

Spa La Vie Menu of Services

At Spa La Vie, we are committed to offering the essential elements of rejuvenating rituals to make you feel centered, harmonized and whole. Leave your worries at the door, set your intention at our fountain and unwind at our eucalyptus steam room, sauna and whirlpool. Indulge in luxurious treatments, rejuvenate with healing therapies or beautify with makeup, hair and nail services inspired by the four elements to balance the body, mind and spirit.

Massage Therapy

Heaven on Earth Signature Massage

80 minutes | \$160

Experience the healing modalities of Swedish and deep tissue techniques, aromatherapy, moor mud back treatment, heated stones and light energy work.

Sun Stone Massage

80 minutes | \$145

A centering, Native American ritual using the radiant warmth of volcanic stones and native herbal oils invite the muscles to open and receive soothing, deep relaxation.

River Cane Massage

50 minutes | \$115

80 minutes | \$145

This exotic massage uses warmed, highly polished river cane in a combination of gentle, broad passes, rolling motions and deep fulcrum work.

Herbal Deep Tissue Massage

50 minutes | \$115

80 minutes | \$145

Relax with the therapeutic benefits of slower, deep-penetrating strokes that work into the layers of muscle fiber. Enhanced with a thermal aromatic compress infused in fruit, herb and flower extracts, this massage releases and relaxes areas of chronic tension.

Traditional Swedish Massage

50 minutes | \$95

80 minutes | \$135

A classic massage that uses long fluid strokes to ease you into relaxation and reduce stress.

Mother To Be Massage

50 minutes | \$110

Honor your changing body with our prenatal massage that provides relaxation, reduces stress, decreases swelling and relieves aching muscles and joints. This service may be enjoyed after the first trimester.

For Couples

Four Elements Couple's Transformation

80 minutes | \$490

Begin your transformative journey at our 'Fountain of Youth' — *Water* — and hydrate with ceremonial sage tea. Next, retreat to our couple's suite where an essential oil candle is lit — *Fire* — and melts into oil for your massage. A renewing cedar and sage scalp treatment is performed while a moor mud compress — *Earth* — detoxifies the back and reflexology for the feet restores vitality. This experience concludes by sweeping the aura using a feather fan — *Air* — opening all chakras, allowing love and energy to flow.

Sundance Couples Ritual

80 minutes | \$360

Together, relax with this 80 minute sun stone massage, a centering, Native American ritual to increase energy flow throughout the body in one of our beautifully appointed and spacious couple's suites followed by side-by-side fire and ice pedicures.

Escape to Tranquility

50 minutes | \$230

Enjoy a 50 minute river cane massage for two in one of our inviting couple's suites. This exotic massage uses warmed highly polished river cane in a combination of gentle, broad passes, rolling motions and deep fulcrum work.

Massage Enhancements

Paraffin Wax for Hands and Feet | \$30

Reflexology | \$25

Warmed River Cane | \$25

Moor Mud Back Treatment | \$20

Aromatherapy | \$10

Body Therapies

The Argan Hydration Ritual

80 minutes | \$175

Begin with the detoxifying and invigorating benefits of a full body dry brush exfoliation. An intense Hydrating Treatment is applied with a relaxing and deeply therapeutic hot stone massage and our Body Buff is used to gently exfoliate and soften the feet and hands. The journey concludes as a Scalp Treatment and Intense Hydrating Mask are warmed, then massaged into the scalp and throughout the hair.

Rebirth Moor Mud Wrap

50 minutes | \$120

Envelop the senses as our warm moor mud is gently applied to your entire body. With over 1,000 plant extracts and trace elements, this wrap will alleviate sore muscles, aches and pains. Ideal for those who have stress, fatigue and arthritis.

Tunica Salt Glow

50 minutes | \$95

Gentle and deeply cleansing, this scrub transforms skin from dry and rough to soft and smooth, resulting in a youthful glow. This treatment removes skin impurities and is the perfect choice for all skin types.

Face Cleansing Rituals

Fountain of Youth Facial

80 minutes | \$160

Reveal younger and firmer skin with this superior, results oriented facial. The power of over 60 advanced peptides perform to

target fine lines, wrinkles and hyper pigmentation. Customized for your unique needs, a combination of gentle peels, serums and deeply hydrating masks and moisturizers, all rich in antioxidant botanical stem cells, guard against free radicals creating skin that looks ageless, plumped and lifted.

Solstice Glow Facial

50 minutes | \$120

Rediscover your glow! Brighten and even your skin tone with our peptide peel. This no nonsense facial instantly infuses skin with the restorative benefits of peptide and vitamin C. A gentle micro-dermabrasion exfoliation leaves skin looking radiant, smooth and plumped.

Traditional Deep Cleansing Facial

50 minutes | \$95

This clarifying and anti-aging facial reveals healthy skin with renewing alpha hydroxy acids and pore cleansing peptides. The result is a flawless complexion that looks brighter, clearer and more youthful.

Facial Enhancements

Pumpkin Enzyme Peel | \$25

Nuface Five Minute Facelift | \$20

Youthful Eyes and Lips | \$20

For the Hands and Feet

Argan Intense Hydration Manicure and Pedicure

Manicure | \$45 **Pedicure** | \$65

A luxurious Argan infused sugar scrub and body soufflé exfoliates and softens dry, calloused feet to restore them to a healthy and smooth appearance.

Fire and Ice Pedicure | \$60

The unique combination of warming volcanic stones and cooling menthol stimulates circulation for relief from tired and aching feet.

Traditional Manicure and Pedicure

Manicure | \$30 **Pedicure** | \$50

An essential service to reshape the nails, clean up the cuticles and replenish moisture into the hands and feet.

Shellac Manicure | \$45

This durable and shiny gel manicure lasts up to two weeks and dries in half the time thanks to LED technology.

Nail Enhancements

Paraffin Wax for Hands and Feet | \$30

Polish Change | \$15

Hair Care

Shampoo and Style | \$35 and up

Cut and Style | \$45 and up

Men's Haircut | \$25 and up

Child's Haircut (up to age 11) | \$15 and up

Full Highlights | \$105

Partial Highlights | \$70

Full Color | \$50

Permanent Wave or Relaxer | \$70 and up

Deep Conditioning Treatment | \$25 and up

Special Occasion Style | \$50 and up

Natural Beauty Using Minerals from the Earth

Special Occasion Make-up Application | \$45

Customized Make-up Application | \$45

Day Application | \$20

Waxing

Please contact the Spa Receptionist for details. Pricing varies.

Spa Groups

Experience all that Spa La Vie has to offer in a group setting. Begin with the services of your choice in our Spa or Salon. Relax in one of our lounge areas or the outdoor patio with champagne and spa cuisine. Group discounts may be offered based on the size of your party.

Spa La Vie Wedding Services

Spa La Vie is pleased to assist brides and grooms with any pre-wedding pampering necessary. Services and packages include wedding hairstyling, makeup, manicures and pedicures.

Spa Membership and Amenity Day Passes

Spa Membership | \$99 per month

An optimal and economical way to maintain your health and wellness with monthly rejuvenating spa treatments. Ask a Spa Receptionist for member benefits.

Amenity Day Pass | \$25

Slip into a robe and slippers, lounge in our relaxation spaces, nibble and sip healthy refreshments and enjoy all spa amenities including the steam room, sauna and whirlpool.

Spa Product Boutique

Continue on the path to beauty and wellness with your favorite Spa La Vie beauty and wellness products. You can purchase all the spa products you love and use them at home. Your spa experience doesn't have to end with your treatment.

 Indicates a Spa La Vie signature treatment.

Call 318-240-1080 to schedule an appointment or book online.
Gift cards are available.



IN THE HOTEL ATRIUM
PARAGON CASINO RESORT