




*Tune out the World.
Tune in to your Mind and Body.*





Southern lifestyle—a beautiful way of living in which you embrace each day.

In the south, each breath, each moment is cherished: the scent of magnolias and gardenias; fireflies lighting up a garden; the breeze blowing softer; a slower pace of life; a calmer state of mind.

When in Tunica, tune out the world and tune in to your mind and body, only listening to the voice that guides you to peace and harmony.

Surrender yourself to a world of indulgence and well-being. From luxurious body treatments to advanced and award-winning skincare, our therapists will be in tune with the beat of your heart, the nature of your body, the beauty of your skin.

Charm meets grace at The Spa at Horseshoe — where life goes on after a sprinkling of fine tuning.

SOUTHERN TOUCH

Our most charmed services are indicated with this symbol. 🌸





*Rituals are the melodies by which
harmony is restored.*

INSPIRATIONS

Southern Ceremonies

Rituals inspired by the riches of Mississippi. From its heritage of American music, a flowing river, cotton fields, and lush foliage, we have curated a symphony of spa ceremonies with undertones of the beautiful south.

HARMONY IN TUNE

Like a soothing lullaby, this ultra-relaxing experience beats one moment at a time. Indulge in a harmonic In Tune Massage, each note focusing on your body's needs, complemented by a nourishing Sweet Orchid Hair and Scalp Treatment and Soothing Paraffin Treatment to warm your soles. Pair this body therapy with the ELEMIS Superfood Pro-Radiance facial — powerful and energizing, leaving the skin radiant. A rhythmic journey of pure serenity. 2 hours **\$225**

THE RIVER STONE

A deeply hydrating 'formula,' this trio of ELEMIS services entwine to create a flowing and endless experience that cleanses, nourishes and balances. The skin is lathered in an Intensely Cleansing Salt Scrub to reveal a new layer that will be moisturized with a Body Nectar Nourishing Wrap — both therapies delivering soft and supple skin while priming the body for a Deeper than Deep Hot Stone Massage. Luxuriate as warm stones glide over the body deep into the muscles releasing trapped energy while the Soothing Paraffin Treatment relieves the hands and feet. A true sense of calm. 2 hours 30 minutes **\$275**

FIELD OF BLOOMS

This restorative ELEMIS experience begins with the Thousand Flower Detox Wrap, a detoxifying yet nutritiously-indulgent therapy to stimulate the elimination process. After an Omega-rich Green Tea seed oil is massaged into the skin, the body is enveloped in a vitamin-packed, earth wrap followed by a Freestyle Deep Tissue Massage. A bounty of botanical riches, these therapies are paired with our Gardenia Woods Signature Manicure and Pedicure, which includes a paraffin treatment for the hands and feet. A purifying and heavenly awakening for the body and soul. 3 hours 50 minutes **\$290**

THE CRYSTAL GARDEN

Clearly one of the most luxurious treatments, ELEMIS' Hot Mineral Body Boost harnesses the power of Amber and Quartz for a grounding experience. Featuring a garden-like Crystal Bed with mineral-charged, heated stones, this therapy conditions the skin while invigorating the body. To suit your skin's needs, select from any ELEMIS facial — touch or BIOTEC, ensuring the most appropriate treatment for your skin type. Complete this head to toe journey with the Gardenia Woods Signature Manicure and Pedicure, inclusive of paraffin treatment for the hands and feet. A gem of an indulgence. 4 hours **\$390**



Beautiful skin begins with exceptional skincare.

EXPRESSIONS Tune in to Your Skin



Keep your skin fine tuned with a globally-renowned ELEMIS facial. We offer touch as well as technology therapies featuring BIOTEC — a pioneering innovation that works to switch the skin back on, increasing its natural cellular energy and delivering phenomenal results.

ELEMIS SUPERFOOD PRO-RADIANCE

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals, and trace elements, Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energizing nutrients. Skin is left smoother, plumper and luminously radiant — stress-free and lit up with good health. 60 minutes **\$125**

🌸 ELEMIS PRO-COLLAGEN AGE DEFY

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine-charged Padina Pavonica and Red Coral help plump out fine lines while Indian Mulberry reduces skin fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energizes and rejuvenates as an age-defying, peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully-nourished, younger-looking skin. 60 minutes **\$145**

ELEMIS BIOTEC LINE ERASER

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells toward dynamic functionality. Circulation is improved, increasing the production of collagen and elastin as the dermis is flooded with super, Hyaluronic-hydrating activators and sealed with a re-energizing Amber balm. Red and blue light therapy warms and de-stresses the skin while a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment. 60 minutes **\$185**

ELEMIS BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted. 60 minutes **\$185**

PHOTO: ELEMIS Used with permission.



Tune-In, Tune-On

Accompany your treatments with any of these service enhancers. *Tune-In* services refine your therapies while *Tune-On* services are connected to core treatments, fine-tuning the experience and extending the moment.

*Tune-In**

SWEET ORCHID HAIR AND SCALP TREATMENT

Nourish the hair and restore shine while clearing the mind with a relaxing scalp massage. **\$30**

REVITALIZING SOLE THERAPY

Hydrate and revitalize the soles with a conditioning foot treatment. **\$30**

SOOTHING PARAFFIN TREATMENT

A warm paraffin pack will stimulate circulation, relieve stiff necks and sore lower backs, and moisturize chapped, dry hands or feet. Select one area — back, hands or feet. **\$20**

*Tune-On**

ELEMIS BIOTEC EYE TREATMENT

This technology is refined enough to gently stimulate and tighten without disturbing fragile skin. 30 minutes **\$70**

ELEMIS BIOTEC NECK TREATMENT

Microcurrents remind the muscle to firm up while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring. 30 minutes **\$70**

*Tune-In your experience with a service enhancer that is built in to your service without adding time. Tune-On your experience with a service enhancer that adds time to your service.

ELEMIS BIOTEC SKIN RESURFACER

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion, using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restore equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother. 60 minutes **\$175**

ELEMIS BIOTEC SENSITIVE SKIN SOOTHER

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration while red light therapy and calming antioxidants improve the skin's ability to repair itself. The result is calm and soothed skin. 60 minutes **\$175**

PHOTO: ELEMIS Used with permission.



RELAXATION Tune in to Your Body

Your body speaks. It tells you exactly what it needs. Listen and tune in to the deeper wisdom your body has for you. Tune up with these luxuriously-healing remedies that will help eliminate toxins, recharge your body, and soothe the soul.

IN TUNE MASSAGE

A bespoke massage, your therapist will be in tune with your body's needs, fusing aromatic massage oils with freestyle techniques to relax, invigorate and improve the function of the circulatory, lymphatic, muscular and nervous systems. 60 minutes **\$105** | 90 minutes **\$165**

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves

you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation, or emotional balance. Skin is prepped to release toxins, and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing. 60 minutes **\$120** | 90 minutes **\$180**

*The body
says what
words cannot.*



ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

Nothing gets into the belly of the muscle like a hot stone. Bathed in the intensely moisturizing Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body deep into the muscles, getting into areas of tension at a profound level and persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin. 60 minutes **\$135** | 90 minutes **\$195**

🌸 ELEMIS HOT MINERAL BODY BOOST

Harnessing the ground-breaking, restorative power of the pioneering Amber and Quartz Crystal Bed, this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm while the mind is whisked off to invigorating shores with the aromatic Ocean Spa. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing, and energizing wellness. 75 minutes **\$175**

ELEMIS POULTICE-POWERED MUSCLE RELEASE

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice, and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to re-mineralize. Painful knots are eased. Tension is dissolved. The Amber and Quartz in the Poultice talks to the Amber in the bed; a powerful mineral connectivity that invigorates the body and elasticizes the skin. 60 minutes **\$150**

ELEMIS BODY NECTAR NOURISHING WRAP — SWEET ORCHID OR FRANGIPANI

This lusciously fragrant, intensely moisturizing body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin-conditioning oils do their work. An emotionally-grounding experience for skin that has never felt silkier. 60 minutes **\$105**

ELEMIS INTENSELY CLEANSING SALT SCRUB — LIME AND GINGER OR FRANGIPANI

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin. 30 minutes **\$65**

🌸 ELEMIS THOUSAND FLOWER DETOX WRAP

Enriched by Somerset soil packed with tree, flower and grass rich nutrients, this treatment provides super skin health and powerful detoxification, helping stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap, encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas — the superfoods of the skin — is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders. 60 minutes **\$110**

Tune-In

Complement your treatments with a selection of service enhancers. Tune-In services refine your body treatments. Massage therapies can also be experienced in the comfort of your cabana (seasonally) or in-suite.

*Tune-In**

SWEET ORCHID HAIR AND SCALP TREATMENT

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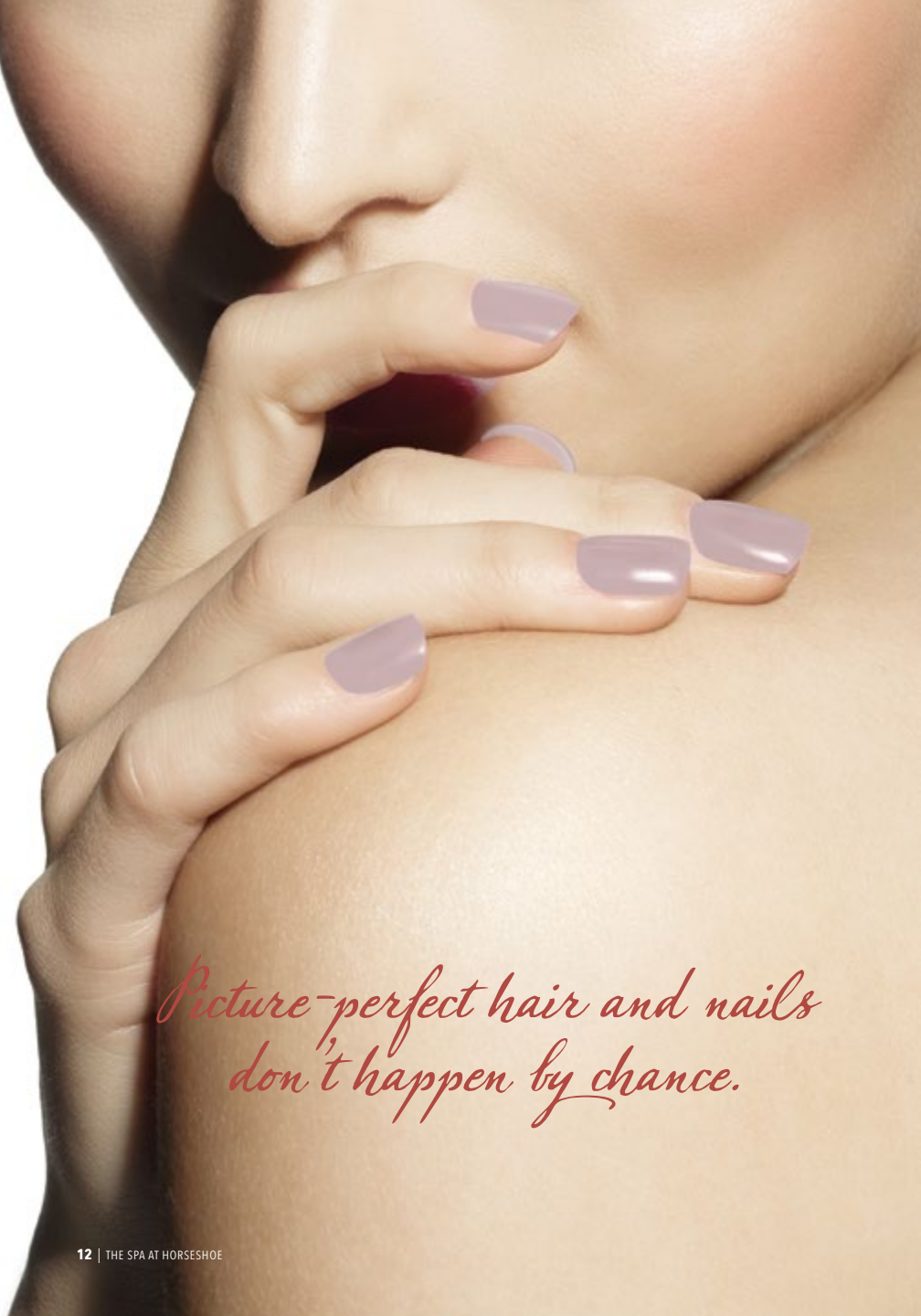
CABANA MASSAGE (SEASONAL)

Delight in utter relaxation in your poolside cabana. Massage cabanas are located on the second floor for your enjoyment. Please contact a Spa Concierge for further details. **+\$70**

IN-SUITE MASSAGE

The power of touch, combined with the healing qualities of aromatherapy, relax your mind, body and soul in the comfort of your room. All in-suite massages are booked with same gender therapists. **+\$70**

*Tune-In your experience with a service enhancer that is built in to your service without adding time.



IMPRESSIONS

Tune in to Your Style

Be in tune with yourself, your persona. Your hair and nails play a part, accessorizing your look. These trimmings require care and maintenance. Nourish them with treatments that beautify and radiate an infinite glow.

Nails

GARDENIA WOODS SIGNATURE MANICURE AND PEDICURE

An indulgence of rich moisture that hydrates skin with a botanical blend of soothing Chamomile and purifying Sandalwood. Leaves skin luxuriously soft with every touch. This signature treatment includes warm paraffin for the hands or feet.

- Manicure | 50 minutes \$55
- Pedicure | 60 minutes \$75

SHELLAC MANICURE AND PEDICURE BY CND

No drying time. No chipping. No smudging. This tough as nails treatment uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of color, and perfect finish. It provides excellent wear and comfortable protection for up to 14 days.

- Manicure | 45 minutes \$40
- Pedicure | 60 minutes \$55

CLASSIC SPA MANICURE AND PEDICURE

- Manicure | 30 minutes \$25
- Pedicure | 45 minutes \$40

Hair

SHAMPOO AND STYLE

includes blow dry. from \$40

HAIRCUT AND STYLE

includes blow dry. from \$60

BANG TRIM \$10

FLAT OR CURLING IRON from \$15

SPECIAL OCCASION HAIR DESIGN. \$80

PARTIAL HIGHLIGHTING OR LOW LIGHTING

includes blow dry. from \$75

FULL HIGHLIGHTING OR LOW LIGHTING

includes blow dry. from \$135

COLOR & SHINE from \$60

COLOR TOUCH-UP from \$60

COLOR CORRECTION from \$100

PERMANENT WAVES. from \$75

RELAXER from \$65

GRAND OCCASIONS

For those special moments, allow us to whisk you away and beautify you in grand style. Please contact spa management for more details.

Picture-perfect hair and nails don't happen by chance.





Make-Up Artistry

- MAKE-UP APPLICATION \$55
- TEMPORARY EYELASH ENHANCEMENTS . . . \$20

Waxing

- BROW SCULPTING \$25
- NOSE OR EAR..... \$15
- LIP OR CHIN..... \$15
- FULL FACE \$45
- FULL LEG \$60
- HALF LEG..... \$30
- UNDERARMS \$20
- FULL ARM \$35
- HALF ARM \$20
- BASIC BIKINI \$25
- BIKINI PLUS..... \$35
- BRAZILIAN..... \$50
- BACK..... \$50
- MEN'S CHEST \$50
- STOMACH..... \$25



CHIVALROUS Tune in to Your Gentleman

Courteous and honorable, a Southern man is well-groomed. He is tuned in to his health and how he presents himself. Maintain your gentleman-like status with a haircut and trim or retreat for rest and relaxation.

GENTLEMAN'S RETREAT

Smooth out all your rough edges with this escape curated just for men. An ELEMIS Freestyle Deep Tissue Massage will release muscular tension while a Soothing Paraffin Treatment for the hands and feet moisturize the skin. Then, allow our experts to transform your skin with a BIOTEC Skin Resurfacer facial. 2 hours | **\$265**

Add a Gentleman's Manicure and Pedicure to complete your polished style. 3 hours 15 minutes | **\$320**

- GENTLEMAN'S HAIRCUT AND STYLE \$40
- GENTLEMAN'S COLOR \$60
- MUSTACHE, BEARD AND EYEBROW TRIM . . . \$20
- GENTLEMAN'S MANICURE \$25
- GENTLEMAN'S PEDICURE \$40



SPA Stay In Tune

HOURS OF OPERATION

Sunday through Thursday 9am-7pm
Friday and Saturday 9am-10pm
Fitness Center 24 hours

RESERVATIONS

To schedule treatments you may contact our spa directly from a hotel phone by dialing extension **44032** or from outside of the hotel at **662-357-4032**. We accept most major credit cards and recommend pre-booking your services although we do welcome walk-ins and will do our best to accommodate you.

MINIMUM AGE REQUIREMENTS

Spa guests are required to be 18 years or older. **Children under 18 must be accompanied by a parent or guardian for all services.** Swimsuits are required. For recommendations suitable for kids and teens, please see our Spa Concierge.

CANCELLATION POLICY

We require a credit card for all appointments and at least 4 hours' notice for cancellation to avoid being charged the full price for your treatments.

PURCHASE POLICY

You may exchange unopened products within 14 days of purchase if you have a receipt. We cannot exchange any opened products.

PRICES AND GRATUITY

For your convenience, an 18% gratuity will be automatically applied to your final bill. Additional gratuity for exemplary service is

discretionary. Prices and services are subject to change without notice.

ARRIVAL

Please arrive at least 20 minutes prior to your scheduled appointment so you can relax and make full use of the facilities. Spa robes and slippers are provided to guests receiving services. Regrettably, if you are late for an appointment, we may have to shorten your treatment time to be on schedule for the next guest. To maintain the serenity of the spa, we ask you turn off your mobile phone and electronic devices upon arrival.

FITNESS

The Fitness Center offers cardiovascular and strengthening equipment. Fitness facilities are available for ages 18 and up.

VALUABLES

For the safety of your valuable items, we suggest you leave all jewelry and money in the safe provided in your hotel room. The spa will not assume any liability for valuables.

SPA GROUP EVENTS

If you are bringing a group to stay at **Horseshoe Tunica** and are interested in hosting a spa event, please call us at **662-357-4039**. Spa management will ensure your appointments are scheduled and your group is completely indulged.

THE GIFT OF SPA

Total Rewards gift cards are available for all services and spa packages or a dollar amount.



THE
Spa
AT HORSESHOE

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