



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 destressing 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 ROCKIES RESORT

MASSAGE THERAPIES

ALPINE ARNICA DEEP HEALING MASSAGE

This deeply revitalizing treatment uses aromatherapy and deep tissue massage to unwind the body, reboot the mind and transform stress into balance. Choose between four aromatherapeutic blends of exotic herbs featuring such ingredients as warm spicy Cardamom, hypnotic Neroli blossom, clarifying Balsam Fir needles or energizing Holy Basil to reinvigorate the senses.

RELÂCHE SPA DESTRESS MASSAGE

This 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 MUSCLEASE DEEP TISSUE MASSAGE

Signature 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.

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.

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.

SOOTHE THE SOLE

This ancient Eastern technique is used to relieve stress and bring balance to the entire body. Thumb and finger pressure are used to massage specific points on the feet corresponding to different body areas and will make you feel like you are walking on air.

SIDE-BY-SIDE

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!

DETOX & RENEWAL

CELLUTOX AROMA SPA OCEAN WRAP & DEEP TISSUE MASSAGE

This seaweed wrap and full body massage helps to detoxify and kick-start your body. Combining the richness of sea plants and Marine Algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energized and skin is left silky soft and smooth.

APRÈS DETOX TREATMENT

Re-mineralize your skin while drawing out impurities. This detoxifying treatment starts with a vigorous exfoliation with volcanic Pumice and Coffee Arabica to stimulate circulation, followed by a warm wrap with mineral-rich Black Silt Clay and herbal extracts of Indian Sarsaparilla and Honey to help smooth and firm the skin.

HOT MINERAL BODY BOOST

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

TARGETED TONING TIGHTER

Elemis' clinically proven Body Sculpting System is combined with a detoxifying Birch and Fennel peel-off body mask. Specialized abdominal, hip and thigh drainage massage techniques help with colon cleansing, to smooth the appearance of cellulite, boost circulation and reduce fluid retention. Skin is firmer and smoother to touch.

EXOTIC LIME & GINGER SALT GLOW

Invigorating deep cleansing Ginger stimulates the metabolism and tones the body, while Lime peel works to energize, cleanse and purify the skin. Unrefined Sea Salt is uniquely blended with Kukui, Camelia and Jojoba oils to exfoliate and remineralize the skin, helping it to regain its natural moisture balance and silky softness.

SKIN RENEWAL FACIAL THERAPIES

HYDRAFACIAL®

Relâche Spa proudly unveils HydraFacial treatments. This celebrity favorite is an advanced medical-grade skin care treatment that gives instant results with no discomfort or downtime. The resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extractions and hydration. HydraFacial is a noninvasive, non-surgical procedure that delivers instant results.

DELUXE HYDRAFACIAL

This Deluxe 80 minute invigorating treatment includes all the luxurious essentials of the HydraFacial for your face, neck and décolleté. It begins with Lymphatic Drainage techniques to initiate the detoxification process. Then the HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin. This treatment also includes Multi-Peptide Dermabuilder to address fine lines and wrinkles followed by LED light therapy.

SIGNATURE HYDRAFACIAL

Our 50 minute Signature rejuvenating skin resurfacing treatment immediately reduces the look of lines, wrinkles, hyperpigmentation, congested pores and uneven skin tone on the face and neck. This session is completed with LED light therapy especially suited for your skin's specific needs.

BOOST HYDRAFACIAL

This 25 minute treatment offers the perfect skin solution for the time-challenged, by bathing the skin in rich antioxidants and deeply hydrating hyaluronic acid. It starts with deep cleansing and gentle exfoliation, followed by painless extractions and ends with a burst of hydration.

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.

**Independent clinical trials*

ELEMIS PRO-COLLAGEN SIGNATURE

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. A relaxing ELEMIS 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.

ELEMIS MEN'S HIGH PERFORMANCE SKIN ENERGIZER

The hard-working facial for aging, dehydrated skin and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. A multi-dynamic facial massage sequences boost circulation.

HIGH ALTITUDE BIO ENERGY FACIAL

Oxygenating and revitalizing, this luxurious treatment delivers instant skin rejuvenation by accelerating cellular respiration, bringing fatigued, over-stressed skin back to life. Skin is re-energized with a blend of a Copper & Amino Acid Complex, peptides, vitamins and minerals that firm, lift and revitalize the skin. Ideal for hikers, skiers or city dwellers, or for those seeking firmness to restore the skin's natural contours.





ELEMIS BIOTEC THERAPIES

A synergistic energy force of unique high-potency actives, skin lift touch and advanced technology

ELEMIS BIOTEC EYE TREATMENT

BIOTEC Technology is refined enough to gently stimulate and tighten the delicate eye area without disturbing fragile skin.

ELEMIS BIOTEC NECK TREATMENT

Micro-current reminds the muscle to firm up while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

ELEMIS BIOTEC LINE ERASER

Target wrinkles and energize the skin towards optimum performance with microcurrent pulses and red and blue light therapy.

ELEMIS BIOTEC RADIANCE RENEW

This cellular-boosting upgrade 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.

TREATMENT ENHANCEMENTS

ELEMIS BIOTEC SENSITIVE SKIN SOOTHER

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* enhancement 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.

WILD LIME OR FRANGIPANI SCALP MASSAGE

..... Pair with Facials & Massages

MOROCCAN OIL SCALP TREATMENT

..... Pair with Facials & Massages

POLISHING HAND OR FOOT THERAPY

..... Pair with Facials & Massages

MUSCLE MELT STONE

..... Pair with Massages

DEEP LAYER EXFOLIATION

..... Pair with Facials

MICROCURRENT BROW LIFT

..... Pair with Facials

COLLAGEN EYE OR LIP TREATMENT

..... Pair with Facials & Massages

SIGNATURE HAND & FOOT THERAPIES

ULTIMATE INDULGENCE PEDICURE

This heavenly 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.

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!







SALON SERVICES

SIGNATURE HAND & FOOT THERAPIES

- Men's Bourbon Pedicure
- On-the-Go Pedicure
- Classique Pedicure
- Classique Manicure

NAIL ENHANCEMENTS

- Paraffin Infusion Treatment (*Hands or Feet*)
- Shellac/Gel Polish Removal (*Hands or Feet*)
- French Polish (*Hands or Feet*)

MAKE-UP SERVICES

- Special Occasion Make-Up
- Eyelash Enhancements

HAIR SERVICES

- Women's Designer Hair Cut & Blow Dry
- Women's Shampoo & Blow Dry
- Gentlemen's Designer Hair Cut
- Bridal Style
- Special Occasion Style
- Style Only
- Full Highlights
- Partial Highlights
- Single Process & Partial Highlights
- Single Process Hair Color
- Root Touch-Up

CONDITIONING TREATMENTS

Add a customized conditioning treatment to any hair service to increase strength and shine.

- Customized Conditioning Treatment
- Customized Scalp Treatment

HAIR REMOVAL

- Lip Wax
- Brow Wax
- Underarm Wax
- Forearm Wax
- Full Arm Wax
- Bikini Wax
- Back Wax
- Chest Wax
- Half Leg Wax
- Full Leg Wax

CHILDREN'S SERVICES

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

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 \$50 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.

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 services include the use of our spa indulgences such as our aromatic steam room, crystalline ice fountain, rocky mountain rain shower, locker rooms and a variety of amenities, including access to our alpenglow fireside relaxation lounge. We provide robes, sandals, complimentary beverages and fruit in the lounge during your experience

For a complete list of General Information, hours of operation or frequently asked questions, visit us online or call 720.574.1590.



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