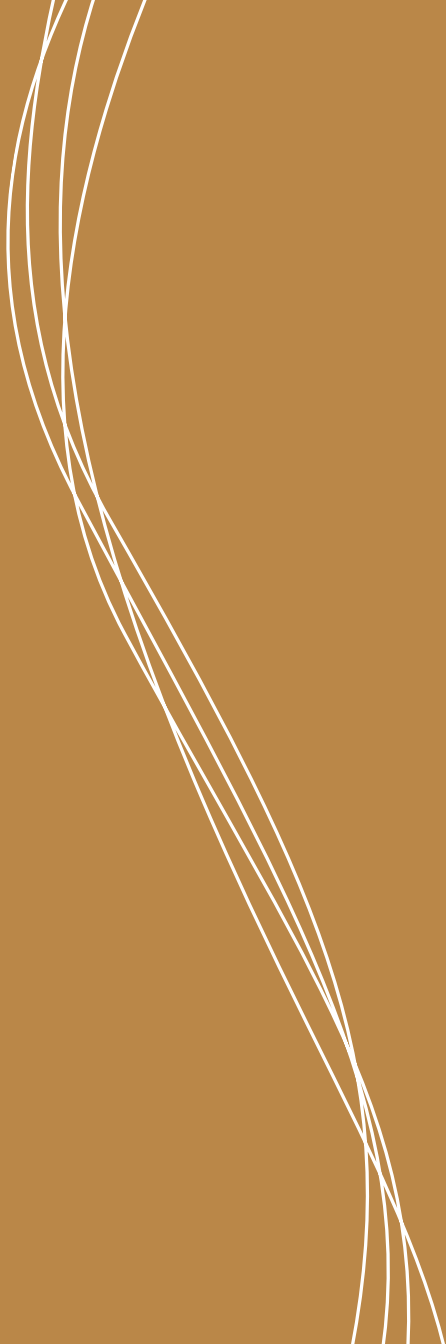




stillwater spa  
lake tahoe



## experience stillwater, true tahoe luxury

Nestled high in the Sierra Nevada mountains at an elevation of over 6,000 feet, Stillwater Spa at the Hyatt Regency Lake Tahoe is the luxurious reflection of the tranquil, natural environment of the region. With an air of eco-sophistication and an ambiance of cozy mountain elegance, Stillwater promotes wellness through the power of nature.

The Spa and our services are inspired by and infused with the classic elements of air, water, earth, and fire and their particular balance in Lake Tahoe. The fresh, clear water of the lake is our source for hydration and moisturization; the purity of the alpine air assists in cleansing the body of toxins; the healing pull of mother earth is felt as a balancing force on the body; and the woodsy mountain fires promote warmth and cycles of renewal.

Just as the mighty Sierra cradle tranquil Lake Tahoe, Stillwater Spa is a retreat inside a wilderness. Your journey through Stillwater will create an inner balance of natural serenity and vitality, leading to divine relaxation and a greater enjoyment of your Lake Tahoe experience.

## stillwater journeys

### tahoe signature

Immerse yourself in the healing powers of nature by undertaking Stillwater's Signature journey. Designed to provide deep hydration and relaxation, give yourself over to our staff and reap the benefits of the Moor Mud Detox Wrap, Lake Tahoe Stones Massage, Advanced Repair Facial and a Native Stone Pedicure and Manicure. Enjoy the journey, a healthy lunch, and the nature that surrounds you at Stillwater.

5 hours, \$595

### stillwater retreat

A day of pampering featuring Stillwater's most popular services. Includes a dry Exfoliation followed by a relaxing Stillwater Massage, soothing Advanced Repair Facial, Healing Waters Pedicure & Manicure and a healthy lunch.

4.25 hours, \$485

### sierra serenity

The vacationer's dream journey designed to release tension and promote deep relaxation. Includes a Stillwater Massage with a Tension-Relief Scalp Massage and Conditioning Hair Mask followed by a Native Stone Pedicure & Manicure and healthy lunch.

3.25 hours, \$375

### incline altitude adjustment

This journey, designed with your relief and comfort in mind, reduces the effects of the change in altitude and stresses from travel. Enjoy an Herbal Relief Wrap with a Focused Tension Relief Scalp Massage, Stillwater Massage, and an Organic Aromatherapy Facial followed by a healthy lunch so you are best prepared to enjoy your stay.

3 hours, \$395

### stillwater bliss

A favorite escape of relaxation and beauty, your treatments include a Stillwater Massage followed by a Healing Waters Pedicure and Manicure.

150 minutes, \$265

## stillwater massage

### lake tahoe stones

Smooth granite stones from the crystal waters of Lake Tahoe are heated with natural oils and used by your therapist to infuse warmth deep into the muscles. This is a full body, balancing treatment to induce deep relaxation.

50 minutes, \$165 • 80 minutes, \$230

### double tranquility

This massage is performed by two therapists who skillfully synchronize their movements to provide the ultimate in relaxation and to enhance the overall balance of your mind, body & spirit.

50 minutes, \$205

### stillwater

Our signature full body massage customized to your individual needs by blending touch modalities with the light aromas of calming chamomile, lavender and sage. Includes a calm mind face treatment and focused foot massage.

50 minutes, \$150 • 80 minutes, \$205

### therapeutic

Our therapeutic massage combines deep, focused and technical muscle work, while using USDA certified sunflower, olive and wheatgerm oil to encourage deeper layers of tissue to relax creating a more balanced body and spirit.

50 minutes, \$165 • 80 minutes, \$230

### mother nature

A massage specially designed for women past their first trimester. A contour pillow allows mom to find a comfortable position and receive all of the benefits of massage. Not recommended for women within their first trimester.

50 minutes, \$150 • 80 minutes, \$205

### massage enhancements

Tension-Relief Scalp Massage & Conditioning Hair Mask, \$75 (25 minutes additional)

Oxygen Inhalation, \$40 (25 minutes included within service time)

## stillwater for couples

### fireside romance

Enjoy extended time together and truly experience what it means to spa as you're treated side-by-side, in an intimate fireplace suite, to a set of luxurious treatments: Footbath Rituals and Calm Mind Treatments, Warming Tea Service, Mulled Spice Herbal Body Relief Wraps with Tension Relief Scalp Massage, and Extended Stillwater Massages.

135 minutes, \$325/person

### stillwater romance

Enjoy the intimacy of our Stillwater Suite as you're treated to side-by-side Stillwater Massages and the romantic luxury of a candlelit Infinity Aroma-Bath.

75 minutes, \$205/person • 105 minutes, \$260/person

### escape

Retreat from the outside world and reward your spirit, together, as you're treated in a room for two to Herbal Relief Wraps and Stillwater Signature Massages.

75 minutes, \$205/person

Enhance your escape with an additional 30 minutes of massage, \$60

### massage

Choose from the following list of massages that we offer: signature aromastone fusion, stillwater, sports, lake tahoe stones & mother nature and receive your treatments side-by-side in one of our luxurious couples' suites.

Time, price based on your individual selections

## stillwater body treatments

### moor mud detox

A revitalizing thermal Moor Mud intended to heal, soothe and revitalize the body. This black organic mud, rich with minerals and trace elements will rejuvenate, soften and purify tired muscles and dull skin.

50 minutes, \$160

### wild herbal relief wrap

Warm linens steeped in an herbal fusion of thyme, fennel, juniper, and cinnamon envelop the body to relieve muscle tension, eliminate toxins, and increase vitality. A focused tension relief scalp massage and reflexology techniques reduce the heaviness of tired legs.

50 minutes, \$160

### alpine body glow

A full body exfoliation with a juniper mandarin polish or another scrub from our seasonal selection, ending in a luxurious lotion application to retain moisture.

50 minutes, \$160

### sierra dreams

Inhale the calming and balancing benefits of wild French lavender in this complete balancing and rejuvenating experience. Begin with an invigorating full body exfoliation, followed by a hydrating lavender moisturizer. The body is then wrapped in warm cocoon all while enjoying a tension relief scalp massage and foot massage.

80 minutes, \$230

## stillwater facials

### HydraFacial™ treatment

The HydraFacial™ treatment is the newest advance in non-laser skin resurfacing. The only hydradermabrasion procedure that combines; cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin. This treatment will improve the appearance of fine line and wrinkles, congested, oily and acne-prone skin along with hyper pigmentation. The Skin Care for Life™ philosophy is not just improving the appearance of skin, but actually restoring, youthful, healthy skin.

### the express

An express treatment that includes cleansing, exfoliation, extractions simultaneously infusing serums of hyaluronic acid, horse chestnut extract and white tea extract to hydrate and protect the skin. Finishing with application of recommended home care products. The perfect skin health treatment “on-the-go”.

20 minutes, \$99

### the ultimate

This ultimate HydraFacial™ treatment includes the express treatment with the addition of lymphatic drainage, LED light therapy and a soothing and hydrating algae gel mask.

50 minutes, \$215

### DermaBuilder™ upgrade

This age-refining upgrade is a must! Reducing the appearance of fine lines and wrinkles, will enhance skin elasticity and increase skin firmness. Must be booked with the “express” or the “ultimate”.

upgrade, \$50

### the back

The “ultimate” treatment for your back.

50 minutes, \$215

## stillwater facials

### anti-age indulgence

This age-management treatment hydrates, firms, and tones the skin through the plumping action of protein rich caviar and an opulent facial massage with acu-lift techniques. Includes specific eye, lip, and neck treatments that make for supple skin and a heavenly experience.

80 minutes, \$205

### organic aromatherapy

The ideal facial for all skin types is customized to your skin's needs. A de-stressing treatment includes natural enzyme peel, a deep cleansing facial massage with organic aromatherapy oils and minimal extractions.

50 minutes, \$160

80 minutes, \$205

### advanced repair

A customized treatment designed to treat and correct skin concerns from; hyper pigmentation, sensitivity, oily and pre-mature aging skin. Includes a multi-acid peel to exfoliate and renew the skin, a deep cleansing massage to promote circulation followed with a mask to balance and nourish the skin.

50 minutes, \$160

### facial enhancements

Vitamin-Infused Warm Paraffin Gloves, \$35

Vitamin-Infused Warm Paraffin Slippers, \$35

Oxygen inhalation, \$40

## Intracuticals™ oxygen infusion

### oxygen infusion

Oxygen under pressure which naturally cools and calms the skin, is applied directly to the skin's surface to deeply infuse concentrated serums that restore the skin's natural vitality and glow.

50 minutes, \$190

Rejuvenate: Instant hydration, improved firmness and noticeable lift

Opulence: Brightens uneven skin tones revealing a healthy glow

Clarity: Blemish fighting technology leaving skin clear and refreshed

### age defy infusion

Experience visible line smoothing and firming, the ultimate in skin rejuvenation and instant results. The Rejuvenate™ infusion and Atoxolene™ infusion work together to significantly reduce the appearance of fine line and wrinkles while tightening and firming a more defined face contour.

80 minutes, \$270

### ultimate infusion

All the beauty of the Age Defy infusion with the addition of a radiant revealing combination of botanical skin brighteners and super concentrated Vitamin-C. Your skin will emerge radiant with renewal luminosity.

110 minutes, \$350

## stillwater waxing services

Face, \$50

Eye Brow Maintenance, \$30

Eye Brow Design, (without facial) \$50

Lip, \$30

Chin, \$30

Underarm, \$30

Half Arm, \$55

Full Arm, \$75

Partial Back, \$50

Full Back, \$75+

Half Leg, \$65

Full Leg, \$100

Bikini, \$50

## stillwater nail services

### native stone pedicure & manicure

An indulgent ritual that captures the essence of Tahoe's grand elements, relax and invigorate with a warm herbal soak, deep exfoliation, and therapeutic hydration massage using native lake stones plus nail and cuticle treatments and polish.

Pedicure, 65 minutes, \$105

Manicure, 45 minutes, \$85

### healing waters pedicure & manicure

A luxurious ritual inspired by Tahoe's pristine lake water, enjoy an herbal balancing soak, aromatic polish, deep moisture massage, nail and cuticle treatment plus polish.

Pedicure, 55 minutes, \$90

Manicure, 35 minutes, \$70

### hand, foot, and nail enhancements

Vitamin-Infused Warm Paraffin Gloves, \$35 (additional 15 minutes)

Vitamin-Infused Warm Paraffin Slippers, \$35 (additional 15 minutes)

French Polish/Nail Décor, \$15

Callo Peel Treatment, \$25

Polish Change, \$25

French Polish Change, \$30

Callo Peel Foot Treatment, 10 minutes, \$25

## stillwater hair services

Our stylists will help you create the perfect look for your vacation, your event, or your lifestyle. All design services include a stress-relieving scalp massage, shampoo, conditioning, and blow-dry styling. Prices vary depending upon hair length, texture and style.

### design

Men's Haircut, \$50+

Women's Haircut, \$75+

Brazilian Blowout, 90 minutes, \$350+

Blowout, short hair \$65

Blowout, long hair \$75+

Bang Trim, \$25

Boy's Haircut (ages 6 - 12), \$30+

Girl's Haircut (ages 6 - 12), \$45+

### event

Event Style, \$100+

Event Makeup Application, \$75

Event consultation, 30 minutes, \$50

Event consultation, 60 minutes, \$75

\*For Event trials, we recommend booking an Event Style/Makeup

### color

Color Retouch, \$95+

Color, Glaze, Gloss and Balance, \$75

Full Color, \$125+

Partial Highlights/ Lowlights, \$125+

Full Highlights/ Lowlights, \$195+

Customize Scalp Treatment and Conditioning Hair Mask, \$75+

\*Color services do not include blow dry and style

## stillwater for men

### therapeutic massage

Our therapeutic massage combines deep, focused and technical muscle work, while using USDA certified sunflower, olive and wheatgerm oil to encourage deeper layers of tissue to relax creating a more balanced body and spirit.

50 minutes, \$165

80 minutes, \$230

### golfer's massage

A vigorous massage designed to sooth an active body. The incorporation of compression, friction, pressure point and stretching techniques increases range of motion and flexibility, improves athletic performance and reduces specific muscle tension.

50 minutes, \$150

80 minutes, \$205

### HydraFacial™

An express treatment that includes cleansing, exfoliation, extractions simultaneously infusing serums of hyaluronic acid, horse chestnut extract and white tea extract to hydrate and protect the skin. The perfect skin health treatment “on-the-go”.

20 minute, \$99

### mountain gentlemen facial

A deep cleansing and nourishing facial designed specifically for the skin care needs of men. It is recommended to not shave up to 3 hours prior to this treatment.

50 minutes, \$160

Gentlemen's Manicure, \$60

Gentlemen's Pedicure, \$80

Gentlemen's Haircut, \$50+

## stillwater spa customs

### reservations

To make your reservation at Stillwater please call 775.886.6745 or dial extension 6745 from within the hotel; a valid credit card is required to confirm your reservation. In order to ensure that your spa experience is available when you desire, we recommend scheduling treatments prior to your resort arrival. Please advise us if you are pregnant or have other significant health concerns when booking any treatments.

### pre-arrival information

We encourage you to arrive 30 minutes to one hour prior to your scheduled appointment time to enjoy our sauna, steam, European shower towers, and relaxation lounge. A locker, plush robe, and slippers will be provided at the time of your arrival. You are welcome to use the facilities all day with a booked appointment.

We respectfully ask that you leave cell phones turned off to ensure the tranquility of our spa environment for all guests. Additionally, please deposit all valuables in your room safe, as Stillwater Spa is not responsible for lost or misplaced items.

Please be prompt in your arrival as all appointments will end on time and be charged in full, regardless of late arrival.

### cancellation policy

Please notify Stillwater Spa 24 hours prior to your scheduled appointment should you need to change or cancel your reservation so that you may avoid being charged in full for scheduled services. Group reservations require 14 days notice prior to cancellation.

### service charge

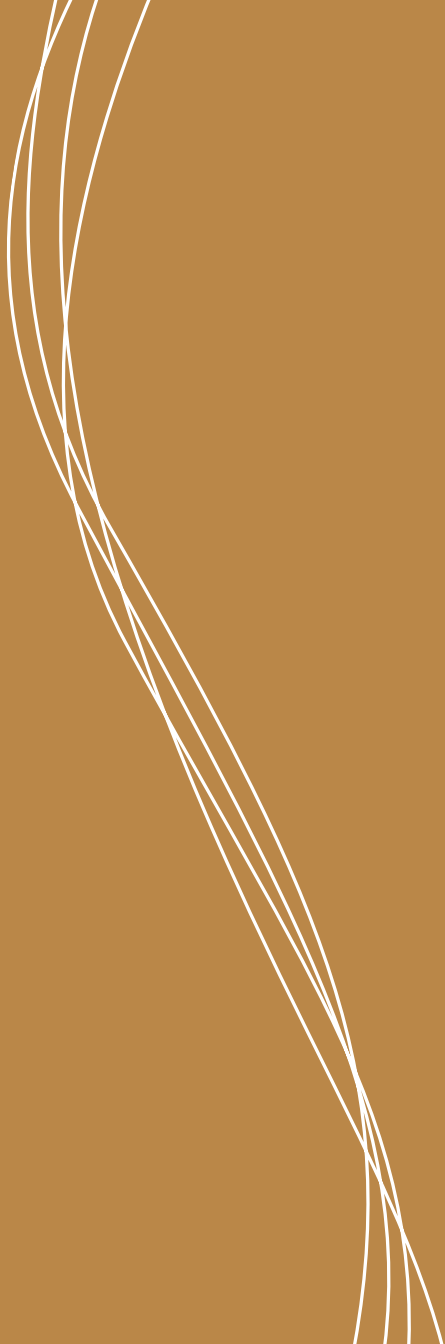
For your convenience, a 20% service charge will be applied to the cost of your services. Additional gratuities for your service provider may also be left at your discretion.

### age limitation

The minimum age for spa guests is 18 years old, though younger guests are invited to enjoy our salon services.

### online

Be sure to visit us at [www.hyattstillwaterspa.com](http://www.hyattstillwaterspa.com) where you can schedule your next spa service as well as purchase gift certificates.



STILLWATER SPA



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A H Y A T T S P A

Hyatt Regency Lake Tahoe  
Resort, Spa and Casino

111 Country Club Drive, Incline Village, NV 89451

phone: 775.886.6745

fax: 775.886.6891

[www.hyattstillwaterspa.com](http://www.hyattstillwaterspa.com)