



RELÂCHE
— SPA —

TAKE A JOURNEY THAT IGNITES THE SENSES
AND SOOTHES THE SOUL. NESTLED WITHIN THE
BEAUTIFUL BOTANICAL GARDENS OF GAYLORD
HOTELS, YOU'LL DISCOVER THE TRUE ESSENCE
OF RELAXATION, RELÂCHE SPA.

Experience the freedom of the present moment when you let go of your cares and immerse yourself in our exclusive treatments and therapies, infused with natural elements from the garden and delivered with flawless professionalism.

The core of our philosophy lies in our name, "Relâche," which comes from the French word meaning "to take a break." We believe in the power of physical de-stressing to calm and relax the mind. Relâche Spa is the perfect place to lose yourself in the moment and find your center again.

RELACHESPA.COM



GAYLORD NATIONAL RESORT

MASSAGE THERAPIES

SOOTHING STONE MASSAGE

Loosen up your tense muscles and completely unwind! Warmed basalt stones are used in combination with Swedish massage techniques on the body to release tension, restore balance and increase positive energy flow. The stones are used to gently encourage sore muscles to relax and surrender as circulation increases, bringing a sense of well being and harmony.

RELÂCHE SPA DESTRESS MASSAGE

The Customized Touch Destress Massage awakens the senses through touch and aroma. This deeply relaxing synergy soothes the mind, melts tension and harmonizes the body. This oil is blended by an expert; experience the power of real Aromatherapy, with hand selected pure essential oils of Rosewood, Melissa, Marjoram, Geranium, Rosemary, Lavender and Chamomile.

RELÂCHE SPA MUSCLELEASE DEEP TISSUE MASSAGE

“Welcome touch” breathing and inhalation introduces this massage. Using a warming blend of Rosemary and Maritime Pine to alleviate stress, ease aching muscles and revive the senses with this powerful, customized massage to target individual needs and reduce specific stress and muscle tension.

RELÂCHE SPA HOT MINERAL BODY BOOST

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed with a restorative massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic-balancing and energizing wellness.

MUSCLELEASE WARMING OCEAN WRAP & MASSAGE

This seaweed wrap and massage treatment helps to loosen muscle tension and relax deep muscles. Combining the richest of sea plants and marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of essential oils including Lavender, Clary Sage, Rosemary and Thyme is applied to targeted areas of the body. The treatment is completed with a full body massage.

MOTHER-TO-BE MASSAGE

Our therapists take careful consideration to relax and ease the tension a mother-to-be might be feeling. A complete body massage, using specific prenatal techniques to help relax, increase circulation, alleviate tired muscles and reduce excess water retention.

This service is only performed after the first trimester.

SIDE BY SIDE HARMONY MASSAGE

Experience a special treat in our duo therapy treatment room. This perfect spa journey can be shared with that special someone, or a friend, allowing you to share unforgettable memories side-by-side! Choose your massage from the menu and experience it in your own secluded spa haven.

*Not all spa services are available in the Couple's Suite.
Subject to limited availability.*

SPECIALTY MASSAGES

SOOTHE THE SOLE

Lift your spirits and delight your soles with this stimulating foot treatment. Revive your tired feet from countless hours on the move. This experience is great as an add-on to any massage treatment.

LAVENDER DREAM CATCHER

Relax, unwind and discover a haven of peace with this tranquilizing body treatment. After a heated lavender oil massage, your therapist will place an herbal heat pack over your abdomen and then you will be wrapped in a blanket to soak in its soothing benefits. During your wrap you will enjoy a scalp, neck and shoulder massage. Sweet dreams!

For the experienced spa goer! Indulge in one of our unique specialty massages that are therapeutic to the mind, body and spirit. Inquire with our Spa Concierge for availability of these treatments.

SPORTS RELIEF

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 for future injury.

ASHIATSU ORIENTAL MASSAGE

Our expert therapists use their feet for a deep compressive massage which provides relaxation and stimulates the lymphatic system of the body.

LOMI LOMI MASSAGE

Let the comforting, deep flowing strokes of Hawaiian-inspired Lomi Lomi massage carry you away. The wave-like motion will melt away your tension and worries.

BAMBOO FUSION MASSAGE

Heated bamboo shoots of varying sizes are used to glide deeply across the body, to relax soreness and promote mental and physical well-being.

SKIN RENEWAL FACIAL THERAPIES

Relâche Spa specializes in facial therapies that target all skincare needs and concerns with an experience of total relaxation. Each facial includes a careful analysis and consultation of your skin, followed by a thorough cleanse, exfoliation, extractions (if needed), and a customized treatment mask and moisturizer. A detailed facial massage exercises facial muscles to tone and firm all skin types. Your hands, arms and décolleté will be pampered to perfection.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Clinically proven* to target the signs of aging and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS SUPERFOOD PRO-RADIANCE

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, color-corrected and illuminated complexion.

ELEMIS SENSITIVE SKIN SOOTHER

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS ANTI-BLEMISH MATTIFY AND CALM

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

GENTLEMEN'S HOT TOWEL FACIAL

A rejuvenating experience customized for the specific needs of men's skin. Our invigorating and deep cleansing skin conditioning treatment relieves skin stressed by daily shaving and pollution, improving its vitality and appearance. We recommend shaving two hours prior to treatment.

RELÂCHE SIGNATURE PRO COLLAGEN FACIAL

Smooth fine lines and wrinkles with the age-defying benefits of Padina Pavonica, a unique Mediterranean algae clinically proven to increase moisture, firmness and elasticity of the skin. ELEMIS relaxing facial massage stimulates optimum cellular function for nourished, vibrant and younger looking skin. This anti-aging treatment offers two professional strength masks, rich in Hyaluronic Acid and the hero ingredients from the ELEMIS Pro-Collagen Age Defy Range.

**Independent clinical trials*

BIOTEC THERAPIES

ELEMIS BIOTEC LINE ERASER

Target wrinkles and energize the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

ELEMIS BIOTEC RADIANCE RENEW

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

ELEMIS BIOTEC SENSITIVE SKIN SOOTHER

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

ELEMIS BIOTEC SKIN RESURFACER

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

ELEMIS BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with this groundbreaking blend of Microcurrent & Galvanic technology with Lymphatic drainage massage. The end result is a detoxified skin that is stronger and visibly firmer leaving a more contoured and youthful complexion.

HYDRAFACIAL

The HydraFacial resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extractions and hydration, including Vortex-Fusion® of antioxidants, peptides and hyaluronic acid. The HydraFacial is a non-invasive, non-surgical procedure that delivers instant results. These treatments are soothing, refreshing, non-irritating and immediately effective.

BOOSTER FACIAL

SIGNATURE HYDRAFACIAL

DELUXE HYDRAFACIAL



HAND & FOOT THERAPIES

ULTIMATE INDULGENCE PEDICURE

This heavenly Elemis foot treatment, is like no other. A true recipe to soothe your “soles” beginning with our exclusive welcome touch relaxation techniques. Beyond the traditional pedicure steps like nail shaping, polish, cuticle care and dry skin removal, this deluxe tension reliever will banish all signs of stress from your feet and lower legs. From being bathed in our nourishing milk bath, smoothed with an exotic scrub and massaged with warm drizzled oils, your hard-working aching legs and feet will receive divine care and attention! This supreme foot treatment is like no other. Ready to walk a hundred miles? You will be after you’ve experienced the Ultimate Indulgence Pedicure!

ULTIMATE INDULGENCE MANICURE

This sumptuous “facial for the hands” will go way beyond your expectations. Your journey begins with our unwinding welcome touch techniques to calm your psyche and soothe your senses. This is followed by our luxurious botanical oil and exotic frangipani scrub that leaves hands feeling softer than velvet. Beyond taking care of your nail shaping, cuticles and polish we’ll transport you with our deeply relaxing and therapeutic hand and arm massage that relieves modern aches and pain like texter’s thumb and mouse hand. Our aromatic rose balm will transport you to a garden of roses and our trio of beautiful rose oils will nourish, hydrate and repair. Say hello to your Instagram-worthy new hands and nails!

ISLAND ESCAPE PEDICURE ROYAL

Treat yourself to the ultimate pedicure. This treatment includes a coconut milk bath soak and hand massage, followed by a sugar scrub, warm mask, hot towels infused with essential oils, softening body butter, massage oil with extended massage, paraffin treatment for hands or feet and a scalp massage; all served with a glass of champagne!

BODY THERAPIES

Relâche Spa offers body therapies designed to complement your own individual skin care needs. Allow us to pamper you from head to toe.

TROPICAL ISLAND GLOW

Relax and enjoy as warm milk from the coconut is gently applied onto the skin, followed by a full body exfoliation with pure coconut infused sugar cane scrub ridding the body of any dry skin. Warm coconut oil is then applied onto the skin revealing the most hydrated, replenished skin.

ELEMIS BODY NECTAR NOURISHING WRAP – FRANGIPANI

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS THOUSAND FLOWER DETOX WRAP

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

HAIR REMOVAL

- Back Wax
- Chest Wax
- Chin Wax
- Forearm Wax
- Full Arm Wax
- Full Leg Wax
- Lip Wax
- Brow Wax
- Underarm Wax
- Bikini or Brazilian Wax
- Eyebrow Tweezing

SPA PACKAGES

CREATE YOUR OWN PACKAGE

Receive a 15% discount by creating your own package of three or more 50 or 80-minute services on the same day (same guest).

Most Spa packages include the use of our steam room, sauna, locker rooms and a variety of amenities, including access to our coed Riverview Relaxation Lounge. We provide robes, sandals, complimentary beverages and fruit in the lounge during your experience.





SALON SERVICES

HAND & FOOT THERAPIES

- Classique Manicure
- Classique Pedicure
- On-the-Go Pedicure
- Shellac Manicure
- Men's Sports Pedicure
- Ultimate Indulgence Manicure
- Ultimate Indulgence Pedicure
- Island Escape Pedicure Royal
- Hand Conditioning Treatment
- Sole Rejuvenation

MAKE-UP SERVICES

- Special Occasion Make-Up
- Bridal Trial (*Brides Only*)
- Make Up Refresh
- Eyes Only
- Eyelash Enhancement (*Strip Only*)

HAIRSTYLING

- Gentlemen's Designer Hair Cut
- Women's Designer Hair Cut & Style
- Women's Shampoo & Style
- Special Occasion Style
- Bridal Style
- Bridal Trial (*Brides Only*)
- Full Highlights
- Partial Highlights
- Single Process Hair Color
- Root Touch-Up
- Style Only
- Corrective Color
- Hair Piece or Extension

CHILDREN'S SERVICES

For our guests 5 to 10 years old.

- Wiggle Worm Hair Cut (*Under 5*)
- Prince Hair Cut & Style
- Princess Hair Cut & Style
- Princess Shampoo & Style
- Princess Up-Do
- Princess/Prince Manicure
- Princess/Prince Pedicure
- Make-Up 101

MENU of SERVICES

MASSAGE THERAPIES

	○	●
Relache Spa Destress Massage ... 25 min	\$80	\$90
..... 50 min	\$155	\$165
..... 80 min	\$210	\$220
Relache Spa Musclelease Deep Tissue Massage		
..... 50 min	\$160	\$170
..... 80 min	\$220	\$230
Relache Spa Hot Mineral Body Boost		
..... 80 min	\$210	\$220
Musclelease Warming Ocean Wrap and Massage		
..... 80 min	\$210	\$220
Soothing Stone Massage..... 80 min	\$245	\$255
Mother-To-Be Massage..... 50 min	\$150	\$160

*Must be past first trimester

Dream Catcher Lavender Massage 50 min	\$160	\$170
..... 80 min	\$210	\$220
Couples Massage..... 50 min	\$320	\$340
..... 80 min	\$450	\$470
Soothe The Sole..... 25 min	\$80	\$90

SPECIALTY MESSAGES

	○	●
Ashiatsu Oriental Massage 50 min	\$150	\$160
..... 80 min	\$210	\$220
Sports Relief..... 50 min	\$150	\$160
..... 80 min	\$210	\$220
Lomi Lomi Massage 50 min	\$150	\$160
..... 80 min	\$210	\$220
Bamboo Fusion Massage..... 50 min	\$150	\$160
..... 80 min	\$210	\$220

BODY THERAPIES

	○	●
ELEMIS Thousand Flower Detox Wrap		
..... 50 min	\$175	\$185
ELEMIS Body Nectar Nourishing Wrap		
..... 50 min	\$175	\$185
Tropical Island Glow..... 50 min	\$155	\$165

SKIN RENEWAL THERAPIES

	○	●
Express Facial..... 25 min	\$100	\$110
Gentlemen's Hot Towel Facial 50 min	\$150	\$160
Relache Spa Pro-Collagen Signature Facial		
..... 50 min	\$165	\$175
..... 80 min	\$215	\$225
ELEMIS Dynamic Resurfacing Precision Peel		
..... 50 min	\$160	\$170
..... 80 min	\$215	\$225
ELEMIS Superfood Pro-Radiance. 50 min	\$160	\$170
ELEMIS Sensitive Skin Soother 50 min	\$160	\$170
ELEMIS Anti- Blemish Mattify and Calm		
..... 50 min	\$160	\$170
ELEMIS White Brightening Pigment Perfector		
..... 50 min	\$160	\$170

SKIN RENEWAL THERAPIES: ELEMIS BIOTEC

	○	●
ELEMIS BIOTEC Line Eraser..... 25 min	\$120	\$130
..... 50 min	\$185	\$195
..... 80 min	\$245	\$255
ELEMIS BIOTEC Sensitive Skin Soother		
..... 25 min	\$110	\$125
..... 50 min	\$175	\$185
..... 80 min	\$225	\$235
ELEMIS BIOTEC Skin Resurfacer . 25 min	\$110	\$120
..... 50 min	\$175	\$185
..... 80 min	\$225	\$235
ELEMIS BIOTEC Radiance Renew 25 min	\$110	\$120
..... 50 min	\$175	\$185
..... 80 min	\$225	\$235
ELEMIS BIOTEC Firm-a-Lift..... 25 min	\$110	\$120
..... 50 min	\$175	\$185
..... 80 min	\$225	\$235

○ Monday – Thursday ● Friday – Sunday

SKIN RENEWAL THERAPIES:

HYDRAFACIAL

		○	●
Express HydraFacial.....	25 min	\$140	\$150
HydraFacial.....	50 min	\$200	\$210
Deluxe HydraFacial.....	80 min	\$275	\$285

HAIR REMOVAL

Back or Chest Wax.....		\$85	
Chin Wax.....		\$25	
Forearm Wax.....		\$40	
Full Arm Wax.....		\$65	
Full Leg Wax.....		\$105	
Half Leg Wax (Includes the Knee).....		\$65	
Lip Wax.....		\$25	
Brow Wax.....		\$25	
Underarm Wax.....		\$30	
Bikini Wax.....		\$45	
Brazilian Wax.....		\$85	
Eyebrow Tweezing.....		\$35	

MAKE-UP SERVICES

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Special Occasion Make-Up.....		\$115	\$125
Bridal Trial (Brides Only).....		\$95	\$100
Make Up Refresh.....		\$60	\$70
Eyes Only.....		\$45	\$50
Eyelash Enhancement (Strip Only).....		\$35	\$40

HAND & FOOT THERAPIES

		○	●
Classique Manicure.....	25 min	\$45	\$50
Classique Pedicure.....	50 min	\$70	\$75
On-the-Go Pedicure.....	25 min	\$50	\$55
Shellac Manicure.....	50 min	\$75	\$80
Men's Sports Pedicure.....	50 min	\$90	\$100
Ultimate Indulgence Manicure.....	50 min	\$65	\$70
Ultimate Indulgence Pedicure.....	80 min	\$110	\$120

Hand & Foot Therapies Continued

Island Escape Pedicure Royal.....	80 min	\$135	\$145
Hand Conditioning Treatment.....	25 min	\$45	\$50
Sole Rejuvenation.....	25 min	\$65	\$75

HAIRSTYLING

		○	●
Gentlemen's Designer Hair Cut.....	from	\$40	\$45
Women's Designer Hair Cut & Style.....	from	\$75	\$80
Women's Shampoo & Style.....	from	\$55+	Varies
Special Occasion Style.....	from	\$105	\$115
Bridal Style.....	from	\$150	\$160
Bridal Trial (brides only).....		\$95	\$100
Full Highlights*.....	from	\$185	\$195
Partial Highlights*.....	from	\$145	\$155
Single Process Hair Color.....	from	\$140	\$140
Root Touch-Up.....	from	\$100	\$100
Style Only.....	from	\$55	Varies
Corrective Color.....		Price	Varies
Hair Piece or Extension.....		Price	Varies

*Chemical services include a blowout.

CHILDREN'S SERVICES

For our guests 5 to 10 years old:

		○	●
Wiggle Worm Hair Cut (Under 5).....		\$20	\$25
Prince Hair Cut & Style.....		\$25	\$30
Princess Hair Cut & Style.....		\$45	\$50
Princess Shampoo & Style.....		\$35	\$40
Princess Up-Do.....		\$55	\$60
Princess/Prince Manicure.....	25 min	\$35	\$35
Princess/Prince Pedicure.....	25 min	\$40	\$45
Make-Up 101.....	20 min	\$40	\$50

GENERAL INFORMATION

WHAT IS THE CANCELLATION POLICY?

Please notify our Spa reservation team six hours before your scheduled appointment to avoid being charged the full value of the service. If, within six hours of your appointment, you need to reschedule, there will be an additional \$35 fee. Cancellations of packages require 24-hour notice. We will attempt to resell the appointment to prevent charge to your account. A credit card number is required to guarantee services at the time of booking.

SHOULD I MAKE A RESERVATION?

Reservations are recommended and are subject to availability. Requests for a male or female therapist can be made but are not guaranteed.

WHEN SHOULD I ARRIVE?

Please arrive 30 minutes prior to your treatment to allow time to enjoy our facilities and prepare for your treatment. *Robes and slippers are provided for your spa service and comfort.

WHAT IF I AM LATE FOR MY APPOINTMENT?

Arriving late will shorten the time of your treatment. The full value of your treatment will be applied.

DAY PASS GUEST

Hotel guests may enjoy full access to our Spa facilities for a charge of \$35 per day per guest. Local guests may enjoy full access to our Spa facilities for a charge of \$40 per day per guest.

*Day pass offerings are only available Monday-Friday

COURTESY

*While enjoying Relache Spa treatments and facilities, we kindly ask that you enjoy quiet conversation and refrain from using cell phones and other electronic devices to ensure complete privacy for you and other guests.

SPA PACKAGES

Receive a 15% discount by creating your own package of three or more 50 or 80 minute services on the same day (same guest)!

Most services include use of our steam room, sauna, locker rooms and a variety of amenities, including access to our coed Riverview Relaxation Lounge. We provide robes, sandals, complimentary beverages and fruit in the lounge during your experience.

*No outside food or drink is permitted.

SERVICE CHARGE

For your convenience, a 20% service charge will be added to all Spa services.

HOURS OF OPERATION

Monday - Friday 10:00 am – 8:00 pm
Saturday..... 9:00 am – 9:00 pm
Sunday..... 10:00 am – 6:00 pm
subject to change

For a complete list of General Information and Frequently Asked Questions, visit RelacheSpa.com.



RELÂCHE
— SPA —

GAYLORD NATIONAL RESORT



Relache Spa Menu Enhancements

FACIAL ENHANCEMENTS

Knesko Collagen Face Mask.....	\$65
Knesko Collagen Décolleté Mask	\$45
Knesko Collagen Neck Mask.....	\$30
Knesko Lip Treatment	\$25
Hydrafacial LED Light (<i>Hydrafacial only</i>).....	\$30
Hydrafacial Décolleté (<i>Hydrafacial only</i>).....	\$30
Hydrafacial Derma Builder (<i>Hydrafacial only</i>).....	\$40
Hydrafacial Lip Treatment (<i>Hydrafacial only</i>).....	\$30
Hydrafacial Lymphatic Drainage (<i>Hydrafacial only</i>).....	\$30
Hydrafacial Hand Exfoliator (<i>Hydrafacial only</i>).....	\$30
Polishing Hand Exfoliation.....	\$20
Shelley's Honey Heel Glaze	\$20
Deep Exfoliation (<i>Facials Only</i>).....	\$40
Eye and Lip Treatment (<i>Facials Only</i>).....	\$40
Microcurrent Brow Lift	\$25
Microcurrent Face Lift	\$65

ELEMIS BIOTEC TREATMENT ENHANCEMENTS

ELEMIS BIOTEC Eye Treatment	25 min \$60
ELEMIS BIOTEC Neck Treatment	25 min \$80

HAIR ENHANCEMENTS

Restore and Repair Moroccan oil Treatment	\$20
Hydrating Hair Mask	\$20
Relaxing Scalp Treatment	\$20
Extended Scalp Massage	\$10

TREATMENT ENHANCEMENTS

Relaxing Scalp Treatment	\$20
Hydrating Hair Mask.....	\$20
Polishing Hand or Foot Therapy	\$20
Ultimate Smoothing Back Therapy	\$20
Warm Stones.....	\$20
Shelley's Honey Heel Glaze	\$20
Full Body Dry Brush Exfoliation	\$20
Paraffin Treatment (<i>Hands or Feet</i>)	\$25
Knesko Eye Mask.....	\$25
Muscle Relief Yoga Balm.....	\$35

NAIL ENHANCEMENTS

Paraffin Treatment (<i>Hands or Feet</i>)	\$25
Mint Cooling Mask	\$20
French Polish (<i>Hands or Feet</i>)	\$15
Shellac Removal.....	\$20
Warm Stones.....	\$20
Shelley's Honey Heel Glaze	\$20
Exfoliating Hand Scrub	\$20

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