



MOKARA



SPA



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 & Salon.

SIGNATURE SERVICES

MOKARA SIGNATURE MASSAGE

50 MINUTES | 80 MINUTES

Using a combination of massage techniques that are right for you, this signature service is orchestrated to your specific needs. A heat-activated shea butter leaves your skin incredibly hydrated. Customize this therapy with your choice of aroma and let our expert therapists do the rest.

MOKARA SIGNATURE INDULGENCE TREATMENT

100 MINUTES

Why choose when you can have it all? Begin by enjoying a gentle and rhythmic full body exfoliation, followed by an intoxicating essential oil application and hot stone massage. Choose to relax, de-stress or revive while your body is comfortably cocooned and a wellness-enhancing treatment is performed on your neck and scalp.

MOKARA SIGNATURE FACIAL

50 MINUTES | 75 MINUTES

Experience your dream of radiant, healthy skin with this luxurious treatment designed to suit your 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.

MOKARA SIGNATURE MANICURE

50 MINUTES

Our signature anti-aging manicure includes a customized luxurious hand treatment, hot towel compressions and a gentle exfoliation of the hands. This service is complete with expert nail care and polish.

MOKARA SIGNATURE PEDICURE

50 MINUTES

Our signature anti-aging pedicure is a relaxing and deeply hydrating foot treatment. It includes effective callus removal, exfoliation and massage of the feet and calves. This service is complete with expert nail care and polish.

MOKARA SIGNATURE PACKAGE

5 HOURS

100-minute Signature Indulgence Body Treatment, 50-minute Signature Facial, Signature Manicure and Pedicure. Includes a lunch entrée of your choice.



MASSAGES

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 MINUTES | 80 MINUTES

Using a combination of massage techniques that are right for you, this signature service is orchestrated to your specific needs. A heat-activated shea butter leaves your skin incredibly hydrated. Customize this therapy with your choice of aroma and let our expert therapists do the rest.

THERAPEUTIC DEEP TISSUE MASSAGE

50 MINUTES | 80 MINUTES | 100 MINUTES

This specialized deep tissue massage uses hot and cold therapeutic elements to bring you the most healing during your treatment. The application of a de-stress muscle gel, specifically placed hot stones and cooling elements will send you well on your way to a deeper understanding of the word “relaxed.”

AROMATHERAPY MASSAGE EXPERIENCE

50 MINUTES | 80 MINUTES

This massage experience uses the power of pure essential oil blends, carefully applied spinal pressures and foot reflex sequences to target the nervous system. It will ease away the stresses of the day and bring the body and mind back into balance. This treatment uses the best of Eastern and Western techniques to deliver the results you need with lasting effects.

HOT STONE MASSAGE

75 MINUTES

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. The warm stones and Swedish massage techniques are used to melt knots of tension away and send you into a state of blissful relaxation.

SOLE THERAPY

25 MINUTES | 50 MINUTES

Achieve an overall sense of calm with this ancient method of unblocking energy meridians and bringing balance to the body. The acupressure massage techniques concentrate on the pressure points in your feet and hands, which correspond with the rest of the body. This treatment includes a hydrating and detoxifying foot scrub, warm towels and a light calf massage.

MOTHER-TO-BE MASSAGE

50 MINUTES | 80 MINUTES

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. Our all-natural, chemical-free, whipped shea butter balm is used to help increase the skin’s resiliency and suppleness.

Must be past the first trimester.

MOKARA COUPLES MASSAGE

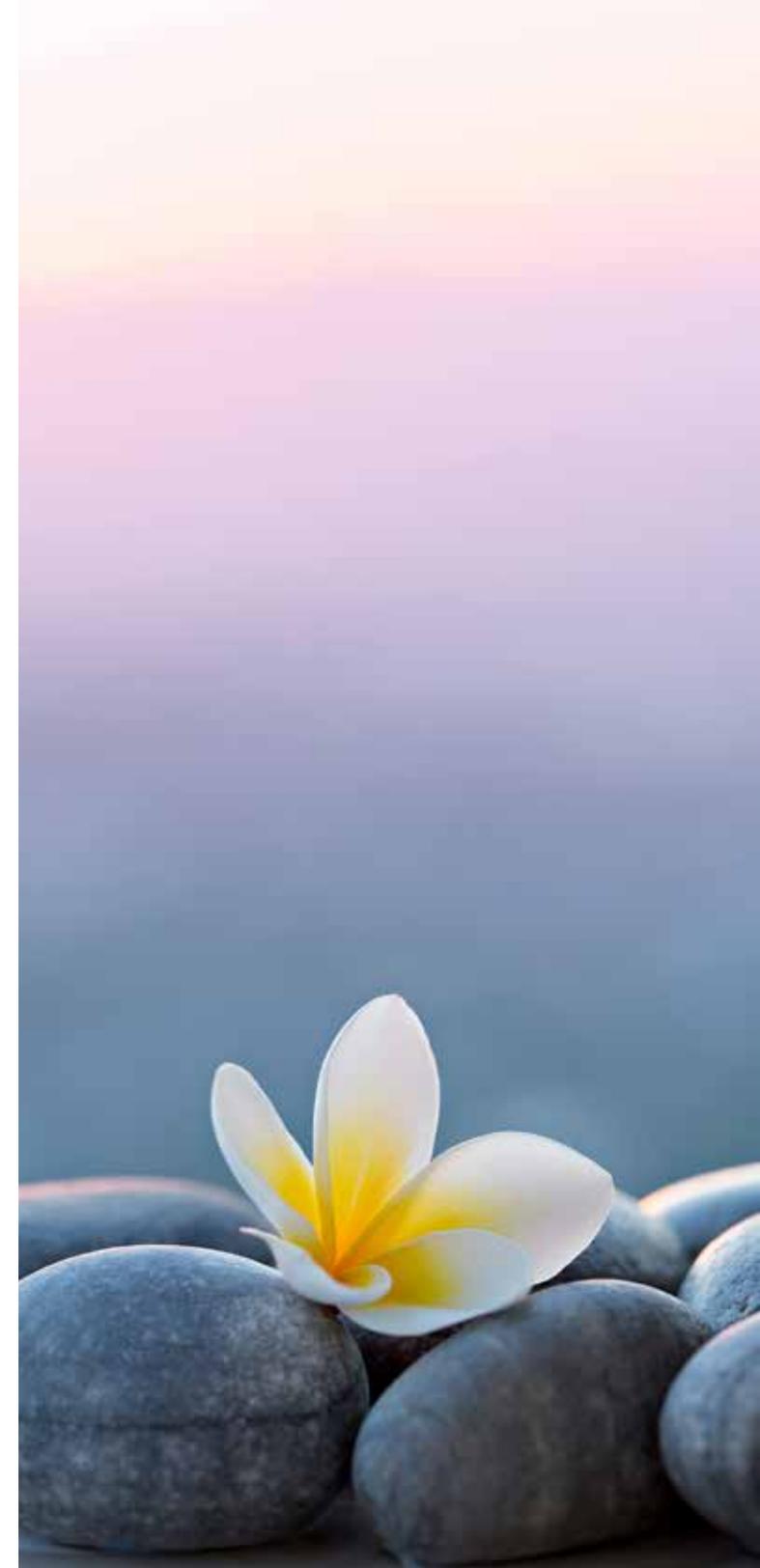
50 MINUTES | 80 MINUTES

A wonderful massage can be even better when the experience is shared. Receive side-by-side customized Mokara Signature massages in our specially designed couple’s room.

MASSAGE BREAK

25 MINUTES

Better than your typical coffee break. Relieve tension with a focused massage where you need it most.





BODY TREATMENTS

MOKARA SIGNATURE INDULGENCE

100 MINUTES

Why choose when you can have it all? Begin by enjoying a gentle and rhythmic full body exfoliation, followed by an intoxicating essential oil application and a hot stone massage. Choose to relax, de-stress or revive while your body is comfortably cocooned and a wellness-enhancing treatment is performed on your neck and scalp.

SHAPING BODY TREATMENT

75 MINUTES

Rare champagne pear stem cells and a figure-refining complex promote an alluring and smooth silhouette. This transformative treatment includes a full-body exfoliation and a nourishing body wrap that will leave you feeling revitalized and youthfully refreshed.

DETOX AND REVIVE

75 MINUTES

This treatment is perfect for times of over-indulgence or when you are feeling a little listless. The combination of a zesty citrus full-body exfoliation, followed by an application of detoxifying aromatherapy oils, will leave you feeling invigorated and full of energy. This energy-replenishing treatment is complete with a cozy body wrap and scalp massage.

FARMERS MARKET SEASONAL SCRUB

45 MINUTES | 75 MINUTES

This delicious and seasonally picked full-body scrub gently refines, softens and renews the skin's texture by exfoliating away dry skin cells. The extended service is ideal for those looking to promote further relaxation by adding a 30-minute massage.

MASSAGE ENHANCEMENTS

JET LAG RELIEF

An enhancement for weary travelers to get you back on track when you're feeling fuzzy, tired and sluggish.

UPLIFT YOUR MOOD

For times when you need a little emotional pampering, this indulgent treatment helps to harmonize and rejuvenate your spirits.

IMMUNE SUPPORT

Cleansing, clearing and decongesting, this upper-body treatment helps clear the mind and support the immune system.

CLEAR YOUR MIND

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track.

NOURISHING HAIR TREATMENT

Pure Moroccan argan oil mixed with a bouquet of pure, energetically balanced ingredients is massaged in to treat the hair and scalp.

HYDRATING FOOT QUENCH

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



FACIALS

Our facials are all customized to your needs for the best possible results. Further enhance these treatments with our effective supplement choices.

MOKARA SIGNATURE FACIAL

50 MINUTES | 75 MINUTES

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.

HSR LIFTING AND REFINING

50 MINUTES

Specially designed to lift and tone the skin with innovative complexes to help slow the aging process. Our HSR treatment combats the influence of wrinkles by stimulating and preventing the breakdown of collagen and improves the skin's structure. The skin becomes plumper and firmer, allowing the face to regain its youthful contours.

VITAMIN C AND COLLAGEN BOOST

50 MINUTES | 75 MINUTES

Regenerate and repair the skin from the inside out with this intensive vitamin-rich and collagen-boosting treatment. The powerful combination of hyaluronic acid and marine collagen will supply and bind moisture in the skin to reduce the appearance of fine lines and wrinkles. A peptide complex will protect and restructure the network of collagen and elastin fibers to increase the density and firmness of the skin.

THE ULTIMATE

50 MINUTES | 75 MINUTES

Experience the ultimate facial indulgence with one of the most elaborate, relaxing and complete facials you could receive. This treatment begins with ultrasonic vibrations that provide a gentle peeling and deep cleansing of the skin. Specifically designed to target deep lines and wrinkles, the combination of light therapy and micro-current stimulates the production of the body's own natural collagen and elastin. Emerge with a complexion that is smooth, balanced and radiantly fresh.

EMINENCE ORGANIC

50 MINUTES | 75 MINUTES

The Mokara orchid is tropical, rich and captivating, as is this organic 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.

ILLUMINATING ORGANIC

50 MINUTES

Awaken your skin's inner beauty with this Arctic Berry Illuminating facial. An all-natural organic peel will restore radiance, reduce fine lines and improve skin elasticity. To achieve maximum luminosity, a soothing moisturizer containing plant stem cells will be applied to offer lasting hydration for an absolute glow.

THE REFRESHER

25 MINUTES

This quick yet efficient beauty break facial includes a gentle cleanse, exfoliation and a customized pure fluid. It is followed by an aroma-intense cream, to provide your skin with nutrients and leave you with a glowing complexion.

EXPRESS PEEL OR MICRO EXFOLIATION

25 MINUTES

A customized peel or micro exfoliation will help to visibly improve the look and feel of your skin. Facial peels help refine pores and reduce the appearance of fine lines, sun damage, scars and blemishes, while dramatically stimulating collagen production.

GENTLEMAN'S REFINING

50 MINUTES | 75 MINUTES

Cleanse, clarify and boost vitality with this facial designed specifically for the needs of the male skin and their daily rituals. Powerful natural ingredients work to soothe irritation and speed up skin regeneration. This treatment reduces dark circles, increases the skin's resistance to stress and provides powerful hydration for a long-lasting effect.

PURIFYING BACK TREATMENT

25 MINUTES | 45 MINUTES

Designed to cleanse, exfoliate, correct and soothe this hard-to-reach area.



FACIAL ENHANCEMENTS

LIP TRIO

Treat your lips to a naturally effective three-step treatment that will refine, hydrate and bring the suppleness you desire.

SENSATIONAL EYE TREATMENT

Wake up your eyes to the transformative power of Sensational Eyes. Specially activated ingredients combat expression lines, crow's feet, dark circles and puffiness, resulting in smooth, firm and fresh eyes.

PEEL

This gentle peel is a unique addition to any facial for a deeper exfoliation specially formulated to leave the skin calmed, soothed and glowing. This 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

Pure Moroccan argan oil mixed with a bouquet of pure, energetically balanced ingredients is massaged in to treat the hair and scalp.

HYDRATING FOOT QUENCH

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

AROMATHERAPY WELLNESS TREATMENT

A specialized aromatherapy treatment focusing on the head, neck and face, bringing peace to the mind and harmony to the emotions.

WAXING

- Eyebrow shaping
- Eyebrow tint
- Lip
- Chin
- Full face
- Under arms
- Half arm
- Full arm
- Partial chest
- Full chest
- Bikini
- Extended bikini
- Partial back
- Full back
- Half leg
- Full leg

MANICURES

MOKARA SIGNATURE MANICURE

50 MINUTES

Our signature anti-aging manicure includes a customized luxurious hand treatment, hot towel compressions and a gentle exfoliation of the hands. This service is complete with expert nail care and polish.

SEASONAL LUXURY MANICURE

50 MINUTES

Each season we offer a special treatment to soothe the senses. This deluxe aromatic experience will include a scrub, a massage and a heated hydrating treatment, leaving hands beautifully soft and nails artfully groomed to perfection.

OPI GELCOLOR MANICURE

45 MINUTES

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

Removing previous OPI GelColor will be an additional charge and take additional time. Please let us know at the time of booking.

ESSENTIAL MANICURE

35 MINUTES

This classic treatment includes nail filing, cuticle care and a hand massage. Choose from a variety of polishes to achieve the look you desire.

Enhancements require additional time.

POLISH CHANGE FOR HANDS

20 MINUTES

Designed for those on the go or great for maintenance in between full nail services. Includes nail shaping with a hydrating mist and is followed by a fresh coat of polish.

Enhancements require additional time.

GENTLEMAN'S MANICURE

25 MINUTES | 50 MINUTES

Designed especially for a man, this service includes nail shaping, cuticle trim and buffing. If you are looking for a little more care, our longer manicure will include a hydrating exfoliating scrub and a relaxing hand treatment.





PEDICURES

MOKARA SIGNATURE PEDICURE

50 MINUTES

Our signature anti-aging pedicure is a relaxing and deeply hydrating foot treatment. It includes effective callus removal, exfoliation and massage of the feet and calves. This service is complete with expert nail care and polish.

SEASONAL LUXURY PEDICURE

75 MINUTES

Each season we offer a special treatment to soothe the senses. Your chosen scent and heated stones are used to massage away tension. A moisturizing shea butter balm is then applied as your feet are wrapped in warm towels. This deluxe service leaves feet beautifully soft and nails artfully groomed to perfection.

OPI GELCOLOR PEDICURE

45 MINUTES

This classic treatment includes a hydrating exfoliation, cuticle care and callus removal, giving your feet all the care they need to feel soft and hydrated. Choose from a variety of gel polishes to achieve the look you desire.

Removing previous OPI GelColor will be an additional charge and will take additional time. Please let us know at the time of booking.

ESSENTIAL PEDICURE

45 MINUTES

This classic treatment includes a hydrating exfoliation, cuticle care and callus removal, giving your feet all the care they need to feel soft and hydrated. Choose from a variety of polishes to achieve the look you desire.

POLISH CHANGE FOR TOES

20 MINUTES

Designed for those on the go or great for maintenance in between full nail services. Includes nail shaping and a light application of lotion, followed by a fresh coat of polish.

Enhancements require additional time.

GENTLEMAN'S PEDICURE

50 MINUTES

Designed especially for a man, this service invigorates and renews tired feet. Our men's pedicure includes nail shaping, cuticle trim, a hydrating exfoliating scrub, a relaxing massage and buffing.



NAIL TREATMENT ENHANCEMENTS

FRENCH POLISH

OPI GELCOLOR REMOVAL

OPI GELCOLOR ADD-ON

Enhancements may require additional time. Please mention at the time of booking if you are interested in an enhancement.



SALON

HAIR SERVICES

Women's haircut design

Men's haircut design

Shampoo and style — short

Shampoo and style — long

Add curls

Add hydrating hair treatment

Special occasion hairstyle



BRIDAL HAIRSTYLING

The perfect style for your perfect day.

BEAUTY-ENHANCING MAKE-UP APPLICATION

25 MINUTES

We will enhance your natural beauty by applying a light mineral foundation that leaves you with glowing, flawless skin. Eyes, cheeks and lips complete the look.

Add lashes for an additional cost.

BRIDAL AND EVENT MAKE-UP APPLICATION

45 MINUTES

Before your wedding or special event, create a beautiful look for your special day. Our traditional full make-up application includes lashes and additional enhancing personal touches to create the stunning look you desire.





PACKAGES

MOKARA SIGNATURE

5 HOURS

100-minute Signature Indulgence Body Treatment, 50-minute Signature Facial, Signature Manicure and Pedicure. Includes a lunch entrée of your choice.

SOUTHERN LUXURY

6.5 HOURS

80-minute Massage of your choice, 50-minute Ultimate Facial, Shaping Body Treatment, Seasonal Luxury Manicure and Pedicure. Includes a lunch entrée of your choice.

HARMONY FOR TWO

2.5 HOURS

50-minute Mokara Couples Massage followed by side-by-side Seasonal Luxury Pedicures in our nail lounge with strawberries and champagne.

MOTHER-TO-BE

3.5 HOURS

50-minute Mother-To-Be Massage, 50-minute Mokara Signature Facial, and an Essential Manicure and Pedicure.

SOUTHERN GENTLEMAN

3 HOURS

50-minute Therapeutic Deep Tissue Massage, 50-minute Gentleman's Facial and Gentleman's Pedicure.

SOUTHERN BELLE

3 HOURS

50-minute Aromatherapy Massage, 50-minute Signature Facial and Signature Pedicure.

Spa package prices do not include a 20% service charge or taxes. The listed package times are approximate. Additional discounts, hotel packages or promotions do not apply to packages. Packages require 48 hours' notice for any cancellations or changes. Services must be received by the same individual on the same day. No substitutions.

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 may 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 seven days a week from 9 a.m. to 7 p.m. Spa hours may vary depending on the season.





DETAILS

AMENITIES

Upon arrival, we will provide you with a plush robe and spa slippers. Relax before and after your services in our relaxation lounge or dry cedar saunas. Spa facilities are only available to spa guests on the day of their treatments. Monday through Thursday, hotel guests may purchase a day pass for a \$10 fee, subject to availability.

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.

PERSONAL POSSESSIONS

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 six or more, a Spa Group Coordinator is available to help schedule your spa experience.

GIFT CARDS AND RETAIL BOUTIQUE

We are proud to carry a variety of luxurious retail items, as well as spa gift cards that may be purchased to create the perfect gift. Your treatment provider and our spa concierge are happy to recommend items to best fit your needs. Please note that gift cards may not be redeemed for cash or credit. We regret that we cannot be responsible for any lost gift cards. We accept Omni Hotel gift cards as well. Gift cards are available for purchase directly on the Mokara Spa website: mokaraspas.com/Nashville.



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