

Welcome to spa mio

**the M Resort's Signature
World Class Spa,
Salon and Fitness Center.**



Welcome

Spa Mio features 16 spa treatment rooms, separate men's and women's lounge areas that include a eucalyptus steam room, dry sauna and indoor hot tubs. Take advantage of our full-service salon including our Master Barber. Our expert staff will provide you with an extraordinary level of personalized service to beautify, enhance and restore.

Arrival

For spa services we recommend that you arrive at least 30 minutes prior to your appointment time to enjoy our relaxation areas. Arriving late will limit the time of your treatment. As a courtesy to the next guest your treatment will end at its scheduled time regardless of when you began.

Reservations & Cancellations

Booking your spa reservations in advance is strongly recommended. Please call Spa Mio directly at 702-797-1800. As a courtesy to other guests and to our therapists we strictly adhere to the spa cancellation policy. If you must cancel or change your appointment please advise us four (4) hours in advance to avoid being charged 100% of the scheduled services.

Fitness Center

Spa Mio offers a state of the art fitness center accessible to those receiving spa services and hotel guests.

Guests 17 and younger must be accompanied by an adult. Proper workout attire is required such as shoes and clothing. Headphones, water and towels are provided for each guest upon request. Day passes can be purchased at the spa reception desk.

Service Charge

For your convenience a 20% service charge will be added to the spa service and will be dispersed to all spa staff that served you during your spa experience. Additional gratuities may be added at your discretion.

Age Policy

To protect the tranquil nature of the spa and its environment, younger guests under the age of 18 are not permitted to use the spa services and amenities.

Facilities

To enhance your spa experience, we provide a private locker, robe and sandals as well as grooming amenities during your time at Spa Mio.

Separate men's and women's w steam room, sauna and Jacuzzi.

Massage

Mio Signature Massage - 50/80 minutes

Our signature massage is customized for a head to toe experience, tailored by your therapist for your specific needs. Choose from a light to deep pressure to lull you into a deep state of relaxation.

Aroma Journey Massage - 50/80 minutes

This deeply revitalizing treatment uses aromatherapy and a light to medium massage to elevate mood as well as relax the mind and body. Choose between a blend of therapeutic essential oils designed to reinvigorate your senses.

Prenatal - 50/80 minutes

For mothers to be, this nurturing massage relieves tension, alleviates swelling and promotes circulation. Therapists incorporate specialized techniques to keep you comfortable while promoting restful sleep and the reduction of stress hormones. This is a pampering experience for women who are in their second and third trimester.



25 Minute Refresher

Quickly rejuvenate with our 25-minute area concentrated massage. This treatment will help eliminate tensions and reduce fatigue leaving you feeling refreshed and ready to continue your day.

Dry Brush Massage - 50/80 minutes

This service starts with a full body dry brush exfoliation that helps stimulate circulation and the lymphatic system. Your therapist will then massage you using light rhythmic strokes with hydrating and nourishing massage oils. Perfect for those who prefer a lighter touch.

Sports Recovery Massage - 50/80 minutes

Recover from a long day or a challenging workout with this targeted sports massage. Let your tensions slip away while you enjoy an invigorating massage tailored to relieve stiffness, ease muscles, and reduce inflammation. This massage is an excellent treatment for those in need of muscle recovery. Your therapist will use deep pressure and a variety of techniques to leave you feeling refreshed.

Hot Stone Massage - 80 minutes

Melt away stress and tension with this restorative, healing massage. Heated basalt stones are incorporated to encourage deeper relaxation throughout the entire body. Great for those that need deep muscle work but do not enjoy a deep pressure massage.



Chakra Awakening Ritual - 100 minutes

Experience an aromatic journey drawing you into a deeper and profound state of relaxation. This treatment uses 7 essential oil blends infused with crystals and attuned to each of the seven chakras' vibrational energies. Each of the 7 oil blends is used beginning with ginger and rosemary to awaken and vitalize all the body's systems and finish at the scalp with fragrant vetiver and high-grown lavender that combine to carry you into a deep state of bliss.

Massage Enhancements

- **Hot Stones (1-2 areas)**
- **Aromatherapy**
- **Nourishing Foot Scrub**
- **Pain & Tension Relief**
- **Heightened Hydration**
- **Warm Scalp Treatment**
- **Hand or Foot Intense Hydration**

Skincare

Simply Ageless Facial - 50/80 minutes

Protect and preserve your youthful skin with our skin boosting facial. Incorporating plant stem cells, collagen infused serums and hyaluronic acids to help restore skins firmness and reduce the appearance of fine lines and wrinkles.

Purifying - 50/80 minutes

Pollutants, debris and free radical damage as well as stress play a huge factor in our skin with a significant increase in inflammation, blemishes and signs of aging. This treatment uses powerful peptides and antioxidants to ensure a deeply purifying, repairing and replenishing glow.

Express Facial - 25 minutes

Renew and glow! This is the perfect treatment for a quick pick me up. Featuring a double cleanse, gentle exfoliating and re-hydrating products. You will leave feeling cleansed and refreshed.

Mio Signature Facial - 50/80 minutes

Custom facial designed to provide you the right care for your skin type. This signature treatment includes a deep yet gentle cleanse, exfoliation, steam and extractions if necessary. Followed by tailored hydrating products to help prevent blemishes as well as improve skin's moisture balance.

Gentleman's Facial - 50 minutes

Specific to men's skin this treatment provides a deep pore cleansing, hot towels, exfoliation, a customized mask and hydrating moisturizer. This facial will help to repair the damage caused by daily environment factors, shaving, stress and aging.

Organic Facial - 50 minutes

This all organic, deep cleansing session is enriched with a custom blend of fruits, vegetables and herbs that nourish the skin and leave a healthy glow.



Microdermabrasian - 50 minutes

A treatment for those looking for results driven care. This highly effective treatment improves the appearance and texture of fine lines, acne, scarring and more. Using a diamond tip suction to gently exfoliate and leave your skin feeling smooth. Results will continue for days following your treatment. A series of 3 or more recommended for best results.

Facial Enhancements

- Enzyme or Chemical Peel
- Specialty Mask
- Lip Treatment
- Cooling Eye Treatment
- Nourishing Foot or Hand Treatment
- Neck & Decollete *micro or peel



Body Wraps and Exfoliations

Desert to Sea - 80 minutes

A brisk dry brushing stimulates the lymphatic system to receive the benefits of caffeine enriched detoxifying scrub. After a full body marine clay application, emerge into a relaxing heated cocoon. Finishing the detoxification process with a foot wrap and full body oil application, the skin is prepped to continue the detoxification process.

Quick Slim Body Wrap - 80 minutes

A slimming and toning treatment, ideal for looking and feeling your best! The treatment starts with a refreshing body scrub to stimulate blood circulation followed by a heated wrap of active pharmaceutical grade slimming products to treat and prevent fat cell accumulation, water retention, and the appearance of cellulite on the body. A firming and toning lotion will be applied at the end of the treatment.

Back Facial - 45 minutes

Our back treatment consists of customized skincare products suited for your needs. Deep cleansing and exfoliation is performed by your Aesthetician to help soothe stubborn acne. Extractions are performed if necessary.



Exfoliating Coffee Scrub - 50 minutes

Stimulate your senses with our exfoliating coffee and sugar scrub. Product is applied to the entire body, removing impurities and improving the appearance of cellulite and leaving you feeling energized.

Aroma Sugar Glow - 50 minutes

Delightfully aromatic, the infused sugar glow is applied to the entire body, removing impurities and revealing younger and healthier skin. Relaxed and pampered, the skin emerges smooth to the touch and visibly brightened.

