



# spod mmo

Spa and Salon Services

2017  
**Forbes**  
TRAVEL GUIDE

RESORT • SPA • CASINO  
LAS VEGAS

# introduction

M Resort's signature world-class Spa, Salon and Fitness Center is all about you and providing for your every need.

Relax and rejuvenate in one of Spa Mio's 16 treatment rooms, sauna, steam and hot tub wet areas or take advantage of the full service salon and state-of-the-art fitness center.

Pamper yourself into a blissful state by choosing the treatment that's right for you from our extensive list of specialized spa services.

# arrival

Please arrive at least 30 minutes prior to your scheduled spa appointment to enjoy the spa facilities. Arriving late will limit the time of your treatment. As a courtesy to the next guest, your treatment will end at its scheduled time.

# cancellations

A 4 hour cancellation policy is enforced for all appointments. Failure to adhere to the cancellation policy will result in a charge to the credit card for the full service price.



# reservations

We encourage you to make reservations in advance to ensure the preferred treatments and therapists are available. To schedule your appointment, please call Spa Mio at **702.797.1800**.

If you have special requests, physical ailments, disabilities, allergies or if you are pregnant, please notify the receptionist at time of booking. This will prepare our staff to provide the best possible spa treatment for you.

If you have a preference regarding the gender of your therapist, please let us know when making your reservation. We will make every effort to accommodate your request in order to create a comfortable, relaxing environment.

# general

- Spa Mio and fitness center guests must be at least 18 years of age. We welcome all ages in our salon.
- Spa Mio is a non-smoking and alcohol free facility.
- Cellular phone use is not permitted anywhere except in the reception area. Prior to entering the locker room and treatment rooms all electronic devices should be silenced.
- For your convenience Spa Mio provides a private locker for your spa experience. We recommend guests not bring valuable or sentimental items. Spa Mio cannot be held responsible for misplaced items.





## Spa and Fitness facilities

To enhance your spa experience, we provide a private locker, robe and sandals as well as grooming amenities. We have separate men's and women's wet areas that include a steam room, sauna and hot tub. For your enjoyment, we also offer fresh fruit, assorted teas, bottled water and fruit juices.

Our fitness facility includes various cardio and strength equipment.

Spa Mio offers day passes to use the facilities. A valid photo ID is required at check-in.

## salon

Spa Mio's state-of-the-art salon offers beauty services by highly trained stylists. Our salon offers a variety of hair styling, color techniques and barber services. Each service is highly personalized and will enhance your inner beauty. Spa Mio's salon will leave you feeling revamped and renewed.

## makeup

Since each face is unique, each one requires a personalized, tailored approach when applying makeup. Our professional makeup artists will accentuate your best features to help you look flawless for any event. It is encouraged to bring a picture of your desired look.



## gratuity

For your convenience an optional 20% service charge will be added to spa services and will be dispersed to all spa staff that served you during your spa experience. Additional gratuities may be added at your discretion.



## spa tips



## treatment attire

It is customary to completely disrobe for your spa services, although you may wear undergarments if you prefer. Throughout the services, your body will be professionally draped. At no time will you be fully exposed.

## communicate

Communication is important in assisting to achieve deep relaxation. Before the service begins, tell your therapist the areas you would like to focus on and any areas you would like avoided. During your massage, let your therapist know if you feel any discomfort.



## facials ~ viso

**Essential M Facial** A traditional, customized European facial. Professional products with the finest of botanical blends are chosen according to skin type to exfoliate, massage and mask, resulting in skin that is balanced, youthful and radiant. This facial may also be customized for men's skin.

**Brilliance Facial** A magical beautifying facial that incorporates the potency of vitamin C (25%) to reduce fine lines and counteract the damaging effects of the sun. Anti-aging peptides and natural brighteners designed to soften hyper pigmentation revitalize the skin, revealing a luminous complexion. This facial is an excellent choice prior to special occasions.

**Cooling Facial** This unique cooling and refreshing treatment soothes, calms and nourishes all skin types. Particularly ideal for rosacea, sun-burned or sensitive skin.

**Pore Rescue Facial** A deep pore cleansing facial with anti-bacterial benefits designed to eliminate impurities using an enzyme peel to exfoliate and a detoxifying mask to reveal a healthy glowing complexion.

**Youth Defense Facial** Protect and preserve your youthful skin with our skin boosting facial. Using the latest technology of plant stem cells, this luxurious anti-aging treatment will awaken collagen production giving a firmer, tighter and more radiant complexion. The anti-free radicals and anti-pollutants in our environmental protective cream shield the skin from aging aggressors.

**Microderm Facial** The ultimate in exfoliation, this non-invasive resurfacing treatment exfoliates skin debris, allowing vibrant new skin to emerge. This treatment stimulates the skin and replenishes natural nutrients and cell regeneration, greatly improving the appearance of wrinkles and fine lines, large pores, acne scars and hyper pigmentation.

*Various facial enhancements are available and include a Lactic Peel, Hydrating Eye Treatment, Rubberizing Mask, Nourishing Lip Treatment and a Collagen Booster.*





## body treatments

**Aroma Sugar Glow** Delightfully aromatic, the seasonally infused sugar glow is applied to the entire body, removing impurities and revealing younger and healthier skin. Relaxed and pampered, the skin emerges smooth to the touch and visibly brightened. This treatment is offered in 25 or 50 minute durations.

**Desert to Sea Detox** A brisk dry brushing stimulates the lymphatic system to receive the benefits of caffeine enriched detoxifying scrub. After a full body marine clay application, emerge into a relaxing heated cocoon. Finishing the detoxification process with a ginger mint foot wrap and full body oil application, the skin is prepped to continue the detoxification process.

**Quick Slim Wrap** A slimming and toning treatment, ideal for looking and feeling your best! The treatment starts with a refreshing body scrub to stimulate blood circulation followed by a heated wrap of active pharmaceutical grade slimming products to treat and prevent fat cell accumulation, water retention and the appearance of cellulite on the body. A firming and toning lotion will be applied at the end of the treatment.

*Complete your body treatment  
with a customized Mini Facial (Add on).*

## corpo

**Antioxidant Grape Polish and Wrap** Smooths and firms the skin using the entirety of the grape, including the seeds and skin, lotus blossoms, oat protein and grape seed oil. The body is scrubbed and then wrapped in highly potent antioxidants from the grapes which protects and enriches the skin. This treatment vitalizes, stimulates and rejuvenates the body and spirit.

**Balancing Elixir Journey** Start this journey by resting on small desert stones aligned with acupressure points along the spine. As warmth radiates through the body, an enzyme cream prepares the skin for a balancing elixir to support the senses. Through energy and care, we assist the body in achieving a harmonious balance with a journey of the seven chakras and awaken the third eye with a Shiradara treatment. Balanced and grounded, the skin is sealed with smooth body butter.

**Tranquility Body Cocoon** Start with our tranquility welcome which stimulates the olfactory system to reach the limbic system creating a deep sense of well-being. A full body wrap of vanilla and orange aromas encompass the skin followed by a hydrating cream application. Rich in natural active ingredients, this treatment bestows skin with silkiness. Once the treatment is finished the skin will reflect the glow of the inner spirit.





## massaggio

**Mother-to-be-Massage** For mothers to be, this nurturing massage treatment relieves tension, alleviates swelling and promotes circulation. This massage treatment may only be performed on women who are in their second or third trimester of pregnancy.

**Refresher Massage** Quickly rejuvenate with this 25 minute area-concentrated massage. It will eliminate tension and reduce fatigue leaving you feeling refreshed and ready to continue your day with energy.

**Couples Massage** Our couples massage room is designed for two people to enjoy their massages together in the same relaxing space. Couples can select from our 50 or 80 minute massage treatments.

**In-Room Massage Services** Enjoy a massage of your choice in the privacy and comfort of your own room.

*Massage enhancements are available and include Hot Stone Add on, Aromatherapy Add on, Heightening Hydration Add on, Pain Relieving Add on and a Warm Oil Scalp Massage.*

## massage treatments

**Spa Mio Signature Massage** Completely indulge with this massage, including customized pressure, Reflexology and Cranial Sacral techniques to provide complete relaxation to the body, accompanied by our signature fragrance.

**Aroma Massage** Enhance your massage experience with essential oils designed to elevate mood and promote relaxation. This massage uses light to medium pressure infused with customizable blends of pure essential oils.

**Relaxation Massage** A Spa Mio favorite, this Swedish massage incorporates light to medium pressure with long flowing motions. A blissful escape to help ease away stress, improve circulation and reduce muscle tension.

**Therapeutic Massage** This sports massage uses deep strokes and pressure to release muscle tension. It is an excellent treatment for bodies that have been overexerted and need special attention to specific muscle groups.

**Deluxe Stone Massage** Deep relaxation will be achieved using warm Zen stones strategically placed on the body, penetrating heat to the muscle. The stones are used as an extension of the therapist hands to invigorate muscle reception. The experience is enhanced with effective massage techniques and soothing aromatherapy oils to promote an indulgent experience.



# Spa mio

Spa and Salon Services

is proud to be a 2010 - 2017  
Forbes Travel Guide Four-Star Award Winner.



**Forbes**

**TRAVEL GUIDE**

A unique experience awaits you at  
Spa Mio with an unrivaled standard  
of personalized service.

Relax in our elegant and serene  
environment and select from our  
extensive menu of treatments.

*We look forward to  
welcoming you soon.*







**RESORT • SPA • CASINO**

12300 Las Vegas Boulevard South | Henderson, NV 89044  
702.797.1800 | [theMresort.com](http://theMresort.com)