



stillwater spa  
lake tahoe

## hyatt pure

A worldwide collection of extraordinary spas, ranging from urban to resort in setting. Each spa is custom designed to embrace the local environment and culture to provide an authentic indigenous experience. Returning to the true definition of spa, "sanitas per aquas," Latin for "healing by waters," treatments and services incorporate the principles of hydrating the body to promote wellness and renewal.

[hyattpure.com](http://hyattpure.com)

## 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 woody 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.

## journeys by stillwater

### 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 Organic Body Wrap, AromaStone Fusion Massage, AromaNatural 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 light Fruity Peel Body Exfoliation followed by a relaxing Stillwater Massage, soothing AromaNatural 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 and Manicure.

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 reflexology foot and leg treatment, Stillwater Massage, and High Altitude Hydration or Alpine Pure Facial followed by a healthy lunch so you are best prepared to enjoy your stay.

3 hours, \$395

### mother nature

A special journey for moms-to-be that nurtures her and, in turn, nurtures the life within her. This journey through Stillwater includes a gentle Organic Moisture Wrap, comforting Pregnancy Massage, soothing AromaNatural Facial and a healthy lunch.

3 hours, \$395

## stillwater escapes

### stillwater bliss

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

2.5 hours, \$265

### tahoe pure

A detoxifying and rejuvenating escape from the active days and lively nights of Tahoe, you'll find relief as we guide you through a Thermal Mud Wrap, Alpine Hydration Face Treatment, and a Muscle Soak Massage.

100 minutes, \$295

### sierra siesta

A relaxing retreat to reduce stress and calm the body's energy as you prepare for rest. Includes a Lavender Chamomile Body Polish, with Alpine Hydration Face Treatment and Stillwater Massage.

100 minutes, \$285

## 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 Alpine Hydration Face Treatments, 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, \$190/person

105 minutes, \$250/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.

80 minutes, \$190/ person

Enhance your escape with an additional 30 minutes of massage, \$55

### massage

Both of you choose a massage from our extensive selection and receive your treatments side-by-side in a suite designed for two.

Time, price based on your individual selections

## stillwater massage

### signature aromastone fusion

The antidote to stress, jet lag, and altitude changes is found in this treatment by blending the aromatherapy of pure mountain essential oils applied in a raindrop style along the back, with a therapeutic Swedish massage incorporating the healing powers of warm Lake Tahoe stones.

75 minutes, \$195

### 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, \$135

80 minutes, \$190

Add deep tissue work to enhance your session, \$15

### sports

A vigorous massage designed to soothe 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, \$135

80 minutes, \$190

Add Deep Tissue work to enhance your session, \$15

### 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.

75 minutes, \$195

## thai yoga

An ancient remedy in its native Thailand, this powerful massage blends rhythmic pressure point techniques and yogic muscle stretching to release tension, increase vitality and promote overall health. Please wear comfortable, loose clothing.

80 minutes, \$195

## 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.

50 minutes, \$135

## massage enhancements

additional 25 minutes

Vitamin-Infused Warm Paraffin Gloves & Boots, \$60

Reflexology Massage, \$75

Herbal Relief Wrap, \$75

Tension-Relief Scalp Massage & Conditioning Hair Mask, \$75

## stillwater body treatments

### arctic berry face and body indulgence

This potent, hydrating treatment includes all-over exfoliation, an anti-aging body wrap rich in juniper and walnut oil to firm and smooth, an anti-oxidant facial mask, and a luxurious application of avocado oil, arctic berry, and black currant infused body crème.

50 minutes, \$175

80 minutes, \$225

### organic body wrap

Experience organic tranquility and exceptional hydration. A fresh mask of pumpkin, tomato, artichoke, and spinach extracts is applied to exfoliated skin and wrapped around the body to deliver a potent, multi-vitamin nourishment blast.

50 minutes, \$140

### 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 leg massage utilizing pressed mint juice and reflexology techniques reduce the heaviness of tired legs.

50 minutes, \$140

### thermal mud detox

A creamy mineral mud spiked with lemon and elderberry is applied to exfoliated skin and then wrapped, stimulating circulation and metabolism, eliminating toxins, and easing fatigue.

50 minutes, \$140

### body contour treatment

Through the reducing properties of caffeine, seaweed, and black pepper, this treatment improves the appearance of skin affected by cellulite. By activating circulation, increasing metabolism, and reducing fluid retention, you'll enjoy toned, smoother skin and a reduction in the skin's spongy texture.

50 minutes, \$150

### 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, \$130

## body wrap enhancements

included in treatment time

Vitamin-Infused Warm Paraffin Gloves & Slippers, \$45

Hydrating Alpine Face Treatment with Mask, \$50

Reflexology Massage, \$50

Tension-Relief Scalp Massage & Conditioning Hair Mask, \$60

## stillwater facials

### divine caviar 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

### high altitude hydration

This treatment is designed to hydrate naturally dry or alpine dehydrated skin. The humectant properties of honey and hibiscus, plus evening primrose oil, restore moisture and silkiness.

50 minutes, \$140

80 minutes, \$195

### aromanatural anti-oxidant

A cleansing and skin balancing treatment rich in vitamins and anti-oxidants that combines mountain meadow essences and natural fruit enzymes with a powerful, anti-aging protein mask.

50 minutes, \$140

80 minutes, \$195

### anti-aging intensive

This potent anti-aging treatment includes a customized fruit acid peel and pure collagen mask to plump fine lines, smooth uneven textures, firm and hydrate the skin. Application of a liqui-tox serum results in instant lift and immediate reduction of expression lines with a hexapeptide and retinol action.

80 minutes, \$205

### snow angel

This oxygenating treatment addresses hyper-pigmentation, lightens dark spots, and illuminates dull skin tone. A blend of natural ingredients, including bearberry extract, crushed pearls, and licorice, regulate melanin production to leave the skin evenly luminous.

50 minutes, \$150

### alpine pure

A purifying treatment for congested or acne prone skin, this facial combines salicylic acid, willow, and sage to aid in antibacterial exfoliation and extraction. A soft, lavender clay mask removes impurities and reduces pores to reveal a clearer, refreshed complexion.

50 minutes, \$140

80 minutes, \$195

### mountain gentleman

Using products specifically formulated for a man's skin, combining deep-cleansing and anti-aging benefits, this treatment is customized to treat his needs.

50 minutes, \$140

80 minutes, \$195

## facial enhancements

Fruit Acid Peel, \$30

Eye Rescue/Lip Blooming Treatments, \$35

Vitamin-Infused Warm Paraffin Gloves & Boots, \$45

## stillwater hand, foot, and 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, \$95

Manicure 45 minutes, \$75

### 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, \$80

Manicure 35 minutes, \$60

### mountain manicure

Our classic manicure includes a soak, crème massage application, nail and cuticle treatment plus polish.

25 minutes, \$50

### tahoe toes

A refreshing leg splash, nail shaping, and polish change for the feet.

25 minutes, \$60

### blackberry balm hand treatment

A Hyatt Pure Signature Treatment that relieves the typing hands of business travelers and active text messagers. Targeted techniques ease muscle tension while an aromatic camphor balm promotes overall wellness.

30 minutes, \$80

## hand, foot, and nail enhancements

Vitamin-Infused Warm Paraffin Gloves, \$25

Vitamin-Infused Warm Paraffin Slippers, \$25

Vitamin-Infused Warm Paraffin Gloves & Slippers, \$45

French Polish/Nail Décor, \$15

Callo Peel Treatment, \$25

## stillwater hair services

Our stylists will help you create the perfect look for your vacation, your event, or your lifestyle. All hair 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+

Blow Dry & Style, \$65+

### event

Event Style, \$100+

Event Makeup Application, \$75

### color

Color Retouch, \$95+

Full Color, \$125+

Partial Highlights/ Lowlights, \$125+

Full Highlights/ Lowlights, \$195+

## hair treatment enhancements

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

Face Framing Highlights/Lowlights, \$95+

Color Glaze, Gloss or Balance, \$35+

Treatment enhancements do not include blow-dry styling

## stillwater waxing services

Eyebrow maintenance, \$30

Eyebrow design, \$40

Lip, \$30

Chin, \$30

Lip/chin combo, \$45

Face, \$50

Fingers/toes, \$30

## stillwater spa customs

### stillwater spa concierge

Stillwater Spa Concierges are happy to assist you in selecting treatments to perfectly suit your needs. You may request a male or female therapist to provide your services, however we cannot guarantee the availability of any particular service provider. All of our licensed therapists are properly trained to ensure your comfort at all times. Please inquire about having the Stillwater Spa host your next corporate function or social gathering.

### 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.

### hours of treatment

Stillwater Spa treatments are available daily.

### pre-arrival information

We encourage you to arrive 30 minutes 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 added to the cost of your services. 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.

STILLWATER SPA



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