



MOKARA



SPAS



relax. revive. rejuvenate.

REFINED RELAXATION

Discover a new level of relaxation at Mokara Spas. It's your chance to revive, rejuvenate and restore amidst the welcoming tranquility of our award-winning destination spa. We invite you to sample our extensive spa offerings, including massage therapy, facials, body treatments, salon services and so much more. Experience refined relaxation. Experience Mokara Spa and Salon.

MASSAGE

Whether you need to relax or simply ease sore muscles, we have just what you need to rebalance and renew. Ask our Spa Concierge how to customize your experience with one of our massage enhancements.

MOKARA SIGNATURE MASSAGE

50 MINUTE - \$185/ \$195 Peak Day

80 MINUTE - \$245/\$255 Peak Day

Using a combination of massage techniques that are right for you, this signature Swedish massage is orchestrated to your specific needs to relax the mind, body, and soul.

THERAPEUTIC DEEP TISSUE MASSAGE

50 MINUTE - \$205/\$215 Peak Day

80 MINUTE - \$280/\$290 peak Day

Deep tissue massage is similar to a Swedish massage but uses more intense pressure in order to relieve muscle tension. This massage technique will focus on penetrating into the deep layers of muscle tissue, using slow, deep strokes across the muscle grain. This massage is ideal for athletes or persons engaging in highly physical activities.



MASSAGE

COUPLES MASSAGE EXPERIENCE

50 MINUTE - \$370/ \$390 Peak Day

80 MINUTE - \$490/ \$510 Peak Day

A wonderful massage can be even better when the experience is shared. Receive side-by-side massages in our specially designed couple's suite.

ACTIVATED CBD MASSAGE

50 MINUTE - \$215/\$225 Peak Day

80 MINUTE - \$275/\$285 peak Day

This massage uses Swedish massage techniques paired with CBD infused oil to promote pain relief, calm inflammation, and melt away tension.

ARNICA HOT TOWEL MASSAGE

50 MINUTE - \$215/\$225 Peak Day

80 MINUTE - \$275/\$285 Peak Day

This massage uses traditional massage techniques, combined with hot towels and the power of Arnica, known for its soothing qualities that helps relieve tension and soothe aching muscles.

ARMOATHERAPY MASSAGE EXPERIENCE

50 MINUTE - \$215/\$225 Peak Day

80 MINUTE - \$275/\$285 peak Day

By using the power of relaxing aromas, this massage will ease away the stresses of the day and bring the body and mind back into balance.



MASSAGE

CUPPING MASSAGE

75 MINUTE - \$275/\$285 Peak Day

This massage uses Swedish massage techniques paired with cups to create a suction on the skin. The suction of the cups promotes healing by improving blood flow, loosening connective tissue, and releasing toxins.

MOTHER-TO-BE MASSAGE

50 MINUTE - \$185/ \$195 Peak Day

This prenatal massage is focused on the needs of the mother-to-be. Safe pregnancy techniques help to alleviate fatigue, improve circulation and soothe muscles and joint pain.

SOLE THERAPY

50 MINUTE - \$180/ \$190 Peak Day

Achieve an overall sense of calm with this ancient massage technique that concentrates on the pressure points in your hands and feet. This treatment includes a hydrating and detoxifying food scrub, hot towels, and a light calf massage.

HOT STONE MASSAGE

75 MINUTE - \$275/\$285 Peak Day

This specialty massage uses the heat from smooth river stones to release the deeper layers of your muscles, while still providing a relaxing spa massage that will send you into the state of blissful relaxation.

MASSAGE ENHANCEMENTS

AROMATHERAPY \$30

CBD \$30

HYDRATING FOOT QUENCH \$30

HOT STONE \$30

NOURISHING HAIR TREATMENT \$20

ARNICA AND HOT TOWEL \$30

BACK SCRUB \$30

INFRARED BODY PAIN RELIEF \$50

LIGHT THERAPY FACE MASK \$50

DEEP TISSUE \$30

FACE MASK \$50





BODY TREATMENTS

MOKARA SIGNATURE INDULGENCE

100 MINUTE \$300/ \$310 Peak Day

You will begin this 100-minute relaxation journey with a full body exfoliation, followed by breathing sequences and a hot stone massage with a full body wrap, complete with a foot OR scalp massage.

SHAPING BODY TREATMENT

75 MINUTE \$250/\$260 Peak Day

You will experience a full body exfoliation with Babor shaping products. This service helps support skin firmness and lessens the appearance of cellulite with regular use.

ESPRESSO MUD BODY POLISH

75 MINUTE \$190/\$210 Peak Day

This stimulating body polish will leave you feeling invigorated. Ground espresso beans are used to exfoliate the skin, followed by a full body lotion application that will leave your skin bright and healthy.

LEMONGRASS MIMOSA BODY POLISH

75 MINUTE \$190/\$200 Peak Day

This relaxing body polish will leave you feeling well rested and rejuvenated. The skin will be exfoliated, followed by a full body lotion application that will leave your skin bright and healthy. This is a great treatment for sensitive skin.



FACIALS

MOKARA SIGNATURE FACIAL

50 MINUTE - \$185/\$190 Peak Day

75 MINUTE - \$260/\$270 Peak Day

Experience your dream of radiant, healthy skin with this luxurious treatment designed to suit the individual skin condition. The highly effective formulas work to balance, activate and address skin deficiencies, while thermal therapy and massage techniques increase blood flow and oxygen.

SIGNATURE HYDRAFACIAL

50 MINUTE - \$225/\$235 PEAK DAY

The Mokara orchid is tropical, rich and captivating, as is this organic water facial. Let powerful antioxidants, healing botanicals and organic fruit feed your skin. This facial has you in mind and is customized to your specific skin needs.

CLARIFYING HYDRAFACIAL

50 MINUTE - \$270/280 PEAK DAY

This Clarifying HydraFacial helps minimize acne breakouts and reduces inflammation.



FACIALS

RADIANCE HYDRAFACIAL

50 MINUTE \$290

This Radiance HydraFacial brightens and balances skin tone, while minimizing the appearance of dark spots and sunspots for a smoother complexion.

DERMABUILDER HYDRAFACIAL

50 MINUTE - \$290

This Dermabuilder HydraFacial smooths fine lines and wrinkles while enhancing the skin's elasticity for a firmer and lifted complexion.

DELUXE HYDRAFACIAL

45 MINUTE - \$350

This Deluxe HydraFacial is an antiaging facial treatment that boosts collagen and elastin, while accelerating skin repair.

GENTLEMAN'S REFINING

50 MINUTE - \$185

75 MINUTE - \$260

This Gentleman's facial is designed to restore the external balance of men's skin, improving appearance and elasticity, leaving skin renewed and rejuvenated.

MOKARA ANTIAGING

80 MINUTES - \$305

This Reversive Antiaging is a maximum antiaging service that rejuvenates the skin to minimize fine lines and wrinkles and restores glow for youthful looking skin.

HRS LIFTING & REFINING

50 MINUTE \$200

Our HRS Lifting and Refine facial improves elasticity and firmness of the skin, leaving a lifted appearance.

FACIALS



VITAMIN C LIGHTEN AND BRIGHTEN FACIAL

50 MINUTE - \$200/\$210 Peak Day

Supercharge your skin with Dr. Dennis Gross potent - and proven – Vitamin C brightening facial. This high-performance facial is the go-to for combatting sun damage, reversing signs of aging, and restoring luminosity for firmer, brighter skin

MOKARA ANTIAGING

80 MINUTES - \$315/325 peak

This complexion-perfecting powerhouse is the most popular aesthetic treatment in Dr. Gross' 5th Avenue practice. This signature Alpha Beta® Professional Peel immediately delivers smoother, more flawless skin and restores its youthful glow with just one treatment. Fine lines, enlarged pores and discoloration are no match for this coveted treatment. Eye and serum treatments can be based on client concerns and needs. This facial includes an anti-aging, imperfection fighting light therapy treatment.

FACIAL ENHANCEMENTS

HYDRAFACIAL EYE TREATMENT

\$35

Specially activated ingredients and technique combat expression lines, crow's feet, dark circles and puffiness, resulting in smooth, firm and fresh eyes.

HYDRAFACIAL LIP TREATMENT

\$35

Specially activated ingredients and technique combat expression lines, resulting in smooth, firm and fresh expression.

HYDRATING FOOT QUENCH

\$20

This rejuvenation treatment includes a gentle exfoliation, warm towels, a hydrating balm and a massage just for your feet.

PEEL

\$35

This gentle peel combines alpha and beta hydroxyl acids to minimize the appearance of surface lines, smooth out rough texture, aid in clearing acne and help fade hyper pigmentation.

NOURISHING HAIR TREATMENT

\$20

Wild lime revitalizing scalp oil is massaged into the hair and scalp.



NAIL TREATMENTS

Mokara Signature Manicure

\$75

-Our signature manicure is a luxurious a hand treatment including shaping of nails, cuticle care and massage . This service is complete with polish.

Mokara Signature Pedicure

\$90

-Our signature pedicure is a relaxing and hydrating foot treatment. It includes callus removal, exfoliation and massage of the feet and calves. Service is complete with nail care and polish.

Signature Gel Manicure / Pedicure

Manicure-\$95

Pedicure-\$110

*Gel removal-\$20

-Finally! A manicure/ pedicure that can last up to two weeks without losing its shine and dry before you leave.

Mokara Luxury Manicure/Pedicure

Manicure-\$100

Pedicure-\$120

-The luxury manicure is our signature manicure, but also includes a hydrating mask and relaxing hot towels.

The luxury pedicure is our signature pedicure but also includes a mineral soak, a pampering foot mask and hot towels. These deluxe treatments will leave you feeling pampered, and nails groomed to perfection.



LASH AND BROW SERVICES

LASH EXTENTIONS

FULL SET \$275/FILL \$125

EYEBROW SHAPING

\$30

EYEBROW TINT

\$30/HENNA BROW \$50

BROW LAMANATION

\$100/\$125 WITH TINT

LASH LIFT

\$100/\$125 WITH TINT

TOTAL EYE TRANSFORMATION: INCLUDES LASH LIFT
WITH TINT, BROW LAMANATION WITH TINT AND A HYDRA
FACIAL EYE TREATMENT

\$250

HENNA DYE \$20 UPGRADE



SALON SERVICES

SHAMPOO BLOWOUT

\$100/\$130 WITH HOT TOOLS

WOMAN'S CUT

\$110 INCLUDES BLOW OUT

MENS CUT

\$60

SPECIAL OCCISION HAIR

\$125

HYDRATING TREATMRNT ADD ON

\$30



WAXING SERVICES

EYEBROW SHAPING

\$30

LIP OR CHIN

\$30

FULL FACE

\$80

UNDER ARMS

\$40

HALF ARM

\$45

FULL ARM

\$60

PARTIAL CHEST

\$50

FULL CHEST

\$65

BIKINI

\$50

EXTENDED BIKINI

\$65

PARTIAL BACK

\$60

FULL BACK

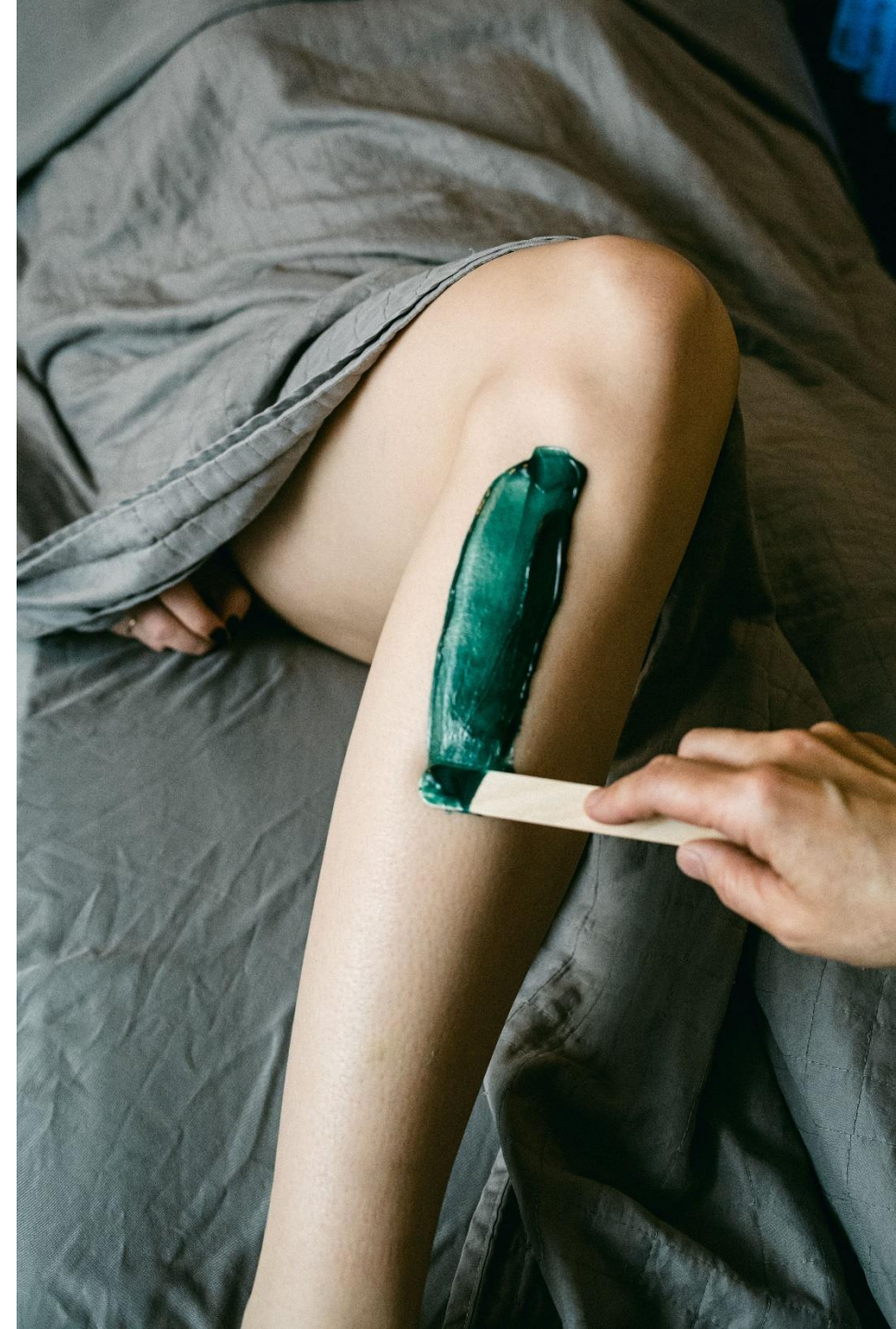
\$80

HALF LEG

\$60

FULL LEG

\$80





DETAILS

RESERVATIONS

We recommend scheduling spa services at least three to four weeks prior to your visit for the widest selection of treatments and appointment times. Bookings made on the day of service and walk-in appointments are always welcome, based on availability. When scheduling, please specify if you have a gender preference for your therapist. If you have any health concerns or are pregnant, there may be contraindications for some services. All appointments are guaranteed with a major credit card and a telephone number. Prices and services are subject to change. To schedule your appointment, please call our spa concierge desk at 615-761-3600. Omni Nashville Hotel in-house guests may dial extension 3600.

SERVICE CHARGE

For your convenience, a 20% service charge will be added to the original cost of each service you receive. The service charge will be distributed to the spa staff that assisted you during your visit. Additional gratuities may be provided at your discretion.

CANCELLATION AND RESCHEDULING POLICY

Your treatments are reserved specifically for you, and we respectfully ask that you notify us 24-hours in advance should you need to cancel or change a scheduled appointment. Any late cancellations or changes will be charged a 50% fee and no-show appointments will be charged in full. Group reservations will require additional notice.

SPA ARRIVAL AND CHECK-IN

In order to enhance your experience, we recommend you arrive at least 15-30 minutes prior to your scheduled appointment to allow time to fill out a consultation form, change and relax. Arriving late will likely shorten your spa treatment, as we must end at the scheduled time so that we may honor the next guest's appointment time. The full value of your treatment will be charged. Complimentary day parking is available at the main entrance of the hotel.

HOURS OF OPERATION

We are open Sunday - Wednesday from 9 AM – 6 PM, and 9 AM – 7 PM on Thursday, Friday and Saturday.

AMENITIES

Upon arrival, we will provide you with a plush robe and spa slippers and assign a locker. Relax before and after your services in our relaxation lounge or dry cedar saunas. The hotel fitness center and rooftop pool and hot tub are also accessible, weather and availability permitting.

AGE REQUIREMENTS

The minimum age requirement to utilize the spa facilities and receive massage, facial or body treatments is 16 years of age. Any guest under the age of 18 must be accompanied by an adult.

SPA ARRIVAL AND CHECK-IN

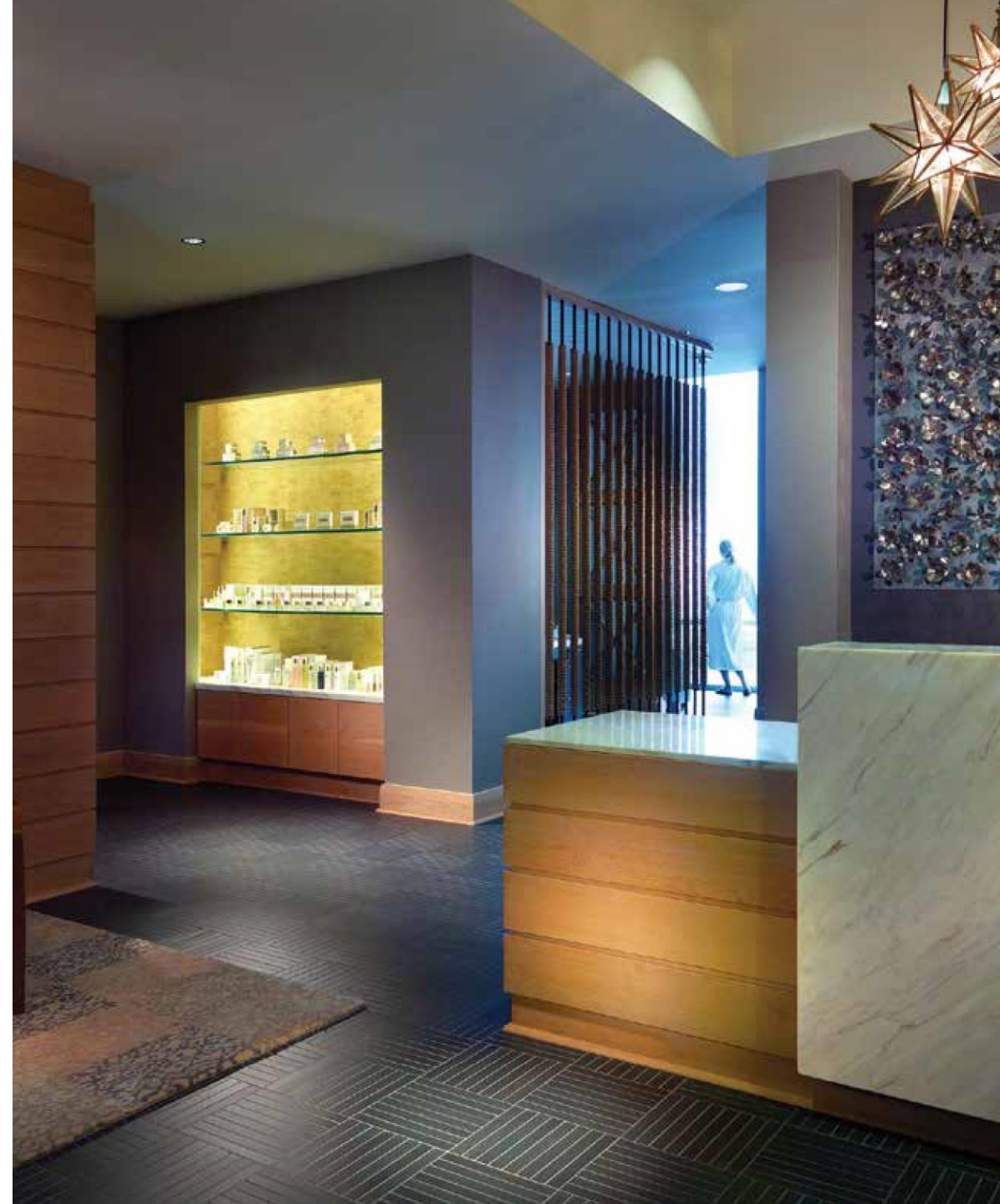
We regret that we cannot be responsible for the loss or damage of personal articles, including clothing, accessories and jewelry. We ask that you remove all jewelry before any service. We recommend leaving your valuables at home or in the safe provided in your guest room.

SPEAK SOFTLY AND NO CELL PHONES PLEASE

The Mokara Spa offers guests the rare opportunity to relax in a calm, quiet environment with little disruption or distraction. Please help us maintain this peaceful atmosphere by turning off your cell phones and electronics and by speaking softly.

SPA GROUPS

For groups of five or more, email our Spa Supervisor/Group Coordinator, Lacey Kopka, at Lacey.kopka@omnihotels.com





Call today to make your spa appointment. Located at

Omni Nashville Hotel

250 Fifth Avenue South

Nashville TN 37203

MokaraSpas.com/Nashville

615-761-3600

OMNI  HOTELS & RESORTS
nashville