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
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.

RELÂCHE SPA DESTRESS MASSAGE
The 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
“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.

MUSCLEASE WARMING OCEAN WRAP & MASSAGE
This seaweed wrap and massage treatment helps to loosen muscle tension and relax deep muscles. Combining the richest of sea plants and marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of essential oils including Lavender, Clary Sage, Rosemary and Thyme is applied to targeted areas of the body. The treatment is completed with a full body massage.

RELÂCHE SPA HOT MINERAL BODY BOOST
This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed with a restorative massage, this is a revolutionary, mineral-charged experience of skin-conditioning, metabolic-balancing and energizing wellness.

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
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! Available as couples massage or facial.

SPECIALTY MASSAGES

BAMBOO FUSION MASSAGE
Heated bamboo shoots of varying sizes are used to glide deeply across the body, to relax sore muscles and promote mental and physical well-being.

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.

LEMONGRASS RITUAL
This Thai-inspired treatment works your pressure points to release blocked energy. A heated herbal poultice is used to reduce aches and pains while increasing lymphatic drainage. Complete this journey with our signature oil to increase flow of energy between the pressure points and to nourish the skin.

TREATMENT ENHANCEMENTS

RELAXING SCALP TREATMENT
Pair with Facials & Massages

HYDRATING HAIR MASK
Pair with Facials & Massages

POLISHING HAND & FOOT THERAPY
Pair with Facials & Massages

WARM STONES
Pair with Massages

DEEP EXFOLIATION
Pair with Facials

EYE & LIP TREATMENT
Pair with Facials

MICROCURRENT BROW LIFT
Pair with Facials

MICROCURRENT FACE LIFT
Pair with Facials
SKIN RENEWAL FACIAL THERAPIES

RELÂCHE SPA 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. ELEMIS relaxing 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 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.

ELEMIS PRO-DEFINITION LIFT AND CONTOUR
Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients found in plant actives to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful affect.

ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR
Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potentbrightener, inhibiting future pigmentation. The result is a more even, color-corrected and illuminated complexion.

ELEMIS SENSITIVE SKIN SOOTHER
Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS ANTI-BLEMISH MATTIFY AND CALM
A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

ELEMIS MENS HIGH PERFORMANCE SKIN ENERGIZER
The hard-working facial for aging, dehydrated skin and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation.

*Independent clinical trials

VITAMIN C ENERGIZING COLLAGEN FACIAL
Supercharge your skin. Regenerate luminosity with potent vitamin C, nature’s most powerful and proven skin brightening agent. This high-performance skin treatment helps correct sun damage, for firmer and brighter skin. Facial includes a professional Alpha Beta Peel and a microneedling face lift that will leave you looking younger and feeling your best.

HYALURONIC MARINE HYDRATING FACIAL
Replenish hydration, with this ultra-hydrating facial that gives skin an instant plumped, smoother appearance. Hyaluronic acid quenches parched skin and holds up to 1,000 times its weight in water to draw in and bind moisture to the skin, cushioning it from environmental stress and dehydration. Facial includes a professional-only peel.

ELEMIS 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

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.

RELÂCHE SPA at GAYLORD PALMS RESORT
The HydraFacial resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extractions and hydration, including Vortex-Fusion® of antioxidants, peptides and hyaluronic acid. The HydraFacial is a non-invasive, non-surgical procedure that delivers instant results. These treatments are soothing, refreshing, non-irritating and immediately effective.

**BOOSTER FACIAL**
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.

**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.

**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 Therapy 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.
ULTIMATE INDULGENCE PEDICURE
This heavenly ELEMIS 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. Ready to walk a hundred miles? You will be after you’ve experienced the Ultimate Indulgence Pedicure!

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!
HAND & FOOT THERAPIES
• Classique Manicure
• Classique Pedicure
• On-the-Go Pedicure
• Men’s Sports Pedicure
• Gel Manicure
• Gel Removal
• Polish Change

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

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

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

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 Manicure
• Princess Pedicure

RELÂCHE SPA at GAYLORD PALMS RESORT
SERVICE CHARGE
For your convenience, a 20% service charge will be added. This service charge is dispersed to the spa staff that served you during your visit. Additional gratuities may be offered at your discretion.

WHAT IS THE CANCELLATION POLICY?
In consideration of others, please cancel 6 hours in advance to avoid fees. Appointments cancelled less than 6 hours will be charged the full price. If appointments are rescheduled or changed less than 6 hours in advance, a 25% fee will be charged.

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.

CONSIDERATIONS
To preserve our tranquil setting, cell phones and electronic devices are discouraged. For the privacy of our guests, use of any camera device is strictly prohibited.

For the safety of guests and staff, we reserve the right to refuse service to individuals who appear under the influence of alcohol or drugs or are displaying unprofessional behavior.

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.
# MENU of SERVICES

## MASSAGE THERAPIES
- Relâche Spa Destress Massage .......... 25 min $40
  50 min $150
- 80 min $200
- Relâche Spa Muscle Ease Deep Tissue Massage .......... 50 min $155
  80 min $210
- Relâche Spa Hot Mineral Body Boost .......... 80 min $195
- Musclease Warming Ocean Wrap and Massage .......... 80 min $195
- Soothing Stone Massage .......... 80 min $210
- Mother-To-Be Massage .......... 50 min $150
  80 min $200

## SPECIALTY MASSAGES
- Bamboo Fusion Massage .......... 80 min $195
- Hydro-Therapy Treatment .......... 40 min $140
- Lemongrass Ritual .......... 80 min $195

## BODY THERAPIES
- ELEMIS Body Nourishing Wrap .......... 50 min $155
- ELEMIS Thousand Flower Detox Wrap .......... 50 min $165
- Escape to Paradise .......... 80 min $190
- Tropical Island Glow .......... 50 min $150

## SKIN RENEWAL THERAPIES
- Relâche Spa Pro-Collagen Signature .......... 50 min $160
  80 min $210
- ELEMIS Men’s High Performance Skin Energizer .......... 50 min $160

## Skin Renewal Therapies Continued
- ELEMIS Dynamic Resurfacing Precision Peel .......... 50 min $160
  80 min $210
- ELEMIS Superfood Pro-Radiance .......... 50 min $160
- ELEMIS Pro-Definition Lift and Contour .......... 50 min $160
- ELEMIS White Brightening Pigment Perfector .......... 50 min $170
- ELEMIS Sensitive Skin Soother .......... 50 min $160
- ELEMIS Anti-Blemish Mattify and Calm .......... 50 min $160
- Vitamin C Energizing Collagen Facial .......... 80 min $210
- Hyaluronic Marine Hydrating Facial .......... 50 min $160

## TREATMENT ENHANCEMENTS
- Relaxing Scalp Treatment .......... $25
- Hydrating Hair Mask .......... $25
- Polishing Hand or Foot Therapy .......... $25
- Warm Stones .......... $25
- Full Body Dry Rub Exfoliation .......... $25
- Deep Exfoliation (Facial Only) .......... $25
- Eye & Lip Treatment (Facial Only) .......... $25
- Microcurrent Brow Lift (Facial Only) .......... $25
- Paraffin .......... $25
- Microcurrent Face Lift (Facial Only) .......... 20 min $45

## HYDRAFACIAL TREATMENT
- Booster Facial .......... 25 min $125
- HydraFacial .......... 50 min $185
- Deluxe HydraFacial .......... 80 min $285

## COUPLES SERVICES
- Couples Massage .......... 50 min $320
- Couples Facial .......... 50 min $330
- Extended Time in Couples Suite .......... 20 min $40

## HAIR REMOVAL
- Full Leg Wax .......... $100
- Half Leg Wax (Includes the Knee) .......... $65
- Lip Wax .......... $35
- Brow Wax .......... $35
- Underarm Wax .......... $35
- Bikini Wax .......... $50

## NAIL ENHANCEMENTS
- Paraffin (Hands or Feet) .......... $25
- French Polish (Hands or Feet) .......... $15
- Callus Treatment (Feet Only) .......... $25
- Warm Stones (Feet Only) .......... $15

## HAND & FOOT THERAPIES
- Classic Manicure .......... 25 min $40
- Classic Pedicure .......... 50 min $75
- Ultimate Indulgence Manicure .......... 50 min $65
- Ultimate Indulgence Pedicure .......... 80 min $90
- On-the-Go Pedicure .......... 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

## HAIRSTYLING
- Men’s Designer Haircut .......... from $45
- Women’s Designer Haircut & Style .......... from $75
- Women’s Shampoo & Style .......... from $65
- Special Occasion Style .......... from $75
- Hair Color* .......... from $195
- Partial Highlights* .......... from $115
- Full Highlights* .......... from $145

## CONDITIONING TREATMENTS
- Deluxe Conditioning Ritual .......... from $110
- Deluxe Conditioning .......... from $45
- Express Conditioning .......... from $30

## CHILDREN’S SERVICES
For our guests 5-10 years old
- Wiggle Worm Haircut (Under 5) .......... 20 min $25
- Prince Haircut & Style .......... 20 min $30
- Princess Haircut & Style .......... 25 min $40
- Princess Manicure .......... 25 min $30
- Princess Pedicure .......... 25 min $40
- Young Ladies Shampoo, Cut & Style .......... $50
- Young Ladies Updo .......... from $50

## TANNING
- Spray Tan* .......... 25 min $45
- Spray Tan Experiaz* .......... 50 min $90

*Usage of facilities is not included due to the nature of this service.

BOOK YOUR SPA EXPERIENCE TODAY AT RELACHESPA.COM
**BIOTEC**

25 min  $80  50 min  $175  80 min  $225

**ELEMIS BIOTEC LINE ERASER**
Target wrinkles and energize the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

**ELEMIS BIOTEC RADIANCE RENEW**
This cellular-boosting treatment 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.

**ELEMIS BIOTEC SENSITIVE SKIN SOOTHER**
This anti-redness treatment soothes sensitive skin. 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* facial 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.

**ELEMIS BIOTEC ENHANCEMENTS  $60**

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