

## welcome to nurture

Relax and unwind in our beautiful facility designed to soothe tired bodies and calm weary minds. Enjoy the eucalyptus steam bath, dry sauna and whirlpools as part of the preparation for your treatments. We would like you to enjoy the entire spa and salon experience at Nurture, so please allow yourself time to soak up all of the benefits our spa has to offer.





## recommendations for your spa visit

before your facial  
massage

body treatments  
eucalyptus steam  
sauna  
jacuzzi

before your massage

body treatments  
eucalyptus steam  
sauna  
jacuzzi  
shower

before your body treatments

eucalyptus steam  
sauna  
jacuzzi

after your massage

facial  
eucalyptus steam  
sauna  
jacuzzi

after your body treatments

facial  
massage  
eucalyptus steam  
sauna

after your spa experience

all salon services







## massages

### swedish massage

Delight in tranquility as skilled therapists apply warm, nut-free unscented sunflower oil with light- to medium-pressure strokes to moisturize the skin, increase circulation, improve muscle tone, and invite relaxation.

### deep tissue massage

Let stress go in this truly rejuvenating massage. Therapists apply medium- to deep-pressure strokes with warm, nut-free unscented sunflower oil to soothe tension from stressed muscles. Perfect maintenance for someone with an athletic or active lifestyle.

### custom aromatherapy massage

This balancing treatment, which dissolves stress and promotes relaxation, starts with a consultation to determine what your emotional and physical needs are. From that, we carry out an aromatherapy scent test to allow you to choose the oil most suitable for you. With your chosen oil, your therapist will use carefully applied pressures to relieve muscular tension and encourage healthy circulation. Drawn from Eastern and Western techniques, this intense massage enables the therapist to work on your body, mind and spirit.

### moroccanoil scalp & neck massage

This invigorating scalp, neck and shoulder massage is intended to increase circulation as well as balance scalp issues. Infused with essential oils such as argan oil, organic ginger, lavender, and geranium extracts, this calming and essential service will improve the condition of your scalp and the quality of your hair. For added rejuvenation, pair with a Swedish or deep tissue massage.

### reflexology

With this New Age secret to well-being, therapists massage points on the hands and/or feet that have thousands of nerve endings linked to internal organs, allowing relief from tension and aches. This stimulating massage also helps to increase energy, improve sleep and reduce stress.



## peppermint foot & leg therapy

Ideal for reinvigorating tired limbs, especially after long walks and exercise. Therapists massage peppermint oil on feet and legs to increase circulation, and then finish with hot towel compressions for a refreshing experience.

## mommy-to-be massage

Baby yourself. Designed for expectant mothers past their 14th week, this full-body massage reduces excess water retention and promotes circulation to calm frayed nerves and restore energy. Products used are specifically designed for those expecting.

## lomi lomi

Inspired by ancient Hawaiian Shamanic massage, this technique integrates long flowing forearm strokes with refreshing coconut oil. Lomi Lomi offers healing for both the therapist and recipient by honoring and embracing body, heart and spirit.

## ashiatsu

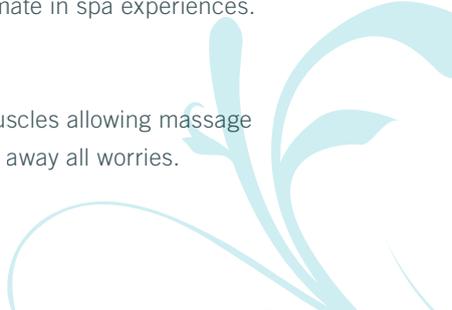
This ancient practice from Japan and Thailand features therapists who hang from ceiling bars to massage tension away with their feet. Muscles are stretched and skin is softened with a lightly aromatic crème.

## tandem

Indulge yourself while four hands work at once so you can receive twice the benefit in one session. Two therapists work in unison to deliver an extraordinary experience in relaxation and energy balance. This treatment is designed for the ultimate in spa experiences.

## hot stone

From its origins in Native American medicine, this modern-day version uses the warm stones to relax the muscles allowing massage therapists to work more effectively. This relaxing massage will soothe muscles, release tension and massage away all worries.







## body treatments

### BUBALINA® sugar scrubs

These scrumptious body treatments offer deep exfoliation to reveal new, younger skin. Choose from several aromas that are designed to offer everything from tropical hydration to exotic renewal.

#### choice of scents:

coconut papaya – regenerating

wild pomegranate – antioxidant

cucumber melon – revitalizing

mandarin vanilla spice – healing

grapefruit – anti-cellulite

blueberry – antioxidant

coco lime verbena – restorative

acai berry – relaxing

dolcetto – softening

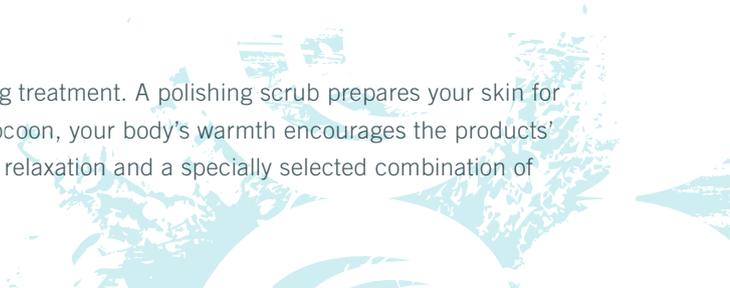
tuberose – aphrodisiac

## hand & foot therapy

The first place to show the signs of aging are the hands, so now is the time to help them recover and help protect against future damage! This treatment includes maximum strength exfoliation, vitamin-rich ampoules plus the deep moisturizing benefits of a soothing paraffin bath that leaves your hands ultra-smooth. While the hands are being nourished with the paraffin, your feet will get the attention they deserve with a soothing reflex point touch therapy.

## restoring cocoon

Leave the demands and challenges of a busy life at the door with this de-stressing treatment. A polishing scrub prepares your skin for rich, nourishing layers of potent essential oils and herbal extracts. While in the cocoon, your body's warmth encourages the products' restorative effects to go to work. A scalp, shoulder and neck massage focuses on relaxation and a specially selected combination of soothing essential oils calms a busy mind.







## dermalogica head-to-toe treatment

This fully customized treatment is designed to give you optimal skin health for your entire body! You will begin your journey by receiving a full-body exfoliation that contains a blend of oatmeal, rice bran and enzymes as well as conditioning essential oils that will whisk away dead skin cells and brighten the skin. Noticeably smoother skin will now be prepared for maximum absorption of your choice of body wrap therapy—either promoting skin nourishment or detoxification. While the body is being swaddled in warmth, your skin care therapist will begin your face treatment that will be tailored to your specific skin care needs determined by professional Face Mapping Skin Analysis. The face treatment will include: professional double cleansing, professional exfoliation with Clarisonic, pressure point massage, treatment masque, toner, moisturizer, and solar defense.

## facials

### skin authority express facial

Skin will achieve visible radiance with this treatment. Combined with the effects of the Clarisonic cleansing, essential vitamins and antioxidants, this facial will provide smoother, softer and healthier skin. Translucency is restored immediately.

### skin authority express transformation facial

Achieve optimal skin health and visible radiance with this immediately effective treatment. Our pure, natural sugarcane exfoliant gently lifts dull skin and creates pathways that deliver power, essential vitamins and nutrients deep down, where new cell growth occurs. Restores clarity, minimizes pores and balances moisture to produce glowing and dewy skin.

### dermalogica customized facial

This skin treatment is truly revolutionary as it is customized at every step by your skin care therapist depending on your specific skin care needs, following a professional Face Mapping Skin Analysis. The treatment will include: professional double cleansing, professional exfoliation with Clarisonic, extractions, pressure point massage, treatment masque, toner, moisturizer, and solar defense.

As an extension to the 50-minute treatment, the 80-minute facial will also include: advanced level professional exfoliation tailored to suit your skin needs, pressure point massage with an additional European-style massage to chest, neck and upper arms, and contouring vacuum masque inclusive of hands and arms.

### dermalogica deep-cleansing facial

It's the end of the line for adult acne with this new powerful treatment that jump-starts acne clearing and helps prevent acne well beyond the treatment. We'll start with a thorough deep cleansing, followed by professional exfoliation to remove pore-clogging skin cells and extractions to help clear current breakouts without spreading acne-causing bacteria. The application of our soothing professional masque system detoxifies skin while calming irritation and redness, and oil-free hydration and solar defense help hydrate and control excess surface oil while keeping skin protected.

## dermalogica AGE Smart facial

Are the signs of aging becoming more prevalent on your skin? Give it a revitalizing power boost with this treatment designed to nourish, regenerate and energize skin! Potent vitamin and hydroxy acid exfoliation resurfaces and re-texturizes skin while pressure point massage relaxes for the ultimate in skin therapy for prematurely aging, mature or devitalized skin. Firmer, smoother, revived skin you'll love is yours with this amazing treatment.

## dermalogica back facial

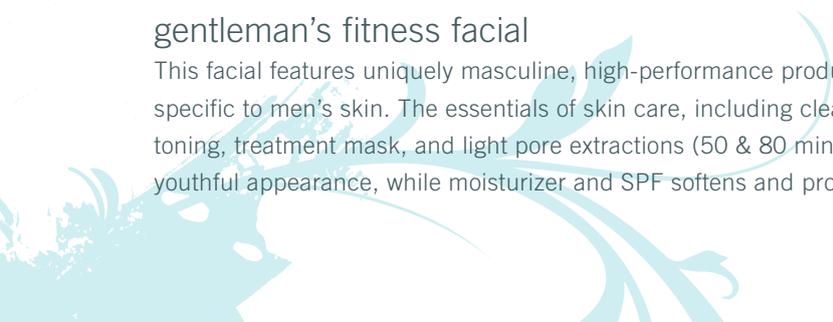
De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply cleansing exfoliant sloughs off dead skin cells, readying skin for the removal of toxins. Your hardest parts to reach will be cleansed, polished, hydrated, and refreshed!

## mommy-to-be facial

Allow the calming effects of lavender to soothe the skin and mind. Every mom-to-be deserves the best and with the Ultra Calming Facial that is what she can expect. The skin will be cleansed, exfoliated and a soothing masque will be applied to help take her to a total state of relaxation.

## gentleman's fitness facial

This facial features uniquely masculine, high-performance products that alleviate ailments specific to men's skin. The essentials of skin care, including cleansing, physical exfoliation, toning, treatment mask, and light pore extractions (50 & 80 minutes only), create a more youthful appearance, while moisturizer and SPF softens and protects.





## facial upgrades

### dermalogica lip renewal treatment

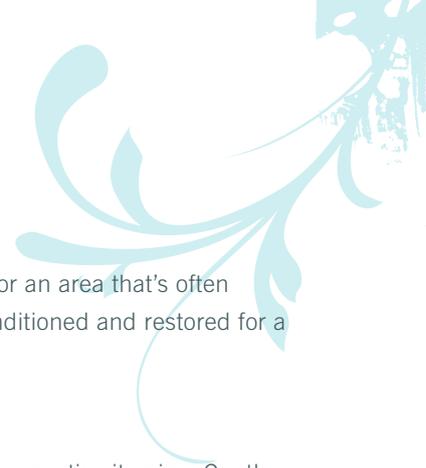
Be remembered for full lips and a healthy smile with this smoothing, conditioning treatment for an area that's often ignored—the lips! Infused with hydration, lips will be full and plump as well as smoothed, conditioned and restored for a healthy-looking smile.

### dermalogica eye rescue treatment

Firm, tone and brighten tired eyes with our unique blend of peptides, firming proteins and therapeutic vitamins. Gentle exfoliation will remove dulling debris, while a calming masque will help soothe and revitalize irritated, tired eyes.

### paraffin treatments

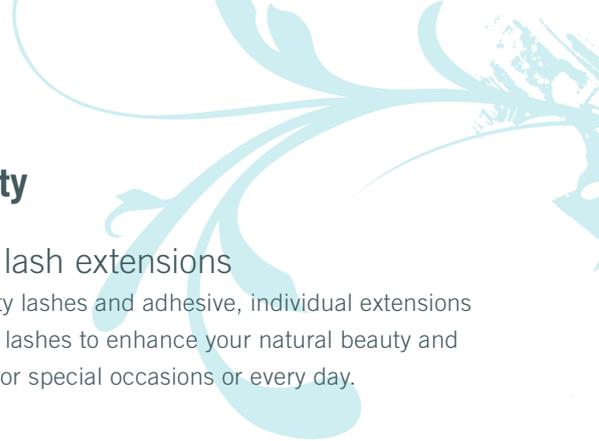
While getting a facial of your choice, indulge with the soothing effects of a paraffin treatment. Warm paraffin is put on your choice of hands and/or feet for added relaxation and hydration.





*Indulgence*

*Indulgence*



## waxing

brow	partial back
lip	full back
chin	chest
underarm	bikini
half arm	brazilian
full arm	half leg
	full leg

## beauty

### make-up application

Create a more beautiful you for a special occasion, a girls night out or simply treat yourself to an indulgent afternoon. Professional make-up artists use top-of-the-line mineral-based cosmetics to customize a look specifically for you. Eyelash strips or individuals are available for an additional charge.

### custom airbrush tanning

Get that beautiful sun-kissed look with this airbrushed tan customized to suit your complexion.

## advanced beauty

### semi-permanent lash extensions

Using the highest-quality lashes and adhesive, individual extensions are placed on your own lashes to enhance your natural beauty and create a dramatic look for special occasions or every day.

### teeth whitening

A revolutionary new procedure as effective as your dentist's treatment. Our teeth whitening system uses a gentler chemical whitener and LED light that reduces the sensitivity of teeth and gums. This treatment also includes brush-on gel to take home that protects your teeth while continuing the whitening process.

## salon

### hair

women's haircut & blow-dry

men's haircut & blow-dry

bang trim

shampoo & blow-dry

moroccanoil restorative repair upgrade

moroccanoil healthy hydrating upgrade

updo

one-process color

two-process color

partial highlights

full highlights

corrective color

moroccanoil optimal color upgrade

perm

relaxer

demi-permanent straightener

shimmer extensions

feather extensions

### nails

manicure

classic

spa

luxury

pedicure

classic

spa

luxury

full set

acrylic

pink & white

gel

fills

acrylic

pink & white

gel

gel lacquer upgrade

hands

feet

nail repair

french nails

nail art

polish change

hands

feet

paraffin upgrade

hands

feet

hands & feet

## packages

available monday – thursday

**time is of the essence – 1.5 hours**

includes:

25-minute swedish massage

25-minute bubalina sugar scrub  
(choice of scent)

25-minute skin authority express facial

**spa perfect pair – 2 hours**

includes:

50-minute swedish massage

50-minute dermalogica customized facial

**salon perfect pair – 1 hour 45 mins**

includes:

spa manicure

spa pedicure

**mommy-to-be – 2 hours**

includes:

50-minute mommy-to-be massage

50-minute mommy-to-be facial

\*must be at least 14 weeks pregnant

**girls night out – 3.5 hours**

includes:

25-minute bubalina sugar scrub  
(choice of scent)

50-minute make-up application with eyelashes

shampoo & blow-dry

classic manicure

classic pedicure

**glow & bronze – 1 hour**

includes:

25-minute scrub

25-minute custom airbrush tan

**seasonal – 1.5 hours**

includes:

25-minute swedish massage with seasonal scent

25-minute scrub with seasonal scent

25-minute facial with seasonal scent

\*ask spa receptionist for details on scent

**for the groom – 2.5 hours**

includes:

50-minute swedish massage

25-minute bubalina sugar scrub  
(choice of scent)

50-minute gentleman's fitness facial  
(no extractions)

**for the bride – 4 hours**

includes:

practice 50-minute make-up application  
with eyelashes – day before wedding

practice updo – day before wedding

50-minute make-up application  
with eyelashes – day of wedding

updo – day of wedding

## spa and salon FAQs

### What is available at Nurture?

Nurture Spa and Salon at Luxor has a fully equipped fitness center, spa facility, treatment area, and salon.

Our state-of-the-art Fitness Center offers cardio equipment, free weights and resistance training machines capable of challenging anyone from beginner to trained athlete. Our Spa Facility is separated by gender, with each side offering a lounge, locker & vanity area, dry sauna, steam, and Jacuzzis. The Spa and Fitness areas are included in the price of the treatment at the spa. If no treatment is purchased, separate spa passes can be purchased by hotel guests for the day.

The Salon is full service and offers everything from manicures & pedicures to updos & color.

### Is there an age restriction at the spa?

Nurture Spa is an adult environment of tranquility and relaxation. Therefore, guests under the age of 18 are not permitted in the spa or fitness facilities.

Nurture Salon welcomes guests of all ages. If you are under 18, you must be accompanied by a parent or guardian.

### When should I book my spa and salon services?

While same-day treatments may be available, for the widest selection of services and times, we recommend that you schedule all spa and salon services as far in advance as possible. Appointments are available up to 90 days in advance.

### What treatments should I select?

Our knowledgeable staff can help you choose the treatment or service that is right for you.

### What time should I arrive for my spa treatment or salon service?

Nurture Spa invites you to use the spa and fitness facilities for the entire day of your spa treatments. However, we recommend that you arrive at least 30 minutes prior to your first scheduled spa appointment to check in, shower and begin treatments on time. You may also choose to shower in your guest room before arriving at Nurture Spa.

Nurture Salon recommends that you arrive at least 10 minutes prior to your first scheduled salon treatment so you can be checked in and start your services on time.

## What happens if I arrive late for my spa or salon appointment?

As a courtesy to the next guest, your treatment or service will end on time, regardless of the start time. Arriving late will simply limit the time for your treatment or service, lessening its effectiveness and your pleasure. The full treatment price will be applied.

## What is a service charge?

For added convenience, a 20% service charge is added to the price of all services and upgrades received at the spa and salon. The service charge includes gratuity, which is divided between your treatment provider and support staff.

## What if I am unable to keep my spa or salon appointment?

Nurture's cancellation policy requires 4-hour notice. All no-show appointments will be charged in full. Group reservations are subject to prior agreement.

## What do I need to bring with me to the spa?

A vanity area full of amenities, including a robe and sandals to wear while at the spa will be provided. For the treatment, please disrobe to your comfort level; the body is completely draped except the area receiving therapy. Proper fitness attire (workout shoes, shorts and shirts) is required in the fitness center.

## What should I leave at home?

Nurture is a sanctuary for tranquility and relaxation. Therefore, we ask that you do not bring cell phones or cameras in the spa or salon. Alcohol is not permitted in the spa or salon and is not recommended before or after a treatment. Although, we provide a locker to store your personal items at the Spa, we strongly recommend leaving jewelry or valuables at home or in your hotel room.

## What if I am pregnant, can I still utilize the spa facilities and treatments?

Yes, you may utilize the spa facilities and have treatments if you are pregnant. However, we ask that you consult your physician prior to scheduling your spa appointments. We offer a maternity massage and facial for guests past their first trimester. Please notify the person booking your reservation of your pregnancy when scheduling your appointments.

## We are proud to feature products and services from these fine companies:

**BUBALINA®**

Bubalina is a Mediterranean term of endearment, and as such a great name for a company that invites people of all ages and skin types to experience soft, smooth, healthy skin with superior products. Bubalina focuses on enjoyable products that are beneficial to the skin. All of our products are natural and without parabens.

**dermalogica®**

a skin care system researched and developed by The International Dermal Institute

Dermalogica is the skin care system researched and developed by The International Dermal Institute. For years, Dermalogica's skin care products have pioneered new standards for product performance. Using only the finest ingredients available, all Dermalogica skin care products are non-comedogenic and contain no occlusive mineral oil or lanolin, no irritating artificial colors or fragrance, and no drying SD Alcohol.

**skinauthority®**

Live the skin healthy lifestyle.™

Celebs, fashionistas and consumers alike are shouting the benefits of Skin Authority and its amazing one-on-one customer service. Experience it for yourself and discover why Jen Adkins, Beauty Editor of about.com, gave Skin Authority five stars, declaring that "you'll definitely see results." Skin Authority accomplishes this by using naturally effective ingredients and groundbreaking technology backed with clinical research to you help achieve cosmetic beauty and lasting skin health without parabens, dyes, added fragrance, or animal testing.