



Spa Menu

Massage Treatments

MOKARA SIGNATURE | 50MIN \$185 | 80MIN \$245

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.

DEEP TISSUE | 50MIN \$220 | 80MIN \$260

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.

COUPLES MASSAGE | 50 MINUTE \$370 | 80MIN \$490

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

ARMOATHERAPY MASSAGE | 50MIN \$215 | 80MIN \$275

A holistic treatment based on the premise that reflex zones in the feet and hands correspond to all body systems. Pressure is applied to different zones to promote healing and overall well-being. 30 minutes

ACTIVATED CBD | 50MIN \$215 | 80MIN \$275

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

ARNICA HOT TOWEL | 50MIN \$215 | 80 MINUTE \$275

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.



MASSAGE ENHANCEMENTS

HYDRATING FOOT QUENCH | \$30

HOT STONE | \$30

NOURISHING HAIR TREATMENT | \$30

BACK SCRUB | \$30

DEEP TISSUE | \$35

RED LIGHT FACE MASK | \$50

RED LIGHT BODY | \$35

RED LIGHT EYES | \$35

HOT STONE | 50MIN \$275

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

SOLE THERAPY | 50MIN \$215

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 foot scrub, hot towels, and a light calf massage.

MOTHER TO BE | 50MIN \$185 | 80MIN \$245

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

Peak Pricing - Friday - Sunday

615-761-3600

@mokaraspanashville

250 Rep. John Lewis Way S, Nashville, TN 37203





Facial Treatments

MOKARA SIGNATURE | 50MIN \$185 | 75MIN \$260

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 | 50MIN \$225

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 | 50MIN \$270

This Clarifying HydraFacial helps minimize acne breakouts and reduces inflammation.

RADIANCE HYDRAFACIAL | 50MIN \$290

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

DELUXE HYDRAFACIAL | 50MIN \$350

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

DERMABUILDER HYDRAFACIAL | 50MIN \$290

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

GENTLEMAN'S REFINING | 50MIN \$185 | 75MIN \$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.

PLATINUM HYDRAFACIAL | 75MIN \$360

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



FACIAL ENHANCEMENTS

HYDRAFACIAL EYE TREATMENT | \$35

HYDRAFACIAL LIP TREATMENT | \$35

HYDRAFACIAL LIP & EYE | \$65

HYDRATING FOOT QUENCH | \$30

EYEBROW SHAPING | \$30

BROW TINTING | \$30

DERMAFLASH | \$35

NOURISHING HAIR TREATMENT | \$30

RED LIGHT FACE MASK | \$50

RED LIGHT BODY | \$35

RED LIGHT EYES | \$35

REVERSIVE AGING | 75MIN \$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 MIN \$200

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

VITAMIN C & COLLAGEN BOOST | 50 MIN \$200 | 75MIN \$275

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

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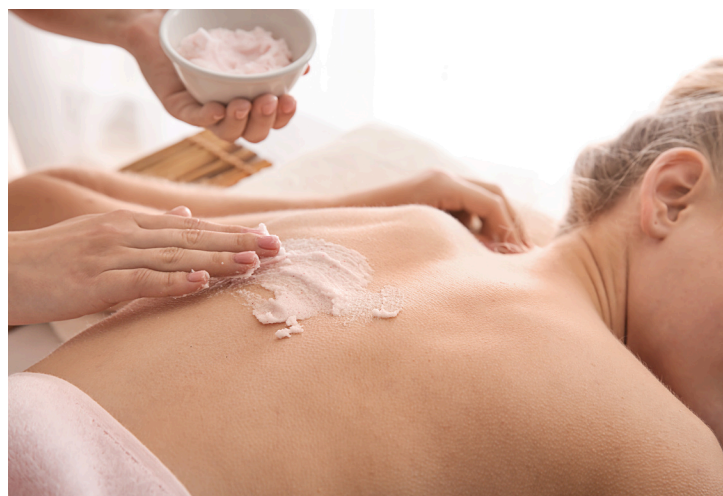




Body Treatments

SHAPING BODY TREATMENT | 75 MIN \$250

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.



MOKARA S IGNATURE INDULGENCE | 100MIN \$350

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

ESPRESSO MUD BODY POLISH | 50 MIN \$190

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.

HONEY MANUKA BODY DRENCH | 50 MIN \$190

This treatment begins with a dual-action Manuka Honey Exfoliation to smooth and reveal a natural glow. Lightweight botanical oils are massaged into the skin to nourish and condition. The treatment concludes with an application of antioxidant and humectant rich Manuka Honey Lotion for long lasting moisture and hydration.

LEMON VERBENA BODY POLISH | 50 MIN \$190

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.

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Nail Services

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 \$95

Gel manicure is a relaxing and hydrating hand treatment. It includes callus removal, exfoliation and massage of the feet and calves. Service is complete with nail care and gel

SIGNATURE GEL PEDICURE | \$110

Gel 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 gel

MOKARA LUXURY MANICURE | \$100

The luxury manicure is our signature manicure, but also includes a hydrating mask and relaxing hot towels. This deluxe treatment will leave you feeling pampered, and nails groomed to perfection

MOKARA LUXURY PEDICURE | \$120

The luxury pedicure is our signature pedicure but also includes a hydrating mask and relaxing hot towels. This deluxe treatment will leave you feeling pampered, and nails groomed to perfection



Hair Services

**SHAMPOO BLOWOUT \$100/\$130
WITH HOT TOOLS**

**WOMAN'S CUT \$110
INCLUDES BLOW OUT**

MENS CUT \$60

SPECIAL OCCASION \$125



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DETAILS

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. We respectfully ask that you notify us 24-hours in advance should you need to reschedule your appointment within that time period. There will be a \$50 charge. Any cancellations or changes within this timeframe will be charged a 50% fee. However, No-show appointments will be charged in full. For group reservations we ask that you notify us with 72-hour notice prior to canceling any appointments, if not then you could be subjected to fees.

SPA ARRIVAL AND CHECK-IN

In order to allow time for completing a waiver, making changes, and relaxing, we recommend that you arrive at least 25-30 minutes prior to your scheduled appointment. Arriving late may result in a shortened spa treatment, and the full value of your treatment will still be charged. Local guests are offered complimentary parking at the main entrance of the hotel.



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HOURS OF OPERATION

We are open Daily. Sunday-Wednesday 9:00-6:00, and Thursday-Saturday 9:00-7:00.

AMENITIES

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

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.

AGE REQUIREMENTS

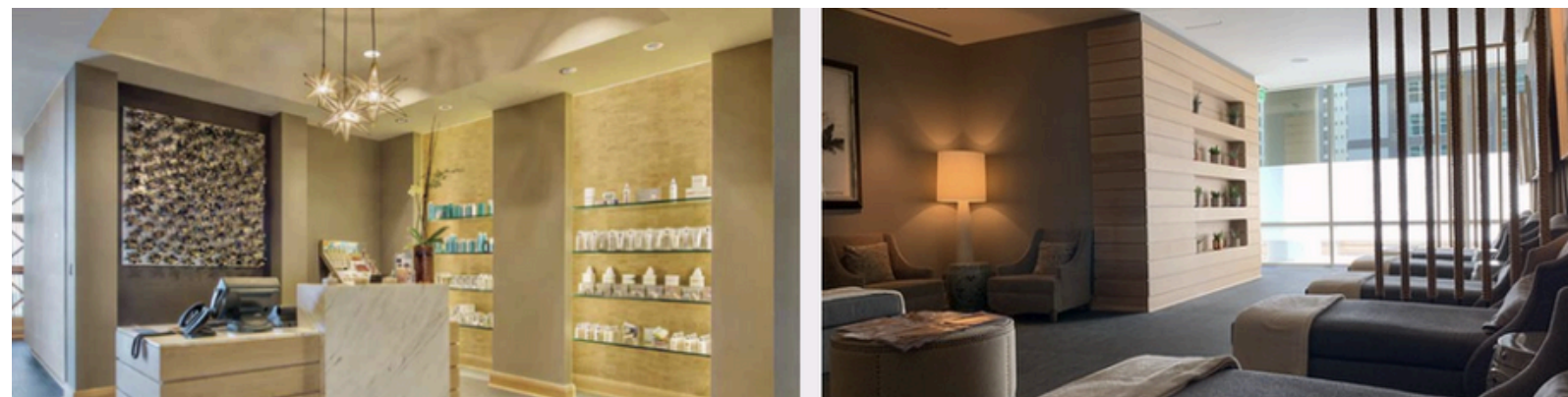
The minimum age requirement to utilize the spa facilities and receive massage, facial or body treatments is 16 years of age. Any guest under the age of 18 must be accompanied by an adult.

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 5 or more, email our Spa Supervisor/Group Coordinator Nichole Read at Nichole.Read@omnihotels.com



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