



R E L Â C H E <sup>TM</sup>

*The Spa at Gaylord Opryland*



# Massages

Be completely pampered by the experienced professionals at Relâche Spa.

## SOOTHING STONE MASSAGE

Loosen up your tense muscles and completely unwind! Warmed basalt stones are placed 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.

## AROMATHERAPY MASSAGE

Scent has the most profound effect on the body's five senses. This treatment fuses influences from the east and west to relax, revive, rescue, renew or de-stress the body.

## DEEP TISSUE MASSAGE

Deep Tissue Massage is a massage technique that focuses on the deeper layer of muscle tissue. This massage is perfect to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles.

## NEUROMUSCULAR THERAPY

Our Neuromuscular Therapy consists of pressure applied to specific trigger areas of the connective tissue, which allows tight, knotted muscles to relax.

## HARMONIC COUPLES' MASSAGE

Experience a special treat in our couples' therapy treatment room. This perfect couples' getaway allows you to share unforgettable memories side-by-side with someone special! Enjoy a Swedish or Aromatherapy massage in your own secluded spa haven. *(SOOTHING STONE MASSAGE AND DEEP TISSUE MASSAGE ALSO AVAILABLE.)*

## SHIATSU

Shiatsu is an ancient Japanese treatment meaning "finger pressure." This active, rhythmic treatment stimulates acupuncture points along energy meridians throughout the body. *(LOOSE, COMFORTABLE CLOTHING IS RECOMMENDED.)*

## SWEDISH MASSAGE

Enjoy our classic full-body massage that encompasses all major muscle groups. Our Swedish massage is perfect for reducing stress, relieving tension, easing pain and improving circulation.

## ACUPRESSUE

Acupressure balances energy flow of the body by applying pressure to key points on the surface of the skin to stimulate endorphins. When this happens, muscular tension decreases, circulation of blood improves and the body's life force aids in healing.

## MOTHER-TO-BE MASSAGE

One of the most wonderful times of life can be stressful. Our therapists take careful consideration to relax and ease the tension a mother-to-be might be feeling. *(NOT RECOMMENDED UNTIL AFTER THE FIRST TRIMESTER)*

## REFLEXOLOGY

A natural healing art based on the principle that reflex points on the feet correlate to specific organs and integral body systems, Reflexology applies pressure and rhythmic compressions to relieve tension, improve circulation and help promote the natural function of the body. *(NOT RECOMMENDED AS A FIRST-TIME TREATMENT)*

## FOUR-HAND MASSAGE

With the Four-Hand Massage, two therapists work together, using synchronized moves in a decadent, full-body Swedish massage, bringing the ultimate in relaxation and pampering.

## ULTIMATE FOOT THERAPY

A foot treatment that combines a scrub, hot towels and massage to revitalize and rejuvenate tired and achy feet.

*\*IN-ROOM MASSAGE THERAPIES ARE AVAILABLE UPON REQUEST (SUITES ONLY).*

*Music City's place to soothe body and soul*



# Facials

Relâche Spa at Gaylord Opryland features facial services that not only address the needs of every skin type and condition but offers an experience in total relaxation. Each facial includes a careful analysis of your skin; cleansing; exfoliation; extractions; hand, face and neck massage; décolleté; and a customized treatment mask application.

## THE GAYLORD GLOW

This facial offers a truly exquisite experience with naturally active products that you can immediately see and dramatic results you can instantly feel. Revitalize your skin with stimulating fruit acids, paprika and a peppermint twist.

## RELÂCHE SPA SIGNATURE FACIAL

The benefits of this classic facial treatment are bestowed upon your face as you simply relax and allow your skin care specialist to determine precisely what is required to awaken your skin. Each step, including a customized mask, is selected for your skin type and works to achieve balance within the skin, producing a dewy and radiant complexion.

## ORGANIC OXYGEN FACIAL

Oxygenate and refine your entire complexion with a puree of organic cucumbers and parsley infused with warm paprika. This facial will calm sun indulgences and restore elasticity while giving your skin a concentrated dose of anti-aging vitamins.

### CASCADES MOISTURIZING FACIAL

This skin-drenching facial delivers much-needed moisture to restore and re-hydrate even the driest skin types. Revitalized skin is nourished back to a soft, healthy glow.

### HARMONIC COUPLES' FACIAL

Experience a Relâche Signature Facial in our couples' therapy treatment room. Your skin care specialist will awaken your skin while you lay side-by-side with someone special.

### GENTLEMEN'S HOT TOWEL FACIAL

Designed to meet the specific needs of a man's skin, this facial enlists the help of natural and organic therapies to address the areas left neglected by the shave-and-soap approach, leaving your skin fresh and invigorated.

### PURIFYING BACK TREATMENT

Designed to treat your skin that is hard to reach and not properly cared for. All the same steps of a facial but performed on the back, this treatment thoroughly cleanses, purifies, tones, moisturizes and includes a relaxing back massage.



*Skin Care*

*Music City's place to soothe body and soul*

*relaxation*



# *Skin Renewal*

Harmony of body, mind and spirit awaits.

## **ULTRA GLYCOLIC PEEL**

This is an aggressive resurfacing treatment that may be used clinically to improve sun-damaged skin/fine lines and wrinkles, enlarged follicles and coarse texture, hyperpigmentation and acne.

## **ANTI-AGING FACIAL**

This facial is an accelerated procedure that incorporates two effective topical exfoliants. The combination of glycolic acid and enzymes safely intensifies the resurfacing action and provides measurable results for virtually any skin type.

## **VITAMIN C FACIAL**

Replenish your skin with vitamins that will reverse and repair damaged skin. This service will provide visible skin retexturizing, smoothing and firming results through an advanced topical Vitamin C treatment.

## *Treatment Enhancements*

### ACID EXFOLIATION PEEL

One of the most effective ingredients in skin care formulas is Glycolic Acid, an all-natural substance found in fruits, sugarcane and milk. This enhancement chemically exfoliates dead skin cells, allowing new cells to reach the surface. The result is more moisture retention, reduced visibility of lines and a refined texture.

### EYE & LIP TREATMENT

Eyes and lips feel instantly refreshed with regained elasticity and smoothness. Our eye treatment targets puffy, stressed eyes with a gentle exfoliant, hydrating mask and nourishing eye cream, while our lip treatment gently erases dryness and fine vertical lip lines using natural peptides to stimulate collagen production and fullness.

### ORGANIC MICRODERM EXFOLIATION

Polish your skin to perfection with a natural microdermabrasion which infuses your skin with bioflavonoids and antioxidants. All signs of roughness and dryness will be smoothed away.

### RELAXING SCALP TREATMENT

This scalp treatment will complement and enhance any massage or facial. Choose from an aromatherapy essential oil treatment or a hot coconut oil drizzled onto the scalp and hair.

### MICRO-CURRENT BROW LIFT/FACE LIFT

Also known as the "Red Carpet Lift," this treatment increases firmness, plumping and lifting of your skin and facial muscles. You will see reduction of fine lines and wrinkles, tighter skin, more defined jaw line and cheek bones and lifted eye brows instantly.



Treatment enhancements add an extra special finishing touch to any facial service.

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# *Signature Body Therapies*

Relâche Spa offers a variety of body therapies designed to complement your own individual skin care needs. Allow us to pamper you so that you not only look great but you feel great as well.





### HUNGARIAN MUD THERAPY TREATMENT

Be invigorated by a natural exfoliation of raw sugar cane with an aromatic blend of cooling cucumbers and mint. You will then be enveloped and cocooned in a thin thermal mud, eliminating toxins and increasing circulation, followed by application of a hydrating, exfoliating body lotion.

### DETOX BODY WRAP

Renew and feel refreshed with this therapeutic treatment. Eliminate and detoxify your system with a marine-enriched product. A dry exfoliation takes place for better absorption. You are then cocooned with warmth for a deeper penetration of treatment.

### BOURBON CACTUS FIRING BODY WRAP

A bourbon whiskey sugar scrub is followed by a stimulating prickly pear cactus wrap that warms on the body and increases blood circulation, improving your skin's elasticity, which helps to firm and tighten the surface. Extracts of ginger root and paprika bring a healthy, vibrant glow as the skin cells are revitalized.

### TROPICAL ISLAND MASSAGE

A 30-minute Swedish massage is added to the Tropical Island Glow to increase relaxation and assist in the flushing of toxins in the body.

### TROPICAL ISLAND GLOW

Relax and enjoy as milk from the coconut is gently massaged into the skin, followed by an application of pure cane sugar and tropical nut oils ridding the body of dead skin. Healthy new skin is revealed, and skin's elasticity is strengthened and moisturized.

*Body Care*

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# Nail care



## CLASSIQUE MANICURE

This is a cosmetic beauty treatment for the fingernails and hands enjoyed by both sexes. Our classique manicure reshapes your nails, cleans the cuticles and massages moisture into your hands. Finish with your choice of nail lacquer and polished to perfection!

## CLASSIQUE PEDICURE

A refreshing, nourishing and hydrating therapeutic pedicure packed with vitamins and minerals to promote beautiful, healthy-looking feet. Your feet are soaked and exfoliated, cuticles are perfected, and nails are reshaped and buffed. Then finish with your choice of nail lacquer and polished to perfection!

## \*ROYAL RELÂCHE SPA MANICURE

This is an ultimate restorative hand treatment. A combination of exfoliation and massage provides the perfect manicure using a combination of nature's own glycolic and lactic fruit acids for all skin types. The outer layers of skin are gently sloughed away to reduce fine lines and surface wrinkles, minimize dryness and soften skin texture. We use a combination of Vitamin E and ceramides to offer you the ultimate in hand and arm massage. *(SHELLAC UPGRADE AVAILABLE)*

## ROYAL RELÂCHE SPA PEDICURE

This is an ultimate restorative foot treatment. A combination of exfoliation and massage provides the perfect pedicure using a combination of nature's own glycolic and lactic fruit acids for all skin types. The outer layers of skin are gently sloughed away to reduce fine lines and surface wrinkles, minimize dryness and

soften skin texture. We use a combination of Vitamin E and ceramides to offer you the ultimate in foot and leg massage.

### \*TROPICAL PARADISE MANICURE

Bring back a youthful glow to the hands! Start with a relaxing soak in a coconut milk bath, followed by an exfoliation of natural occurring Alpha Hydroxy in a pure cane sugar infused with essential oils, enzymes and coconut oil. A warm body butter wrap for your hands will deliver moisture to instantly revive skin while milk proteins set in motion a firming process to reduce the appearance of fine lines. Breathe deep as rich lotion is applied and gently massaged into the arms. *(SHELLAC UPGRADE AVAILABLE)*

### TROPICAL PARADISE PEDICURE

Sit back, relax and be pampered from soul to sole. Start with a ritual cleansing with coconut milk, followed by an exfoliation of naturally occurring Alpha Hydroxy in a pure cane sugar infused with essential oils, enzymes and coconut oil. A warm body butter wrap is then applied to the feet, and while you are floating in a paradise, your legs are massaged with a rich, nourishing coconut body butter.

## *nail enhancements*

### POLISH CHANGE

PARAFFIN TREATMENT *(HANDS OR FEET)*

FRENCH POLISH UPGRADE *(HANDS OR FEET)*

EXPRESS PEDICURE

ACRYLICS *(AVAILABLE UPON REQUEST)*

SHELLAC POLISH UPGRADE *(HANDS OR FEET)*

NAIL ART

NAIL REPAIR/REMOVAL & MANICURE

*(GENTLE REMOVAL OF YOUR CURRENT ENHANCEMENTS FOR A FRESH START)*

*\*UPGRADE TO SHELLAC, THE BREAKTHROUGH NAIL COLOR SYSTEM THAT COMBINES A BASE COAT, COLOR COAT AND TOP COAT WITH CV3 TECHNOLOGY TO PRODUCE RESILIENT COLOR THAT REMAINS FLAWLESS FOR UP TO TWO WEEKS.*

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# Salon Services

We proudly feature treatments and products defining the essence of luxury. Your sense-awakening experience combines melting textures, rich fragrances and relaxing massage techniques. Our stylists are uniquely trained to give you a great cut, color, style and teach you how to replicate your "look" at home. Add a conditioning treatment to any hair service to increase strength and shine.

*services*

DESIGNER HAIRCUTS

EXPERT CONDITIONING TREATMENTS

SPECIAL OCCASION STYLE

DESIGNER HAIR COLOR SERVICES

To book your appointment, please call 615-458-1SPA (1172) or ext. 81772.  
Treatments and services subject to change.

*children's services*

PRINCESS SPECIAL OCCASION STYLE

WIGGLE WORM HAIRCUT

PRINCESS MANICURE

PRINCESS PEDICURE

MAKE-UP 101

*make-up*

BROW TINTING

RELÂCHE SIGNATURE MAKE-UP APPLICATION

SPECIAL OCCASION MAKE-UP

EYE LASH ENHANCEMENT

*waxing*

BACK OR CHEST WAX

CHIN WAX

FOREARM OR FULL ARM WAX

FULL OR HALF LEG WAX

LIP WAX

BROW WAX

UNDERARM WAX

BIKINI WAX



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# *Relâche Packages*

Enjoy the tranquility that comes with healthy, tension-free living.



### HERE COMES THE BRIDE

80-minute Swedish Massage, Tropical Paradise Manicure/Pedicure, Up-Do and Make-Up Application

### THE ESCAPE

Personalize your experience with any two 50-minute treatments from the following:

- Swedish Massage
- Aromatherapy Massage
- Vitamin C Facial
- Organic Oxygen Facial

### THE RETREAT

Personalize your experience with any two 80-minute treatments from the following:

- Swedish Massage
- Aromatherapy Massage
- The Gaylord Glow
- Cascades Moisturizing Facial

### THE EXECUTIVE

50-minute Swedish Massage, Classique Pedicure with Paraffin Treatment, Shampoo/Style and an Express Conditioning Hair Treatment

### TIME TOGETHER

Harmonic Couples Massage, Harmonic Couples Facial and Classique Pedicures for two.



All packages include the use of our steam room, sauna, locker rooms and a variety of amenities, including access to our co-ed Tea/Relaxation lounge.

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# *Making the most of your spa time*

Prior to your treatment, why not consider our other amenities.





## TAKE TIME

Give yourself plenty of time so you can enjoy the steam, sauna or whirlpools prior to your services. This will relax and warm the muscles, which will aid in the therapeutic benefits of your service.

## SHOWER

A shower just before your massage is relaxing and washes away any salts, minerals or chemicals.

## ADVANCE APPOINTMENTS

As spa services are always very popular with our guests, we strongly recommend making your spa appointments when you make your room reservation. Weekend appointments should be booked two weeks in advance.

## WHAT TO BRING

You will need to bring your swimsuit, sunscreen and sunglasses for our pool areas and workout gear if you plan to use the Relâche Fitness Center. Robes, slippers and towels are provided for use to all guests.

## CHECK-IN

For your enhanced comfort and relaxation, we recommend that you arrive 30 minutes prior to your treatment, allowing time to experience the sauna and steam rooms. Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time so that the next guest will not be delayed. The full value of your treatment will be applied.

Upon arrival to the spa, you will be asked to complete a brief health form to assist the spa therapists in providing you the best experience possible and to assure your safety and comfort. We encourage you to disclose any pertinent health conditions that may affect your spa experience.

*Check-In*

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# *Music City's Place to Soothe Body & Soul*

## **TREATMENT ATTIRE**

This is your treatment, and we want you to feel comfortable. It is customary to completely disrobe for your spa services, although you may wear a swimsuit or undergarment if you prefer. You will be given the opportunity to disrobe, and your privacy is maintained. Throughout your services, your body will be professionally draped to ensure your privacy. At no time will you be fully exposed. Clothing will be provided for Shiatsu and Thai massages.

## **COMMUNICATION**

Communication is the key to getting what you want out of your service. Before your service begins, tell your therapist the areas you would like to focus on as well as any areas to be avoided. During your massage, let the therapist know if you feel any discomfort. Keep in mind that bodywork is similar to exercise, in that toxins are released from the muscles and may cause some soreness. This is your time; the more specific you are with your therapist, the more you will achieve in regard to relaxation and therapeutic benefits.



## HOURS OF OPERATION:

Relâche Spa & Salon:	8 a.m. - 8 p.m.
Fitness Center:	24 hours
Relâche Indoor Pool:	6 a.m. - 10 p.m.
*Relâche Outdoor Pool:	9 a.m. - 9 p.m.
*Magnolia Pools:	9 a.m. - 7 p.m.

\*Peak hours stated. Seasonal hours vary.

## AGE REQUIREMENTS

Guests under the age of 18 are not permitted to use spa/workout facilities. Identification may be required prior to entering the spa facilities.

## CONSIDERATIONS

**Cellular Phones** – To preserve our tranquil setting, cell phones are discouraged. For the privacy of our guests, use of any camera device is strictly prohibited.

**Safety** – For the safety of our guests and staff, we reserve the right to refuse service to individuals who appear intoxicated or under the influence of alcohol or drugs or inappropriate behavior. Please refrain from consuming any alcoholic beverage three hours prior to your appointment.

**Physical & Medical Conditions** – Please inform the agent of any physical or medical considerations prior to booking your appointment. We reserve the right to determine if we are able to provide service.

## SPA RESERVATIONS OR CANCELLATIONS

Reservations are subject to availability. We recommend that you schedule your spa treatments with as much advance notice as possible so that we can meet your scheduling requests. We will do our best to accommodate your request for a male or female therapist, however, we cannot guarantee such requests. Please note that a credit card number is required to guarantee services at the time of booking. A six-hour cancellation notice is required to avoid a full price charge for any scheduled services. Applicable fees for moving treatment date and/or time.

For reservations, please call (615) 458-1SPA (1772).

*Spa, Salon & Fitness Center*  
MUSIC CITY'S PLACE TO SOOTHE BODY & SOUL



**RELÂCHE™**  
*The Spa at Gaylord Opryland*

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RelacheOpryland.com



Relache Opryland



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