

body



MASSAGE

SIERRA HOT STONES

Smooth stones, heated with natural oils, are used to infuse warmth into the core of the muscles. Cool aromatherapy eye pads add to the full-body relaxation experience.

SPORTS MASSAGE

Our vigorous massage is guaranteed to soothe a "Tahoe active" body. We use compression, friction, pressure points, and stretching to reduce tension and strengthen muscles.

STILLWATER SURRENDER

This traditional, specialized massage uses Swedish movement techniques with your choice of European oils for a full body, scalp, hands, and foot massage.

TAHOE TENSION TAMER

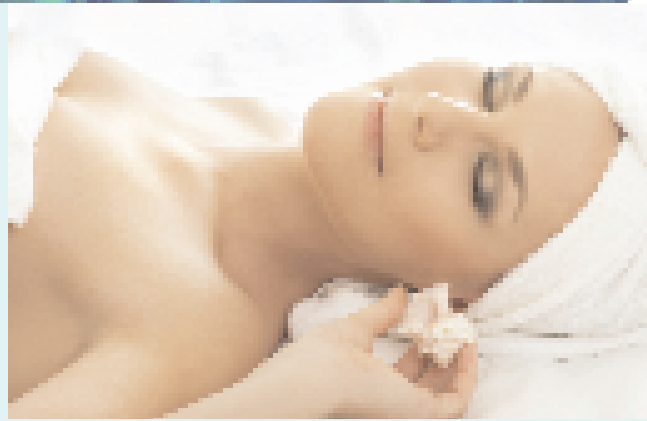
We focus on the back, neck, and shoulders to massage the three major areas of tension for this super stress reliever.

COUPLES MASSAGE

Pamper together! Your choice of any type of massage (with aromatic oils) is provided by two therapists in your own private room.

DEEP TISSUE

Upgrade any massage to deep tissue for an additional fee.



BODY SCRUBS & WRAPS

ALMOND DELIGHT

Exfoliating is a year-round must for satiny smooth skin. We use crushed almonds in a pure organic honey base and loofah mitts to increase all skin cells and remove impurities.

SUGAR ENZYME

This mineral-rich sugar scrub will soften and hydrate your skin. We dry brush the skin, then use a mild, sugar scrub to thoroughly clean all your pores for glowing, refreshed skin.

DETOX BODY WRAP

Warm violet clay mud is applied to your body, then we wrap you in a thermal blanket to relax, detox, and soften the skin—a Sierra delight!

SIERRA RETREAT

We'll begin with a loofah, honey, and almond scrub, then follow with our violet clay detox mud. A warm, 30 minute Swedish massage completes this relaxing triple treat.

ADD-ONS

Collagen Eye Treatment
Collagen Mask
Brow or Chin Wax
Lash Tint
Mineral Tub Soak

hands & feet



MANICURES

DELUXE MANICURE

This deluxe treatment starts with a soothing soak in a pure oil, warm spa machine, followed by custom filing, cuticle pushing, and cuticle nipping. After a comforting full hand and arm massage, choose your polish for the perfect finish.

MINI MANICURE

When time is short, a mini version of the deluxe manicure will keep hands looking beautiful. The mini includes soaking your hands in the warm spa machine, then shaping and polishing nails.

PEDICURES

CUSTOM DELUXE PEDICURE

A must have for tired feet begins with a relaxing soak in our state-of-the-art pedicure station. We shape nails, push and nip cuticles, then exfoliate dry heels and toes. Next, our sugar scrub and warm aromatherapy massage will soften and soothe your feet and legs. We finish with polish in your choice of colors, then you're ready to dance the night away.

...refresh...rejuvenate

face

DAY SPA

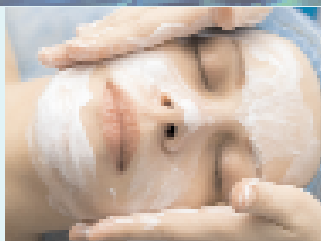
FREE GYM PASS (\$25 VALUE)

RECEIVE A COMPLIMENTARY GIFT
WITH YOUR FIRST VISIT

FACIALS

TAHOE REFLECTIONS

We deep cleanse, tone, purify, and hydrate.



PARIS IN TAHOE

This revitalizing experience begins with a deep milk cleanse, then we apply natural toners with Azulene to soften skin cells. This is followed by a gentle exfoliation, with steam, light extractions, then a soothing pressure point massage to relax your face, neck, shoulders, and hands. As a final treat we apply a hydrating mask, a custom ampule of vitamin C serum, and a moisturizer customized to make your skin glow.

ENZYME CLINICAL PEEL

This anti-aging treatment which gently exfoliates skin cells, will renew damaged skin and improve elasticity. You'll look and feel younger and more refreshed after this rejuvenating procedure.

COLLAGEN VITAMIN C

Pamper your skin with medically formulated collagen and vitamin C. This treatment will penetrate your skin and soften with an anti-oxidant formula.

MEN'S FACIAL

We deep cleanse, steam, exfoliate, remove impurities with extractions, then massage the face, neck, and shoulders. A custom filming mask and hydration with moisturizer complete this skin softening facial.

MICRODERMABRASION TREATMENT

Microdermabrasion permanently exfoliates the skin with light crystals. It refines fine lines and age spots and decreases the appearance of wrinkles. Six treatments are required for 100% improvement.

relax...

Relax, refresh, rejuvenate

Experience the healing and nurturing powers of Waters Day Spa and leave the stressful world behind.

Waters Day Spa is conveniently located at Tim Christenson's Push Fitness gym on Lake Tahoe Blvd. (U.S. Highway 50) just minutes from beautiful Lake Tahoe. Whether you're stopping by for a quick manicure or spending a blissful day, our highly trained staff will shower you with care and personal attention. Relax and enjoy as we pamper you with manicures, massages, body wraps, facials, and more. We use France Laure Professional Skin Care products (a botanical line direct from Paris) for facials, body wraps, and scrubs. Also from Paris, you'll love our full line of manicure and pedicure products and the luxurious 100% pure essential oils used for massages. All of our products are derived solely from plants and vegetables and will not irritate the skin.

As a bonus, Waters Day Spa guests will receive a complimentary day use pass at Push Fitness gym (\$25 value). This state-of-the-art facility contains the best exercise equipment in the industry, a large aerobics studio, racquetball courts, steam rooms, saunas, and whirlpools, personal trainers, and an on-site chiropractor. Waters Day Spa, Kid's Zone Day Care, Sports Performance Chiropractic, and a tanning salon provide additional services.



*Relax...refresh...rejuvenate
at Lake Tahoe's luxurious
Waters Day Spa.
Looking and feeling your best is
a cornerstone to well-being.*



2565 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
(530) 544-9111
www.pushfitnessstahoe.com



2565 Lake Tahoe Blvd.
(inside of PUSH Fitness)
(530) 542-3295

All services include a 1-day use of gym facilities (\$25 value).