



spa

Full Service Spa & Salon

Daily Hours of Operation

Spa & Salon: 9:00AM–6:00PM

Daily hours are subject to change based on business levels.

GrandSierraResort.com/Spa

Scan QR code for Hours of Operation details.

Fitness Center 24 Hours a Day

Daily hours are subject to change based on business levels.

Open to hotel guests 16 and older, with a room key.





How to Spa

Please keep in mind that The Spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft voice or simply enjoying the silence. Cell phones, pagers, laptops, and any devices that may have a camera feature are prohibited while in The Spa areas. Audio devices must be used with headphones at all times. Smoking is not permitted; this includes electronic and vapor cigarettes, vape pens, and related devices. We ask that guests do not bring jewelry or any valuables to The Spa. Grand Sierra Resort does not assume liability for personal items. The Spa at Grand Sierra Resort does not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in its activities or operations. These activities include provision of spa services. We are committed to providing an inclusive and welcoming environment for all guests and team members.

Arrival

Please plan to arrive 10 minutes prior to your scheduled appointment so you will have time to fill out our intake form. Arriving late may reduce the time you have to enjoy your treatment. Your treatment will begin and end on time, and full charges will apply.

What to Wear

We recommend coming to The Spa in loose fitting, comfortable clothing. For massage, body services and aesthetic services, guests will be given a locker and robe to change clothes. Guests arriving at service time will be taken to their service room where they may dress down. Guests will be provided a robe and locker after their service if they needed. Swimsuits are available for purchase in our retail boutique.

Healthy Communication

At the time of reservation, please inform The Spa Concierge if you are pregnant, have allergies, disabilities, recent

surgeries, or any other conditions of which we should be made aware. Receiving treatments while ill (with cold or flu, for example) may exacerbate and accelerate your symptoms and may place our treatment staff in an unhealthy environment. If illness is detected, rescheduling of service may occur. Management reserves the right to refuse service to any guest at our discretion.

Alcohol Policy

Outside alcoholic beverages are not permitted in The Spa and Salon. All beverages must be in a plastic container. For your health and safety, including the health and safety of our staff and other guests, if intoxication is detected, cancellation of services will occur. Management, technicians, and staff will refuse service to anyone who is intoxicated. If this occurs, a late cancellation fee will be applied.

Rescheduling/Cancellations

We welcome any changes or cancellations up to 4 business hours prior to the start of your first scheduled appointment with no extra charge or penalty. Changes/cancellations made with fewer than 4 business hours' notice will result in a 50% charge. No-show appointments will be charged at full price. Group services are subject to contracted agreement.

Gratuities

For guest convenience, we will add a 20% service charge for all Spa & Salon services. For exceptional service, additional gratuities are left to your express discretion.

Minimum Age Requirement

Spa guests must be at least 18 years of age to receive any massage or aesthetic treatments. Salon appointments are available to our guests 6 years of age and older when accompanied by an adult. Spa guests must be at least 18 years of age to enjoy the spa facilities.

Massage Therapies

Relaxing CBD Massage

80 minutes \$210

Induce a deep sense of relaxation with our CBD massage. This massage uses the calm, soothing effects of CBD combined with massage techniques to quiet the mind and relax the body. Our CBD massage treatment will elevate and relax the nervous system, offer relief from aches, pains, sore muscles, arthritis and inflammation. Our locally sourced CBD alleviates anxiety, stress can improve skin conditions, and boost your mood.

The Stones*

75 minutes \$190

Using both heated basalt stones and Himalayan salt stones to warm, soften, and detox the muscle tissues, our therapists create a truly therapeutic and relaxing escape. The basalt stones are a type of volcanic rock that retains heat. Heat has long been used to ease muscle tension, pain, increasing blood flow, reducing stress and anxiety, and promote healthier sleep. Himalayan salt stones contain 84 naturally occurring minerals and can help reduce inflammation. The minerals in the Himalayan salt stones also assist in the detoxification process of massage. *Heat treatments are not recommended for guests who are heat sensitive, have heart conditions, or are pregnant.

Sports Massage

50 minutes \$175 | 80 minutes \$215

This treatment is designed for our guests with physically demanding lifestyles in mind. This massage incorporates passive and active stretching techniques while targeting areas of high impact and muscle strain. Hot stones are used in this treatment to help ease the tension of tight muscles followed with Biofreeze for continued pain relief long after your massage has ended. Our 50 min treatment is recommended for 1–2 targeted areas such as back and shoulders while our 80 min and 110 min treatments allow time for full body relief.

The Deep Tissue

50 minutes \$170 | 80 minutes \$220

Eliminate the body's toxins through dynamic kneading and stroking techniques developed to relieve stress and muscle tension while increasing vitality and flexibility through increased blood flow. A strong pressure is applied, working expertly into the deeper muscle layers. This massage is best recommended for those who receive regular body work.

The Grand Signature

50 minutes \$155 | 80 minutes \$205

Enjoy a classic Swedish massage with the added benefit of Aromatherapy for both inhalation and body application. At the time of check-in, choose essential oil to enrich your massage experience adding both therapeutic benefits and mental well-being.

The Prenatal

50 minutes \$145

Designed to nurture the expectant mother and baby, our therapists are trained to relieve the unique stresses and strains experienced during the 2nd and 3rd trimesters of pregnancy. The guest may choose either side-lying or maternity system cushions which allow a face-down massage experience through the 3rd trimester to ensure individual comfort. For guests in their 1st trimester, nail services and facials can be booked. We do not perform massage and body treatments for those guests in their 1st trimester.

The Grand Foot Treatment

25 minutes \$105 | 50 minutes \$160

Relax and enjoy this soothing foot treatment. A sugar scrub is applied to your feet and calves exfoliating your skin to a healthy glow. After the scrub is removed, a rich massage soufflé will be massaged into your skin melting away the stresses of the day. The 25 minute service time allows for a 10 minute foot/calf massage while the 50 minute treatment allows for a full 35 minute massage.

The Grand Moroccan Oil Scalp Massage

25 minutes \$95

Experience the Essence of Morocco with our Moroccan Oil hair treatment. Warmed scalp oil will be applied directly to your scalp and massaged in for maximum absorption. Followed with Moroccan Oil's smoothing hair mask combed through your hair. This treatment offers a plethora of hydration and nourishment for stressed dull hair.



The Grand Sample

25 minutes \$90

A neck, back, and shoulder massage to help relieve stress for the person on the go.

Couples Massage

Our 50 minute, 80 minute & 110 minute massages may be enjoyed in our couple's suite by couples, friends, or anyone wanting more "together time." Please call ahead to request the couples room at time of booking to ensure the suite's availability. Massage rates are based on a per-person basis and there is an additional \$10 fee per couple to be in the couple's suite. Services that may be enjoyed as a couple's massage include: The Grand Signature, The Deep Tissue, The Swedish, The Prenatal, The Sticks, The Stones & the Eminence Scrub & Soufflé.

**Couples massage is not available to book online. Please call ahead to book. Additional fee of \$10 per couple for couples massage.*

Massage Treatment Add-Ons*

- **Muscle Relief \$20** – Cold therapy pain relief for sore muscles
- **Aromatherapy \$20** – Your choice of 1 essential oil for inhalation and body application
- **Deep Tissue \$20** – Medium to firm pressure for deeper muscle layers
- **Hot Stones \$20** – 4 heated stones to alleviate tension in 1–2 body areas
- **Sticks \$20** – Warmed and rolled over tight muscles in 1–2 areas of the body
- **Dry Brushing \$20** – Full body dry brushing to improve Lymphatic drainage
- **CBD \$40** – CBD elevates and relaxes the nervous system, offers relief from aches, pains, sore muscles, arthritis and inflammation

**All Massage add-ons are added on to the time of a booked Massage. All Massage Upgrades are not an addition of time and are done during the duration of the scheduled Massage.*

Body Treatments

Eminence Stone Crop R&R Wrap*

50 minutes, no massage \$175 | 80 minutes, with massage \$220 | 110 minutes, with massage \$300 | Contour Cream add on \$20

Revitalize and Restore with this exquisite treatment featuring award winning all Organic Eminence Products. You will first experience a salt/sugar scrub for an invigorating yet hydrating resurfacing exfoliation infused with stone crop and lemon peel to brighten and smooth skin. Next our highly trained staff will layer directly on top of the scrub, the Stone Crop Restorative Body Wrap melting the sugar/salt away. You will then be wrapped in our thermal blanket before receiving a scalp/hair treatment using Eminences ultra-rich Wildflower Oil. After you have been unwrapped and the product has been removed, Stone Crop Body Oil will be applied directly to your skin. This oil is a combination of Stone Crop and Arnica to soothe and soften your skin. Enjoy the 80 or 110 minute treatment for extra massage time. You can also add the Stone Crop Contour Cream at the end of your treatment to firm your skin and reduce the appearance of cellulite.

**Additional fee will apply for add-on. Add-on is not an addition of time and is done with in the service time. Heat treatments are not recommended for guests who are heat sensitive, have heart conditions, or are pregnant.*

Eminence Stone Crop Wrap & Facial

80 minutes \$220

Revitalize and Restore with this exquisite treatment featuring award winning all Organic Eminence Products. You will first experience a salt/sugar scrub for an invigorating yet hydrating resurfacing exfoliation infused with stone crop and lemon peel to brighten and smooth skin. Next our highly trained staff will layer directly on top of the scrub, the Stone Crop Restorative Body Wrap melting the sugar/salt away. You will then be wrapped in our thermal blanket before receiving a custom 25 minute eminence facial that will brighten your skin. After you have been unwrapped and the product has been removed, Stone Crop Body Oil will be applied directly to your skin. This oil is a combination of Stone Crop and Arnica to soothe and soften your skin. You can also add the Stone Crop Contour Cream at the end of your treatment to firm your skin and reduce the appearance of cellulite.



Eminence Scrub & Soufflé*

50 minutes, no massage \$175 | 80 minutes, with massage \$220 | 110 minutes, with massage \$300

This fully customizable Scrub and Soufflé treatment gives you the option to choose from our award winning, all-organic Eminence product line. This allows you to create a service that best suits your personal needs. The body scrub will polish your skin back to a natural glow before applying the soufflé which will hydrate your skin back to health. Enjoy the 80 or 110 minute treatment for extra massage time.

**Heat treatments are not recommended for guests who are heat sensitive, have heart conditions, or are pregnant.*

Spa Packages

The Grand Get Away

This package is designed for our guests who are enjoying The Spa with their friends (5 or more guests.)

- Each guest must be booked a minimum 50 minute Massage, Facial, Nail or Body service to qualify for this package. All services must be done on the same day.
- Receive 15% off of each service received.
- (1) – Complimentary bottle of Champagne per 5 guests booked.*

**Champagne may be enjoyed by our guests 21 years and older. An ID will be required to verify the guest's age.*

The Grand Sample

\$165 (retail value \$180)

- The Sample Massage (Neck, Back and Shoulders) 25 minutes
- The Calming CBD Custom Facial (Cleansing, Exfoliation and Hydrating Cream) 25 minutes

The Grand Tranquility

\$280 (retail value \$310)

- The Grand Signature Massage 50 minutes (Aromatherapy Full Body Massage)
- The Eminence Custom Facial 50 minutes

The Grand Express

\$100 (retail value \$110)

- Express Manicure 25 minutes*
- Express Pedicure 25 minutes*

**Express Services cannot be done with Gels or Acrylics.*

The Grand Eminence Mani & Pedi

\$140 (retail value \$160)

- Grand Eminence Manicure 50 minutes*
- Grand Eminence Pedicure 50 minutes*

The Grand Spa Escape

\$535 (retail value \$585)

- The Grand Eminence Buff & Soufflé 80 minutes
- The Grand Custom Eminence Facial 80 minutes
- Grand Eminence Manicure 50 minutes*
- Grand Eminence Pedicure 50 minutes*

**Upgrade to Gel for an additional \$10.*

**Substitution of services and additional discounts are not permitted on spa packages. Packages must be received by the same person on the same day. All nail packages are done for natural nails only and include standard nail polish. Gel polish application and removal require a minimum 50 minute service and may not be substituted with an express package. Grand Eminence Mani & Pedi are priced for Standard Nail polish only. Gel nail polish is available for an additional fee. We are unable to accommodate nails that have Dipped Gel, Hard Gel, Powder Gel or Acrylics. Guests are subject to the late cancellation policy if service is not able to be performed due to having Dipped Gel, Hard Gel, Powder Gel, Acrylics, or booked an express service.*

Spa Day Pass

\$75 per guest

The Spa Day Pass allows all-day access to The Spa amenities without the purchase of a service. Valid for guests 18 years or older. Spa Day Passes are available on a first come, first served basis as business levels allow. No reservation required. Usage is only valid for date of purchase. For Casino VIP complimentary Day Pass usage, please speak with your host for more information.

**Multiple Day Pass Bundles are available. Please contact The Spa for pricing.*



Aesthetic Services

Deluxe Hydrafacial™

50 minutes \$250 | 75 minutes \$360

Deeply cleanse, extract, and hydrate the skin with super serums filled with antioxidants, peptides, and hyaluronic acid. Address specific skin concerns with a specialized booster recommended by your aesthetician. LED Light Therapy is used to stimulate collagen production, kill bacteria, and reduce the appearance of fine lines, wrinkles, and scars. Hydrafacial™ is designed for all skin types and it is a non-invasive, hydrating skincare treatment with instant results and no downtime. You will see visible results after just one treatment. 75 minute Hydrafacial™ includes lymphatic drainage.

Hydrafacial™ Boosters*

- **DermaBuilder** – Smooths out fine lines and wrinkles
- **Britenol** – Brightens and Lightens Dark Spots
- **ReGen GF** – Improves Skin Elasticity and reduces inflammation
- **Murad Retinol** – Instantly Plumps, minimize wrinkles, and reduces inflammation
- **NassifMD** – Intense hydration and glow for all skin types
- **Protec-Plus** – Calms, hydrates and plumps fine lines and wrinkles

*All Hydrafacial™ Boosters are added on to the time of a booked Deluxe Hydrafacial™. Boosters are not an addition of time.

Calming CBD Custom Facial

80 minute \$220

This custom facial will invigorate the senses and put you into a heightened state of relaxation with an individualized treatment designed specifically to address your concerns. With a personalized combination of targeted fruit-based cleansers, a healing plant masque, calming CBD facial oil and CBD tonic this facial delivers the active ingredients directly to the epidermis, and further delivers the infused nutrient rich elements into deeper layers of the skin. The therapeutic harmony of these products work to balance and hydrate, delivering a softer, more radiant complexion. Enjoy the anti-aging benefits and repair any environmental damage your skin has suffered.

Teen Facial

20 minutes \$60

This is an individualized treatment designed specifically to address teen concerns. With a personalized combination of targeted fruit-based cleansers, exfoliates, and a healing plant masque, this facial delivers the active ingredients

directly to the epidermis, and further delivers the infused nutrient rich elements into deeper layers of the skin. The therapeutic harmony of these products works to balance and hydrate, delivering a softer, more radiant complexion.

*20 minute facials do not include extractions.

Aesthetic Services Add-Ons

- HydraFacial Neck & Decollete \$80
- HydraFacial Eye Perk Treatment \$50
- HydraFacial Lip Perk Treatment \$25
- Farmhouse Fresh Lip Scrub & Balm \$10
- CBD \$40

Waxing Services

All waxing service prices are starting prices.

- Lip, Brow or Chin \$25
- Full Face \$60 – Men's Beards, Neck and Mustaches are not available with this service

*Prices are subject to change depending upon hair density, texture, and if additional time is needed to complete the service properly.

Cosmetic Services

- Eyebrow Tinting \$30



Nail Salon Services

Rejuvenating CBD Pedicure

50 minutes \$120

Revitalize and rejuvenate tired aching feet with this ultimate relaxation pedicure featuring Simple Jane's CBD On The Mend foot soak and CBD body recovery oil. This luxurious pedicure wraps your skin in hydration and exfoliation. First, we will start with our On The Mend foot soak. Once the skin is resurfaced, you will experience a relaxing foot and leg massage with our CBD On The Mend body recovery oil that will leave your feet feeling softer, younger and refreshed. This treatment comes with the option of a paraffin treatment with regular lacquer OR a gel lacquer application.

**Upgrade to the contouring Lotion to help firm skin and reduce the appearance of cellulite for \$20.*

The Grand Eminence Manicure

50 minutes \$75 / with OPI Gel Lacquer \$85

The ultimate in hydration, this manicure revitalizes your skin and stimulates your senses. Our unique and luxurious coconut sugar scrub exfoliates your skin, leaving your hands with a healthy glow. This service concludes with our Blueberry scented body soufflé, leaving your hands soft and supple.

The Grand Gel Manicure

\$70

This dry manicure includes hand filing off current gel polish, softening, pushing and trimming of the cuticles, filing and shaping of your nails and a light massage with heated oil. Finish with your choice of OPI Gel Lacquer.

The Express Manicure

25 minutes \$50

Cleansing soak, nail and cuticle shaping and OPI lacquer. This service is designed to keep your manicure fresh between salon visits. No Gel Lacquer Upgrade.

Children's Manicure 20 minutes

\$35

Children's manicure are for our guests ages 6–11. Cleansing soak, nail and cuticle shaping and OPI lacquer. Perfect for birthdays, after sports events, or simply just because.

The Grand Eminence Pedicure

50 minutes \$85 | with OPI Gel Lacquer \$95

The ultimate in hydration, this pedicure revitalizes your skin and stimulates your senses. Our unique and luxurious coconut sugar scrub exfoliates your skin, leaving your

hands with a healthy glow. This service concludes with our Blueberry scented body soufflé, leaving your hands soft and supple.

The Express Pedicure

25 minutes \$60

Cleansing soak, nail and cuticle shaping and OPI lacquer. This service is designed to keep your pedicure fresh between salon visits. No Gel Lacquer upgrade.

Children's Pedicure

20 minutes \$45

Children's pedicure are for our guests ages 6–11. Cleansing soak, nail and cuticle shaping and OPI lacquer. Perfect for birthdays, after sports events, or simply just because.

Lacquer Change \$25

Select from an array of standard polish colors.

**Nail upgrades are not available with Lacquer change service.*

Nail Service Add-On

- CBD \$40
- Hand or Foot Paraffin \$25
- Contour Cream \$20
- Rosehip & Lemongrass Repair Balm \$20
- French Upgrade \$10
- Gel Polish \$10
- Honey Heel Glaze \$10

**Express Service cannot be done with Gels or Acrylics.*

**Guest may not book Nail add-ons as a standalone service. All Nail upgrades are not an addition of time and are done during the duration of the scheduled Nail services. Guest must book a minimum Express Manicure or Express Pedicure to add a Nail add-on.*

**All Nail services are done for natural nails only and include your choice of standard OPI nail polish. Gel polish application and removal require a minimum 50 minute service each and may not be done with any Express service. We are unable to accommodate nails that have Dipped Gel, Hard Gel, Powder Gel or Acrylics. Guests are subject to the late cancellation policy if service is not able to be performed due to having Dipped Gel, Hard Gel, Powder Gel, Acrylics, or booked as an express service.*



Hair Salon Services

We consider texture, growth pattern, hairline, and bone structure when designing the style you wish for. Hair service prices are based on length and thickness of hair, level of style or design requested, time of processing required, and products used.

Special Occasion Style | Starting at \$115

Weddings, Up–do, Prom.

Express Blowout 45 minutes

Short \$45 | Medium \$55 | Long \$65

Includes Shampoo and Blow dry style.

Grand Blowout 60–80 minutes

Short \$55 | Medium \$65 | Long \$75

Includes shampoo and blow dry style, finished with a thermal tool.

Olaplex Treatment & Blowout

90 minutes | Short \$100 | Medium \$125 | Long \$150

Olaplex is a three–step process that aims to repair and prevent damage. It works on a molecular level by restoring the hair's broken bonds which can result from bleaching, coloring, and heat. This amazing treatment will breathe new life into your hair. This treatment also works as a pre–treatment for when you are planning a drastic color change. This treatment is followed with a blow dry style and finished with a thermal tool. This treatment is great for all hair types.

Women's Haircut

60 minutes \$85 | 80 minutes \$95

Includes trim, layers and straight cuts. Also includes shampoo and blow dry style.

Women's Precision Haircut 90 minutes | \$80

Includes drastic changes; angled, asymmetrical, semi symmetrical, bobs and a–lines. Also includes shampoo and blow dry style.

Gentlemen's Cut 30 minutes | \$50

Kid's Cut Ages 2–7 30 minutes | \$30

Trim, layers, straight or clipper cuts.

**Children must be able to sit still without parent.*

Just a Trim, Bangs or Beard 15 minutes \$20

Single or Double French/Dutch Braids 30 minutes \$40

Thermal Tool Style add–on \$20

Additional Service Time 15 minutes \$15

Color Services

- **Color Retouch & Refresh** – starting at \$80: Color retouch, colors the new growth of color treated hair, that is pulled through to the ends to refresh hair color (this does not include bleaching services).
- **Full Color Application** – starting at \$85: this is an all over application of one color.
- **Additional Color** – \$30
- **Color correction** – starting at \$250 per hour. Consultation required.

High Light/Low Light Services

- **Area High Light** – starting at \$130: This is 7 to 10 Foils.
- **Partial High/Low Light** – starting at \$160: This process foils the crown of the head forward.
- **Full High/Low Light** – starting at \$200: This process foils through the whole head.
- **Dimensional (up to 3 colors)** – starting at \$170: This is a layered process, either bleach or color or both to create depth and dimension.
- **Balayage/Ombre** – starting at \$200: This is a lightening/brightening of hair with melted roots.
- **Shades EQ Gloss Treatment** – \$65: This an all over high shine semi–permanent color treatment.
- **Specialty Colors** – starting at \$150: These are any faction semi–permanent colors (Blue, Green, Pink, Yellow, Orange, Rainbow, Melts). The starting cost is for basic 7 to 10 foils of highlights then the application of selected color. More in depth processes will be discussed with guest before beginning services and charged accordingly.

**All prices listed may increase due to the amount of work our stylist must perform.*

**Color Correction requires a 30 minute consultation prior to full service being performed. Consultation fee of \$30 will be applied the day of consultation. After full service has been performed, a credit of \$30 will be applied to the final bill.*

