



Reflections

AT HARRAH'S LAKE TAHOE



**EVERYONE
PLAYS A
PART.SM**

Harrahs[®]
LAKE TAHOE

www.TotalRewardsTahoe.com

OPERATING HOURS Daily 8 a.m. to 8 p.m.

Reservations: We suggest you make reservations 1-5 days in advance to ensure accommodations. A credit card is duly required to hold all appointments if you are not staying at Harrah's or Harveys. Enhance your treatment by enjoying our Reflections Spa Rituals. Spa Rituals (Roman Baths, Turkish Steam and Finnish Sauna) are complimentary with full treatments. Please arrive one hour prior to your scheduled appointment to truly enjoy an exquisite spa experience. Arrive at least 15 minutes prior to scheduled treatment to allow sufficient time to prepare for your service. Please be aware that a late arrival will determine the length of your treatment. Your service will end as scheduled so that the next guest is not delayed. Services and prices are subject to change without prior notice. Gratuity is not included in the price of the services.

CANCELLATION POLICY

For cancellations or rescheduling without a penalty charge, please notify the Reflections staff at least 8 hours in advance of appointment; otherwise, if cancelled or rescheduled within 8 hours of your service, a 50% penalty charge applies. 100% charge will apply in case of a no-show to your appointment.

PRIVACY

To ensure your privacy and comfort, our therapists are professionally trained in proper draping procedures. During all body treatments your body is fully draped except for the area being treated. Robes and slippers are also provided. Bathing rituals are optional. While we will make every effort to meet your requests, we cannot guarantee a specific therapist or gender. All Spa employees are trained to respect the privacy of our guests and to create a comfortable relaxing environment for all.

MINORS

The Spa is reserved for our guests 16 and up.

PREGNANCY

A pregnant client needs to focus on what will make her body feel especially good during this special time of her life. We suggest avoiding treatments using deep pressure, hot stones, wraps and aromatherapy treatments. The bathing rituals are not recommended. All treatments for pregnant women can only be performed after the first trimester.

VALUABLES

Lockers are provided, however we are not responsible for loss of personal items.

SUGGESTIONS

Drink plenty of water before and after all spa services. We discourage consumption of alcohol prior to, during, or immediately following treatments. Please turn cellular phones off or on silent. Guests should not shave 24 hours prior to any body treatments that include exfoliation. Individuals with hypertension or heart conditions should avoid heat treatments. For the comfort of all spa clients, children under the age of 16 will not have access to the spa rituals areas. For the courtesy of others, children under the age of 16 are not allowed in the spa.



Open daily 8 a.m. to 8 p.m.

For information and reservations: Call ext. 2940,
1-800-HARRAHS or 775-586-5088

THE SPA



Luxury and relaxation go hand in hand at Reflections. You can experience an array of massage therapies, skin care treatments and spa rituals from Roman baths to Turkish steams and Finnish saunas. It's a complete rebalancing of mind, body and spirit that caters to your every need. Reflections will take you there with a complete, personalized spa experience.

SIGNATURE TREATMENTS

REFLECTIONS LUXURY MASSAGE 50 Minutes - \$145/80 Minutes - \$190

Our highly acclaimed Signature Massage utilizes traditional Swedish massage techniques, coupled with a uniquely blended all natural massage oil. Hot towels on the hands and feet give you the ultimate pampering. Available exclusively at Reflections, Lake Tahoe, this luxurious treatment renews your mind, body and soul.



THE REFLECTIONS EXCLUSIVE FACIAL 80 Minutes - \$200

Our exclusive facial is uniquely customized to address all of your skin care needs. This facial begins with a professional skin analysis. An aromatherapy cleanse and customized exfoliation are used to accelerate cell renewal, leaving the skin vibrant and smooth. Light extractions are performed before a uniquely customized masque is applied. Indulge the senses with a pressure point facial massage, a paraffin hand treatment, followed with a soothing hand massage. Luxury epitomized.

THE REFLECTIONS SPA DAY 3.5 Hours - \$440

Imagine a day of wellness where you escape the stress of daily life and enter a world of nurturing. Your journey consists of a mineral salt glow and a body wrap, the Reflections luxury massage and our exclusive facial. You are guaranteed to leave feeling refreshed, revitalized and renewed.



THE MESSAGES

Reduce tension and relieve the negative effects of everyday stress. Massage is an ideal way to reduce tension, improve circulation, eliminate muscle soreness and promote an overall feeling of well-being and relaxation. Our expert massage therapists will restore your sense of well-being with customized combinations of treatments.



BACK, NECK AND SHOULDER MASSAGE 20 Minutes - \$75

DEEP TISSUE MASSAGE 20 Minutes - \$95

During this massage your therapist will ease all tension from your back, neck and shoulders leaving you feeling relaxed and de-stressed. These key areas of tension are addressed for optimal results. Various techniques are used to perform both a relaxing and effective treatment.

HAND AND FOOT MASSAGE 20 Minutes - \$75

Research indicates that the reflex zones of the feet affect the levels of stress, wellness and energy in the body. Relax and revive your entire body with a massage incorporating specific techniques on your hands and feet. Using a custom blended lotion, your hands and feet will feel nourished and renewed.

SWEDISH/THERAPEUTIC MASSAGE

50 Minutes - \$125/80 Minutes - \$175

This traditional massage technique utilizes the classic Swedish movements to create the ultimate experience of relaxation. Medium pressure is used and gentle flowing strokes promote relaxation and help you to achieve a mind/body balance.

AROMATHERAPY MASSAGE 50 Minutes - \$130/80 Minutes - \$180

DEEP TISSUE MASSAGE 50 Minutes - \$165/80 Minutes - \$205

Rebalance, revitalize and relax with this ancient therapeutic treatment that combines the elements of therapeutic and Swedish massage. A tailored blend of pure aromatic essential oils are incorporated into your massage – a calming and rejuvenating experience.

DEEP TISSUE MASSAGE 50 Minutes - \$160/80 Minutes - \$200

Focusing on the deeper layers of muscle and tissue, this treatment addresses patterns of tension while relaxing and soothing the muscles. Ideal for those seeking more focused attention on specific muscle and joint groups. Increased mobility and improved flexibility will leave you feeling renewed.

SOOTHING STONES MASSAGE 70 Minutes - \$190

Naturally smooth basalt stones are heated and applied along with soothing massage strokes to provide a wonderfully unique massage experience. Promoting circulation and relief to sore muscles, this perfect harmony of heat and pressure provides a deeply relaxing, effective treatment.

TAHOE SPORTS MASSAGE 50 Minutes - \$160/80 Minutes - \$200

A dynamic light to medium massage incorporates specific strokes for maintaining and improving the energy and flexibility of the tissue, great before or after a day in our Tahoe mountains, hiking, biking or skiing.

COUPLES MASSAGE 50 Minutes - \$300/80 Minutes - \$425

DEEP TISSUE MASSAGE 50 Minutes - \$370/80 Minutes - \$495

Share the ultimate relaxation with a close friend, family member or significant other while two therapists perform simultaneous Swedish massages in our couple's suite. Deep Tissue treatments available for an additional charge.

IN-ROOM MASSAGE

Swedish - 60 Minutes - \$220/80 Minutes - \$250

Deep Tissue - 60 Minutes - \$250/80 Minutes - \$280

HAND AND FOOT SCRUB \$20

With any massage treatment. Exfoliation of hands and feet, followed by soothing moisturizer.

THE FACIALS

These therapeutic treatments are tailored to meet your individual needs, targeting specific concerns and helping to restore optimum skin health. Our detailed skin consultation precedes each treatment to ensure maximum benefits.

EXPRESS FACIAL 20 Minutes - \$75

This treatment is the perfect blend of cleansing, toning and moisturizing for people on the go, the quick fix.

CLASSIC EUROPEAN FACIAL 50 Minutes - \$135

This revitalizing treatment begins with a deep cleansing, followed by a thorough exfoliation to reveal smooth, glowing skin. A face, neck and shoulder massage is certain to ease your mind and spirit, while a massage of the hands will emphasize relaxation. A revitalizing masque followed by a nutrient-rich moisturizer hydrates, protects and helps restore the natural balance of your skin.

MULTIVITAMIN POWER FACIAL 50 Minutes - \$170

For the latest in vitamin repair and hydroxy acid exfoliation try our anti-aging Age-Smart treatment designed to treat environmentally damaged skin. This treatment includes a non-irritating vitamin power exfoliation and a soothing vitamin recovery masque to noticeably improve skin elasticity.

PURIFYING BACK TREATMENT 50 Minutes - \$145

This relaxing back facial begins with a deep cleansing of the back to remove excess oils and debris, followed by an exfoliation, using mineral salts to polish away dullness. Extractions are performed if necessary.

TREATMENT ENHANCEMENTS

Customize and enhance your facial with these rejuvenating and effective add-on treatments. (Book with a Classic European or Multi-Vitamin Power Facial.)

REJUVENATION AND LIFTING TREATMENT - \$45

Return your skin to younger years. This enhancement delivers an intense treatment that protects youth and refines your skin. The advanced paramedical soy extracts are botanically formulated to stimulate the production of new cells deep within the skin. It immediately appears more firm and vibrant.



HYDRATING TREATMENT - \$45

Give your face intense moisture. In this healing treatment, dull, lifeless skin cells are removed exposing fresh, younger looking skin. Highly concentrated antioxidant botanicals protect the skin from free radicals while a combination of sophisticated moisturizing ingredients completely rehydrate the skin leaving it supple and glowing.

HYDROXY ACID EXFOLIATION - \$50

Your Aesthetician will create an exfoliating treatment customized to your skin needs, revealing remarkable results after just one treatment. Power exfoliants will gently smooth the skin with a revolutionary blend of hydroxy acids and enzymes thoroughly removing dulling surface debris and stimulating cell renewal.

REVITALIZING EYE TREATMENT - \$35

This gentle cleansing and exfoliation, followed by a pressure point massage will increase circulation and diminish dark circles. A hydrating calming masque will help eliminate puffiness while a firming booster reduces fine lines.

MOISTURIZING COLLAGEN TREATMENT 20 Minutes - \$65

A 100% collagen masque is applied for an intensive moisturizing treatment to fight against premature aging and slackening of the skin. (Book with a facial.)

PARAFFIN HAND DIP - \$25

Repair and soothe your hands with a cozy paraffin dip. (Book with any facial.)

SPA HAND TREATMENT 20 Minutes - \$65

This treatment is the ultimate in smoothing and toning to treat premature aging of the hands. A thorough exfoliation is followed by a relaxing massage. A nourishing paraffin dip will then restore moisture, while a powerful sunscreen will help to protect against further damage.

SPA BODY THERAPY

For centuries Spa Body Therapy treatments have been embraced for their revitalizing and therapeutic effects. From ancient mineral hot springs to modern seaweed wraps, these treatments detoxify your body, de-stress your mind and revitalize your skin.

MINERAL SALT SCRUB 20 Minutes - \$70

Mineral-rich sea salt and fruit enzymes are combined to smooth and silken the entire body. Choose your scent for a truly personalized treatment. (Please do not shave prior to treatment.)

STRESS RELIEF BODY WRAP 50 Minutes - \$130

An ultra soothing treatment with aromatherapy oils guarantees to reduce your stress.

DETOX BODY WRAP 50 Minutes - \$130

A classic treatment for detoxification and relaxation. An intensely soothing moisturizing wrap.

ENZYMATIC SEA MUD WRAP 50 Minutes - \$130

A purifying seaweed and mineral body mask exfoliates, detoxifies and nourishes your body. Botanical extracts are infused with the Body Mask, making your skin smooth and supple.

ZEN BODY WRAP 80 Minutes - \$200

Start with a full body scrub containing Napa Valley Grape Seeds high in antioxidants and a natural geranium cleanser making your skin smooth and more receptive. Follow with a body wrap with Green Tea, Ginger Root and Seaweed Algae which will balance and invigorate the mind, body and spirit. Not available in spa packages.

RAINFOREST BODY WRAP 50 Minutes - \$150

Begin with an extremely healing and moisturizing Brazilian Rainforest Propolis body wrap. Following the wrap, warm coconut milk is poured over the entire body for astonishing healing and moisturizing results. Propolis, known for its extremely healing and deeply moisturizing elements, makes this a truly innovative treatment. Not available in spa packages.

SUNLESS BRONZING 80 Minutes - \$160

Achieve a natural-looking golden glow without dangerous sun exposure. Our full body salt scrub precedes application of moisturizing tanning cream to ensure even, lasting coverage.

SILKY SMOOTH WAXING 20 - 80 Minutes / \$25 - \$140

Please choose from the following areas and rest assured your skin will look and stay silky for weeks at a time.

Lip, Brow, or Chin • Underarm • Full Arm • Half Arm
Bikini • Half Leg • Full Leg • Back

FACIAL MASK - \$25

Enjoy a relaxing, customized Facial Mask while relaxing in your wrap for an additional cost. (Book with any skin care treatment.)

SPA PACKAGES

Combine your favorite skin and body treatments to reward yourself or a friend with total body wellness and optimum skin health.



REFLECTIONS REJUVENATION PACKAGE 80 Minutes - \$210

DEEP TISSUE 80 Minutes - \$245

For those wanting to reduce everyday aches and pains or just rid yourself of tension and toxins. We begin with a full body massage followed by a detox body wrap. It's just the thing to take away stress and leave you feeling totally rejuvenated!

ALPINE DELUXE PACKAGE 80 Minutes - \$235

Begin with our salt scrub, then enjoy a body wrap. While in the wrap, you will receive a soothing express facial.

TAHOE RETREAT PACKAGE 2.5 Hours - \$300

Let us restore you with the combination of a European facial and a mineral salt scrub. Then delve into complete relaxation with a full body aromatherapy massage with a blend of pure essential oils.

TOTAL BODY WELLNESS PACKAGE 2.5 Hours - \$350

This deluxe treatment for face and body will leave you feeling refreshed and renewed. Relax with a detox wrap, then enjoy our classic European facial and last but not least, enjoy a full body massage.



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