

General Information

The renewal process begins the moment you enter Spa Atlantis, where we invite you to leave the complexities of your everyday world at the door. Our spa is available to guests 18 and older. We encourage you to schedule your spa services well in advance of your visit to ensure the widest selection of treatments and appointment times. Spa Atlantis is a tranquil setting. Please be mindful by using quiet conversation and refrain from using cell phones or other electronic devices. Spa Atlantis is an alcohol and smoke-free environment.

Arrival

For your enhanced comfort and relaxation, we recommend that you arrive at least 1 hour prior to your service. Complimentary Valet parking is available. This allows time to shower and enjoy our spa relaxation rooms which include the Aqua Lounge, Laconium Relaxation Lounge, Brine Inhalation-Light Therapy Lounge, Herbal Steam Room and Cedarwood Sauna. If arriving late, we will do our best to accommodate your originally scheduled appointment; there may be times when we are unable to do so. Your appointment will end on time and the full value will apply.

What do I wear?

We provide private dressing rooms, with luxurious robe and spa slippers to wear. Most body treatments are enjoyed without clothing, however, please disrobe to the level of your comfort. Our therapists are fully trained in proper draping, and your privacy will be maintained at all times. We also recommend guests bring their fitness attire and bathing suits to enjoy all we have to offer. Lounges are designed for a co-ed environment.

What if I have special health conditions?

We recommend that you check with your physician prior to your visit at Spa Atlantis. Please notify us of any special needs or concerns. Your therapist will consult with you prior to your service. She/He may recommend modifying the service, booking another service or may find it necessary to cancel the service. Elderly people, pregnant women and those with health conditions should consult with a physician before entering a spa or cold water pool.

What should I do with my belongings?

Spa Atlantis provides private lockers for your personal items. For your convenience, we offer safety deposit boxes. Our Spa Concierge will be happy to assist you. Spa Atlantis is not responsible for lost or stolen items.

Cancellation Courtesy

We value your business and respectfully ask that you give the Spa at least 4 hours notice if you must cancel an appointment. The full service(s) cost will be charged for any late cancellation or no show appointments.

For appointments call 775.954.4135

Spa 8 am – 9 pm daily | Pool & Cardio 6 am – 10 pm daily

Spa Atlantis reserves the right to refuse service to anyone at any time.

A Day at Spa Atlantis includes:

AQUA SPA LOUNGE

Your journey begins in the soothing environment of jetted spa pools of varying temperatures to refresh and relax tired muscles. Immerse yourself in the cold water pool to invigorate the body and strengthen the immune system.

LACONIUM RELAXATION LOUNGE

Heated contoured benches, a warm floor and a captivating water feature soothe the spirit, stimulating circulation and purifying and detoxifying the body while reducing stress. The laconium is a welcome alternative to Spa goers who find a traditional sauna too hot.

BRINE INHALATION-LIGHT THERAPY LOUNGE

A waterfall of beautiful brine cascading crystals, with color changing lights rotating through the spectrum, soothing music and heated benches aid in the therapeutic benefits of this lounge. The ambience and inhalation of salt aerosols positively affect the respiratory tract to increase well-being both psychologically and physiologically. Experience what spa-goers have appreciated for decades.

White — Refreshing **Blue** — Soothing

Purple — Healing **Pink** — Motivating

CARDIO THEATER AND FITNESS CENTER

Cardio Theater and Fitness Center featuring TechnoGym® and PrecorSM equipment with Active Wellness TV. Enjoy complementary infused water hand-crafted to enhance your workout recovery. Fitness Center guests must be 18 years of age or older.

POOLS

Indoor atrium pool, seasonal outdoor pool and sun deck, year-round outdoor jetted spa. For your dining pleasure, we offer poolside service.

Enjoy our lounges and pools in a co-ed environment

Spa Atlantis

Spa Atlantis is about personal rediscovery, solace and healing. A refuge from the everyday world. Let us guide you through your journey to well-being. Tranquil surroundings of calm healing colors, natural stone and the gentle flow of water release tension and stress from head-to-toe. Treatments that focus on reviving and refreshing the skin, pleasing the senses, all while giving you a renewed sense of self and relaxation. Escape to Spa Atlantis, a Forbes Four-Star Spa unlike any other.

- ~ Cardio Theater and Fitness Center featuring TechnoGym® and PrecorSM equipment with Active Wellness TV
- ~ 16 opulent treatment rooms
- ~ Aqua Spa Lounge
- ~ Brine Inhalation-Light Therapy Lounge
- ~ Laconium Relaxation Lounge
- ~ Exclusive treatments
- ~ Couples suites featuring soaking tubs and steam showers
- ~ Weightless Flotation Soft-Pack-System®
- ~ Indoor atrium pool
- ~ Seasonal outdoor pool and sun deck
- ~ Year-round outdoor jetted spa
- ~ Women and men's tea lounges with refreshment
- ~ Private lockers
- ~ Safety deposit boxes
- ~ Private dressing room
- ~ Fresh fruit and herb-infused waters
- ~ Botanical extracts

The Gift of Spa

Gift cards are the perfect way to share the spa experience

SPA *Atlantis*

3800 S. Virginia Street | Reno NV 89502
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TRAVEL GUIDE

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Massage

Lomi Lomi

A profound Hawaiian art, Lomi Lomi massage facilitates healing on a spiritual level. This specialized technique focuses on the wellness of the whole being, relieving stress and tension, as well as increasing blood and lymph flow. The rhythmic flowing movements up and down the body are used to achieve a deep, yet gentle massage. Your experience concludes with a nourishing scalp massage using warm, pure coconut oil.

60 minutes \$195 / 90 minutes \$235

Alpine Herbal Cupping Therapy

Experience renewal with this specialized massage featuring soft cupping techniques designed to reduce inflammation, enhance circulation, and restore balance. The gentle, yet effective movements promote detoxification and release tension, while alpine arnica oil soothes muscle discomfort, leaving your body feeling relaxed, revitalized and completely restored.

60 minutes \$195 / 90 minutes \$235

Swedish

A traditional full body massage with light to medium pressure that works gradually to release muscle tension. Increases the level of oxygen in the blood, decreases muscle toxins, and improves circulation and flexibility. Elevate your service with any selection from our massage enhancements.

60 minutes \$180 / 90 minutes \$220

Deep Tissue

A therapeutic massage targeted to release tightness and reduce muscle pain. This technique uses slow, deep-guided strokes and firm pressure designed to relieve tension and reach below the superficial muscles. Our highly trained therapists will be happy to adjust pressure to your liking.

60 minutes \$200 / 90 minutes \$240

Hot Stone

This full-body massage utilizes hot stones. The heated stones are used to warm muscles allowing the massage to penetrate deeper, enabling a more profound state of relaxation and improving circulation throughout the body. The radiating heat allows the melting of aches and pains, creating a feeling of restored balance.

60 minutes \$195 / 90 minutes \$235

Himalayan Salt Stone

Himalayan salt is the purest form of salt on earth. It balances your pH, prevents muscle cramps, replenishes electrolytes and assists in alkalizing the body to rid it of excess acids. Enjoy the tranquility of heated Himalayan salt stones and soothing oils while indulging in a relaxing massage.

60 minutes \$195 / 90 minutes \$235

Aromatherapy

This massage utilizes essential oils that benefit the largest organ of your body, your skin. Working at a physical level, the aromatic effects of each blend balance mind and emotion through the sense of smell.

60 minutes \$195 / 90 minutes \$235

Arnica Hot Towel

Experience the benefits of hot towels to get your muscles into a deep state of relaxation. This massage uses essential oils, arnica tension relieving oil and incorporates hot stones on the feet to achieve a deeper and more therapeutic massage.

90 minutes \$235

Prenatal

This massage uses techniques designed specifically for relaxation and to ease discomforts of pregnancy during this time of transition (Not available in the first trimester).

60 minutes \$180

Massage Enhancements

Add to any massage:

Aromatherapy \$20 • Biofreeze \$20 • Coconut Oil \$20 • Coconut Oil Scalp Treatment \$25 • Dry Brushing \$25

Arnica \$25 • CBD Rosemary Scalp Treatment \$25 • CBD \$50 • Soft Cupping \$45 • Deep Tissue \$20

Skin Care / Facials

Tropical Radiance

Enriched with the powers of nature. Pineapple, papaya, and kiwi enzymes gently exfoliate and rejuvenate dead skin to reveal a radiant complexion. This facial naturally targets hyperpigmentation, leaving skin soft, even-toned, and luminous. Let the tropical aromas transport you to paradise. Excellent choice for all skin types, enhances brightness and glow.

60 minutes \$180 / 90 minutes \$220

Pore Purifying

Experience the ultimate skin transformation with our Pore Purifying facial. This treatment combines active ingredients and LED therapy to deeply cleanse, refine, and renew your skin. Resurface and retexture while combatting inflammation and impurities for a clearer, healthier balanced complexion. This facial will leave your skin visibly refreshed, purified and clear. Ideal for problematic, acne prone skin.

60 minutes \$185 / 90 minutes \$220

Derminfusion Peptide

Elevate your skin. This advanced treatment combines clinically proven blends of hyaluronic acid and peptides to plump, fill and repair, while enhancing elasticity and firmness. Complete with soothing LED therapy, this indulgent facial delivers unparalleled hydration and rejuvenation, unveiling a radiant, sculpted and flawless look. Great for all skin types, helps combat signs of aging.

60 minutes \$195 / 90 minutes \$235

Knesko Gemclinical® Facial

Experience the perfect harmony of science and energy. This facial will balance heal, and revive your skin. This luxurious treatment features collagen masks from face to décolleté, that are infused with genuine gemstones and minerals that are delicately charged with reiki energy to enhance your inner and outer glow. Address all signs of aging, dryness and dullness while promoting profound hydration. The experience is elevated with gua sha lymphatic drainage and LED therapy. This facial awakens your skin and spirit, leaving you with a luminous, sculpted and energized complexion like no other. Designed for all skin types, supports anti-aging and hydration.

90 minutes \$265

Collagen Boosting

This ultimate anti-aging treatment is expertly designed to stimulate your skin's natural collagen production. Fine lines are softened, elasticity is enhanced, and complexion is left glowing with vitality. Potent Vitamin C brightens and tightens, while a professional-grade peel refines and renews. Complete with LED therapy. Suitable for all skin types; targets hyperpigmentation and aging concerns.

60 minutes \$190 / 90 minutes \$230

Restore and Repair

Replenish and strengthen your skin with our Restore and Repair Facial, designed to support barrier repair and promote a healthy and healed complexion. Using gentle, organic and nutrient-rich products, this treatment soothes and restores balance to dry, compromised or sensitive skin. Perfect for sensitive or barrier-compromised skin.

60 minutes \$185 / 90 minutes \$225

Simply Clean

Nourish and refresh your skin. This facial is a simple and a relaxing way to improve and maintain your skin's overall appearance. Your skin is cleansed, exfoliated, massaged and nourished with a masque. Complete with moisturizer and eye cream.

60 minutes \$175

Skin Care / Facials (continued)

Hydrfacial™

This noninvasive multi-step treatment combines the benefits of a resurfacing procedure, mild chemical peel, automated painless extractions (no pinching), and a targeted mix of antioxidants, hyaluronic acid, and peptides. Enjoy real results without downtime or irritation. Paired with Dr. Dennis Gross Skincare™, this is the ultimate results-based, yet luxurious facial experience.

60 minute Deluxe Hydrfacial (including boosters) \$325

90 minute Platinum Hydrfacial (including boosters) \$375

Facial Enhancements

Add to any facial:

Knesko Collagen Face Mask \$50 • Brow Wax \$45 • Lip Wax \$30 • Dermaflash \$45 • Spectralite Eye Mask \$45

Spectralite Face Mask \$50 • Alpha Beta Peel \$60 • Retinol Peel \$70 • Lymphatic draining featuring Gua Sha \$45

Wellness Rituals

Indulge in our Wellness focused rituals specifically crafted to bring balance to body, mind and spirit.

Shirodhara

This mind-opening treatment promotes a light state of meditation as a fine stream of warm herb infused oil cascades over the forehead. Feel deep relaxation as the warm oils nourish your hair and scalp. The experience will take you on a journey deep within. A steam shower ends this wonderful treatment.

60 minutes \$185

Pantai Luar Body Experience

An Eastern Asian inspired body treatment that improves the look, tone, clarity and texture of skin via rapid cellular rejuvenation. Heated sachets filled with the world's finest quality herbs, coconut and limes exude a warm and exotic fragrance throughout your experience. The appearance of the skin improves immediately, as nutrients and essential oils are manipulated deep into the skin.

80 minutes \$240

Jac Jupayan Opulence (Ja-co-ju-pie-an)

This full body treatment utilizes the power of enzymes and unique techniques to restore the body and revitalize the skin. A focused foot massage using warm stones will balance the body and help release stress. Exfoliating gloves and warm towels are used to remove the enzymes, followed by a relaxing full body massage using a nourishing shea butter infused with apricot essential oil.

90 minutes \$240

Exfoliate, Soak and Massage

Your journey begins with a gentle yet invigorating exfoliation using textured mitts to remove dead skin. We then apply an alpine arnica oil to ease the body's tension and muscle soreness. Next, step into a warm bath and soak away your worries. We end the treatment with a relaxing massage to help support healthy circulation and revive tired overworked muscles as well as nourish the skin. This is the ultimate self-care experience.

110 minutes \$295

Body Wraps / Scrubs

Relax in a heated flotation bed that relieves joint pressure and promotes muscle renewal, as well as healing. Cocooned and submerged, you will float in a peaceful, almost weightless environment as our exclusive wraps aid your body in the absorption of oils, creams and other products giving you a newfound feeling of wellness. For optimal hydration and results, we recommend enjoying our steam, sauna or water treatments prior to this experience.

Hydrating Manuka Honey Wrap

Our secret recipe of manuka honey and nourishing oils infuse together to create an elegant and indulgent experience. You will be treated to a gentle and enzymatic honey polish over the entire body to exfoliate dry, dehydrated skin. A decadent blend of manuka honey cream and specialty oils regenerates, nourishes, and provides a protective treatment for your skin. The finishing touch is an invigorating face and scalp massage while floating weightless in the warmth of our Soft Pack®.

60 minutes \$195 / With 30 minute Swedish Massage \$245 / 60 minute Swedish Massage (120 minutes) \$300

Coconut Age-Defying Body Wrap

Visibly lift and firm the look of the skin with this age-defying wrap. Your treatment starts with a dry brush exfoliation to increase circulation and lymph flow, followed by a light application of nourishing body oil. Your body is then cocooned in a rich mask, incorporating Coconut and Apricot oil to tone, restore, rehydrate and repair the appearance of damaged skin. Enjoy a relaxing face and scalp massage while you are wrapped in our heated, weightless flotation Soft Pack.

60 minutes \$195 / With 30 minute Swedish Massage \$245 / 60 minute Swedish Massage (120 minutes) \$300

Restore and Illuminate Body Wrap

Naturally nourish and invigorate your body with a luxurious exfoliation of stone crop, green tea and lemon. A restorative gel containing stone crop, aloe and powerful nutrients is applied to the body to rejuvenate, detoxify and brighten. Enjoy a blissful face and scalp massage and a full body float in our weightless flotation Soft PackSM, releasing tension from your entire body.

80 minutes \$225 / With 30 minute Swedish Massage (110 minutes) \$285

Detoxifying Dead Sea Salt Scrub

An invigorating, exfoliating body scrub using the healing powers of salt from the Dead Sea is gently worked into the skin to exfoliate and improve circulation. After a refreshing rinse, enjoy a light moisture application that will leave your skin feeling silky soft and glowing.

50 minutes \$170

Hydrating Sugar Polish

Fresh sugarcane crystals are used to exfoliate and gently buff away aging, dehydrated skin cells. This scrub is rich in nourishing oils and leaves a lasting, deep moisture even after being rinsed away. Your skin will feel soft and you will leave polished and revived.

50 minutes \$170

Effervescence Spa Pedicure

Sit back and enjoy the comfort and privacy of our spa pedicure suite. A luxurious soak in coconut milk nourishes your legs and feet. Your skin is then exfoliated and hydrated with an exotic sugar scrub. A scented paraffin treatment is enjoyed before you are polished, poised and effervescent.

60 minutes \$120

CBD Infused Treatments

Vital Body Massage

This full body massage utilizes CBD to help alleviate muscle soreness and inflammation. Your body is nourished, renewed and supported with this high potency blend of hemp-derived CBD and penetrating essential oils.

90 minutes \$235

Calming Vital Body Facial

Nourish and calm skin with this anti-inflammatory CBD oil blend, bringing skin back to a healthy balance, diminishing redness and irritation without clogging pores. Utilizing an anti-redness mask to soothe, smooth and visibly repair. Includes our signature hand and arm massage with 200mg CBD cream for the ultimate relaxation.

60 minutes \$185 / 90 minutes \$235

Spa Vital Body Pedicure

Restore, detoxify and heal with a CBD salt soak, followed by expert nail, cuticle and callus care. A salt scrub made with healing CBD oil and CBD salt will give you the best exfoliation for dry, achy feet. CBD body oil is applied to the lower legs and feet followed by warm paraffin wax to ease into the ultimate relaxation. Includes our signature massage with CBD cream, containing a dynamic blend of eight organic herbs that deeply penetrate for intense hydration and renewal. Finished with your choice of a buff or polish.

60 minutes \$130

Scalp, Hands & Feet Renewal

Refresh and restore with this rejuvenating treatment that targets the body's most nerve rich areas. A gentle hand and foot CBD-Infused massage will ease tension, while a scalp massage with CBD and rosemary essential oils enhance relaxation, boosts circulation, supports hair health and overall sense of balance and renewal.

50 minutes \$180

Couples Experience

Infinity Couples Massage

Ease into a coconut milk bath in our Infinity soaking tub for two. Immerse and indulge with a side by side massage.

110 minutes \$590

Island Escape for Two

Sugar gently buffs away aging skin cells while nourishing oils protect and reveal healthy skin and a beautiful island glow. Soak away all of your cares in a bath infused with virgin coconut oil before being treated to side-by-side Lomi Lomi massages. A magical, memorable experience.

110 minutes \$710

Desert Passage

This treatment begins with a luxurious soak in a bath infused with essential oils, followed by side-by-side invigorating Deep Tissue massages. You will then drift into a Simply Clean facial for her and a Gentlemen's facial for him. A Spa Pedicure completes the mini vacation, time together well spent.

175 minutes \$990

Couples Massage

Relax as you receive side-by-side full body massages.

Swedish 60 minutes \$370 / 90 minutes \$450

Hot Stone 60 minutes \$400 / 90 minutes \$480

Deep Tissue 60 minutes \$410 / 90 minutes \$490