



spa

AT GRAND SIERRA RESORT

Daily Hours of Operation

Spa & Salon

Open daily until 6pm.

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 The Spa environment is one of tranquility and relaxation. Please respect the privacy of other guests by speaking in a soft voice or simply enjoying the quiet. 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 including electronic/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 the 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 15-minutes prior to your scheduled appointment so you will have time to fill out our intake form. Arriving late may reduce your treatment time. Your treatment begins and ends on time, and full charges 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 for their service are taken to their service room where they may dress down. Guests are provided with a robe and locker after their service if needed. Swimsuits are available for purchase in our retail boutique.

Healthy Communication

At your reservation, please inform The Spa Concierge if you are pregnant, have allergies, disabilities, had recent surgeries, or any other conditions of which we should be made aware. Receiving treatments while ill (with a cold or flu, for example) may exacerbate and accelerate your symptoms and may also 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, and that of other guests and staff, if intoxication is detected, services will be cancelled. Management, technicians, and staff will refuse service to anyone who is intoxicated. If this occurs, a late cancellation fee will also be applied.

Rescheduling/Cancellations

We value your business and respectfully ask that you give the Spa at least 4 business hours notice if you must cancel an appointment. The full service(s) cost will be charged for any late cancellations or no-show appointments.

Gratuities

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

Minimum Age Requirement

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

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.*

Massage Therapies

Hot Arnica Wrap

80-minutes \$220

Bask in ultimate pain-relieving relaxation with our Hot Arnica wrap. Hot arnica is an exquisite remedy for tired, sore muscles. Arnica oil encourages healthy circulation and relieves pain, reduces swelling and bruising. This wrap concludes with a full-body massage.

The Cups Massage

80-minutes \$215

Enjoy an ancient and holistic approach to wellness. Our Cups massage is a specialty type of deep-tissue massage using small cups to create counter-pressure, working into deep muscle and fascia and encouraging tissues to release toxins. This massage boosts focused blood flow which aids in pain relief, inflammation, and relaxation.

The Sacred Drops Massage

50-minutes \$185 / 80-minutes \$220

Indulge in our exquisite Sacred Drops massage, where an artful blend of authentic essential oils meets targeted massage techniques. This harmonizing and rejuvenating experience culminates with a soothing peppermint-infused reflexology foot massage. Rediscover balance and alignment in both your body and mind.

The Sierra Sage Massage

50-minutes \$180 / 80-minutes \$220

Enjoy a classic Swedish massage with the added benefit of dry brushing for exfoliation and increased circulation.

Forgotten Limbs

50-minutes \$175 / 80-minutes \$215

Restore your body from crown to sole. This treatment combines a 25-minute scalp massage, a 25-minute hand scrub and massage, and ending with a 25-minute foot scrub and massage. Pamper, hydrate, and restore these often-neglected areas.

Relaxing GRN Massage

80-minutes \$220

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

The Stones*

80-minutes \$200

Using 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, increase blood flow, reduce stress and anxiety, and promoting healthier sleep. Himalayan salt stones contain 84 naturally occurring minerals which 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. This massage incorporates passive and active stretching techniques, targeting areas of high impact and muscle strain. Hot stones utilized in this treatment help ease the tension of tight muscles followed with Biofreeze for continued pain relief long after your massage is over. Our 50-minute treatment is recommended for 1-2 targeted areas such as back and shoulders while our 80-minute treatment allows time for full body relief.

The Deep Tissue

50-minutes \$175 / 80-minutes \$215

Eliminate the body's toxins with dynamic kneading and stroking techniques developed to relieve stress and muscle tension, 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 \$160 / 80-minutes \$200

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

The Prenatal

50-minutes \$160 / 80-minutes \$200

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

The Grand Foot Treatment

25-minutes \$95 / 50-minutes \$140

Relax and enjoy this soothing foot treatment. A sugar scrub is applied to your feet and calves exfoliating your skin to a healthy glow, followed by a rich massage soufflé, to melt 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 Sample

25-minutes \$95

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

Massage Treatment Add-Ons*

- **Arnica Oil \$25**
- **Arnica Scalp Massage \$25**
- **Biofreeze \$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** – Four 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 \$25** – Full body dry brushing to improve lymphatic drainage
- **GRN \$50** – GRN elevates and relaxes the nervous system, offers relief from aches, pains, sore muscles, arthritis and inflammation
- **Cups Add-on \$45**

**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.*

Spa Packages

Love in the Sierra Couples Package

50-minutes \$300 / 80-minutes \$400

Features either the Grand Signature or Deep Tissue massage for 50 or 80-minutes.

Couples Releaf Package

80-minutes \$400

Includes two 80-minute GRN massages.

Birthday Package

\$210

Grand Eminence Pedicure and the Sierra Sage massage (both are 50-minute treatments).

Mama Bear Package

\$200

Prenatal massage and a Grand Eminence pedicure (both are 50-minute treatments).

Spa Releaf Package

\$500

80-minute GRN massage, 80-minute GRN facial, and 50-minute GRN pedicure.

The Grand Getaway

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.
- One 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 Eminence Custom facial 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)

- Hot Arnica Wrap 80-minutes
- Desert Glow 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.

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 esthetician. 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 is a non-invasive, hydrating skincare treatment with instant results and no downtime. You will see visible results after just one treatment. The 75-minute Hydrafacial™ includes lymphatic drainage.

Hydrafacial™ Boosters*

- **DermaBuilder** – Smooths out fine lines and wrinkles \$40
- **Britenol** – Brightens and lightens dark spots \$40
- **ReGen GF** – Improves skin elasticity and reduces inflammation \$40
- **Murad Retinol** – Instantly plumps, minimizes wrinkles, and reduces inflammation \$50
- **NassifMD** – Intense hydration and glow for all skin types \$60

- **Protec-Plus** – Calms, hydrates and plumps fine lines and wrinkles \$60
- **Epicutis** – Reduces the appearance of wrinkles on the face and neck. \$80

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

Hot Arnica Wrap and Facial

80-minutes \$220

Rejuvenate with our Hot Arnica wrap and facial. Hot arnica is an exquisite remedy for tired, sore muscles. Arnica oil encourages healthy circulation and relieves pain, reduces swelling and bruising. This wrap concludes with a 25-minute Eminence custom facial.

Calming GRN Custom Facial

50-minutes \$190 / 80-minutes \$230

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 GRN facial oil and GRN 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.

Desert Glow Facial

50-minutes \$190 / 80-minutes \$230

Our Desert Glow facial is a comprehensive solution for addressing a wide range of skin concerns. The combination of the Cleopatra LED Light Mask, Gua Sha and high frequency offers a luxurious and effective experience tailored to your individual skin needs. High frequency only offered on the 80-minutes Desert Glow facial.

Sierra Hot Stone Facial

50-minutes \$155 / 80-minutes \$200

This skincare treatment uses heated stones to massage the face. This practice increases blood circulation, relaxes the muscles, and opens pores. The heat helps to release toxins and impurities from the skin while allowing the skin to receive much needed nutrients.

New Skin for Men

50-minutes \$160

Our skin treatment includes a deep cleansing exfoliation, extractions and moisturizing that are customized to your specific skin type and needs. When you finish with this facial you will feel like a new man!

New Skin for Men with Beard Treatment

50-minutes \$170

This specialized skincare treatment is designed to cleanse, exfoliate and nourish the facial skin and beard. This service addresses skin concerns such as ingrown hairs, razor bumps and excessive oily/dry skin while balancing skin health and a nicely groomed beard.

Dermaplane Facial

50-minutes \$185 / 80-minutes \$235

This minimally invasive treatment exfoliates the skin by removing the top layer of skin and fine facial hair. This treatment improves skin texture and tone, reduces the appearance of acne scars, helps products penetrate deeper into the skin and aids in a more even makeup application.

Bright Diamond Dermabrasion

50-minutes \$300 / 80-minutes \$350

Microdermabrasion can make the skin look and feel smoother and more youthful. It can help reduce the appearance of age spots, blackheads, enlarged pores, fine lines, wrinkles, acne scars, stimulate collagen production, which can help make skin firmer and help your products absorb up to 20 times more deeply.

High Frequency Facial

50-minutes \$175 / 80-minutes \$210

The skin treatment uses a glass electrode that emits a mild current to stimulate the skin's natural healing process. This is a perfect treatment for acne prone skin as it kills bacteria and promotes collagen production that results in a clearer and smoother complexion.

Eminence 25-, 50- and 80-minute Custom Facial

25-minutes \$95 / 50-minutes \$165 / 80-minutes \$205

Invigorate the senses with an individualized treatment custom-designed in your initial consultation with your esthetician. Create a personalized treatment with targeted fruit-based cleansers, exfoliants, and a healing plant masque. This facial delivers active ingredients directly to the epidermis, and releases the infused nutrient-rich elements into deeper layers of the skin. The therapeutic harmony of these products works to balance and hydrate, revealing a softer, more radiant complexion. Enjoy the anti-aging benefits and repair any environmental damage your skin has suffered.

**25-minute facials do not include extractions.*

Teen Facial

20-minutes \$60

Teen Facial is perfect for our guests ages 12-17. This is an individualized treatment designed specifically to address teen concerns. With a personalized combination of targeted

fruit-based cleansers, exfoliants, and a healing plant masque, this facial delivers active ingredients directly to the epidermis, and the infused nutrient rich elements penetrate into deeper layers of the skin. The therapeutic harmony of these products balance and hydrate the skin, delivering a softer, more radiant complexion.

**20-minute facials do not include extractions.*

Aesthetic Services Add-Ons

- HydraFacial Neck & Décolleté \$80
- HydraFacial Eye Perk Treatment \$50
- HydraFacial Lip Perk Treatment \$25
- Farmhouse Fresh Lip Scrub & Balm \$10
- GRN† \$50
- LED Eye Treatment add-on \$40
- Hot Stones \$20
- Cold Globe \$20

Waxing Services

All waxing service prices are starting prices.

- Lip, Brow or Chin \$30
- Full Face \$70 – Men's beards, necks 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 \$35

Nail Salon Services

Rejuvenating GRN Pedicure

50-minutes \$125* / 80-minutes \$150**

Revitalize and rejuvenate your tired aching feet with this ultimate relaxation pedicure featuring Simple Jane's On The Mend GRN† foot soak, body scrub and recovery oil. Start with our On The Mend GRN† foot soak and scrub. Once the skin is resurfaced, experience a relaxing foot and leg massage with our On The Mend GRN† body recovery oil leaving your feet feeling softer, younger and refreshed.

**50-minute service does not include gel or paraffin. Gel can be added at an additional cost.*

***80-minute service comes with the option of a paraffin treatment with regular lacquer OR a gel lacquer application.*

† GRN is a CBD product.



Sports Pedicure

50-minutes \$95* /80-minutes \$120**

Helps improve your foot health by increasing circulation and reducing inflammation. Our expert technicians begin with a deep cleansing, trimming and filing of the nails, cuticle clean up, exfoliation and callus removal. Then using gentle stretching and light massage, your feet and lower legs emerge feeling hydrated, stimulated and renewed.

**50-minute service does not include hot stones.*

***80-minute service includes deeper callus removal and hot stones massage*

The Mr. Pedicure

50-minutes \$90

This incredible pedicure wraps your wearied feet in hydration. Our expert technicians begin by shaping of the nails, cuticle work and callus removal. This is followed by an invigorating sugar scrub and finished with a warm oil foot and lower leg massage, leaving your feet with a healthy glow. Finish with a buff and shine or lacquer of your choice.

The Grand Eminence Manicure

50-minutes \$80 / with gel lacquer \$95

The ultimate experience in hydration, this manicure revitalizes your skin and stimulates your senses. Our unique and luxurious sugar scrub exfoliates your skin while our signature blend of hydrating body lotion and warm oil leaves your hands soft and supple.

The Mr. Manicure

50-minutes \$80

This incredible manicure wraps your hard-working hands in hydration. Our expert technicians begin by shaping of the nails and cuticle work. This is followed by an invigorating sugar scrub and finishing with a warm oil hand massage, leaving your hands beyond moisturized. Finish with a buff and shine or lacquer of your choice.

The Grand Gel Manicure

50-minutes \$80

This dry manicure includes removal of current gel lacquer, pushing and trimming of the cuticles, filing and shaping of the nails and your choice from an array of gel lacquer colors. We finish with a light warm oil hand massage.

The Express Manicure

25-minutes \$55

Cleansing soak, nail and cuticle refining and nail lacquer. This service is designed to keep your manicure fresh between salon visits. Gel lacquer removal and gel lacquer upgrade not available with this service.

Children's Manicure

20-minutes \$35

Children's manicures are for our guests ages 6-11. Cleansing soak, nail and cuticle shaping and nail lacquer.

The Grand Eminence Pedicure

50-minutes \$90 / with gel lacquer \$105

The ultimate experience in hydration, this pedicure revitalizes your skin and stimulates your senses. Our unique and luxurious sugar scrub exfoliates your skin while our signature blend of hydrating body lotion and warm oil leaves your feet soft and supple.

The Express Pedicure

25-minutes \$65

Cleansing soak, refining of the nail shape, minimal callus removal and nail lacquer. This service is designed to keep your pedicure fresh between salon visits. Gel lacquer removal and gel lacquer upgrade not available with this service.

Children's Pedicure

20-minutes \$45

Children's pedicures are for our guests ages 6-11. Cleansing soak, nail and cuticle shaping and nail lacquer.

Lacquer Change

\$25

Select from an array of nail lacquer colors.

**Does not include nail shaping or cuticle work.*

***Nail upgrades are not available with the lacquer change service.*

Nail Service Add-On

- GRN† \$50
- Hand or Foot Paraffin \$25
- Contour Cream \$20
- Rosehip & Lemongrass Repair Balm \$20
- French Upgrade \$20
- Gel Lacquer \$15
- Honey Heel Glaze \$10

**Guests 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 50-minute service to add a nail add-on. • All nail services are done for natural nails only and include your choice of standard nail lacquer. • Gel lacquer 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.*

† GRN is a CBD product.



Hair Salon Services

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

Special Occasion Style / Starting at \$125

Weddings, Up-do, Prom, etc.

Express Blowout 45-minutes

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

Includes shampoo and blow dry style.

Grand Blowout 60-80-minutes

Short \$55 / Medium \$75 / Long \$85

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 designed to repair and prevent damage. It works on a molecular level by restoring the hair's broken bonds caused by bleaching, coloring, and heat. This amazing treatment breathes 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. It is great for all hair types.

Haircut Services

Women's Haircut - 60-minutes \$85 / 80-minutes \$95

Includes trim, layering, 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 4-12)* - 30-minutes \$35

Trim, layers, straight or clipper cuts. *Children must be able to sit independently and with a parent/guardian for the duration of the service.

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

Single or Double French/Dutch Braids - 30-minutes \$35

Thermal Tool Style add-on - \$20

Additional Service Time - 15-minutes \$15

Color Services

Bleaching services are not offered.

- **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.
- **Full Color Application** – Starting at \$85. This is an all-over application of a single color.
- **Additional Color** – \$30

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

Headspa Services

Hair Bond Deep Scalp Spa

50-minutes \$135

Deep cleaning and exfoliation of the scalp without any stress on your scalp or hair. Deep scalp massage stimulates blood circulation and nourishes your roots, leaving you with a healthy scalp and hair.

Age Defying Scalp Treatment

50-minutes \$145

Hydrates your scalp while strengthening and repairing damaged hair follicles.

Dry Scalp Care

50-minutes \$120

Specifically designed to address the needs of a dry and flakey scalp. Soothes and relieves irritation, dryness, and itchiness. It works to prevent thinning hair as well.

Oily Scalp Care

50-minutes \$125

Helps to control overactive oil production, eliminate odor, and revive hair.

Relaxation Treatment

50-minutes \$120

Deep exfoliation unclogs follicles to promote healthy hair growth. Designed to prevent thinning hair and hair loss. Periodic treatment is recommended.

Headspa Service Add-On

- Headspa Mini Facial - 10-minutes \$40
- Blowout - 30-minutes \$65

