



LIVE IT WELL

Today I will find balance in my life.
I will reveal my potential by feeling and
being healthy, by embracing all the elements
that are on my path to well-being.
By striving for the best expression of me,
I will find greater connectedness to the world
and to those I love.








Today, I will live it well





AN
INNOVATIVE FUSION
OF SPA & WELLNESS.
INDULGENCE & INSIGHT.
PLAY & PURPOSE.

Green Valley Ranch Spa by Well & Being offers a palette of uniquely rewarding and personalized experiences in a unique spa and wellness setting. From the tranquility of our private pool, an enticing aromatherapy massage and the motivating kick-start of a targeted approach to nutrition and exercise, you'll always go home enlightened and empowered. Discover our Signature Services, from massages, facials and body treatments to unique fitness classes, and meditation. Get ready to live your life more playfully and healthfully.

-  HIMALAYAN SALT STONE MASSAGE
-  WELL & BEING SIGNATURE JOURNEY
-  RENEW & RESTORE ENERGIZING BODY TREATMENT
-  WELL & BEING SIGNATURE FACIAL
-  LANCER CAVIAR LIME FACIAL
-  THE FITNESS PRESCRIPTION
-  NUTRITION FOR ACTIVE LIVING





Find Your
Happy Place

MASSAGE THERAPIES & BODYWORK

The healing and rejuvenating power of touch has been known since ancient times. Modern science has proven that massage reduces muscle tension, lessens stress and anxiety, and provides pain relief.



HIMALAYAN SALT STONE – 50 | 80 MIN

Known for its purity, versatility and mineral content, Himalayan Crystal Salt offers wellness for the body. This restorative massage uses warm stones to soothe sore muscles and naturally replenish the body with vital minerals, restoring balance and removing toxins.

GREEN VALLEY RANCH RECOVERY MASSAGE – 50 | 80 | 110 MIN

Let us kick start your recovery with a relaxing and calming inhalation with a blend of patchouli, vetiver, sweet orange, clary sage, and lavender to help balance and calm your mind. This invigorating massage uses a blend of rosemary, cypress and lemongrass to tone, strengthen vascular tissue, support healthy adrenal function and aid lymphatic drainage and ward off stress.

DESERT ARNICA DEEP TISSUE – 50 | 80 | 110 MIN

This treatment uses heat-driven muscle repair with a targeted application of arnica-rich gel and steamed towels to ease muscle pain and relax stiff joints in your back and spine. The final result is greater mobility without the soreness that sometimes follows a deep tissue treatment.

DESERT OASIS AROMATHERAPY MASSAGE – 50 | 80 | 110 MIN

This deeply revitalizing treatment uses aromatherapy and therapeutic massage to unwind the body. Choose between aromatherapeutic blends of exotic herbs and essences designed by a clinical aromatherapist and herbalist to re-invigorate the senses.

WELL & BEING SIGNATURE JOURNEY – 50 | 80 | 110 MIN

This light to medium rhythmic massage, similar to a classic Swedish massage, will lull you into a deep state of relaxation, where you focus on the therapist's touch, and delight in a delicious scalp massage.

HOT STONE MASSAGE – 50 | 80 MIN

This gentle relaxing therapy melts away tension and eases muscles while increasing circulation.

TANDEM MASSAGE – 50 | 80 MIN

Completely envelop your senses in this massage experience as two therapists use four hands to massage in rhythmic tandem, allowing your body and mind to slide into a deeply relaxed state.

COUPLES MASSAGE – 50 | 80 | 110 MIN

Spend time together while enjoying your choice of side-by-side massages. Couples massage is an excellent way to introduce a reluctant partner to the wonderful world of massage, share something you both love or spend quality time with your mom, daughter or best friend.

PRENATAL MASSAGE – 50 | 80 MIN

Science has shown that prenatal massage can reduce stress hormones, swollen joints and muscle pain while improving sleep. Our special pillow system is designed for the body of an expecting mother, allowing her to lie face down with full support. This experience is designed with the safety and comfort of mother and child in mind. *Suitable for expectant mothers in their second and third trimester.*

THAI MASSAGE – 50 | 80 MIN

It is said that this ancient style of massage may have been developed by Buddha's physician nearly 2,500 years ago. Thai massage incorporates stretching and targets pressure points allowing the energy to flow. Please wear loose fitting clothing. The specially trained therapist use their whole body to move you into various yoga-like positions, releasing muscles, increasing range of motion and leaving you invigorated.



IN ROOM MASSAGE – 50 | 80 | 110 MIN

We will bring the spa to you. Receive the massage of your choice in the comfort of your own room.

MASSAGE & BODY ENHANCEMENTS

Custom Seasonal Aromatherapy

Collagen Face Mask

Collagen Eye Mask

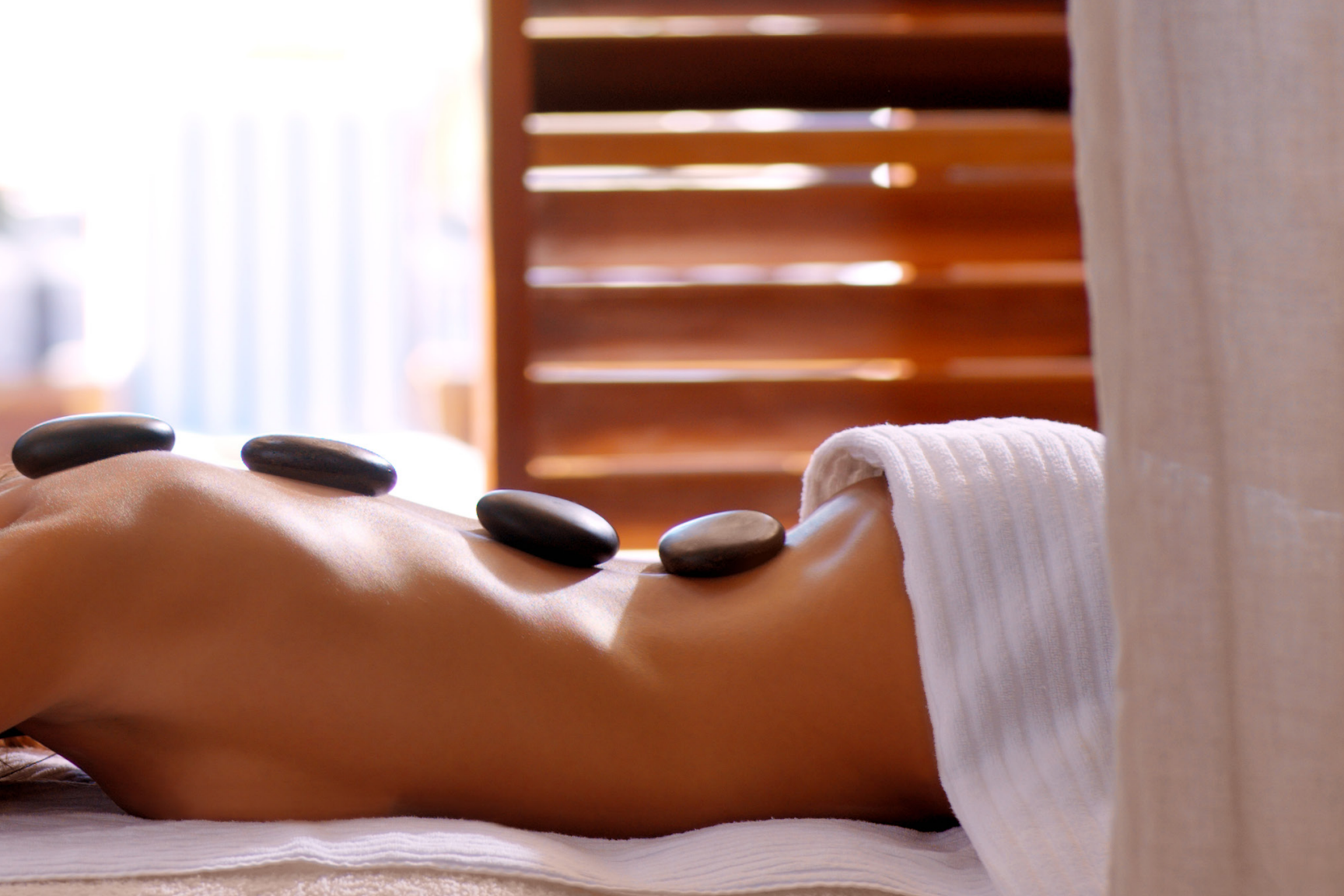
Nourishing Foot Scrub

Gemstone Sinus Soother

Hot Oil Scalp Massage

Muscle Soother





BODY SCRUBS & WRAPS

Green Valley Ranch Spa by Well & Being is dedicated to helping the most radiant you emerge through body treatments that exfoliate, hydrate and revive. We offer an assortment of muds, scrubs and wraps aimed at improving your skin and clearing your mind.



RENEW & RESTORE ENERGIZING BODY TREATMENT – 80 | 110 MIN

Begin with a unique oil to foam natural enzyme exfoliation applied to instantly smooth and perfect the skin. An invigorating brushing encourages circulation, lymphatic flow and prepares the skin for a cocooning cream wrap. To conclude, indulge in a nourishing massage with a eucalyptus and calming lavender oil to instantly dispel tension.

RENEW & RESTORE SHAPING BODY TREATMENT – 80 | 110 MIN

This journey begins with a body polish fortified with peeling cream, rich in antioxidants and essential nutrients. A skin brushing follows to promote circulation, encourage lymphatic flow, and prepare the skin for the application of a firming cream. The treatment concludes with a aromatic oil body massage to further smooth and tone the skin.

SWEET DREAMS AROMATHERAPY WRAP – 50 MIN

There is no better way to induce blissful sleep then through the use of therapeutic essential oils. Let the calming essences of lavender and ylang ylang work in tandem with this moisturizing and relaxing body wrap. The 80-minute service includes full body massage.

SPARKLE AND GLOW BODY POLISH TREATMENT – 50 MIN

Using “The Method” from Lancer’s body care to Polish, Cleanse and Nourish to achieve firm skin. A quartz crystal exfoliation followed by a glycolic cleansing gel to open pores and adjust pH level. Your skin is now ready to receive the benefits of Body Nourish Moisturizer with 10% glycolic acid.



CUSTOM SCRUB & MASSAGE – 50 | 80 | 110 MIN

Pure Sugar Cane crystals gently slough away dry skin cells to reveal a youthful skin. Coconut and body butter nourish and moisturize, leaving skin ultra-soft. The 80 and 110-minute service includes a full body massage. The 50-minute service does not include a full body massage.

BODY REFINER – 80 | 110 MIN

Enjoy a full body exfoliation that refines the silhouette with rich mineral salts to remove toxins and dead skin cells. To release tension and pain, your therapist will perform a massage using bodywork techniques and aroma-therapeutic oils to target your individual concerns improving flexibility, alleviating aches and pains and restoring mental clarity. The ultimate in mind, body, balance and purification.

POLISH & TONE BODY TREATMENT – 50 | 80 MIN

This service combines the best of two of the most popular spa services. First the skin is exfoliated with a sugar scrub, then toned using the most popular and effective technology on the market. The micro current technology of the NUBODY tones and lifts the skin to reduce the appearance of cellulite and over time increases the tone of the muscle.

**Single Session, 5 Session Package or 10 Session Package*

**To maximize results, we recommend purchase of NUBODY at check out and use the device for 5 minutes per day in targeted zone for 90 days.*





FACIALS & SKINCARE SERVICES

Vibrant, radiant, even-toned skin is not only beautiful, it also suggests a healthy lifestyle and someone who cares about how they look. Enjoy diverse and results-driven selection of skin care treatments and therapies personalized to each guest.



WELL & BEING SIGNATURE FACIAL – 50 | 80 MIN

Synergistically formulated with highly active concentrates applied with specific massages. This advanced treatment is designed to stimulate the anti-aging mechanism to prevent visible signs of aging. The skin is left refreshed, radiant and younger-looking.

DOCTOR BABOR PRESCRIPTION THERAPY FACIAL – 50 | 80 MIN

Specific and focused on individual skin challenges, these prescription therapies diminish signs of aging leaving the skin more youthful. Our experts customize an advanced cosmeceutical treatment to obtain your optimal skin care results.

REJUVENATING HYDRAFACIAL® – 50 | 80 MIN

This treatment is designed to stimulate the anti-aging mechanism to prevent visible signs of aging. The skin is left refreshed and radiant.

DOCTOR BABOR THERAPRO

PEELING TREATMENT – 50 MIN

Inflammation is a growing concern in the aging process. This treatment is the latest innovation in non-invasive skin resurfacing. TheraPRO peels work from the inside out without inflammation. Suitable for all skin types and targeting conditions of rough, dry, oily skin, enlarged pores, tired or dull complexion. Signs of aging are diminished immediately; the skin is more youthful over time.

REVERSIVE FACIAL – 80 MIN

Unlock the natural pro-aging mechanisms of the skin visibly evening out skin irregularities and fills out wrinkles within the first 15 minutes. Nobel prize technology prolongs the skin cells lifespan preventing pigmentation from surfacing. Smooth, cooling rose quartz stones massage facial muscles creating a lymphatic activation leaving skin texture more refined and even. Your skin will be left visibly tighter, firmer and smoother.



THE YOUTH BOOST FACIAL – 50 | 80 MIN

Revitalize your skin with a gentle AHA peel and potent vitamin-c. This treatment brightens dull tired skin, evens the skin tone and protects from environmental stress with anti-oxidants.

SKIN RENEWAL FACIAL – 50 | 80 MIN

Experience our results driven facial with Babors all natural skincare line, CLEANFORMANCE. Allow these plant based ingredients to return your skin's natural balance, increased hydration, and long lasting protection from the elements.

GENTLEMAN'S FACIAL – 50 MIN

Cleanse, clarify and boost your energy with this facial customized to the needs of the male skin. This treatment provides vitality, enhanced energy and deep nourishment while soothing irritations.

KNESKO GEMCLINICAL FACIAL – 80 MIN

KNESKO SKIN has created the perfect balance between science and spirituality which treats skin with the healing powers of gemstones and reiki energy. Our luxurious GEMCLINICAL facial treatment addresses visible signs of aging such as fine lines, wrinkles and uneven skin tone, while helping to re-balance your chakra energies within the body.

OXYGEN INFUSING FACIAL – 50 | 80 MIN

Combine results with a relaxing experience. The oxygen reduces aging by nourishing the skin with vitamins, minerals, amino acids, enzymes and the pure oxygen molecule.

DERMAGLO FACIAL – 50 | 80 MIN

This treatment combines luxury and results! Drench your skin in vitamin C and collagen for the ultimate anti-aging experience. Containing an eye and lip treatment this facial provides the skin with a revitalized and youthful appearance. A dose of hydrating serums and antioxidants completes this treatment.

LANCER[®]

THE LEGENDARY “LANCER GLOW”

The Lancer product line and treatment protocols improve skin's overall health and leaves your skin fresh and glowing. Founder, Dr. Harold Lancer's study of the skin's natural renewal and repair process focuses on a three-step routine of Polish, Cleanse, and Nourish that are formulated to work with and enhance each other, resulting in your skin's renewed health and vitality.



CAVIAR LIME FACIAL – 50 | 80 MIN

Pineapple and Papaya fruit enzymes moisturize and help improve the appearance of uneven skin texture. Stabilized retinol helps refine the look of lines and wrinkles. Skin appears smoother, softer and with a youthful glow.

THE LANCER

METHOD FACIAL WITH OXYGEN – 50 | 80 MIN

Encourage the growth of new skin cells as well as collagen with the infusion of oxygen and vitamins. Oxygen minerals Vitamins A, C and E are infused into your skin followed by 10% glycolic acid to reveal fresh skin. Brightening Complex is applied to even skin tone, followed by a Lifting Serum. The Nourish Method completes this anti-aging treatment to hydrate the skin, leaving you radiant.

THE LANCER

MICRODERMABRASION – 50 | 80 | 110 MIN

The Cleanse Method begins with a Microdermabrasion treatment to remove impurities and surface dirt. Skin is then polished and dulling dead skin cells removed with a mechanical exfoliation technique. An exclusive serum of pure 24K gold and a plant stem cell compound are infused into the skin. The Nourish Method moisturizer is massaged into the skin to hydrate and diminish wrinkles.

FACIAL ENHANCEMENTS

Ampoule Concentrates

(Single dose concentrates providing instant results tailored to your skin.)

Silver Foil Face Mask • Micropolish

Collagen Eye Mask • Collagen Lip Mask

Collagen Full Face Mask • Collagen Décolleté Mask

Toning Lip Treatment • Toning Eye Treatment

Oxygen Therapy Blast • L.E.D. Light Therapy

Enzyme Peel • Microdermabrasion

WAXING

(times and prices vary)

Lip	Bikini	Arm / Underarm
Chin	Brazilian	Back
Brow	Half Leg	Chest
Full Face	Full Leg	Abdomen

A close-up photograph of a man with dark hair and a beard, lying on his side on a white surface. His eyes are closed, and he has a relaxed expression. A person's hands are visible, gently massaging his upper back and shoulder area. The background is bright and out of focus, suggesting an indoor setting with natural light. The text "Just for Men" is overlaid on the right side of the image in a black, sans-serif font.

Just for Men

THE HEALTHY MALE

A wide variety of services, programs and therapies specifically targeted to the everyday wellness needs of men. Learn techniques to help you de-stress, enjoy therapeutic bodywork to help your internal “weekend warrior” repair itself or embark on a detailed and personalized fitness program tailored to your needs.



THERAPEUTIC BODY WORK

- Well & Being Signature Journey Massage
- Desert Arnica Deep Tissue Massage
- Hot Stone Massage
- Thai Massage
- Ashiatsu

SCRUBS & WRAPS

- Renew & Restore Energizing Body Treatment
- Custom Scrub and Massage

FIT FOR LIFE

- Personal Training Programs
- The Fitness Prescription:
Individualized Fitness Solution
- Nutrition For Active Living

WIND IT DOWN

- Breathing and Meditation
- Sweet Dreams Aromatherapy Wrap

GROOMED TO PERFECTION


- Gentleman's Manicure
- Gentleman's Pedicure
- Luxury Shampoo & Haircut

HEALTHY SKIN

- Gentleman's Facial
- Well & Being Signature Facial

IT'S SPA'RTY TIME

Let us plan your party for you. Well & Being is the perfect way to celebrate! With outstanding spa and wellness services, food and beverage, your group is bound to have an exceptional experience. Your Spa'rty Coordinator will work with you every step of the way, making organization simple and easy.



When a group of five or more people celebrating a special occasion or simply enjoying our spa and all of its amenities reserve spa experiences, they'll receive the benefit of exceptional rates and value!

Whether celebrating a birthday, bachelorette, wedding, or any event or special occasion, we'll make your Spa'rty a memorable experience!

- GIRLFRIEND GETAWAYS
- BACHELORETTE PARTIES
- BIRTHDAYS
- ANNIVERSARIES
- FAMILY GATHERINGS
- BABY SHOWERS
- COLLEGE REUNIONS
- COUPLES GROUPS

CUSTOMIZE YOUR DAY — ADD ANY OF THESE OPTIONS:

PRIVATE FITNESS CLASSES – 45 MIN

Start your Spa'rty off the wall! Enjoy a selection of various fitness classes including TRX and Boot Camp or enjoy a personalized Fitness Assessment.

CHAMPAGNE TOAST & SWEET TREATS

Cheers to your special day with a crisp glass of champagne and indulge in our delicious and festive cupcakes.

FRIENDS JOINING YOUR SPA'RTY

Enjoy lunch and all of our amenities.

SPECIAL SPA GIFTS

Let your guests take their spa experience home, compliments of you!

To make a reservation, please call our Spa reservations team at 702. 617. 7570
7-day advanced reservations are required for booking a Spa'rty.
72-hour cancellation/rescheduling policy.





The Most
Beautiful You





SALON SERVICES

Whether you're desiring a brand new look, exploring some much-needed beauty TLC or planning an updo and makeup application for a special occasion, our skilled technicians are dedicated to delivering **the most beautiful you.**



ACRYLIC FULL SET – 110 MIN

Tips are applied to the edge of your natural nail. Acrylic powder is then applied to provide strength. Nails are finished with shape and polish color.

ACRYLIC FILL – 80 MIN

Depending on length and condition of the nails, we balance the color, trim and shape the nails to refresh without a full manicure.

DELUXE MANICURE – 25 MIN

This 25 minute deluxe manicure consists of soaking, cuticle work, trimming and filing to desired length and shape, and a massage. This service concludes with your choice of a polish or a buff and shine.

LUXURY MANICURE – 50 MIN

Begin this 50-minute treatment with shaping nails to desired length and shape, and a cuticle treatment with a warm soak to remove of dull skin. Then enjoy our gentle exfoliating sugar scrub, followed by a body butter moisture treatment including hot towels and a massage.

DELUXE PEDICURE – 50 MIN

This pedicure consists of a relaxing warm soak and restoration of nails and feet with cuticle work and foot filing, a sugar scrub for exfoliation of dry and dull skin, and a relaxing massage. Finish with polish of your choice or a buff and shine.

LUXURY PEDICURE – 80 MIN

Our 80-minute luxury pedicure includes a warm soak and begins with the shaping and trimming of the nails and removal of dull skin. This is followed by an exfoliating sugar scrub and body butter moisturizer complete with hot towels and a relaxing massage.

GENTLEMAN'S MANICURE & PEDICURE – 80 MIN

This package includes our deluxe manicure and deluxe pedicure for gentlemen. Optional buff and shine.

PRINCESSES & PRINCES MANICURE & PEDICURE *(UNDER 10 YRS)*

We offer a warm soak, file and trim and finishes with choice of polish.

NAIL ENHANCEMENTS

Nail Art Add-Ons • Swarovski Crystals • Nail Repair
Gel Polish • Polish Change • Acrylic Removal
Gel Removal • French Manicure

MAKEUP

MAKEUP APPLICATION

BRIDAL MAKEUP (+lashes)

EYELASH STRIP APPLICATION

BRIDAL GUEST (+lashes)

FLOWER GIRL

TRIAL RUN (+lashes)

HAIR SERVICES

WOMEN'S HAIRCUT

MEN'S HAIRCUT

PARTIAL HIGHLIGHTS

FULL HIGHLIGHTS

PARTIAL BALAYAGE/OMBRE

BALAYAGE/OMBRE

SINGLE PROCESS

RETOUCH (roots only)

TONER (only)

COLOR CORRECTION (per hour)

BLOWDRY (only)

BRAID

CURLS AND BRAID

SHAMPOO, BLOWDRY & BRAID

STYLE (dry)

UPDO

CONDITIONING TREATMENT

KERATIN TREATMENT

EXTENSIONS



PERSONAL FITNESS TRAINING & ASSESSMENTS

Whether you are a beginner, just starting out on a new fitness regimen or a seasoned pro, Green Valley Ranch Spa by Well & Being's robust class offerings and personal training are sure to tend to your every fitness need. From MELT to Spinning, Pilates, Boot Camp and TRX classes, we offer something for everyone.



THE FITNESS PRESCRIPTION: INDIVIDUALIZED FITNESS SOLUTIONS – 120 MIN

Let our highly skilled fitness team create a customized exercise program that will get you feeling fit and looking good. Your consultation with our fitness expert includes a fitness assessment and risk analysis. This 50-minute service includes one diagnostic of your choice — listed below. Receive both diagnostics in the 80-minute version.

PERSONAL TRAINING PROGRAMS – 50 | 80 MIN

A personal trainer will develop a customized workout plan for your activity level, body type and lifestyle. Your personal fitness goals are determined while taking into account exercise preferences and lifestyle to create a personalized fitness plan.

GROUP EXERCISE CLASSES*

The Green Valley Ranch Spa by Well & Being provides an exceptional array of fitness classes available daily. Schedule of classes vary seasonally. View our current detailed schedule at gvrspa.com.

Class choices include a wide variety of classes for all fitness levels, body types, and abilities. Some of our most unique classes include guided meditation, TRX, along with more traditional movement and group exercise classes like yoga, spinning and total body conditioning. *Various group exercise classes require an additional fee.*





Play &
Purpose

A top-down view of various healthy foods arranged on a dark, textured surface. The items include: a bowl of almonds, a bowl of green lentils, a bowl of brown quinoa, a bowl of flax seeds, a bowl of chia seeds, a bowl of green spinach leaves, a bowl of yellow turmeric powder, a bowl of white rice, a bowl of blueberries, a pomegranate, a whole green apple, a head of broccoli, a halved avocado, and several Brussels sprouts. Some seeds and grains are scattered on the surface.

NUTRITION & HEALTH

Food and nutrition play an integral part in ensuring you can live life to its fullest with abundant energy. Using evidence-based approaches, our registered nutrition coaches work with you in a relaxed setting to help customize your eating plan in a highly personalized and results-oriented manner.

HEALTHY SPA CUISINE

Our In-room dining service (pool service seasonally) is available to assist with your food and beverage selections. Service times vary so please allow for additional time. Enjoy healthy selections while you relax poolside. Each dish is crafted as a healthy, lighter fare combining the unique flavors of Las Vegas.



NUTRITION FOR ACTIVE LIVING

Allow our Wellness Coaches to create a blueprint for your fitness and nutritional lifestyle in order to increase your energy and overall well-being. Included in this program are the following topics:


- Weight Management Discussion and Strategies
- Pre and Post Workout Nutrition
- Grocery Store Checklists
- How to Read Nutrition Labels
- Recommended weekly workout schedule including strength and cardiovascular activity recommendations
- Basic Nutrition Guidance
- Goal Setting for Future Success
- Supplement Recommendations

Please note this consultation is not intended to address specific medically related issues or concerns.



A SPA AND LIFESTYLE BOUTIQUE W&B – THE COLLECTION

Explore our amazing spa and lifestyle boutique with a variety of unique wellness gifts, skincare products, fun clothing and workout wear. If you saw it here, experienced it here, used it here, we have it here! Come explore and let our retail specialists provide you with the perfect collection of take-home items to continue the Well & Being experience.



Well & Being is proud to partner with some of the best known, well-respected and authentic product companies available. Ensuring the efficacy of ingredients and always considerate of our global footprint, we know you will enjoy your **Well & Being** experience and encourage you to continue the lasting benefits at home.

Who says getting fit can't be fashionable? Our **Well & Being** retail collection provides a beautiful array of clothing and attire sure to not only complement your look but also delight you on your path to total wellness. Here you will find on-trend, lifestyle driven mixes of resort casual, active wear, yoga and fitness collections.

Enjoy a customized aromatherapy blending bar of body products tailored to your wellness needs. Let our alchemists work with you to create a completely customized blend of spa essential oils or your own personalized bar or lotion. Use your custom blend during your service or take it home.





Your body is your most faithful friend, one of your most valuable sources, the sacred vessel that holds your spirit. I can think of few things more worthy of your devotion.

Welcome to Green Valley Ranch Spa by Well & Being!

Not only to this truly remarkable spa, but to the dynamic sense of health and joy, the well-being, that we expect you to find here.

When I was a little girl, my grandmother taught me that everything we eat, affects us. She was so right. True wellness comes from a complete sense of physical, mental and social well-being. That's why I've collaborated with **Well & Being** to create a wide selection of experiences that range from relaxing and playful to energizing and inspiring. While the paths are many and varied, all lead toward happier, healthier living.

At Green Valley Ranch Spa by Well & Being, you'll choose experiences from our wide range of Spa & Wellness offerings. I encourage you to let our team of experts craft a wellness experience that's right for you, right now. Because sometimes we need a stress-dissolving massage or invigorating session of yoga, and other times we need a motivating kick-off to an exercise regimen.

I look forward to taking this journey with you toward living more playfully and healthfully. We can't wait to create a personalized blueprint for your success. And can't wait to see you **Live it Well**.

All the best,

TIERAONA LOW DOG, MD

Well & Being Chief Medical Officer

Center for Integrative Medicine. Her many honors include the Martina de la Cruz medal for her work with indigenous medicines, Time Magazine's "Innovator in Complementary and Alternative Medicine" and an appointment by President Bill Clinton to the White House Commission of Complementary and Alternative Medicine.

LIVE YOUR LIFE MORE PLAYFULLY & HEALTHFULLY



GREEN VALLEY RANCH RESORT | Las Vegas
2300 Paseo Verde Parkway, Henderson, NV 89052 | 702. 617. 7570 | gvrspa.com