TAKE A JOURNEY THAT IGNITES THE SENSES AND SOOTHE 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
SIGNATURE THERAPIES

Experience the benefits of the indigenous plants from the regions of the Gaylord Hotels in our signature therapies. Choose from our signature blends that were customized to balance, heal, calm, or uplift the mind, body, and soul.

RELÂCHE SIGNATURE BOTANICAL BODY RITUAL
Enjoy a comforting body wrap and soothing warm oil scalp massage. This treatment finishes in a state of peaceful rest with a massage using warm healing stones. You will emerge afterwards feeling completely relaxed and restored.

RELÂCHE BOTANICAL BODY & SCALP MASSAGE
Indulge in a customized massage with warm oil drizzled on the scalp, using a blend of relaxation techniques. This rejuvenating escape for the soul reduces stress, relieves deep tension and improves your circulation.

RELÂCHE SIGNATURE BOTANICAL FACIAL
This positively stimulating facial increases circulation, plumps and firms the skin and wakes up a tired complexion. Fresh pulps of apples and grapes infuse natural fruit acids into the skin, achieving a fantastic exfoliation. The pure products stimulate circulation and detoxify the deep layers, leaving your skin glowing, toned and firm. The eyes and lips are treated for specific concerns to bring a youthful glow.

RELÂCHE SIGNATURE BOTANICAL PEDICURE
This ultimate restorative foot treatment pampers your feet with an herbal infused foot ritual customized just for you. Following warm herbal infusions to cleanse, exfoliate and hydrate your feet, you will receive an indulgent massage and mask. Your feet will emerge feeling softened, energized and renewed.

RELÂCHE SIGNATURE BOTANICAL MANICURE
This deluxe “facial for the hands” is the ultimate anti-aging treatment. An intense exfoliation and hydrating paraffin treatment help smooth fine lines, reduce the appearance of age spots and refine skin texture. Pure essential oils are massaged into hands and arms, leaving skin radiant with a more youthful appearance.

RELÂCHE SPA at GAYLORD PALMS RESORT
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.

CUSTOMIZED MASSAGE
Enjoy our classic full-body massage that encompasses all major muscle groups. Our customizable Swedish massage is perfect for reducing stress, relieving tension, easing pain and improving circulation. This massage will be light to medium pressure.

AROMATHERAPY MASSAGE
Scent has the most profound effect on the body’s five senses. Experience essential oils and therapeutic essences from plants infused with nourishing oils to promote well-being on many levels. Our specialized massage technique fuses influences from the East and West to relax, revive and renew your body.

DEEP TISSUE MASSAGE
This technique focuses on the deeper layer of muscle tissue. Chronic muscle tension is released by using slower strokes and more direct, deep pressure with friction applied across the grain of the muscles.

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.

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.

THAI MASSAGE
This graceful therapy, performed on a floor mat, is often called yoga massage. Using compression and slow rocking movements, the therapist stretches the soft tissue while balancing the body’s energy. Loose fitting clothing is required, as there is no draping involved with this service.

HYDRO-THERAPY TREATMENT
Cast away in a sea of warm water in your own private hydro-jet tub, infused with your choice of bath salts guiding you to pure relaxation. Enjoy a water pressure wand massage, as it releases tension and stimulates lymphatic drainage. Bathing suits are required for this service.

THAI MASSAGE
RELAXING SCALP TREATMENT
HYDRATING HAIR MASK
POLISHING HAND OR FOOT THERAPY
WARM STONES
DEEP EXFOLIATION
EYE & LIP TREATMENT
MICROCURRENT BROW LIFT
MICROCURRENT FACE LIFT

RELÂCHE SPA at GAYLORD PALMS RESORT
ORGANIC FACIAL
We offer a truly exquisite experience with naturally organic active products that allow you to immediately see and feel dramatic results. Let the aromas treat your senses and the ingredients bring health and beauty to the surface. Revitalize your skin with stimulating fruit acids, spices and herbs.

CUSTOMIZED FACIAL
A facial that targets all skin care concerns, leaving a bright and even complexion. Peptides and botanicals go to work strengthening and protecting the skin like never before. After one treatment, expression lines appear relaxed, skin is glowing, texture is smoother and skin is rejuvenated.

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 not shaving just prior to treatment.

ANTI-AGING FACIAL
Infuse essential proteins and nutrients into your skin with this ultimate anti-aging facial. Resurface a dull complexion with an advanced, no downtime peel and brightening mask. Even out age spots and discoloration while indulging in a luxury hand and arm microcrystal peel and firming treatment. Our microcurrent face lift will leave you looking younger and feeling your best.

ATOXALIFT THERAPY
A non-invasive alternative to surgical enhancements is an ultimate fusion of science and luxury. The Atoxelene Infusion significantly reduces the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour. You will emerge radiant and with renewed luminosity without invasive injections. Results are not only instant but also continue to improve in the following days!

OXYGEN FACIAL
The Intraceuticals Oxygen Infusion uses a synergistic combination of oxygen under pressure (Topical Hyperbaric Oxygen) and hydration factors to provide a unique and advanced facial. Vitamins, antioxidants and amino peptides provide immediate hydration, instant visible lift and reduce the appearance of fine lines and wrinkles. Immediate results are seen after just one calming, cooling Oxygen Infusion treatment. Safe for all skin types – even the most sensitive or stressed skin. Select from one of the following Infusions to target your skin’s specific needs:

- REJUVENATE: Targets fine lines, wrinkles and dramatically enhances overall hydration.
- OPULENCE: Targets uneven skin tone to brighten, soothe, and make skin look luminous.
- CLARITY: Impurities and inflammation are banished revealing calmer, clearer skin. Also available in a sensitive formula.

ATOXELENE (Oxygen Facial Enhancement)
Designed specifically to refine the forehead, soften the eye contour, and immediately plump and smooth the lips. Natural amino peptides significantly target the expression lines and increases skin firmness. Skin instantly looks smoother and firmer and feels tighter without invasive injections.

HAIR REMOVAL
- Back Wax
- Chest Wax
- Forearm Wax
- Full Arm Wax
- Full Leg Wax
- Half Leg Wax
- Lip Wax
- Brow Wax
- Underarm Wax
- Bikini Wax
Relâche Spa offers body therapies designed to complement your own individual skin care needs. Allow us to pamper you from head to toe.

LEMONGRASS BODY POLISH
This invigorating treatment begins with a luxurious hydrating hair mask, followed by an exfoliating sugar scrub. Relax in the warmth of steamed towels before skin is soothed and hydrated with our signature Green Tea and Lemongrass botanical body butter.

DETOXIFYING BODY WRAP
Be invigorated by a natural organic exfoliation with a customized aromatic scent blended to perfection. You are then enveloped and cocooned in a thin thermal mud mask, eliminating toxins and increasing circulation. To finish your experience, we will then apply a warm customized body lotion rich in antioxidants, leaving your skin luxurious and velvety smooth.

ESCAPE TO PARADISE
Sail away in a coconut milk bath to help relax the body and ease the mind. The body is exfoliated with a pineapple cream scrub to restore dry and thirsty skin. Warm body butter is applied onto the body to quench the skin’s dehydration. You are then wrapped into a cozy cocoon after hot stones are strategically placed along the body. Complete this treatment with our Fijian scalp massage.

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.

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).

SEASONAL PACKAGES
Throughout the year we offer exciting seasonal packages. Please call or stop by the Spa to learn more.

All Spa packages include the use of our rainforest showers, steam room, sauna, locker rooms and a variety of amenities, including access to our coed Tea/Relaxation Lounge. We provide robes, sandals, complimentary tea and fruit in the lounge during your experience.
HAND & FOOT THERAPIES
• Classique Manicure
• Classique Pedicure
• On-the-Go Manicure
• On-the-Go Pedicure
• Sole Rejuvenation
• Men’s Sports Pedicure
• Gel Manicure
• Gel Removal
• Polish Change
• Acrylic Nails/Full Set
• Acrylic Fills
• Acrylic Nail Repair
• Nail Removal

NAIL ENHANCEMENTS
• Paraffin Treatment (Hands or Feet)
• French Polish (Hands or Feet)
• Callus Treatment (Feet Only)
• Warm Stones (Feet Only)

MAKE-UP SERVICES
• Special Occasion Make-Up
• Eyelash Enhancements

HAIRSTYLING
• Gentlemen’s Designer Hair Cut
• Women’s Designer Hair Cut & Style
• Women’s Shampoo & Style
• Special Occasion Style
• Hair Color
• Corrective Hair Color
• Full Highlights
• Partial Highlights

CONDITIONING TREATMENTS
Add a conditioning treatment to any hair service to increase strength and shine.
• Deluxe Conditioning Ritual
• Express Conditioning

CHILDREN’S SERVICES
For our guests 5 to 10 years old we recommend the following services:
• Wiggle Worm Hair Cut (5 & Under)
• Prince Hair Cut & Style
• Princess Hair Cut & Style
• Princess Up-Do
• Princess Manicure
• Princess Pedicure
• Make-Up 101
• Young Ladies Shampoo, Cut & Style
• Young Ladies Up-Do

SALON SERVICES
# Menu of Services

## Signature Therapies
- **Signature Botanical Body Ritual** ........................................... 105 min  $280
- **Botanical Body & Scalp Massage** ........................................ 80 min  $205
- **Signature Botanical Facial** .................................................. 80 min  $195
- **Signature Botanical Pedicure** ............................................. 80 min  $90
- **Signature Botanical Manicure** ............................................ 50 min  $65

## Massage Therapies
- **Soothing Stone Massage** .................................................. 80 min  $210
- **Customized Massage** ....................................................... 50 min  $145
- **Aromatherapy Massage** .................................................... 80 min  $200
- **Mother-To-Be Massage** ..................................................... 80 min  $145
- **Deep Tissue Massage** ........................................................ 80 min  $155
- **Side by Side Harmony Massage** ......................................... 80 min  $300+
- **Soothe the Sole** ............................................................... 25 min  $75
- **Back in a Minute** ............................................................. 25 min  $75

## Specialty Massages
- **Lemongrass Ritual** ............................................................ 80 min  $195
- **Thai Massage** ................................................................. 80 min  $195
- **Bamboo Fusion Massage** .................................................... 100 min  $250
- **Hydro-Therapy Treatment** ................................................. 80 min  $195

## Body Therapies
- **Lemongrass Body Polish** ................................................... 50 min  $150

<table>
<thead>
<tr>
<th>Body Therapies Continued</th>
<th>50 min $145</th>
<th>50 min $190</th>
<th>80 min $190</th>
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<tbody>
<tr>
<td>Tropical Island Glow</td>
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<td>Detoxifying Body Wrap</td>
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<tr>
<td>Escape to Paradise</td>
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## Skin Renewal Facial Therapies
- **Organic Facial** .......................................................... 50 min  $150
- **Customized Facial** ...................................................... 80 min  $195
- **Gentleman’s Hot Towel Facial** ..................................... 80 min  $195
- **Anti-Aging Facial** ...................................................... 80 min  $235
- **Oxygen Facial** ............................................................ 80 min  $235
- **Atoxilase** ................................................................. 25 min  $120
- **Couple’s Facial** ......................................................... 50 min  $310
- **80 min $400**

## Treatment Enhancements
- **Relaxing Scalp Treatment** ............................................. $22
- **Hydrating Hair Mask** .................................................... $22
- **Polishing Hand or Foot Therapy** ................................... $22
- **Warm Stones** ............................................................... $22
- **Full Body Dry Rub Exfoliation** ..................................... $22
- **Deep Exfoliation (Facial Only)** .................................... $22
- **Eye & Lip Treatment (Facial Only)** ................................ $22
- **Microcurrent Brow Lift (Facial Only)** ......................... $25
- **Microcurrent Face Lift (Facial Only)** ............................ 20 min  $65

## Hair Removal
- **Back or Chest Wax** ........................................................ $80
- **Forearm Wax** ............................................................... $45
- **Full Arm Wax** .............................................................. $55
- **Full Leg Wax** ............................................................... $100
- **Half Leg Wax (Includes the Knees)** ................................. $65
- **Lip Wax** ........................................................................ $35
- **Brow Wax** ................................................................. $35
- **Underarm Wax** ............................................................. $35
- **Brief Wax** ................................................................. $45

## Nail Enhancements
- **Paraffin Treatment (Hands or Feet)** ............................... $22
- **French Polish (Hands or Feet)** ....................................... $15
- **Callus Treatment (Foot Only)** ........................................ $22
- **Warm Stones (Foot Only)** ............................................... $15

## Hand & Foot Therapies
- **Classique Manicure** ..................................................... 25 min  $40
- **Classique Pedicure** ....................................................... 50 min  $75
- **On-the-Go Manicure** ..................................................... 25 min  $40
- **On-the-Go Pedicure** ...................................................... 25 min  $45
- **Solo Rejuvenation** ....................................................... 25 min  $45
- **Men’s Sports Pedicure** .................................................. 50 min  $75
- **Gel Manicure** ............................................................... 50 min  $65
- **Gel Removal** ............................................................... 30 min  $20
- **Polish Change** ............................................................. 15 min  $25
- **Acrylic Nails / Full Set** .................................................. 80 min  $85
- **Acrylic Nails / Full Set (Pink & White)** ....................... 80 min  $100
- **Acrylic Fills** .............................................................. 50 min  $55
- **Acrylic Fills (Pink & White)** ......................................... 50 min  $70
- **Acrylic Nail Repair (Each Nail)** ..................................... 15 min  $10

## Styling
- **Gentleman’s Designer Hair Cut** ..................................... from $45
- **Women’s Designer Hair Cut & Style** .............................. from $75
- **Women’s Shampoo & Style** ............................................ from $65
- **Special Occasion Style** .................................................. from $75
- **Hair Color* 1** .............................................................. from $115
- **Corrective Color* 2** ..................................................... Price Varies
- **Full Highlights* 3** ........................................................ from $195
- **Partial Highlights* 4** ..................................................... from $145
- *Chemical services include a blowout

## Conditioning Treatments
- **Deluxe Conditioning Ritual** .......................................... from $110
- **Deluxe Conditioning** ..................................................... from $45
- **Express Conditioning** .................................................... from $30

## Children’s Services
- For our guests 5 to 10 years old:
  - **Wiggle Worm Hair Cut (Under 5)** ................................. 20 min  $25
  - **Prince Hair Cut & Style** .............................................. 20 min  $30
  - **Princess Hair Cut & Style** ........................................... 25 min  $40
  - **Princess Up-Do** .......................................................... 30 min  $40
  - **Princess Manicure** ...................................................... 25 min  $30
  - **Princess Pedicure** ...................................................... 25 min  $40
  - **Make-Up 101** ............................................................. 25 min  $40
  - **Young Ladies Shampoo, Cut & Style** ......................... from $50
  - **Young Ladies Updo** .................................................... from $50

*Price includes Style Only
GENERAL INFORMATION

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

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.

IS THERE A MINIMUM AGE?
Guests under the age of 18 are not permitted to use Spa facilities. Guests under the age of 16 are not permitted to use fitness facilities. Identification may be required.

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.

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 GUESTS
Hotel guests may enjoy full access to our Spa facilities for a charge of $30 per day per guest. Local guests may enjoy full access to our Spa facilities for a charge of $55 per day per guest.

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)!

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

HOURS OF OPERATION
Monday - Saturday . . . . . . . . . . . . . . . . . . . . 9:00 am – 8:00 pm
Sunday . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 9:00 am – 7:00 pm
(subject to change)

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