



SPA WEST

AT SPORTS WEST ATHLETIC CLUB
massage • facials • nails



www.spaofthewest.com
775.322.7777 • 1545 S. Virginia St. Reno, NV 89502



MEMBERSHIP

SPA BASIC

\$95/MONTH

One 50 minute service per month. *(choose one)*

Revitalize Massage Tahoe Hot Stone Massage
Athletic/Sports Massage Signature Facial

ADDITIONAL BENEFITS

Sports West Athletic Club all access day pass and use of all amenities.

Sports West Athletic Club Kids Club *(6m - 10yrs 3hr max)*

10% off all retail at Spa West

Complimentary bar beverage with treatment.

SPA LUXURY

\$135/MONTH

One 80 minute service per month. *(choose one)*

Renew & Energize Body Treatment
Revitalize Massage Tahoe Hot Stone Massage
Athletic/Sports Massage Signature Facial

ADDITIONAL BENEFITS

Sports West Athletic Club all access day pass and use of all amenities.

Sports West Athletic Club Kids Club. *(6m - 10yrs 3hr max)*

10% off all retail at Spa West.

Complimentary bar beverage with treatment.

\$50 Spa credit for a friend.

SPA EXPERIENCE UPGRADES

Available as add ons with all Spa West Treatments

Private locker room upgrade: <i>(1/2 hour before & after treatment)</i>	\$35
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Boards: <i>(serves up to 4 People)</i>	\$25
Cheese, Crackers & Fruit, or Veggies, Hummus & Chips, or Breads, Butter & Pastries	

Bottle Service: <i>Options by Bottle</i>	
Wine or Champagne ... \$20	
<i>Options by Glass</i>	
Wine ...\$5	Beer ...\$5
Champagne ...\$5	SparklingWater ...\$3
Mimosa ...\$5	Orange Juice ...\$3

MASSAGE

Massage promotes relaxation, helps to rejuvenate muscles, joints and improve circulation. Our skilled massage therapists guide you through a personalized consultation to achieve the healing, transformative benefits you need.

REVITALIZE WELLNESS MASSAGE

A relaxing light to medium pressure massage utilized to improve circulation & ease tension while revitalizing muscles & joints.

50 | 80 | 105 MIN

\$110 | \$150 | \$180

ATHLETE'S MASSAGE

A deep tissue massage incorporating a variety of therapeutic massage & stretching techniques targeting tension, sore muscles, tightness & muscular pain. Natural camphor, mentholatum & heat therapy provide immediate relief for a speedy recovery.

50 | 80 | 105 MIN

\$115 | \$155 | \$185

CBD HEALING MASSAGE

Our CBD Massage will leave you feeling as though you do not have a care in the world. This special CBD blend helps relieve chronic pain, alleviates anxiety and stress. Improves skin conditions, boost your mood, stimulates the senses and aids in restorative sleep. A must try!

50 | 80 | 105 MIN

\$125 | \$165 | \$195

SIERRA AROMATHERAPY MASSAGE

Our Wellness Massage with the added benefits of essential oils. Choose from one of our rejuvenating aromas: wild orange to invigorate and boost immunity, lavender to relax and soothe, peppermint to uplift, or eucalyptus to improve respiration and ease overused muscles.

50 | 80 | 105 MIN

\$115 | \$155 | \$185



MASSAGE



WASSAGE

MASSAGE

NECK SHOULDERS HAND & FOOT MASSAGE

Ideal for targeting fatigue and stored tension in the upper body combined with a soothing hand and foot massage. The ultimate relaxation!

50 MIN

\$105

TAHOE HOT STONE MASSAGE

You'll experience amazing, deep muscle relaxation as your massage therapist utilizes heated basalt stones to melt away tension, ease muscle stiffness and increase circulation.

50 | 80 MIN

\$115 | \$155

MOMMY 2B MASSAGE

A specially designed massage to ease the stress of your changing body. This gentle massage will help relieve back pain, increase circulation and reduce water retention.

50 | 80 MIN

\$115 | \$155

COUPLES' MASSAGE

Add a little extra relaxation for you and your favorite person! Both of you can share a massage room while enjoying your choice of any of our massages. A variety of upgrades are available for you to continue enjoying each other's company!

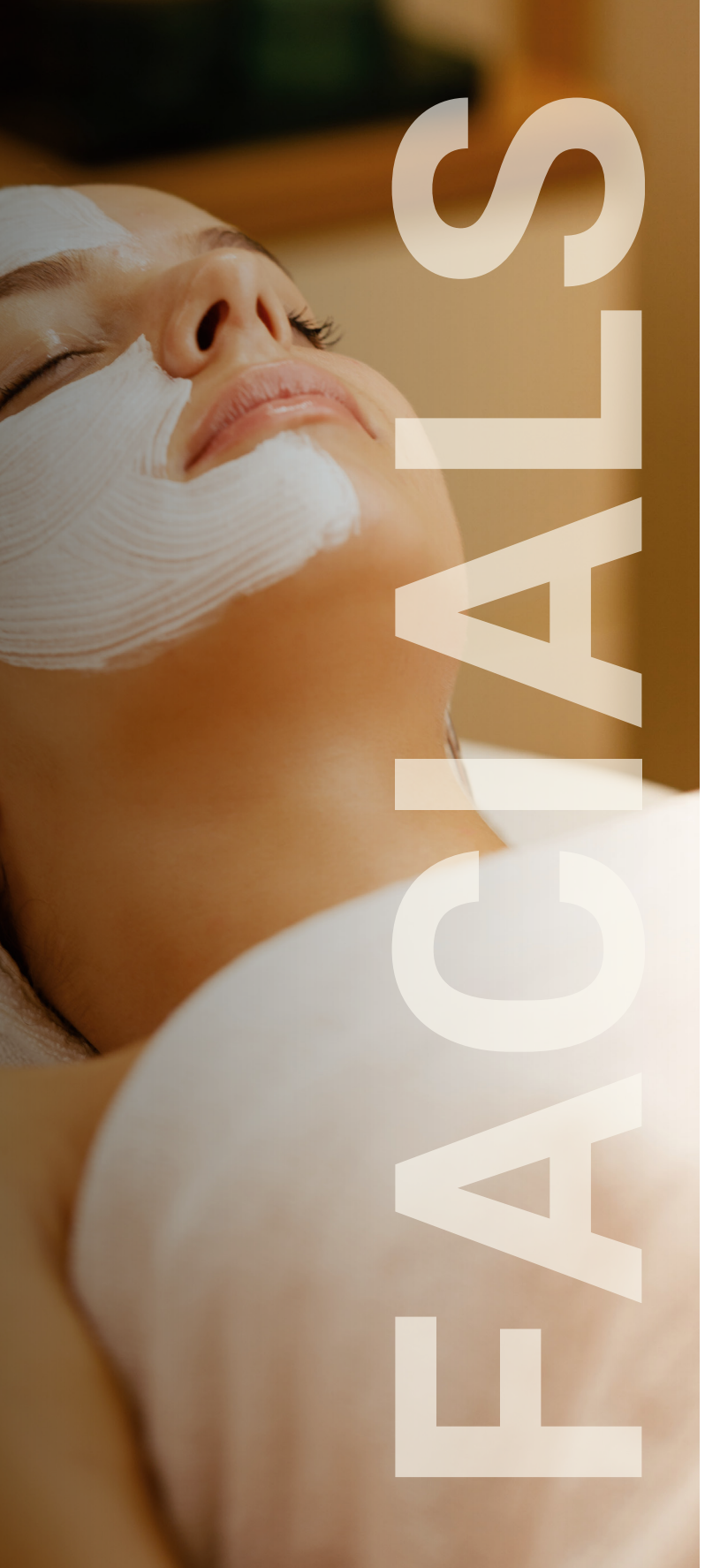
50 | 80 | 105 MIN

\$115 | \$155 | 185

You Choose the massage you want ... (prices may vary)
(Times must match 50 min. or 80 min.)

MASSAGE UPGRADES

30-minute Massage	\$40
Aromatherapy	\$10
CBD Oil	\$20
Peppermint Foot Massage	\$10
Peppermint Foot Scrub	\$25
Paraffin Hand Treatment	\$25
Paraffin Foot Treatment	\$25
Baby Foot®	\$20
Sombra® (natural pain-relieving gel)	\$10



FACIALS

FACIALS

CUSTOMIZED FACIAL

Achieve your healthiest skin with our Customized Facial. Our esthetician will evaluate and design your treatment to focus on your individual skin care needs. This includes addressing common issues such as acne, aging or dry skin. Afterwards, your skin will feel clean, healthy and rejuvenated with a healthy glow! Enjoy the added bonus of a relaxing hand, neck and shoulder massage.

50 | 80 MIN \$115 | \$150

DETOX DEEP PORE

Clarify and clear clogged skin as your esthetician pinpoints the source of dermal blemishes and imbalances, then applies ultra-cleansing products and techniques to achieve clearer, healthier skin. Clears stubborn bacteria, and rebuilding tissue helping to prevent future breakouts.

50 | 80 MIN \$125 | \$150

LIFT & TONE

This treatment focuses strictly on smoothing fine lines & toning the skin. Using an oxygen-regenerative peel that locks onto collagen fibers forcing them to reconnect. This facial will also include red light therapy & facial cupping to promote lymphatic drainage. This treatment is perfect for aging skin as well as preventative skincare.

50 | 80 MIN \$130 | \$160

BACK FACIAL

Customized for any skin type, this therapeutic back treatment is customized for any type of skin, specifically for treating acneic conditions. An exfoliation and deep-cleansing treatment for this often neglected part of your body.

50 MIN \$115

MICRODERMABRASION

A highly effective anti-aging treatment that reduces fine lines and wrinkles, smoothes coarsely-textured skin, decreases pore size, scarring, and reduces superficial hyper-pigmentation age spots. This treatment also hydrates the skin and stimulates collagen production, leaving your skin with a youthful and healthy appearance.

50 | 80 MIN \$120 | \$145

FACIALS

HYRODERMABRASION

Our new Hydrodermabrasion skincare treatment combines the exfoliating benefits of traditional microdermabrasion with the infusion of hydrating and nourishing solutions. Includes cryotherapy treatment to treat & soothe inflammation. Finished with oxygen serum infusion. Safe for all skin types!

50 | 80 MIN \$120 | \$160

CUSTOMIZED CORRECTIVE PEEL

We have an assortment of different chemical peels to target all skin conditions (including breakouts, fine lines, age spots, melasma and sun damage). Your esthetician will mix and match the chemical peels in order to treat all conditions you are experiencing.

Please note that you want to **stop all use of retinol** products **2 weeks prior** to your chemical peel service.

You may not get a chemical peel if you are on Accutane or have been on Accutane in the past 6 months and if you are pregnant or nursing.

50 | 80 MIN \$125 | \$150

DERMAPLANE

This is a treatment that exfoliates your skin and gets rid of dead skin and vellus hair (aka peach fuzz) using a dermatome tool. Your skin will feel baby soft. Great for any skin type!

50 | 80 MIN \$130 | \$175

SKIN CARE UPGRADES

Microderm (20 min)	\$35
Hydroderm (20 min)	\$45
Paraffin Treatment	\$25
Peppermint Foot Massage (20 min)	\$25
Massage (20 min)	\$25
Chemical Peel	\$40
LED Light Treatment	\$12
Collagen Eye Mask	\$25
Scalp Massage	\$20
Facial Cupping	\$20
Dermaplane	\$40
Baby Foot	\$20
Cold Stone	\$10



FACIALS

WAXING & TINTING

Eyebrow Wax & Tint	\$40
Eyebrow Shaping	\$25
Brazilian Wax	\$65
Under Arms	\$25
Half Leg	\$45
Full Leg	\$80
Nose/Ear (\$15 each)	\$25
Lip Wax	\$15
Chest	\$50
Arms	\$45
Bikini Wax	\$40
Brazilian Touch-Up (within 5 weeks)	\$45
Back	\$60
Full Face	\$50
Chin Wax	\$15
Eyebrow Tint	\$25
Eyelash Tint	\$25

WAXING & TINTING



BODY TREATMENTS

RENEW & ENERGIZE

An invigorating body massage with a dry brush and nourishing essential oils. Dry brushing encourages circulation, lymphatic flow, helps to get rid of flaky skin, increases circulation, detoxify, helps digestion, and even improve the appearance of cellulite. To conclude, indulge in a nourishing massage with a eucalyptus and calming lavender oil to instantly renew calm energy.

80 | 105 MIN \$185 | \$225

EUPHORIC DREAM

Melt away with our Tahoe Hot Stone Massage upgraded with a Lavender essential oil to relax and sooth your entire body and to top it off a dreamy peppermint foot massage will provide a good night's sleep.

80 | 105 MIN \$155 | \$195

MINERAL SALT BODY POLISH

Enjoy a rejuvenating exfoliating salt mineral scrub with a unique blend of hydrating oils, followed by a warm rosemary Epicuren® lotion massage as stress melts away and skin becomes smooth and soft. You will leave feeling refreshed and renewed.

80 | 105 MIN \$165 | \$205

ANTI-CELLULITE & DETOX WRAP

Reduce your cellulite and achieve smoother, more attractive skin. Our Anti-cellulite wrap uses circulation and gentle pressure to flush toxins and waste materials trapped in your fat cells. A benefit of this treatment is that you will lose inches and be swimwear ready.

80 MIN \$155

BODY TREATMENT UPGRADES

30-minute Massage	\$40
Aromatherapy	\$10
Paraffin Treatment (20 min hand/foot)	\$25
CBD Oil	\$20
Baby Foot	\$20
Collagen Eye Mask	\$25
Peppermint Foot Scrub(20 min)	\$25
Peppermint Foot Massage	\$10
Sombra® Natural Pain Relief	\$10

TREATMENTS

BODY





NAILS SERVICES

NAIL SERVICES

SIGNATURE

Mani	\$40
Pedi	\$60
Pedi & Mani	\$100

EXPRESS

Mani	\$40
Pedi	\$60
Pedi & Mani	\$100

LITTLE PRINCESS/PRINCE

Mani	\$35
Pedi	\$35
Pedi & Mani	\$65

GEL


Gel Mani	\$45
Gel Pedi	\$65
Gel Mani & Pedi	\$110
Gel Fill	\$40
Gel Full Set Manicure	\$55
Gel Full Set Pedicure	\$70

ACRYLIC

Acrylic Full	\$40
Acrylic Full Set Manicure	\$55
Acrylic Full Set Pedicure	\$70
Acrylic Overlay	\$45

NAIL UPGRADES

French Tip	\$10
Gel Polish Removal	\$15
Polish Change	\$20
Designs	\$10
Nail Trim	\$20
Paraffin Hand Treatment	\$25
Paraffin Foot Treatment	\$25

A close-up photograph of a woman's eye, focusing on her long, dark, and voluminous eyelashes. The eye is light-colored, and the skin around it is fair. The text 'LASHES' is overlaid on the image in a large, bold, dark font.

LASHES

LASH EXTENSIONS

CLASSIC SET

Classic Lash Extensions are bonded individually to each eyelash, adding length and fullness to your lashes. You will leave with a subtle natural look! \$175

VOLUME SET

Volume Lash Extensions give a fuller, thicker lash look! These Lash Extensions are formed into a fanned-out shape with a small base that wraps around the natural eyelash. \$235

HYBRID SET

Hybrid Lash Extensions are a combination of Classic and Volume for more of a dramatic look! These Lash Extensions are bonded with a mixture of lash fans and individual lashes to each eyelash \$205

MEGA SET

Mega Lash Extensions brings the DRAMA! They are darker, fuller, and more glamorous. These Lash Extensions are bonded with multiple fan-shaped lashes to each natural eyelash. \$265

LASH EXTENSION FILLS

Lash Extensions Fills involve adding extensions to new natural lashes that have grown in and replacing any extensions that have fallen out.

Classic 2 Week Fill	\$65	Hybrid 2 Week Fill	\$75
Classic 3 Week Fill	\$75	Hybrid 3 Week Fill	\$85
Volume 2 Week Fill	\$95	Mega 2 Week Fill	\$105
Volume 3 Week Fill	\$25	Mega 3 Week Fill	\$115

FOREIGN FILL

Foreign Lash Extensions Fills is a process of filling in lash extensions that were applied by another lash artist or at a different studio. \$110

LASH EXTENSION REMOVAL

Lash Extension Removal is the process that dissolves the adhesive that holds eyelash extensions to the natural lashes and removes the extensions. \$30

LASH EXTENSION UPGRADES

Color Lashes \$10

IT'S YOUR SPA PARTY, CELEBRATE YOUR WAY!

Spa West offers an exclusive and relaxing experience for parties of all sizes: birthdays, holidays, bachelorettes, anniversaries, girls' night out or a simply a get-together with your friends! Share snacks, drinks, and conversation in your own private lounge/locker room. **Party Coordinator Attendant & Custom Decorations** also available.

\$159/PER PERSON

Includes:

One 60-minute treatment:

Revitalize Wellness Massage
Signature Facial

\$195/PER PERSON

Includes:

One 90-minute treatment

Revitalize Wellness Massage
Signature Facial

All packages include the following:

Charcuterie Boards

(4 guests, choose one)

1. Cheese, Crackers, Fruit
2. Veggies, Hummus, Chips
3. Sweet Breads & Spreads

Beverage Options

(4 guests/one bottle)

- Cabernet, Chardonnay
- Champagne/Mimosa
- Unlimited Spritzers
- Special Requests

VIP Private Party Lounge/Locker Room

Reserved for your group 30 minutes before the first scheduled treatment begins and 30 minutes after the last scheduled treatment ends.

Kids Club for Spa guests

ages 6mo - 10 yrs 3hr max

SWAC All Access Day Pass & Amenities Use:

Salt Water Pool

Cycling Studio Classes

Whirlpool

Group X Studio Classes

Dry Sauna

Infrared Studio Classes

Steam Room
(eucalyptus infused)

Pilates Studio Classes

Infrared Sauna

Strength Studio

Juice & Shake Bar

HIIT Studio

Barre Classes

Outdoor Studio

Cardio Center
(Treadmills/bikes)

Aqua HIIT/FIT Classes

Yoga Classes

Cardio Center *(Treadmills/bikes)*

SPA



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FAQS and GENERAL INFO

RESERVATIONS

To hold a reservation, you must provide a valid credit card number. Spa West will not charge your card unless you miss your appointment, at which time you will be charged the full treatment price.

ARRIVAL

Please plan to arrive 20 minutes prior to appointment to relax in our serenity room and enjoy a complimentary hot or cold beverage and snacks. Late arrival will result in limited treatment. Full service for treatment will be charged.

Please Shower prior to any body treatments and/or use of pools. Drink plenty of water before and after treatments.

Refrain from shaving before body treatments.

Gentlemen, please shave 2 hours before facials.

HEALTH CONSIDERATIONS

Please be sure to notify us of any medical and/or physical conditions, such as high blood pressure, pregnancy, allergies or skin conditions. Please note that therapies involving heat or peels are not recommended for pregnant women.

SERVICES

When receiving services of \$60 or above, you are a "Member for a Day", and we invite you to enjoy all of the available amenities. You will have access to a state-of-the-art workout facility, cutting edge classes, indoor salt water pool, steam rooms, dry sauna, infrared sauna and whirlpool.

CHILDCARE

Childcare can be provided upon request at Sports West Athletic Club's Kids' Club. (Ages 10 months to 12 years.) Maximum stay is 3 hours. Must be booked at time of appointment.

GRATUITIES

We recommend a gratuity of 20% of your service price.

CANCELLATION POLICY

An appointment may be cancelled with no change anytime at least 24 hours before scheduled service. Same-day cancellations will be charged 50% of scheduled service. In the case of a no-call, no-show, you will be charged the full price for the scheduled appointment.