

LAHONTAN
SPA



TAHOE.

TRADITION.

LEGACY.

The Spa was created to promote and encourage relaxation. Enter a calming world that nourishes the soul, soothes the senses and renews the mind, body, and spirit.

Spa treatments and experiences are based on rejuvenating, renewing, and inspiring the mind, body, and spirit. The health and fitness area allows you to instill a sense of heightened awareness while maintaining focus and developing a fresh, more creative approach to each day. We invite you to experience and enjoy the Spa.

Guest Policy

Members must accompany guests at all times with the following exception:

Guests of a member staying in the Lahontan Home of a member may be issued a House Guest Card, obtainable with advance notice to the Membership Office by the member for \$100.00 per week. This will allow the house guest to use the Spa, Fitness, Dining, and Camp facilities on an unaccompanied basis and pay the respective guest fees. The \$100 fee is waived for family guests staying in the Lahontan home of a member. Family guests are defined as parents, siblings or children of the member. House guests, including family guests, may not host guests.

Daily Spa & Fitness Guest Fees

**\$20.00 per Guest
\$10.00 per Family Guest**

The Spa guest fee will be waived for guests that receive treatments or have played the course.

Spa Hours

Summer Season

May 6 through October 16
9:00 a.m. to 8:00 p.m.

Winter Season

November 25 through April 16
9:00 a.m. to 8:00 p.m.
Friday, Saturday, Sunday & Holidays
On Call Monday through Thursday

Off Season ~ On Call Daily

Massages

From deep relaxation to focusing on individual needs, our massage team uses a variety of techniques with degrees of firmness suited to your comfort level.

Swedish: A relaxing massage designed to reduce tension, ease muscle fatigue, and increase circulation.

Hour	Member \$105	Guest \$115
Hour & Half	Member \$135	Guest \$145

Aromatherapy: A uniquely personalized experience combining the art of massage with the use of ISUN organic essential oils addressing your special needs.

Hour	Member \$105	Guest \$115
Hour & Half	Member \$135	Guest \$145

Sports: A firm pressure massage focusing on achieving maximum physical results. This treatment can be tailored to concentrate on the muscles relevant to a particular sport or activity.

Hour	Member \$110	Guest \$120
Hour & Half	Member \$140	Guest \$150

Deep Tissue: A therapeutic massage that works deep tissue and targets chronic muscle tension to help compensate for overuse due to stress or athletic activities.

Hour	Member \$115	Guest \$125
Hour & Half	Member \$145	Guest \$155

Stone Therapy: For centuries Native Americans have revered the healing energies of stones. The therapist uses smooth, warm stones to deeply and effectively work muscles and balance energy, melting away stress.

Hour	Member \$110	Guest \$120
Hour & Half	Member \$140	Guest \$150

Stress Relief: A focused massage targeting your back, shoulders, and neck.

Half Hour	Member \$65	Guest \$70
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Maternity: Designed to give relief to the special needs of the mother-to-be. Enjoy the experience during this period of change.

Hour	Member \$105	Guest \$115
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Skin Care

These therapeutic treatments are tailored to meet individual needs, targeting specific concerns and helping to restore skin to optimum health. Our detailed skin consultation precedes each treatment to ensure maximum benefits for the skin.

Tahoe Facial: This is an excellent introduction to our skin care treatments. It includes the perfect blend of cleansing, a customized masque, toning, and moisturizing.

Half Hour Member \$65 Guest \$70

Environmental Control Facial: This facial focuses on delivering antioxidants to combat sensitized skin due to environmental factors. Through cleansing, exfoliation, and masque the skin will be soothed and repaired from environmental aggressions.

Hour Member \$105 Guest \$110

Lahontan Facial: This revitalizing treatment begins with a deep cleansing, followed by a customized exfoliation and masque to reveal smooth, glowing skin. A face, neck, and shoulder massage is certain to ease mind and spirit, while improving your skin's appearance. Finish with a nutrient rich moisturizer to protect and help restore the natural balance of the skin.

Hour Member \$105 Guest \$115
Hour & Half Member \$135 Guest \$145

Men's Facial: A deep cleansing and exfoliating scrub begins this treatment. The application of a soothing masque will balance and hydrate the skin. You will leave with a customized regimen to help alleviate shaving irritation. This treatment includes a relaxing neck and shoulder massage.

Hour Member \$105 Guest \$115

Age Smart Facial: This treatment is specifically designed for those concerned with premature aging, and the signs of photo-aging and sun damage. The treatment includes a double cleanse, multivitamin power exfoliant, an Age Smart complex vitamin and contour masque, and the application of a super rich moisturizer.

100 Minutes Member \$150 Guest \$160

Epicuren Facial: Designed to energize skin cells with a unique, rejuvenating enzyme process. This facial includes a deep cleanse, exfoliation, masque, Epicuren's enzyme complex, and moisturizer.

Hour	Member \$120	Guest \$130
Hour & Half	Member \$150	Guest \$160

Epicuren Professional Peel: Turn back the hands of time with Epicuren's professional strength chemical exfoliation. Your skin will be transformed to appear more vibrant and youthful after just one treatment. Our results based application will minimize fine lines and wrinkles, reduce the appearance of hyper-pigmentation and age-spots, and improve overall skin health. Most clients experience little or no down-time post treatment.

Hour	Member \$150	Guest \$160
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ISUN Organics Facial: Your skin is treated exclusively with organic and natural products to help rejuvenate, balance, and repair skin. This treatment includes a deep cleanse, double exfoliation, hand and facial masque, face, neck, and shoulder massage. A customized application of protective and regenerating skin care products are applied to complete the treatment.

Hour	Member \$120	Guest \$130
Hour & Half	Member \$150	Guest \$160

InjecStem Bio-Firming Facial: Say goodbye to costly injections. This exclusive, luxurious, "needle-free" facial with advanced exfoliation increases skin volume from within to recover the elasticity of your youth. Using the latest in stem cell and peptide technology, these potent serums have been known to unleash intelligent skin-architects, to restructure, redensify, and rebuild the appearance of the skin. A conductive silver mask is applied while face-lifting reflexology points are activated to stimulate circulation and relax muscle tension.

Hour	Member \$180	Guest \$190
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Back Facial: This relaxing treatment begins with a deep cleansing and exfoliation of the back. A stress relieving massage with aromatic essential oils and a customized masque will leave your skin radiant.

Forty-five Minutes	Member \$75	Guest \$80
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Body Treatments

Body treatments have been embraced for their revitalizing and therapeutic effects. From ancient mineral hot springs to modern seaweed wraps, these treatments detoxify the body, de-stress the mind, and renew the skin.

Sierra Scrub: An invigorating treatment using a blend of mineral rich sea salts, fruit enzymes, and essential oils to smooth and silken the entire body. Ideal before a massage, this gentle body cleanser renews the skin and leaves it feeling refreshed and vibrant. This treatment is customized to you!

Half Hour Member \$65 Guest \$70

Herbal Linen Wrap: Steaming, herb-soaked linens are wrapped around the body to relieve muscle tension and promote the elimination of toxins. Relax while inhaling the fragrant infusion of steaming hot herbs. This wrap is not recommended during pregnancy or for anyone with high blood pressure.

Half Hour Member \$65 Guest \$70

Enzymatic Sea Mud Wrap: Detoxify, exfoliate, and nourish your body with a purifying seaweed and mineral mud poultice sealed in a warm, relaxing wrap. Infused with aromatic botanical extracts and fruit enzymes, this treatment leaves the skin smooth and supple. Customize with detoxifying algae or aromatherapy oils.

Hour Member \$95 Guest \$105

Honey Wrap: Experience the ultimate in silky smooth skin. This treatment starts with a Sierra Scrub followed by nourishing honey, then wrapped to penetrate into the skin. Finished with an ultra rich body lotion, it is ideal for dehydrated, ultra dry skin.

Hour Member \$95 Guest \$105

Tri-Crystal Rosemary Scrub: This “machine-free” microderm treatment includes a rosemary lave, total body exfoliation, and ultra hydrating body lotion.

Half Hour Member \$65 Guest \$70

Chai Soy Mud Wrap: Enjoy a warm herbal spice body scrub to comfort and relax the soul. Followed by an application of Chai Soy Mud rich in protein and balancing to the body, this treatment is detoxifying and provides valuable nutrition to the skin.

Hour Member \$95 Guest \$105

Waxing

Your skin will look and stay silky for weeks at a time.
Touch up service is also available.

Lip, Brow, or Chin	Member \$25	Guest \$30
1/2 Leg, Arm	Member \$60	Guest \$65
Full Leg	Member \$75	Guest \$80
Underarm	Member \$30	Guest \$35
Back	Member \$45	Guest \$50
Bikini	Member \$40	Guest \$50

Tinting

Eyelash Tint Member \$25 Guest \$30

Experiences

Choose from one of our experiences or create your own. These experiences are specially designed with you in mind to enhance the body, uplift the spirit, and revive the soul.

Lahontan	2 Hours
Tahoe Facial	Member \$192
Sierra Scrub	Guest \$212
Hour Massage	

Tradition	2 1/2 Hours
Hour Lahontan Facial	Member \$224
Hour Massage	Guest \$244
Tri-Crystal Rosemary Scrub	

Tahoe	3 Hours
Hour Lahontan Facial	Member \$248
Hour Massage	Guest \$268
Hour Body Treatment of Choice	

Spa Hours

Summer Season

May 6 through October 16
9:00 a.m. to 8:00 p.m.

Winter Season

November 25 through April 16
9:00 a.m. to 8:00 p.m.
Friday, Saturday, Sunday & Holidays
On Call Monday through Thursday

Off Season ~ On Call Daily

The Locker Rooms & Fitness Area will close at 12:00 p.m. on Thanksgiving Day, and will open at 2:00p.m. on Christmas Day.

Acupuncture

by Lauren Corda, L.Ac.

Lauren first experienced Acupuncture at age 8 and told her father "I'm going to be an Acupuncturist." Years later, Lauren graduated with a Masters Degree from Pacific College of Oriental Medicine. She is Licensed by the California Acupuncture Board and Nationally as a Diplomate of Acupuncture. Lauren has had success in treating ailments such as: Sports injuries, Acute and Chronic Pain, Stress and Anxiety, Digestive disorders and Sleep disorders. Lauren's passion continues to grow as she facilitates her patients on their road to balance and recovery.

Acupuncture was developed thousands of years ago by the Chinese to bring balance and harmony to ones body and eliminate illness. The base of the medicine is to bring balance between yin and yang. According to Traditional Chinese Medicine (TCM), when yin and yang are balanced, they work together with the natural flow of qi (energy) to help the body achieve and maintain health. Thin needles are used to stimulate the body's qi within energetic pathways that are called meridians. Acupuncture points are located along the meridians and stimulate different areas of the body.

New Patient Consultation & Treatment:
75 Minutes Member \$140 Guest \$150

Established Patient Treatment:
60 Minutes Member \$110 Guest \$120

5-Session Package:
Includes five Established Patient Treatments
Member \$525 Guest \$575

Cosmetic Acupuncture:

An effective, non-surgical treatment to reduce the signs of aging.

Results can be seen after only a few treatments.

Can erase as many as 5-15 years from the face.

Stimulates collagen production, which helps fill out fine lines for a healthy, glowing complexion.

A rejuvenation and revitalization process designed to help the whole body look & feel fabulous from the inside out!

It is recommended clients receive treatments twice a week for up to five weeks.

Member—\$175 per session

Guest— \$180 per session

Cupping Add-On Treatment:

20 Minutes Member \$15 Guest \$15

Community Acupuncture

We will offer a series of Community Acupuncture throughout the season. Please visit our website or contact the Spa Desk to find out more!

HHealth & Fitness

The Fitness Area incorporates state-of-the-art Matrix Cardio-Theater fitness equipment and Paramount Weight Training Systems. These ergonomically designed machines are low impact, help to burn fat while increasing your metabolism, and are able to customize your workout to suit your specific needs and goals.

The cardiovascular training area is comprised of Matrix Cardio Theater Treadmills, Cycles and Elliptical Machines which include:

- Five Matrix T7xe Treadmills which feature programs to offer a mix of speed, incline, and programs to work lower body muscles.
- Three Matrix E7xe Elliptical machines feature a variety of pre-programmed courses and multiple resistance levels, keeping routines fresh and motivating.
- Two Matrix A7xe Ascent Trainers do more than customize a workout, it customizes a movement—adapting to your motion.
- Three Matrix R7xe Cycles offer a double step-up drive which gives you a smooth, quiet experience. Two of these are recumbent cycles and one of them is an upright cycle.

Paramount XL Series combines the structural performance and biomechanical excellence expected in a premium strength circuit.. XL from Paramount truly offers the best in user features and function.

Please see a staff member for additional information.

Fitness Hours
Open Daily All Year
7:00 a.m. to 8:00 p.m.

**The Fitness Area will close at 12:00 p.m. on
Thanksgiving Day, and will open at
2:00 p.m. on Christmas Day.**

GOLF CONDITIONING CLASS

A complimentary class offered during the summer season. It includes instruction on proper golf technique, stretching and strength training, balance, and cardiovascular training.

May 28 through September 3

**Saturday mornings
8:00 a.m. to 9:00 a.m.**

YOGA CLASS

The ancient art of yoga designed to relieve stress and aid in improving circulation, posture, and flexibility. This class is complimentary.

May 31 through September 29

**Tuesday evenings
4:00 p.m. to 5:00 p.m.**

**Thursday mornings
10:00 a.m. to 11:00 a.m.**

MAT PILATES CLASS

Using a floor mat and small props, this class focuses on basic Pilates principles: core strength, increased flexibility, breath control and correct alignment to improve posture. This class is accessible to both beginners and those who exercise regularly.

May 29 through September 29

**Thursday evenings
5:00 p.m. to 6:00 p.m.**

**Sunday mornings
8:00 a.m. to 9:00 a.m.**

TAI CHI CLASS

Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life.

May 30 through September 26

**Monday mornings
10:00 a.m. to 11:00 a.m.**

SKI CONDITIONING CLASS

A complimentary class offered during the winter season. Improve your skiing technique by increasing your strength, flexibility, balance, and coordination through proper warm up and exercise.

November 26, 2016 through April 15, 2017

**Saturday mornings
8:00 a.m. to 9:00 a.m.**

**All Fitness Classes are Complimentary for
Members, and \$10 for Guests.**

Fitness Program

Mark Tedsen, M.S.P.T., will take your fitness program to the next level. Mark's extensive didactic and clinical background in exercise has improved the quality of life for many people. In combination with our other services, we believe Mark is the perfect compliment to meet all our health and fitness needs.

Through these programs, Mark will use education and training methods to reduce and prevent physical pain and injury. Each program is designed to carefully meet your individual needs. The programs will motivate, excite, and provide enjoyment to all interested in enhancing their health, well being, and quality of life through integrity and accountability.

INITIAL CONSULTATION

A thorough consultation will be performed with each new client allowing the opportunity to express all health care concerns and communicate needs and goals. Consultation and Physical Assessment includes:

- A complete history to obtain pre-existing conditions.
- Establish a baseline level of physical fitness.
- Evaluation of body mechanics, strength and flexibility, balance and coordination, and cardiovascular fitness.

Seventy-five Minutes \$95

TRAINING PROGRAM

This program will include specifically designed manual physical therapy appropriate to each individual situation including treatment of musculoskeletal pain and dysfunction.

Training sessions will include:

- Joint range of motion exercises, stretching and strength training, balance, coordination, and cardiovascular training.
- Instruction on proper technique and use of all exercise equipment will be provided, along with proper heart rate monitoring.

Hour	\$95
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FOR THE GOLF ENTHUSIAST

This program will teach proper warm up and provide extensive training in strength, flexibility, balance, coordination, tempo, and timing.

- A comprehensive physical therapy evaluation will address any physical limitations that may effect your golf swing and design exercises to fit those needs.

Hour	\$95
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12 Session Training Program \$970

Lahontan Spa Guidelines

Dress Code

Robes and slippers are provided as a complimentary service to be used in the Spa. These can be picked up in the locker rooms. The Spa and Fitness Area are a co-ed facility. Proper fitness attire including shirts and closed-toe athletic shoes are required to enter the Fitness Area.

Appointments / Cancellation

You may make appointments for services at the Spa reception desk or by telephone. Appointments are recommended for all Spa services. For the widest selection of treatments, services and times, please schedule your appointment prior to your arrival. Treatments you select are reserved especially for you. Please notify us at least 24 hours in advance if you need to cancel or reschedule your appointments to avoid a "no show" charge.

Check-In & Early Arrival

Allow yourself at least 30 minutes before your scheduled appointment to check in and maximize the benefits of your treatment by enjoying the steam, sauna, or soaking tubs.

Televisions

To maintain the tranquility of the Spa environment, please keep the television volume to a minimum. Head phones are available at the Spa desk.

Cellular Phones & Pagers

Please turn off all cellular phones and pagers while using the facilities. For your convenience, phones are provided and available for your use in both the Men's & Ladies' Locker Rooms.

Age Requirement

Children under the age of 16 must be **accompanied by, in the presence of, and supervised** by an adult at all times while in the Spa including the Fitness Area, jetted spas, soaking tubs, and locker rooms. Children under the age of 16 who have received their Junior Certification are permitted in the Fitness Area unaccompanied.

Lahontan Spa

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