

Spa
AT
THUNDER
VALLEY





WELCOME

Spa at Thunder Valley features a full menu of services designed to ensure each guest receives a Four-Diamond experience. Your escape starts in the Meditation Room - quiet and serene - then change into a comfortable robe and visit our steam room or dry sauna before or after your treatment. Enjoy water, herbal teas, and fruit any time you desire.

Our treatment menu features a wide range of relaxation and therapeutic massage services tailored to your desired level of pressure. Rejuvenating facials and body scrubs utilize top-of-the-line cosmeceutical ingredients like natural grape seed, alpha hydroxy acids, botanicals and peptides with anti-aging properties. Pedicures and manicures—with natural or gel nail services— as well as face and body waxing applications can be scheduled separately or combined with any massage or facial.

For registered hotel guests, our Fitness Center, steam room, sauna and pool are complimentary. Spa appointments also include access* to our beautiful pool and hot tub, just a few steps away. Open seasonally, the pool features luxurious chaise lounges and poolside food and beverage service from Coconut Bar.

Seasonal private cabanas – outfitted with hi-def TVs, refrigerator stocked with bottled water, couch, two chairs, two lounges and dressing area – may be rented by the day.

Spa at Thunder Valley is your escape from the daily pace of life. We look forward to providing you with an experience that is both uplifting and restorative.

**For services \$150 and over.*





MASSAGE

CASINO ROYALE | 80 MINUTES \$175

We have you covered from head to toe. Our Thunder Valley Premier Blend Massage combines with warm Sedona mud – generally applied to the feet along with heated booties - followed by a soothing scalp massage to alleviate stress and provide a relaxing and detoxifying experience.

CLASSIC SWEDISH | 50 MINUTES \$110 | 80 MINUTES \$140

Light to medium pressure provides the ultimate in relaxation while enhancing circulation.

DEEP TISSUE | 50 MINUTES \$130 | 80 MINUTES \$160

Deeply therapeutic, this custom massage targets chronic tension. Using a variety of techniques, your therapist helps bring relief to areas of pain and stiffness.

DRY BRUSH & MASSAGE | 80 MINUTES \$165

Enjoy 20-30 minutes of full-body dry brushing (benefits include exfoliation, lymphatic drainage, cellulite appearance reduction and a natural energy boost) followed by a massage with your choice of grapefruit, rosemary or eucalyptus oil. Keep your dry brush after service.

EVERYDAY ZONE THERAPY | 25 MINUTES \$75

Designed to concentrate on the areas where you hurt the most. With our customized pressure from light to deep, we've created this therapy for your specific problem area, such as neck, back or legs.

FOOT REFLEXOLOGY | 25 MINUTES \$75 | 50 MINUTES \$115

Using an ancient inch-walking technique with the thumbs, reflexology creates homeostasis in the entire body by stimulating reflexes to the organs, glands, musculoskeletal, respiratory, circulatory, digestive, lymphatic and nervous systems. You will leave feeling that you've had a full body massage.

HIMALAYAN SALT WELLNESS MASSAGE | 50 MINUTES \$125 | 80 MINUTES \$155

Himalayan salt contains the exact 84 minerals found in the human body. This massage not only relaxes you, but infuses the body with essential minerals to revive and rebalance the body.

IN-ROOM MASSAGE | 80 MINUTES \$400

Relax in the privacy of your room with your choice of a Classic, Deep Tissue, or Tension Relief massage.

PREMIER BLEND | 50 MINUTES \$130 | 80 MINUTES \$160

Offering our guests the combination of relaxation, deep tissue techniques, and hot stones to the back for a truly rejuvenating experience.

PRENATAL MASSAGE* | 50 MINUTES \$125

Designed to nurture and support both mother and baby, this gentle massage focuses on areas most affected by pregnancy. Prenatal massage deepens a sense of calm, relaxation and helps improve sleep.

*Requires doctor's note if in first trimester

TENSION RELIEF MASSAGE | 80 MINUTES \$155

Indulge yourself with this full body massage along with a foot and scalp treatment. Leaving you with a sense of peace and full body relaxation.

WARM STONE RITUAL | 75 MINUTES \$170

Deeply soothing and detoxifying, this treatment utilizes heated basalt stones and essential oils to relieve muscle pain, reduce stress and increase the body's metabolism.



RITUALS

CABERNET GRAPE SEED CRUSH BODY SCRUB | 50 MINUTES \$110

Experience the skin benefits of pure, crushed, Wine Country grape seeds. Natural oils fully hydrate, clean and polish the skin, followed by a Cabernet Body Butter.

DETOX MUD WRAP | 80 MINUTES \$150

Warm mud detoxifies and de-stresses leaving your skin smooth and rejuvenated. Includes an energizing scalp and face massage.

SCALP AND FOOT TREATMENT | 50 MINUTES \$75

Unwind with this heavenly scalp massage and start the de-stressing process that finishes with a luxurious foot scrub and moisturizing massage.

RENEWAL SCRUB | 45 MINUTES \$75

These scrubs energize and tone your skin, promote detoxification and exfoliation with oxygenating action, with a complimenting body butter finish.

**25min. add-on to any massage without body butter: \$40*



RETREATS

THE WINNING PAIR | 100 MINUTES \$215

Enjoy a 50-minute Classic Massage and a 50-minute Deep Cleanse and Clarify Facial.

TREAT FOR TWO | 100 MINUTES \$395

Includes a 25-minute Cabernet Grape Seed Body Polish, our 50-minute Premier Blend Massage, and an indulgent 25-minute Moroccan Oil Hair Treatment with scalp massage in our Pairs Suite.

ELITE RETREAT | 130 MINUTES \$325

This treatment begins with a full body grape seed scrub, followed by our Sedona Mud Wrap and a scalp and hair pampering with Moroccan oil. Finish with a full-body customized massage, including hot stones and your preferred pressure style.





ENHANCEMENTS

Additional booking time not required.

MOROCCAN OIL HAIR TREATMENT | \$15

Invigorating scalp massage stimulates well-being while treating the scalp and hair. This treatment is done within your massage or facial; please request when making your reservation.

FOOT SCRUB | \$15

Exfoliate and stimulate the senses with an aromatic feet and legs scrub, nurturing body butter finish. This treatment is done within your massage or facial; please request when making your reservation.

HOT STONE | \$10

Smooth, hot stones warm and relax the muscles while taking any massage to the next level

DEEP TISSUE UPGRADE | \$20



SPA PARTIES

We love being a part of your special day (wedding, birthday, friends trip, or anything else) please contact us as early as possible to arrange your gathering. Hurry, we book up quickly!

*10% discount for parties of 10 or more.

Our meditation rooms are “quiet” areas to relax, revive, and bring comfort to all guests. To enhance everyone’s Spa experience, please silence your phones.

Cancellation for parties (10 services or more) requires 48 hours’ notice. Cancellations made in less than 48 hours will result in a 50% charge, and no-shows will result in 100% charge.



FACE

ANTIOXIDANT FACIAL | 80 MINUTES \$145

Deep hydration, antioxidant treatment leaves skin tightened and brightened. Restores elasticity and luminosity and combats de-hydration and premature aging.

Neck and décolletage treatment: \$20.

BRIGHTENING FACIAL | 80 MINUTES \$145

Vitamin C and DMAE boosts collagen production, repairs free radical damage and enhances facial tone for a smoother, brighter, firmer and more defined look.

Neck and décolletage treatment: \$20

DEEP CLEANSE AND CLARIFY FACIAL | 50 MINUTES \$115

Deep double cleanse, exfoliation, mask and moisturizing facial including extractions.

RADIANCE FACIAL | 80 MINUTES \$160

This facial resurfaces, redensifies and lifts while stimulating cellular regeneration, bestowing fullness and redefining facial volume.

RENEWAL FACIAL | 80 MINUTES \$130

Gycolic and enzyme resurfacing accelerates this facial treatment with two topical exfoliates, safely providing measureable results for virtually any skin type.

Neck and décolletage treatment: \$20.

SIGNATURE FACIAL | 50 MINUTES \$100

This effective yet simple facial will address your skin's needs. Immerse in relaxation as your skin is cleansed, exfoliated and massaged, giving you a healthy glow.

YOUR FACIAL | 50 MINUTES \$125

This fully customizable facial will address your skin's unique needs while you are being pampered. Leave feeling rejuvenated and refreshed while easing stress.





FACIAL ENHANCEMENTS

FULL EYE TREATMENT | 25 MINUTES \$59

Eye mask, massage and total face lymphatic drainage. Your eyes will look years younger and refreshed! Additional booking time required.

LIP TREATMENT | \$20

Plump and rejuvenate those lip lines with an exfoliant, followed by a lip treatment massage with a firming line reducing cream. Additional booking time not required.

MASK AND FACE MASSAGE | \$20

Add a calming, smoothing eye mask and massage with chilled porcelain spoons to any facial. Additional booking time not required.

OXYGEN THERAPY WITH CUSTOMIZED SERUM | \$20

Infuse dry, stressed skin with pure oxygen for optimal hydration. Additional booking time not required. Not available with Radiance Facial.

WAXING

Bikini \$55

Brazilian \$75

Brow \$25

Chin \$12

Full Arm \$45

Full Back \$65

Full Face (including brow) \$55

Full Leg \$60

Half Arm \$30

Half Back \$50

Half Leg \$30

Lip \$12

Nose \$15

Stomach \$25 AND UP

Underarm \$30



NAILS

THE ELITE ~~~ **MANICURE** | 60 minutes \$80 **PEDICURE** | 60 minutes \$95

Dead Sea salt and "Tranquility" Bath Oil start your experience and includes nail grooming, exfoliation, paraffin treatment, hot stone massage and aromatic body cream finish. Your choice of polish colors.

GEL POLISH MANICURE | 50 minutes \$60 **GEL POLISH PEDICURE** | 75 minutes \$80

A polish and polymer combo, this nail finish creates a natural look for two weeks of shine, no chipping and zero dry time. Safe for your natural nails.

SIGNATURE ~~~ **MANICURE** | 50 minutes \$65 **PEDICURE** | 50 minutes \$75

Dead Sea salts soften skin for nail grooming with exfoliating seasonal scrub; hydrating mud mask and body butter energizing massage to tone skin. Your choice of polish colors.

If your nails currently have gel polish (shellac, Gelish, Vinylux, etc.) a \$25 Gel Polish Soak Off service is required and must be booked for additional time. Please notify us when booking your appointment.

EXPRESS MANICURE | *25 minutes \$40 **PEDICURE** | *25 minutes \$45

Short on time? No worries! Our streamlined Express service features foot care, nail care, and choice of polish or buff to a high shine.

**Due to time constraints, we are unable to include add-ons or substitutes with these services.*

GENTLEMAN MANICURE | *30 minutes \$40 **PEDICURE** | *50 minutes \$65

Nails and cuticles are shaped and groomed, followed by a gentle exfoliation, a soothing hydrating mask, and a relaxing massage. Nails are finished with an oil buffing.

**Due to time constraints, we are unable to include add-ons or substitutes with these services.*

NAIL ENHANCEMENTS

FRENCH ADD-ON FOR THE HANDS OR FEET | \$10

GEL POLISH SOAK OFF | \$25 (ADDITIONAL BOOKING TIME REQUIRED)

PARAFFIN ADD-ON | \$15

POLISH CHANGE | \$20

NAIL ART | \$15 AND UP

GEL POLISH ADD-ON | \$25 HANDS | \$30 FEET





HOW TO SPA

AGE REQUIREMENT

Spa body and facial services are available to guests 21 years of age or older only. Guests who are 18-20 years of age are not permitted in the Spa facilities and locker room areas, may only receive nail services, and must be accompanied by a parent or legal guardian at all times. Valid ID required at check-in, check-out, and when purchasing spa retail items.

PERSONAL COMFORT & SAFETY

Your comfort and safety are important to us. When scheduling an appointment, please let us know if you have a gender preference for your therapist. Please be sure to inform your therapist of any inflamed joints or muscles that should be avoided during treatment.

We recommend only one heat treatment per day. Pregnant women and individuals with heart conditions or varicose veins should avoid all heat treatments. Following any of our heat treatments, it is important you rest and avoid rigorous activity for at least one hour. You are advised to refrain from direct sun exposure immediately following certain Spa treatments, and you are also advised to consume plenty of water. If you are expecting or have medical considerations, please inquire whether the treatment chosen is suitable for your condition.

THE SOUND OF SILENCE

To preserve the ambiance of peace and tranquility, Spa at Thunder Valley prohibits cell phone use. We kindly ask that you silence all cell phones prior to entering the spa, and please speak quietly throughout the premises.

RESERVATIONS AND CANCELLATIONS

Your treatment and your provider's time are reserved specifically for you. Therefore, 24-hour advance notice is appreciated should you need to change, cancel or reschedule your appointment. Cancellations within the 24 hour policy will result in a 50% charge of ALL services. Cancelling services after the start time and 'no call, no shows' will be charged the full price of your spa service. A credit card is required for all reservations.

ARRIVAL

For a stress-free check-in, please arrive at least 45 minutes prior to your service starting time. A valid government issued ID is always required and remember your Thunder Valley Rewards Card to earn 5% back in comps. We invite you to take time to shower and enjoy our amenities and tranquility before your service. Late arrival will limit the time of your service, thus lessening its effectiveness and your pleasure. With respect to the next guest, your treatment will end at the scheduled time and the full value of your treatment will apply.

SPA AMENITIES

Spa at Thunder Valley provides robes and slippers for you during each visit. While lockers are provided, we recommend leaving valuables at home or in your guest room safe. Day use of our sauna and eucalyptus-infused steam rooms is available to all registered hotel guests and guests who receive a Spa service valued at \$75 or more.

HOTEL CANCELLATIONS

Cancelling your hotel reservation does not automatically cancel your Spa appointments, so please inform your customer service agent at the time of your cancellation or contact us directly.

GROUP CANCELLATIONS

Cancellation for parties (10 services or more) requires 48 hours' notice. Cancellations made in less than 48 hours will result in a 50% charge, and no-shows will result in 100% charge or per group agreement.

FITNESS CENTER

Our state-of-the-art Fitness Center features both free and standing weights, a variety of workout equipment and is available to all registered hotel and Spa guests. For guest safety, appropriate workout attire and footwear is required. Yoga mats, cold towels, and water service are available.

DURING YOUR VISIT

We practice professional draping, and your modesty is respected at all times. A bathing suit is required in all public wet areas including the saunas, pool, and hot tub. Please leave jewelry and other valuables at home or in your guest room safe, as we cannot assume any responsibility for those items. You are requested to wait for the technician to exit the treatment room before disrobing.

SHAVING

Shaving is not recommended before body treatments or gentlemen's facials. If you choose to shave, please shave at least 24 hours prior to your service.

POOL AND HOT TUB

Open seasonally

Pool and hot tub use is complimentary to all registered hotel guests and Spa guests who receive a Spa service valued at \$150 or more. Lockers and towels are provided poolside. Seating is available on a first come, first served basis; we do not reserve lounge chairs. Cabana and Cabed rentals are available. Pool and pool-area usage is based on the number of guests allowed in the reserved hotel room.

CABANAS AND CABEDS AT THE POOL

Open seasonally | Reservations required



For the ultimate pool experience, enjoy a cabana with amenities like hi-def TVs, refrigerator stocked with bottled water, sofa-style seating and dressing area. Indulge and lounge poolside on a Cabed offering privacy and comfort. See a Spa team member for additional rental information and reservations.

PAYMENT FOR SPA SERVICES

A suggested gratuity of 20% is appreciated. We accept Visa, MasterCard, American Express, Discover and Thunder Rewards comps. If you are a registered hotel guest, you may also charge Spa services to your resort bill. If you prefer, payment may be processed prior to treatment.

Spa prices and services are seasonal and subject to change.

For reservations and information call 916.408.9250

Service prices include locker room amenities, steam and dry sauna, and access to the Coconut Pool + Bar (in season). After-service lockers also provided at the Coconut Pool + Bar.

Thunder Rewards members enjoy preferred discounts up to 20% off, plus 5% back in comps!
Subject to change without notice.





THUNDER VALLEY
CASINO · RESORT

1200 ATHENS AVENUE | LINCOLN, CA 95648 | (916) 408-9250 | THUNDERVALLEYRESORT.COM