



spa mio



## Welcome to Spa Mio, M Resort's Signature Full-Service Spa, Salon and Fitness Center.

### WELCOME

Spa Mio features 23,000 square feet of luxurious space including 16 spa treatment rooms, separate men's and women's lounge areas, full-service hair and nail salon, and master barber. Our expert staff will provide you with an extraordinary level of personalized service to beautify, enhance and restore.

### ARRIVAL

For spa services we recommend that you arrive at least 30 minutes prior to your appointment time to enjoy our relaxation areas. Arriving late will limit the time of your treatment. As a courtesy to the next guest your treatment will end at its scheduled time regardless of when you began.

### RESERVATIONS & CANCELLATIONS

Booking your spa reservations in advance is strongly recommended. Please call Spa Mio directly at 702-797-1800. As a courtesy to other guests and to our therapists we strictly adhere to the spa cancellation policy. If you must cancel or change your appointment please advise us four (4) hours in advance to avoid being charged 100% of the scheduled services.

### SERVICE CHARGE

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

### AGE POLICY

To protect the tranquil nature of the spa and its environment, younger guests under the age of 18 are not permitted to use the spa amenities, or receive spa services. Guests under the age of 18 may receive salon services with an accompanying adult.

### FACILITIES

To enhance your spa experience, we provide a private locker, robe and sandals as well as grooming amenities during your time at Spa Mio. Separate men's and women's wet areas include steam room, sauna and hot tubs. For your enjoyment we offer an assortment of complimentary light snacks and beverages.

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# Massage Therapy

## **MIO SIGNATURE MASSAGE - 50/80 MINUTE**

Our signature massage is customized for a head to toe experience tailored by your therapist for your specific needs. Enhanced with a nourishing, calming essential oil blend and relaxing scalp massage.

## **AROMA JOURNEY MASSAGE - 50/80 MINUTE**

This deeply revitalizing treatment uses aromatherapy and a light to medium massage to elevate mood as well as relax the mind and body. Choose between a blend of therapeutic essential oils designed to reinvigorate your senses.

## **PRENATAL - 50/80 MINUTE**

For mothers to be, this nurturing massage relieves tension, alleviates swelling and promotes circulation. Therapists incorporate specialized techniques to keep you comfortable while promoting restful sleep and the reduction of stress hormones. This is a pampering experience for women who are in their second and third trimester.

# Massage Therapy

(Continued)

## HOT STONE MASSAGE - 80 MINUTE

Melt away stress and tension with this restorative healing massage. Heated basalt stones are incorporated to encourage deeper relaxation throughout the entire body. Great for those that need deep muscle work but do not enjoy a deep pressure massage.

## FOOT, NECK, SHOULDERS - 50 MINUTE

Areas known for carrying the most stress throughout the body need a little more attention than a full body massage. This treatment is intended to invigorate the 'mind and sole'. Customized pressure with the use of hot stones throughout the neck and shoulders finished with an invigorating foot scrub.

## MASSAGE ENHANCEMENTS

- Hot Stones (1-2 areas)
- Aromatherapy
- Nourishing Foot Scrub
- Pain & Tension Relief
- Heightened Hydration
- Warm Scalp Treatment
- Hand or Foot Intense Hydration
- Under Eye Refresh \$15
- Cupping (1-2 targeted areas) \$30

# Wellness

## CHAKRA AWAKENING - 100 MINUTE

Experience an aromatic journey drawing you into a deeper and profound state of relaxation. This treatment uses 7 essential oil blends infused with crystals and attuned to each of the seven chakras vibrational energies. Each of the 7 oil blends is used beginning with ginger and rosemary to awaken and vitalize all the body's systems and finish at the scalp with fragrant vetiver and high-grown lavender that combine to carry you into a deep state of bliss.

## DRY BRUSH MASSAGE - 50/80 MINUTE

This service starts with a full body dry brush exfoliation that helps stimulate circulation and the lymphatic system. Your therapist will then massage you using light rhythmic strokes with hydrating and detoxifying massage oils. Perfect for those who prefer a lighter touch.

## SPORTS RECOVERY MASSAGE - 50/80 MINUTE

Recover from a long day or a challenging workout with this targeted sports massage. This full body deep tissue massage is tailored by your therapist to help relieve stiffness, ease muscles and reduce inflammation. Featuring percussive therapy and a soothing, repairing essential oil blend.

# Facial Therapy

## SEA OF LIFE SIGNATURE FACIAL - 50/80 MINUTE

Custom facial designed to provide you the right care for your skin type. This signature treatment includes a deep yet gentle cleanse, exfoliation, steam and extractions if necessary. Followed by tailored hydrating products to help prevent blemishes as well as improve skin's moisture balance.

## ORGANIC FACIAL - 50 MINUTE

This all organic, deep cleansing session is enriched with a custom blend of fruits, vegetables and herbs that nourish the skin and leave a healthy glow.

## GENTLEMAN'S FACIAL - 50 MINUTE

Specific to men's skin this treatment provides a deep pore cleansing, hot towels, exfoliation, a customized mask and hydrating moisturizer. This facial will help to repair the damage caused by daily environment factors, shaving, stress, and aging.

## AGE DEFYING FACIAL - 50/80 MINUTE

Protect and preserve your youthful skin with our skin boosting facial. Incorporating plant stem cells, collagen infused serums and hyaluronic acids to help restore skins firmness and reduce the appearance of fine lines and wrinkles. Includes LED and microcurrent to fight signs of aging.



# Facial Therapy (Continued)

## PURIFYING - 50/80 MINUTE

Pollutants, debris and free radical damage as well as stress play a huge factor in our skin with a significant increase in inflammation, blemishes and signs of aging. This treatment uses powerful peptides and antioxidants to ensure a deeply purifying, repairing and replenishing glow.

## EXPRESS FACIAL - 25 MINUTE

Renew and glow! This is the perfect treatment for a quick pick me up. Featuring a double cleanse, gentle exfoliating and re-hydrating products. You will leave feeling cleansed and refreshed.

## MICRODERMABRASION - 50 MINUTE

A treatment for those looking for results driven care. This highly effective treatment improves the appearance and texture of fine lines, acne, scarring, hyper-pigmentation, sun damage and more. Using diamond tip suction to gently exfoliate your skin to visibly leave your skin feeling smooth and soft. Results will continue for days following treatment. A series of 3 or more is recommended for best results.

## FACIAL ENHANCEMENTS

- Enzyme or Chemical Peel
- Specialty Mask
- Plumping Lip Treatment
- Cooling Eye Treatment
- Nourishing Hand Treatment
- Neck & Décolleté 'micro or peel

# Wellness Body Treatments

## **NOURISHING DEEP SEA BODY WRAP - 80 MINUTE**

A sea salt and botanical body scrub increases circulation, softens and exfoliates dull skin to prepare it for envelopment in a decadent marine body mask. This age defying blend is infused with Algae, White Tea, Copper and Zinc Peptides to plump, firm, tone and deeply moisturize your skin.

## **AWAKENING ALGAE BODY WRAP - 80 MINUTE**

A blissful organic blend of Algae, Pumice, Acai and Guarana polishes skin and purifies pores. A body mask loaded with healing skincare ingredients, vitamins, minerals and essential fatty acids supports your skin's natural regeneration process and stimulates cell renewal. Melt away tension and cellulite with a deep tissue toning massage to break up stored toxins

## **EXFOLIATING COFFEE SCRUB - 50 MINUTE**

Stimulate your senses with our exfoliating coffee and sugar scrub. Product is applied to the entire body, removing impurities and improving the appearance of cellulite, leaving you feeling energized.

## **AROMA SUGAR GLOW - 50 MINUTE**

Delightfully aromatic, the 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.

