15 Minutes
So Straight*	\$25	30 Minutes
Curl Power*	\$25	30 Minutes

**We ask that you come with clean dry hair*



RELÂCHE™

The Spa at Gaylord Texan