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hours

Spa Mio Facility

6:00am – 7:00pm

Fitness Center

6:00am – 7:00pm

Barbershop & Salon

9:00am – 7:00pm



introduction

M Resort's signature world-class Spa, Salon and Fitness Center is all about you and providing for your every need.

Relax and rejuvenate in one of Spa Mio's 16 treatment rooms, sauna, steam and hot tub wet areas or take advantage of the full service salon and state of the art fitness center.

Pamper yourself into a blissful state by choosing the treatment that's right for you from our extensive list of spa services.

reservations

We encourage you to make reservations in advance to ensure the preferred treatments or therapists are available. To schedule your appointment, please call Spa Mio at **702.797.1800**. If you have special requests, physical ailments, disabilities, allergies or if you are pregnant, please notify the receptionist at time of booking. This will prepare our staff to provide the best possible spa treatment for you. If you have a preference regarding the gender of your therapist, please let us know when making your reservation. We will make every effort to accommodate your request in order to create a comfortable, relaxing environment.

arrival

Please arrive at least 30 minutes prior to your scheduled spa appointment to enjoy the spa facilities. 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.

cancellations

If you reschedule or cancel your appointment, please notify the spa receptionist at least four hours in advance to avoid being charged.

general

- Spa Mio guests must be at least 18 years of age. We welcome all ages in our salon.
- Spa Mio is a non-smoking facility.
- Cellular phone use is not permitted anywhere except in the reception area. Prior to entering the locker room and treatment rooms all electronic devices should be silenced.



facilities

Spa and Fitness

To enhance your spa experience, we provide a private locker, robe and sandals as well as grooming amenities. We have separate women's and men's wet areas that include a steam room, sauna and whirlpool. For your enjoyment, we also offer fresh fruit, assorted teas, bottled water and fruit juices.

Our fitness facility includes various cardio and strength equipment. We provide workout wear and require our guests to use closed-toe shoes for workouts.

stay fit

Get in a daily workout in our state-of-the-art fitness center while enjoying the incredible views overlooking our spectacular Villaggio Del Sole Piazza and the Las Vegas skyline.

The M Resort's Fitness Center has all the essential tools for a healthy lifestyle including rowing machines, stair masters, treadmills and elliptical machines plus an array of weight machines and free weights. There are also abundant flat screen televisions in case the views outside are a little more tempting than your workout inside. Water and fresh fruit are on the house.



pool

Villaggio Del Sole Pool and Daydream Pool Club *Open March - November*



You'll have fun in the Sun at the Villaggio del Sole Pool, the most spectacular pool in Las Vegas and our Daydream Pool Club!

The 100,000 sf backyard retreat is inviting with infinity edge pools, Jacuzzis, alluring daybeds, cabanas equipped with all the VIP comforts including chaise lounges, flat screen televisions, ceiling fans, MP3 Player docking station and a fully stocked fridge.

Daydream isn't just a "pool party," but a pool club and combines a leisurely mix of rock star chic amenities and high-end resort elegance.



gratuity

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

treatment attire

It is customary to completely disrobe for your spa services, although you may wear undergarments if you prefer. Throughout the services, your body will be professionally draped. At no time will you be fully exposed.

communicate

Communication is important in assisting to achieve deep relaxation. Before the service begins, tell your therapist the areas you would like to focus on and any areas you would like avoided. During your massage, let your therapist know if you feel any discomfort.

facials ~ viso

Essential M Facial This is one of the most complete and personalized facials that you can ever experience. Professional products with the finest of botanical blends are chosen according to skin type to exfoliate, massage and mask, resulting in skin that is balanced, youthful and radiant.

Brilliance Facial A magical beautifying facial that incorporates the potency of vitamin C (25%) and pure seaweed to refine, reduce fine lines and counteract aging. A serum is massaged into the skin followed by an orange “peel-off” mask that aids in further penetration of the vitamin C for instant results. This facial is an excellent choice prior to special occasions.

For Him Facial Designed specifically for a man’s skin, this is a complete fitness facial for men’s skin and is formulated with products containing ingredients to prevent razor burn and sensitivities. Includes full facial with shoulder, neck and face massage.



Youth Defense Facial Protect and preserve your youthful skin with our skin boosting facial. A double exfoliation prepares the skin for a warm, restructuring, anti-aging mask rich in collagen fortifying, skin soothing sea retinol, and oil extracted from a seaside plant. The anti-free radicals and anti-pollutants in our environmental protective cream shields your skin from aging aggressors.

Microderm Facial A resurfacing treatment designed to diminish fine lines and sun damage leaving your complexion healthy and renewed.

Hydrate Facial This hydrating facial utilizes a cool firming and lifting mask containing Jania Rubens, a luscious moisture-rich red coral used to restore vital nutrients. A potent serum and rubberizing mask rebuilds precious moisture and leaves your skin fresh and radiant.

Fresh Glow Facial This facial contains an ancient sea mud rich in sulfur, zinc, magnesium and calcium that assists in detoxing the skin by eliminating oil and congestion. The deep cleansing anti-bacterial treatment thoroughly exfoliates, absorbs impurities and sanitizes the skin to reveal a clean, healthy glowing complexion.



Organic Facial This Bio-Cosmetique organic-certified facial incorporates pressure points and organic tropical and orchard fruits to provide mental clarity, physical relaxation as well as regenerated, nourished skin. Papaya enzymes eliminate dull, dry cells and the skin is renewed with a peach and apricot butter massage. An herbal serum removes pollutants leaving the skin toned, brightened and hydrated.

Various facial enhancements are available and include a Radiance Peel, Eye Soother and a Velvety Collagen Mask.

A cluster of vibrant purple orchid flowers with yellow centers and dark purple markings on their petals, resting on several smooth, black, rounded stones. The background is a clean, bright white.

body treatments

Organic Aroma Salt Glow Using circular motions, a blend of marine salts and pure essential oils of lavender, ylang-ylang, and tangerine is applied to the entire body to exfoliate the skin. A smoother, younger, and healthier skin is then revealed. This treatment is excellent prior to any body wrap or massage.

Inner Purity Cocoon Warm, bubbling marine mud envelops your body in powerfully detoxifying seaweeds that encourage the elimination of toxins and boosts the metabolism. Your body is left feeling refreshed and invigorated with satiny, smooth skin. This thermal treatment is great for sore, tired muscles and promotes overall health and purification after excess of any type.

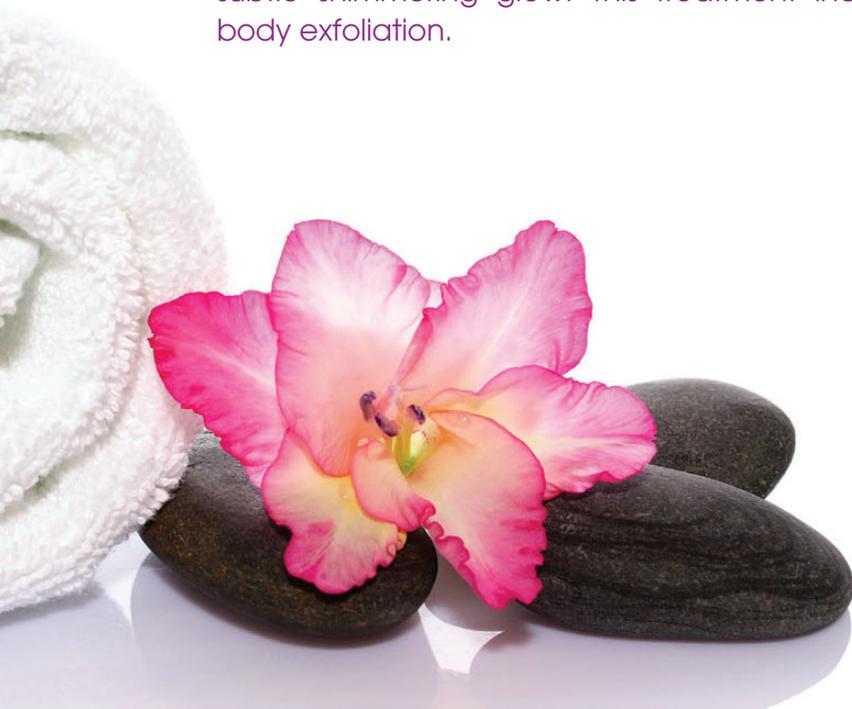


~ corpo

Anti Oxidant Grape Polish and Wrap Smooths and firms the skin using grape seeds and skin, lotus blossoms, oat protein and grape seed oil. The body is scrubbed and then wrapped in highly potent antioxidants from the grapes which protects and enriches the skin. This treatment vitalizes, stimulates and rejuvenates the body and spirit.

Quick Slim Wrap Designed to stimulate metabolism and lymphatic drainage as well as boost the body's ability to burn fat, this gel wrap uses a combination of seaweeds and fragrant herbs such as Lavender, Ylang Ylang and Juniper. Essential oils of Lime and Lemon allow you to emerge from this treatment feeling toned, firmed and renewed

Wild Flower & Earth Wrap Spa Mio presents an ancient beauty secret of Morocco in the form of mineral-rich, skin-rejuvenating mud, extracted from the Atlas Mountains that is painted onto the entire body. Customize your wrap with soothing rose & orange blossom or invigorating jasmine & mint essences. The final moisturizer application is followed by full body dusting of copper or silver iridescent powder for a subtle shimmering glow. This treatment includes full body exfoliation.



Tropical Fruit Polish The first of its kind, the tropical saltmousse exfoliation treatment is enriched with pure squalane oil and your selection of papaya-pineapple or mango-passion fruit. Delightfully aromatic, as the formula is scrubbed all over the body, impurities and toxins are gently exfoliated. Naturally organic, the skin emerges smooth to the touch and visibly brightened.





massage treatments

Aroma Massage Experience a combination of extraordinary essential oils and natural extracts along with massage techniques done in synch that will leave you with a feeling of vitality, awareness and strength as well as peace of mind.

Relaxation Massage From the massage that laid the foundation for other types of Western massages, comes a blissful experience that helps ease away the stress of your day. By using quality, nourishing creams or oils and incorporating a style that uses long, flowing motions and kneading to firmly but gently apply pressure, this classic form of massage improves circulation and eases muscle tension.

~ massaggi

Mother to be Massage For mothers to be, Spa Mio offers special, nurturing massage treatments complete with deep conditioning oils and creams that are gently applied over the body. The technique relieves tension, alleviates swelling and promotes circulation. This massage treatment may only be performed on women who are in their second or third trimester of pregnancy.

Refresher Massage Quickly stimulate and invigorate your muscles with this 25-minute massage. It will eliminate tension and reduce fatigue leaving you feeling refreshed and ready to continue your day with energy and awareness.

Spa Mio Head and Foot Massage In this type of massage, gentle pressure applied to your head through a slow and tender kneading technique is sure to increase optimal circulation and release tension. Special attention is also devoted to your feet with soothing cream and stroking movements that are sensitive to the nerves and will provide an increase in circulation.

Therapeutic Massage Designed especially to find areas in your body that show muscle tightness and pain and eliminating them, this massage uses deep strokes and pressure to release muscle tension. It is an excellent treatment for bodies that have been overexerted and need special attention to specific muscle groups.

Spa Mio Deluxe Stone Massage Deep relaxation is achieved with this ancient massage technique. Warm, smooth stones are gently and strategically placed on your body to be used as an extension to the therapist hands as well as to provide heat to the body. The experience is enhanced with effective massage techniques and soothing aromatherapy oils to promote an indulgent and calming experience.

Couples Massage Our couples massage room is designed for two people to enjoy their massages together in the same relaxing space.

In-Room Massage Services Enjoy a massage of your choice in the privacy and comfort of your own room.

Massage enhancements are available and include a Moisture Renewal, a Hot Stone Add On and a Warm Oil Scalp Massage.



hands ~ mani

Spa Mio Manicure A seawater soaking treatment bathes hands in minerals for cellular balance while engaging the senses in either soothing cinnamon vanilla or energy boosting nutmeg cardamom. Hands are nourished with a hydrating massage and expert nail care.

Luxurious Spa Manicure A warm soak in Halmedes green coral from Indonesia enriches the skin with relaxing trace elements and moisturizing extracts for those in need of calming and hydration. This manicure includes exfoliation, nail care and a relaxing massage.

feet ~ piedi

Spa Mio Pedicure This treatment soaks feet in sea water rich in minerals while the soothing scents of cinnamon vanilla, or energy boosting nutmeg cardamom fill the air. Feet are thoroughly exfoliated and pampered with a hydrating massage followed by expert nail care.

Luxurious Spa Pedicure This pedicure begins with a mineralizing and hydrating seaweed foot bath followed by a thorough exfoliation. Lower legs are wrapped in a cooling and firming minty leg wrap. Relaxing massage and expert nail care leave you feeling light, refreshed and perfectly polished.





short on time?

You can book shorter versions of some of our most popular services. Great for our conference guests or people on the go.

- 25 minute Head and Foot Massage
- 25 minute Aroma Salt Scrub
- 25 minute Cleansing Facial
- 25 minute manicure
- 25 minute paraffin treatment for hands
- 25 minute paraffin treatment for feet
- Polish change for toes
- 25 minute Hydrating Facial
- 25 minute Refresher Massage
- 25 minute Hair Conditioning Treatment
(guest will leave with wet hair)
- 25 minute Men's Haircut
- 25 minute Clean up -
have our barber trim your beard and neck line
- 25 minute Brow and Lip Wax



Salon ~

Spa Mio's state of the art salon offers beauty services by highly trained stylists. Our salon offers a variety of hair styling and barber services. Each service is highly personalized and will maximize your finest qualities. Spa Mio's salon will leave you feeling revamped and renewed.

Makeup ~

Since each face is unique, each one requires a personalized, tailored approach when applying makeup. Our professional makeup artists will accentuate your best features to help you look flawless for any event. They will help create a more beautiful you.





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salon and spa mio

Hair

Women's haircut w/ style	\$	75
Blow Dry	\$	55
Partial Highlights	\$	115
Full Highlights	\$	145
One Process Color	\$	95
Updo	\$	75
Men's Cut	\$	45

Hair Add-ons

Iron work	\$	20
Conditioning Mask	\$	30
Conditioning Treatment	\$	40

Barber Services

Master shave	\$	50
Head shave	\$	50
Haircut with barber	\$	45
Hair Color with barber	\$	70
Beard Trim & shave	\$	65
Mustache/Goatee outline	\$	20
Neck Shave	\$	20



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Hands

Spa Mio Manicure	\$ 35
Luxurious Spa Manicure	\$ 55
Full Set	\$ 80
Acrylic Fills	\$ 65
Pink & White Full Set	\$ 90
Pink & White Fill	\$ 70
Gel Full Set	\$ 85
Gel Fill	\$ 70

Add on's

Paraffin	\$ 20
Polish Change	\$ 15
Add-on French	\$ 5

Feet

Spa Mio Pedicure	\$ 65
Seasonal Pedicure	\$ 70
Luxurious Spa Pedicure	\$ 85
Express Mani/Pedi (Nail care, lotion application, & light paddle work)	\$ 65

Add on's

Paraffin	\$ 20
Paraffin Combo	\$ 35
Polish Change - Hands/Feet	\$ 15 / \$ 20
Add-on French - Hands/Feet	\$ 5 / \$ 10
Soak Off	\$ 30

salon and spa mio

Body Treatments

Organic Aroma Salt Glow	25 Min. \$ 70
Inner Purity Cocoon	50 Min. \$130
Quick Slim Wrap	50 Min. \$145
Wild Flower & Earth Wrap	80 Min. \$175
Anti Oxidant Grape Polish & Wrap	50 Min. \$150
Tropical Fruit Polish	50 Min. \$135

Massage Treatments

Aroma Massage 50 Min./80 Min.	\$130/\$180
Relaxation Massage 50 Min./80 Min.	\$125/\$175
Therapeutic Massage 50 Min./80 Min.	\$140/\$185
Deluxe Stone Massage 50 Min./80 Min.	\$140/\$185
Mother-to-be-Massage 50 Min./80 Min.	\$125/\$175
Refresher Massage 25 Min.	\$ 65
Spa Mio Head & Foot Massage 25 Min.	\$ 65

Couples Massage

Our couples massage room is designed for two people to enjoy their massages together in the same relaxing space.

Massage Enhancements

Hot Stone Add On	\$ 20
Warm Oil Scalp Massage	\$ 25
Pain Relieving Detox Mud	\$ 35



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Facials

Essential M Facial	50 Min.	\$130
Brilliance Facial	50 Min.	\$140
For Him Facial	50 Min.	\$125
Hydrate Facial	50 Min.	\$140
Fresh Glow Facial	50 Min.	\$140
Youth Defense Facial	80 Min.	\$180
Organic Facial	50 Min.	\$135
Microdermabrasion Facial	50 Min.	\$150

Facials Enhancements

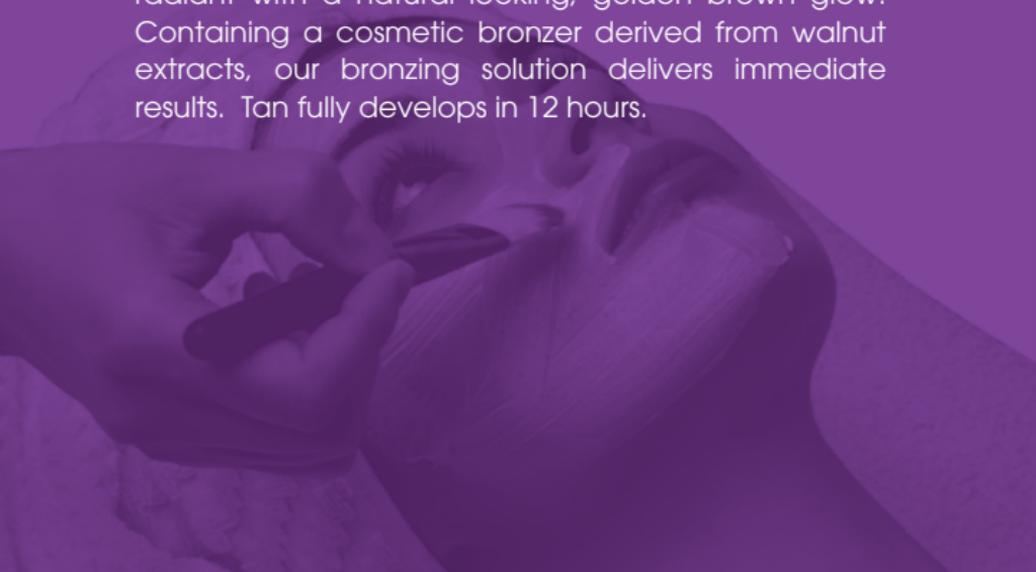
Radiance Peel	\$ 35
Eye Soother	\$ 35
Velvety Collagen Mask	\$ 35

Waxing

Half Leg/Full Leg	\$ 50 / \$ 80
Half Arm /Full Arm	\$ 50 / \$ 80
Underarm	\$ 30
Bikini	Starting at \$ 50
Back	Starting at \$ 70
Brow Wax	\$ 30
Brow Tinting	\$ 20
Lip and Chin	\$ 30
Full Face - excludes brows	\$ 60

Full Body Tanning \$ 70

An all natural, anti-aging sunless tanner made with antioxidants and pure botanicals, leaving the skin radiant with a natural looking, golden brown glow. Containing a cosmetic bronzer derived from walnut extracts, our bronzing solution delivers immediate results. Tan fully develops in 12 hours.



Keratin Complex Smoothing Therapy

Specifically formulated as a revitalizing and rejuvenating treatment for all hair types, our Keratin treatment eliminates ninety-five percent of frizz and curl, leaving the hair soft and shiny and luxurious. The therapy encases the hair follicle with a keratin bond to promote healing and helps keep the toxins in the environment from entering the hair. The hair will be more manageable and easier to maintain, reducing daily styling time. Prices are based on individual consultation.

Hair Extensions

We offer a variety of quality hair extension services. Please consult a salon technician for details. Prices are based on individual consultation.

Make -Up

Our professional makeup artists will accentuate your best features to help you look flawless for any event.

Makeup Application	\$ 65
Lashes	\$ 20
Add-on Airbrush	\$ 20

Spa Dining

To complete your day at the spa, we offer spa dining items for your convenience. These items can be pre-ordered with the receptionists prior to your arrival.

Pick Me Ups

- | | |
|---|---------------|
| Parfait | \$9.95 |
| Fresh Berries, Toasted Pecan Crunch & Strawberry Yogurt | |
| Smoothies | \$4.50 |

Salads

- | | |
|---|----------------|
| Wedge or Green Salad | \$10.95 |
| Creamy Bleu Cheese or Ranch Dressing | |
| Classic Cobb | \$17.95 |
| Turkey, Avocado, Bacon, Cranberries, Bleu Cheese, Ranch Dressing | |
| Caesar Salad | \$15.95 |
| Crisp Romaine, Parmesan Cheese & Croutons
- Add Chicken \$2 | |
| Asian Chicken Salad | \$16.95 |
| Bean Sprouts, Sugar Snap Peas & Peanut Vinaigrette | |

Burgers, Wraps, & Sandwiches

Includes pasta salad, fruit or chips

- | | |
|---|----------------|
| Turkey Burger | \$15.95 |
| Cranberry Mayonnaise | |
| Tomato, Buffalo Mozzarella Panini | \$15.95 |
| Basil & Olive Oil | |
| Chicken Caesar Wrap | \$15.95 |
| Romaine, Grilled Chicken & Caesar Dressing | |
| Roast Turkey | \$15.95 |
| Lettuce, Tomato, Mayonnaise, on Whole Wheat | |
| Chicken Ciabbata | \$15.95 |
| Pesto, Swiss Cheese & Roasted Mushrooms | |

• *Please See Attendant for Full Menu*



spa mio

Spa and Salon Services

Short Services

To cater conference guests
or people on the go.

Services will include:

25 minute Head and Foot Massage	\$65
25 minute Aroma Salt Scrub	\$70
25 minute Cleansing Facial	\$65
25 minute manicure	\$35
25 minute paraffin treatment for hands	\$20
25 minute paraffin treatment for feet	\$20
Polish change for toes	\$20
25 minute Hydrating Facial	\$70
25 minute Refresher Massage	\$65
25 minute Hair Conditioning Treatment (guest will leave with wet hair)	\$40
25 minute Men's Haircut	\$45
25 minute Clean up – have our barber trim your bread and neck line	\$20
25 minute Brow and Lip Wax	\$60



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