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SPAS  
  
Las Vegas is becoming known for its destination spas with nearly three million visitors taking advantage of the more than 45 luxury spas inside the destination’s famed resorts. And now, the “Entertainment Capital of the World” just might become your favorite retreat for relaxation and rejuvenation too. Ranging from public facilities to those exclusively for hotel guests, spas in Las Vegas are as varied as the resorts that house them.

Spa services offered in Las Vegas include sport, Shiatsu and Swedish massages to soothe tired muscles and smooth away kinks; body treatments, including herbal baths, wraps, aromatherapy and reflexology; relaxing amenities such as steam rooms, saunas and whirlpools; and full-service salons offering manicures, pedicures, facials and hair styling.   
  
Some resorts offer wellness centers, where professionally trained personnel offer advice on nutrition and healthy lifestyles, as well as innovative fitness facilities with virtual reality bicycles and Cybex equipment.   
  
Here is a partial listing of Las Vegas’ many resort spas:

Spa at The Linq is the newest spa experience on the Strip and boasts the only Himalayan salt cave on the Las Vegas Strip. Set among glowing salt crystals, the tranquil and calming room emulates the healing conditions found inside a natural salt cave by infusing the air with the highest quality salt. Other amenities include lavish lounges, guest audio control, aromatherapy and more. The modern and luxurious spa reflects the beautiful surrounding desert and includes an array of treatments and packages in a secluded his and hers relaxation area.

Qua Baths & Spa at Caesars Palace allows guests to relax in a sacred sage-smudged space as the powers of sweet grass and detoxifying essential oils are cascaded along the back and feet to sooth away tension and balance energy. With everything from tea sommeliers to ancient ritual-inspired treatments, Qua invigorates the senses and stimulates relaxation. With a purchase of any spa treatment, guests receive access to the Laconium Room, Artic Ice Room and the ancient healing powers of water found in the Roman Baths. The Roman Baths ritual offers three pools that vary in temperature and size. Guests start the experience in the Tepidarium, the largest pool with warm-enriched waters, and then can alternate between the hot waters in the Caldarium and the cool waters in the Frigidarium.

Balance your mind, body and soul at Reliquary Spa and Salon at the Hard Rock Hotel. Reliquary optimizes relaxation and rejuvenates the body with its traditional and contemporary signature spa treatments. Melt away the worries of the day with smooth river stones that soften and sedate muscles and the drumming, tapping and rolling of ritual bamboo reeds. Reliquary signature services include the Drum Sticks Massage that includes the use of bamboo reeds and the Harmonic Massage that offers the combination of sound vibrations and acupuncture in its treatment.

Sahra Spa & Hammam at The Cosmopolitan of Las Vegas is inspired by the desert’s ever-expanding canopy of sky, mystifying sand sculptures and enchanting moonlit nights. A heated stone, or motherstone, is the centerpiece of Sahra Hammam, combining body detoxification, steam treatments and a cooling bath in a warm atmosphere. Other services include massage, skin care, body scrubs and baths.

In **ARIA Resort & Casino’s** 80,000-square-foot spa, nature’s healing properties take center stage. Salt, stone, earth, fire and water join to create a spa experience that elevates guests to a meditative state. The two-level spa comprises 62 treatment rooms, a full-service salon, an advanced fitness center and Las Vegas’ first co-ed spa balcony, featuring an outdoor infinity-edge pool and views of ARIA’s spectacular poolscape.

The Forbes Five Star **Spa at Encore** at **Wynn Las Vegas** features designer treatment rooms, garden villas and couple’s rooms, setting itself worlds apart from the ordinary. Signature services like the Encore Escape combine the world's best massage techniques to relax your mind and body.

**ESPA** at **Vdara**, an 18,000-square-foot, two-level spa, salon and advanced fitness facility, is a sensuous spa sanctuary that spotlights holistic health and well-being in an intimate environment. Comprised of 11 treatment rooms and three distinct relaxation lounges, it offers a selection of signature treatments that use quality ingredients derived from organic herbs, flowers, fruits, vegetables and essential oils. Within ESPA’s intimate setting, guests are taken through the signature European Heat Experience as a therapeutic journey through temperature changes.

**The Spa** at **Mandarin Orienta**l Las Vegas is a 27,000-square-foot oasis for serenity and rejuvenation. The 1930s Shanghai-inspired spa reflects the glamour and fusion from that era. The two-level relaxation haven features a menu based on Eastern methodologies with Western applications. The Spa offers 17 treatment rooms, including seven couple’s suites, multiple relaxation and water experiences, a Rhassoul for women and a co-ed Hammam. An expansive fitness center with a yoga and pilates studio and Technogym cardiovascular and strength equipment also is available.

Adventurous couples can explore the desert landscape of the Southwest through **Adventure Spa** at **Red Rock Resort**. Guests enjoy activities such as kayaking at Lake Mead, mountain biking at Red Rock Canyon, or a sunrise horseback ride. The heart-pumping recreational activity is then followed by an indulgent therapeutic massage or aromatherapy session.

**Spa** at **Green Valley Ranch Resort Spa & Casino** takes luxury and relaxation to new heights. The expanded spa is just less than 30,000 square feet and includes 28 private treatment rooms, a 74-meter lap pool, state-of-the-art fitness center, full-service salon and outdoor-accessible steam room.

Located just south of the Strip, **Spa Costa del Sur** at **South Point Hotel Casino and Spa** is designed to pamper and rejuvenate. The 40,000-square-foot spa boosts one of the most extensive spa menus in the destination and is one of the only properties offering exclusive getaways for couples. Signature treatments such as the Pure Fiji Facial, Intraceuticals Oxygen Facial Treatment, Moroccan Ritual Body Treatment and others can be enjoyed in 28 treatment rooms or four newly renovated couples suites. A full-service salon, whirlpool, sauna and steam room allow for the ultimate relaxation.

**Aquae Sulis Spa** at **JW Marriott**, located 15 minutes west of the Strip in Summerlin, is a 40,000-square-foot luxury retreat incorporating 36 treatment rooms. Unique options include Fire & Ice massages and facials (using both hot and cold stones to relax and constrict muscles) and the Aquae Sulis Ritual, during which guests prepare for their treatment with a series of hot soaks followed by a cool plunge in the spa’s healing waters. The spa’s fitness schedule includes yoga, tai chi, fit ball, spin, pilates and belly dancing.

**BATHHOUSE** at **Delano Las Vegas** is heralded as one of the trendiest spas on the Strip. The spa showcases a simple, yet elegant, decor and offers a multitude of exquisite services ranging from Milk and Honey Body Treatments to Global Journeys of Asia, India, Europe and the islands of Bali, Tahiti and Papaya that reflect traditional rituals through personalized teas to relaxation rituals.

**The Spa** at **Palms Casino Resort** spans 18,000-square-feet over three-stories and includes a Waterworks Suite with outdoor water massage therapy, multiple spa treatment rooms, an aromatherapy bar, relaxation lounges, a fitness center and exercise studio.

**Canyon Ranch SpaClub** at **The Venetian** and **The Palazzo** features a 134,000-square-foot facility offering skin care and body treatment rooms, movement therapy and pilates studios, Watsu pools and a medical/wellness center, among other amenities. An article in Condé Nast Traveler included the Canyon Ranch SpaClub among the top 10 resort spas in the U.S. It is also the largest spa resort not only in Las Vegas, but also in North America.  
  
Designed to be one the of the world's premier resort health spas, Mandalay Bay Resort's **Spa Mandalay** combines classic massage and body treatments with the latest in therapeutic techniques for a unique spa experience.   
  
**The Rio Spa** is a luxurious, full-service facility featuring five different types of massage, whirlpools, steam rooms, saunas and body wraps. The spa also includes Michael's Salon, which offers a full range of services from haircuts to manicures and a fitness area that overlooks the pool.   
  
A wide array of massage, hydrotherapy, body and facial treatments from around the world await **Bellagio's** hotel guests at **Spa Bellagio**. Guests may choose from such exotic offerings as Ashiatsu Oriental Bar Therapy, aquatic Watsu Massage, Indian Head Massage and Thai Yoga Massage. Unwind in the redwood sauna, eucalyptus steam room and relaxation lounge. The latest in exercise equipment is available in the staffed exercise room.   
  
**Planet Hollywood’s Spa** by **Mandara** is a sanctuary for the senses. The facility stretches over 32,000 square feet and encompasses 35 private therapy rooms, six of which are multiple therapy suites for individuals and couples. Relax and enjoy a complete menu of services, including exotic facials such as the Japanese Silk Eye Zone Therapy and Aroma Stone Therapy. Experience the magic touches of an Exotic Jasmine Flower Bath Massage or a Moroccan Bathing Ritual. Get fit in the facility's fitness & lifestyle center, accompanied by a personal trainer.

**The Mirage Spa & Salon** at **The Mirage** is a place where the mind, body and soul connect. Through therapeutic massages, soothing treatments, meditation rooms, steam room, saunas, whirlpools and fitness opportunities, guest will find serenity. Experience self-awareness and harmony through Dolphin Yoga, a class held in the underwater dolphin viewing area.

Lake Las Vegas is a water-side resort destination that features vistas, marinas, the award-winning golf courses, European-style shops and restaurants and spa options from the resorts. **Spa Moulay** at the **Westin Lake Las Vegas Resort & Spa** is a Moroccan-inspired premier spa that offers a Spa Moulay Happy Hour and its signature Chakra Balancing Massage that combines the deep tissue and foot massage with energy work and guided meditation. **The Hilton Lake Las Vegas Resort & Spa** refreshes, revives and renews guests at **Ravella Spa**. Guests can relax in a two hour Ravella Signature Experience that includes a sea salt body polish, full massage, scalp massage and the chance to be cocooned in a nourishing body wrap.

For additional information and a complete spa listing, please visit [www.LasVegas.com](http://www.LasVegas.com).