



dolce vita
a spa destination

DAY SPA | MED SPA | WELLNESS



WELCOME TO A NEW SPA EXPERIENCE

Journey to a serene destination in which you'll restore balance, invigorate the senses, embrace relaxation, and experience the benefits of local wellness practices to help renew your body's natural resistance to stress and fatigue.

SPA MENU



A photograph of a Zen garden sand tray. The sand is light beige and has been raked into concentric, wavy lines that create a sense of movement and calm. Two smooth, dark grey stones are placed on the sand, one in the foreground and one in the background. The lighting is soft and even, highlighting the texture of the sand and the smooth surfaces of the stones.

EMBARK ON A JOURNEY
TO WELLNESS.

At Dolce Vita, we help others create balance so you can live your best life. We believe the spa isn't meant to be a once-per-year luxury but can serve as a powerful tool for living with more vitality and confidence.

We believe that self-care is essential to living a life in balance, and we have crafted this menu to help you enjoy the lasting benefits that come from consistent care.

Each moment is yours. We're here to help you live a better life with a balanced mind, body, and spirit.

THIS IS ABOUT YOU

EXPLORE

Self-care beyond pampering. Globally-influenced body therapies indulge your senses. Gourmet flavors indulge your palate. Unwind with a glass of wine or a signature cocktail after a day of deep introspection. The best gift you can give the world is a healthy, happy you.

BE IN THE NOW

ENGAGE

We care about how you engage with the present moment. Show up to it, observe it, and stay present in it. Renew your view and focus on here and now.

MAKE LIFE BETTER

BALANCE

Improve how you balance the many layers of your life. Invest in yourself. Learn how you can make life better with a balanced mind, body, and spirit.

FIND YOUR BEST SELF

AWAKEN

Challenge the story you've been told about your limits. Challenge your perception of ability. Your story to-date might not be the only one you tell. Craft your own narrative about how far you can go, how deep you can grow and how fully you can thrive.



EXPERIENCES

head-to-toe rejuvenation package

Begin with a healing river stone massage and a mini mud mask facial that firms and cleanses, followed by the cool finish of a vigorous Siberian scalp ritual. Finish your complete head-to-toe rejuvenation with an invigorating peppermint foot pampering.

**Includes a nourishing bites box and bar beverage.*

total bliss relaxation package

Experience pure relaxation with this perfect combination of a tension releasing 50-minute body in balance massage, and 50-minute organic facial. You'll leave feeling renewed, looking refreshed, and savoring total bliss.

**Includes a nourishing bites box and bar beverage.*

journey of the senses

Activate, heal, balance & energize your seven chakras through this light to medium pressure experience. Blend your own customized oil and immerse yourself in the grounding holistic essences fostering a sense of deep harmonic wellness in the body. Authentic gemstones are used to channel chakras, leaving you feeling balanced and connected. This package includes an 80-minute aromatherapy crystal chakra massage and a luxe mani + pedi. **Includes a nourishing bites box and bar beverage.*

**Arrive 45 minutes early to blend your customized oil.*

nirvana dream package

Surrender yourself to a euphoric state with this full-body experience inspired by the rhythm of nature. Begin with a healing 80-minute head-to-toe massage including four favorite enhancements, followed by a 50-minute organic spa facial, and a luxe mani-pedi. **Includes a nourishing bites box and bar beverage.*

ultimate pamper package

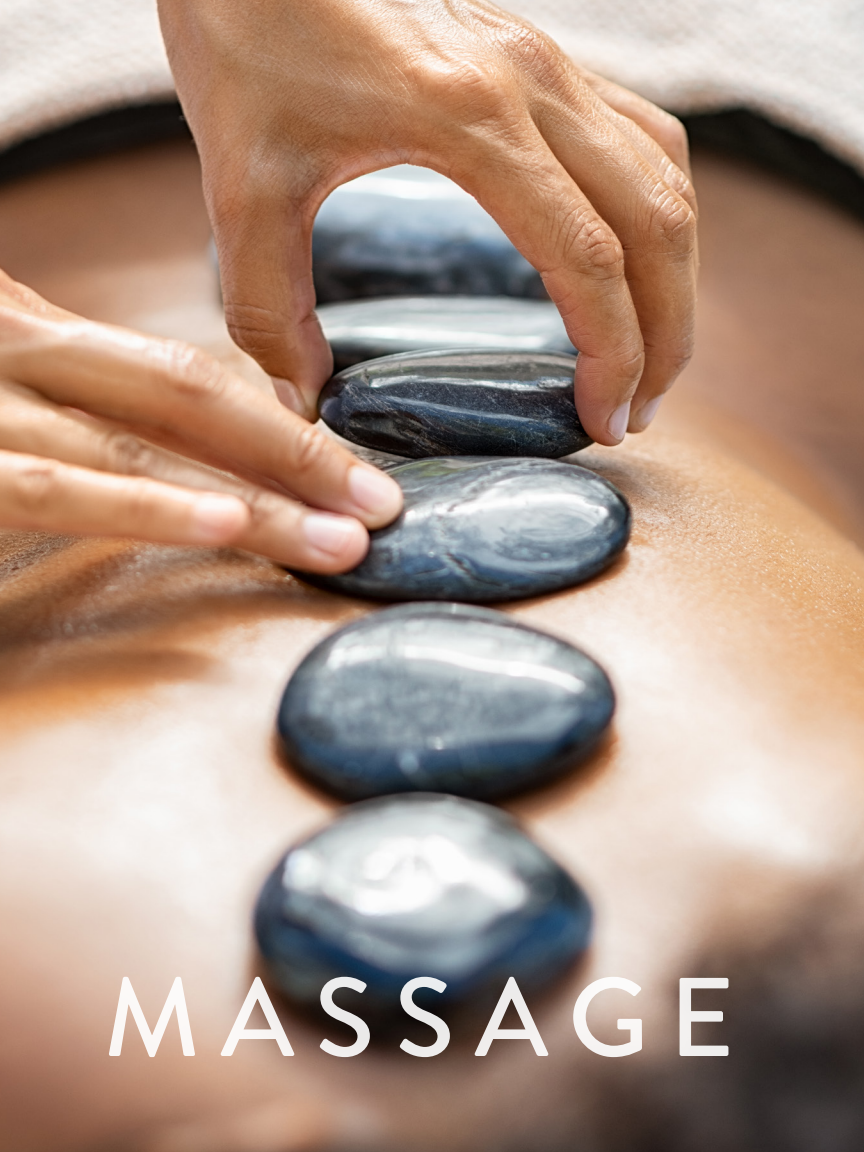
Start with the bracing brushwork of an invigorating 50-minute renewal body polish. Next, drift away with a 50-minute body in balance massage, followed by a 50-minute organic facial and a luxe mani + pedi. **Includes a nourishing bites box and bar beverage.*

mother daughter retreat

Generations come together in this mother-daughter spa retreat. Your retreat begins with an intentional crystal aromatherapy experience, followed by massages and skin brightening facials. Enjoy a duo mani or pedi, followed by a chocolate treat and beverages. Continue your experience by taking your intentional crystal aromatherapy home with you as our gift to you.

**Includes a nourishing bites box and bar beverage.*

**This is a 3 hour experience.*



MASSAGE

RELAXATION

body in balance massage

This classic full-body, light-medium pressure Swedish massage integrates each therapist's intuitive techniques, rhythmic tapping, and joint movement. This treatment is focused on relieving muscle tension, stimulating circulation, and promoting total mind and body relaxation.

SPECIALTY

intentional aromatherapy massage

Lift your spirit and enter a state of complete relaxation with this unique combination of aromatherapy and massage. An educational, fun and therapeutic session where you will be guided to blend your own massage oil based on a specific outcome you wish to see. **Arrive 45 minutes prior to your treatment to visit our aroma blending bar.*

river stone massage

Combining the grounding effects of hot stones with the power of touch, this treatment calms the mind as it makes muscles more limber and open to massage.

chakra crystal massage

Activate, restore and balance your seven energy point chakras through this light to medium pressure massage. This massage experience fosters a sense of deep harmonic wellness in the body, mingling with a gemstone blend of crystal harmonies.

invigorating body renewal

Long, gentle brushstrokes exfoliate the skin while stimulating the lymphatic system and increasing circulation. Massage paired with a refreshing skin polish, warming towels and rich shea body butter, this treatment will leave you with glowing supple skin and a refreshing energy boost.

precious moments prenatal massage

This soothing massage eases the discomforts of pregnancy and promotes maternal well-being. With the use of a specialty cushion, the mom-to-be can safely lay face down as skillful massage helps to release tension and provide much-needed muscle relief. **Not recommended in the first trimester.*

THERAPEUTIC

deep tissue relief massage

This effective deep tissue massage applies pressure and expert hand work to reach deep muscle layers, help promote circulation, and relieve muscle soreness while energizing the senses. Excellent for tight, tired and sore muscles, this massage relieves pain and improves flexibility.

CBD cannabliss massage

Enjoy a deeper sense of relaxation using Cannabidiol (CBD) massage oil, arnica, and tea tree oils. This non-psychoactive element of the hemp plant helps alleviate anxiety, pain, and inflammation while boosting the immune system and aiding in restorative sleep.

healing muscle melt massage

Wrapped in warmth and comfort, reach a balanced and restorative state with this massage featuring skillful compression with healing oils to release deep muscle tension and soothe the pain. Hot towels warm and comfort while being cocooned in an arnica body wrap that eases soreness and nourishes the skin bringing all-over calm.

weekend warrior massage

An expert-level treatment individually designed to address the tightness, tension and seized-up connective tissue that prevent muscles from working in harmony. Combines facilitated stretching techniques and percussion massage pulses to release stress, relieve soreness, and improve circulation to develop lasting improvement to flexibility and mobility.

COUPLES

perfectly paired duet massage

Enter tranquility together in a private couple's suite with a relaxing hot stone massage designed for two to relax and release tired muscles and promote connection. Includes a shareable chocolate treat and bar beverages.

connected couples retreat

Toast your connection, and explore your time together in a private couple's suite. Relax side-by-side with a warming hot stone massage, Siberian Scalp Ritual, and nourishing mud masks, followed by an invigorating peppermint foot pamper. A celebration beverage and chocolate pairing provide the perfect canvas for connection.



FACIALS

RELAXATION

essential organic facial

Featuring hydrating organic products and a shoulder massage, this facial is designed for relaxation and cleansing. Afterward, your skin will feel hydrated, healed, and rejuvenated with a youthful glow.

skinfit men's facial

Clear pores, cleanse, exfoliate, and hydrate. This is the man-made match for swoon-worthy skin.

RESTORATIVE

holistic restorative facial

This facial deploys pure-clinical products and targeted massage to encourage liposomal (moisture) delivery beneath the surface of the skin. Through a four-point innovative mapping process, this holistic process provides a deeper understanding of your skin inciting restoration and permanent change.

detox deep pore cleansing facial

Clarify and clear clogged skin as your therapist pinpoints the source of dermal blemishes and imbalances, then applies ultra-cleansing but natural products and techniques to achieve clearer, healthier skin. Clears stubborn bacteria, and remodels scar tissue helping to prevent future breakouts.

rose quartz facial

This customized facial targets your skincare concerns with the use of the gua sha stone made of rose quartz, an ancient Chinese tool used to boost circulation, promote lymphatic drainage, lessen dark circles under the eyes and soften facial muscles.

ADVANCED

fountain of youth

Achieve 30-days of healthy, beautiful skin with this complete wellness facial. With a mix of herbal blends vitamin rich mask, this rejuvenating treatment gently eliminates impurities, and resurfaces the skin with an anti-aging needling device to infuse super serums, increase cellular turnover, and lift hyper-pigmentation.

radiant results anti-aging facial

This results-driven facial is designed to give skin a gentle resurfacing, leaving skin bright, hydrated and dewy. An exfoliate and heal peel further elicits fresh skin and a marine hydrojelly mask seals in moisture. **Choose 80 minutes to enhance with a microderm or dermaplane treatment included.*

"c" the difference facial

This brightening treatment will bring out the skin's natural radiance while restoring a youthful tone and texture. Can be customized for sensitive skin or mature/pigmented skin types.

dermaplane facial

This facial utilizes Dermaplane blades and advanced skin products to exfoliate dead skin cells, smooth the skin and reduce the appearance of scars. This facial will leave you with a healthy, youthful glow.

red carpet oxygen facial

Using a specialized oxygenation-infusion process, this facial promotes collagen production, detoxifies the skin, and encourages rapid cell renewal. The immediate result is luminous, refreshed and a visible lift with just one treatment. Perfect for a pre-event facial for undeniably beautiful skin.

corrective peels

These medical-grade treatments remove the skin's damaged outer layers to regenerate new cell growth and collagen production and dramatically improve its overall condition. We offer a full range of peels that can help your complexion appear more uniform and renewed by diminishing the appearance of fine lines, wrinkles, and roughness.

hydrafacial

The patented, medical-grade, award-winning HydraFacial combines cleansing, exfoliation, extraction, hydration and antioxidant protection. The process includes super serums and boosters with advanced LED Light Therapy to create an immediate change and reveal beautiful, bright skin. Non-invasive, non-irritating. Enhance your experience with:

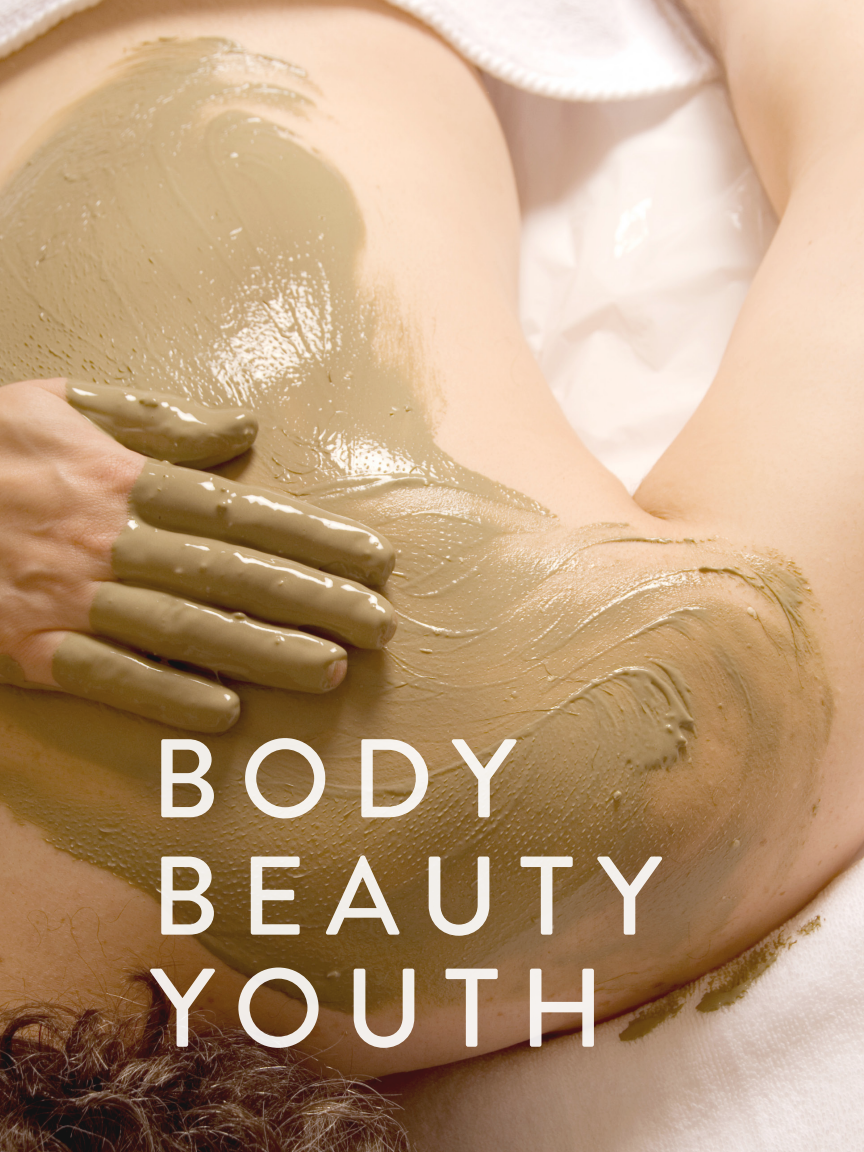
- *Signature HydraFacial: Includes cleansing, extraction, and antioxidant protection.*
- *Deluxe HydraFacial: Includes additional super serums, boosters, and LED Therapy.*
- *HydraFacial MD: Includes all features in Deluxe plus a medical-grade peel.*

microneedling with SkinPen®

Experience the transformative results of Microneedling with SkinPen®. This FDA-approved and clinically safe treatment is an incredibly effective way to improve skin texture, tone, and health significantly. Microneedling causes controlled micro-injuries that stimulate your body's natural wound healing process, resulting in natural collagen induction to remodel scar tissue.

PRP Plasma microneedling

This specialized process reintroduces your healthy blood plasma back into the skin through Microneedling. Although it doesn't involve surgery of any kind, this PRP microneedling treatment can dramatically tighten wrinkles. This procedure is also a popular solution for treating acne and deep acne scarring to restore a smooth complexion.



BODY BEAUTY YOUTH

BODY TREATMENTS

These hydrotherapy treatments feature a specialized vichy water table that unites the healing benefits of aqua therapy in an orchestrated experience involving a heated waterbed platform, color therapy, an aromatherapy steam bath, and a water-enhanced vibro-massage.

elements body immersion

Refresh your skin and emerge renewed with this grounding organic treatment, including an exfoliating salt mineral scrub, warm body butter hydration with hot stones, Black Rock mud wrap, herbal scalp massage, and an aromatherapy steam bath.

renewal body polish

This rejuvenating treatment exfoliates the body as it provides a unique blend of exfoliating salt mineral scrub and hydrating oils to benefit the skin richly. The specialty vichy hydrotherapy table gently washes away stress and dry skin and hydrates with deep moisturizing body butter.

sea sanctuary body wrap

Trust the healing benefits of the sea with this rejuvenating experience. Marine algae and mineral rich muds enhance hydrating and rejuvenating effects. On a specialized vichy hydrotherapy table, skin is exfoliated with a hydrating body scrub, then wrapped in the nourishing vitamins and minerals of the sea, while removing impurities in a moisture steam treatment. A marine mermaid facial mask and moisturizing cocoa butter seals in benefits to soothe and replenish skin.

aqua zen body slimming wrap

Kick start circulation and stimulate your metabolism while removing harmful toxins from your body. On a specialized vichy hydrotherapy table, begin with a full body exfoliation scrub and detoxifying wrap, steam treatment, accompanied by a calming Siberian scalp massage and complete your escape with a foot scrub and moisturizing coconut butter. Leave feeling lighter and relaxed.

BEAUTY TREATMENTS

NAILS

sweet life mani or pedi

Revive your hands and feet with a softening soak and scrub, followed by nail care, trimming, buffing and gel polish.

pedi party for two

Enjoy a quick buff, cuticle care, hand or foot massage, and polish application. Includes bar beverage. Includes a shareable nourishing bites box and bar beverage.

luxe mani-pedi

The best-in-show of hand and foot care, with a warm soak, exfoliating scrub, paraffin wax, nail care and gel polish.

A signature nourish bar beverage adds a bit of beauty buzz.

seasonal mani/pedi

A seasonal special mani/pedi experience with a softening soak and scrub, followed by nail care, trimming, buffing and gel polish. Includes specialty products and a seasonal bar beverage.

BODY

waxing & sugaring

Sugaring (sugar-based) and waxing (resin-based) remove hair from the root and the inner root sheath, which encapsulates the hair. Sugaring is a safe and organic alternative to traditional waxing and can lead to more delicate hair growth.

ARMS
BACK / CHEST
BIKINI
BRAZILIAN
BROWS

CHIN
FULL FACE
FULL LEG
HALF LEGS

LIP
UNDERARM
BROW TINT
LASH TINT

EYES

lash lift

Achieve effortless beauty. This treatment creates longer, fuller, natural-looking lashes. A fantastic alternative to eyelash extensions with almost no aftercare. Can be combined with a lash tint.

brow lamination

Are your eyebrows going rogue? Laminating tames them using a cream that allows hairs to be individually shaped. Are your brows thinning?

Laminating lifts defines and returns them to your natural beauty.

**Can be combined with a brow tint.*

YOUTH TREATMENTS

These fun treatments celebrate our younger friends (age 10 and older).

youth facial

An excellent and informative introduction to skin care with cleansing, custom mask, complete with toning and moisturizing.

youth massage

Designed for a quiet moment, relax as our expertly trained therapists help relieve sore muscles from sports and school backpacks.

youth manicure + pedicure

You're in good hands with a relaxing buff, cuticle care, hand or foot massage and polish application.



MED SPA

FACIAL PROCEDURES

BOTOX® cosmetic

Fine lines and wrinkles can be disheartening. But, BOTOX® Cosmetic can effectively soften the facial muscles responsible for these signs of aging. Our BOTOX® treatments promote a more youthful appearance and can help your skin look refreshed and vibrant.

dermal fillers

Dermal fillers such as Juvederm® smooth lines and replenish lost volume underneath the skin. Our medical experts will assess your unique skin and bone structure to identify which collection of fillers can best help restore and enhance your natural contours. This treatment can restore volume in the cheeks and lips – all without invasive surgery or downtime.

DV youthful contour & lift

This specialized technique provides volume while offering the benefits of a facelift without surgery or downtime. Experience instant results with this minimally invasive facial contouring procedure. It accentuates the cheekbones and under eye area, as it defines the jawline and lifts the upper neck without incisions, general anesthesia or scars. Instantly smooth lines and wrinkles and have the definition you've always wanted.

PDO thread lift

Subtly lift facial features to reduce fine lines and wrinkles. This revolutionary treatment encourages collagen production for more lifted skin in the treated areas.

RF microneedling

This minimally invasive treatment reduces the appearance of wrinkles, scarring, and sagging skin. Amplify collagen-boosting and elastin production through state-of-the-art skin resurfacing techniques to rejuvenate and tighten your skin.

BODY + WELLNESS

CoolSculpting®

The world's No. 1 noninvasive fat reduction procedure. This state-of-the-art treatment uses controlled cooling to eliminate stubborn fat that resists diet and exercise. Focus on the areas that bother you most for visible, lasting results. This FDA-approved treatment requires no downtime and is a safe and effective alternative to surgery.

truSculpt iD

truSculpt iD delivers heat to the subcutaneous fat layer while maintaining an even skin temperature – optimizing clinical efficacy and maintaining comfort. truSculpt iD provides clinically proven results by treating the subcutaneous fat layer with an innovative RF technology resulting in non-invasive body sculpting and skin tightening with no downtime.

b12 vitamin boost

B12 promotes skin, hair, and nail health; it helps regulate mood, lowers cholesterol, boosts immune system functioning, encourages brain health, and improves overall wellbeing.

IV therapy

IV therapy promotes health and wellness. The infusion of fluids, vitamins, and minerals can help support a healthy immune system, promote healthy skin and keep you hydrated. The right balance of vitamins and minerals in the body can also help improve your energy levels.

COSMETIC LASER TREATMENTS

acne laser treatment

This advanced approach precisely aims at the cause of acne as it reduces inflammation, swelling, redness, and pigmentation. Achieve the glowing, confidence-building complexion you deserve with transformative results.

laser facial rejuvenation

Specifically designed to target signs of aging, this powerful technology instantly stimulates collagen production as it diminishes wrinkles, tightens skin, removes sun-spots and age spots, and smooths the overall texture of your skin. See complete rejuvenation and more youthful, glowing skin.

laser hair removal

Expertly wielded by our technicians, our laser hair removal offers a noninvasive way to reduce or remove unwanted body hair with long-lasting results.

KeraLase hair restoration

Our therapeutic approach to hair restoration combines two effective therapies into one treatment for incredible results, minimally invasive lasers and activating keratin serums that optimize your scalp's absorption properties and stimulate the hair follicles into action. This revolutionary technique offers real results without the commitment of going through extensive surgery. Series of 6 treatments, includes home care growth products.

hyperhidrosis (excessive sweating)

Feel less self-conscious, and increase confidence with our effective treatment for hyperhidrosis. This revolutionary process includes non-surgical treatment modalities to help in the reduction of excess perspiration and sweating in areas of underarm, hands, or other body areas.



WELLNESS

wellness + connection

Created around the three pillars of good health; exercise, nutrition and mindfulness, our programs are focused on amplifying your body and spirit.

YOGA

rise yoga

Get your day started with a morning vinyasa class hosted in our indoor/outdoor veranda with scenic lakeside views.

evening flow yoga

Relax and unwind with an evening yoga class to ease out of your day.

WELLNESS RETREATS

enjoy curated self-care programs

Offering spa amenities coupled with workshops and insightful speaker events. Visit our website to learn more about upcoming spa retreats.

WELLNESS WORKSHOPS

classes focused on you and your wellbeing

Join us for monthly classes and workshops. We offer classes on fitness, wellness, nutrition, meditation and more.

sip, spa, celebrate!

Sip, Spa & Celebrate with Dolce Vita! Experience all the highlights of a spa day with your favorite people as you share food, drinks & conversation with incredible spa treatments. Our VIP experience Includes choice of 50 or 80 min massage or facial, bar beverages, shareable charcuterie platter and decadent desserts. Your spa party will be fully customized to create a memorable experience.

SPA PARTIES INCLUDE:

- a 50 or 80 minute spa treatment per guest.
- all-access pass to spa and amenities.
- a themed beverage bar with choice of gourmet appetizer platter.
- includes personal party host, VIP lounge access.

SELECT YOUR SERVICE:

Each attendee selects one of the following:

- body in balance massage | 50 or 80 min
- essential organic facial | 50 or 80 min

**upgrade any of your treatments with specialty services for an additional fee.*

let's get planning:

Services and pricing are customized per event. Get in touch with us and our events coordinator will help hand-craft the perfect party.

Call 775-SPA-0032 | info@dolcevitahealthspa.com



PARTIES



dolce vita
a spa destination



live a life in balance



VILLAGE AT RANCHARRAH

7200 RANCHARRAH PRKWY

RENO • NV • 89511

775.772.0032

[DOLCEVITAWELLNESSPA.COM](https://www.dolcevita-wellnessspa.com)

[INFO@DOLCEVITAWELLNESSPA.COM](mailto:info@dolcevita-wellnessspa.com)