

# MOKARA

 SPA





relax. revive. rejuvenate.

# EXPERIENCE YOU IN A NEW LIGHT.

The Mokara Spa offers a unique opportunity to experience yourself from a relaxed perspective. In an oasis of rejuvenation, discover a vast array of treatments and amenities, wellness facilities and programs, salon services and more.

# MASSAGES

## MOKARA MASSAGE

**20 MINUTES | 50 MINUTES  
80 MINUTES | 100 MINUTES**

Allow our skilled professionals to cater to you with a customized massage of your choice such as Swedish, Therapeutic, Deep Tissue or a combination of techniques.

## COUPLES MASSAGE

**20 MINUTES | 50 MINUTES  
80 MINUTES | 100 MINUTES**

Indulge in a soothing massage with a companion. Our therapists' expert touch will encourage new heights of relaxation, while strengthening your closeness.

## INVIGORATING HOT STONE MASSAGE

**80 MINUTES | 100 MINUTES**

Reconnect with the earth using heated river stones. This therapy provides isolated deep heat at the strategic points on the spine, back, hands and feet.

## ARNICA DEPTHS

**50 MINUTES | 80 MINUTES**

This in-depth massage relieves chronic tension in detailed muscle groups. Arnica extract has the ability to relieve pain and inflammation from joints and muscles while relaxing the body with a nurturing massage.

## CHOOSE YOUR JOURNEY

**80 MINUTES**

This massage uses a customized product blend of your choosing to restore the spirit, calm the mind and relax the body. Your therapist begins with dry body brushing, which leads into a soothing Swedish massage.

## PROBIOTIC NOURISHMENT

**80 MINUTES**

Allow your therapist to enrich your experience with this probiotic nourishment. This service begins with deep nourishment; hydration and revitalization are achieved through this luxurious balancing body treatment.

## AROMATHERAPY MASSAGE

**50 MINUTES | 80 MINUTES**

A sensory experience based on your mood and oils of your choosing. This traditional aromatherapy massage is a powerful and effective fusion of Eastern and Western massage styles that helps rebalance the mind, body and spirit.

## MOTHER-TO-BE

**50 MINUTES**

Rest as your body is soothed and your skin is indulged with nourishing and moisturizing oil. This massage is designed to answer the developing needs of mother and baby. Available for expectant mothers in their second or third trimester only.

# ENHANCEMENTS

## REVITALIZING FEET

### **25 MINUTES**

Trained hands detect imbalances and work out stress points and tension, while restoring vitality and circulation.

## TECH HANDS

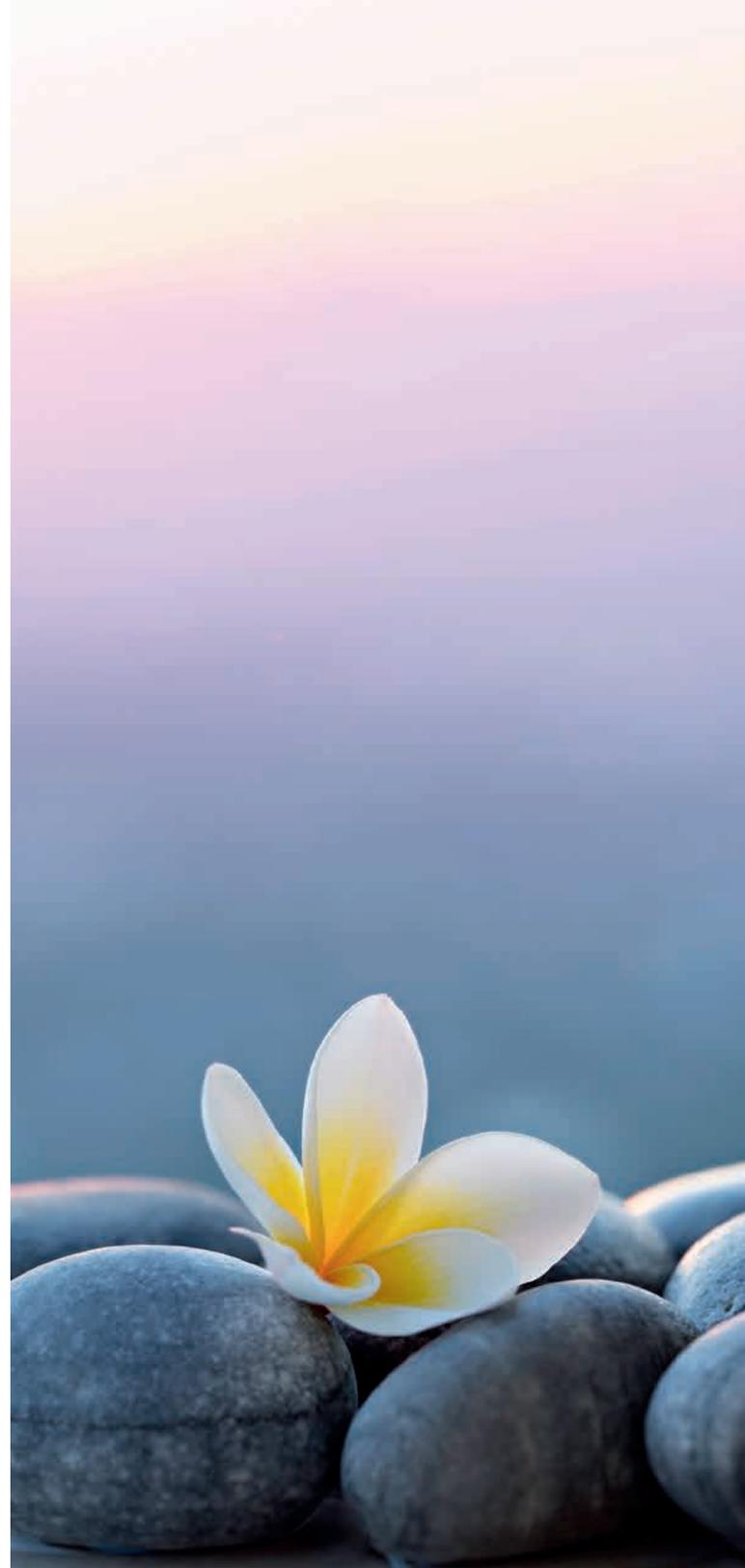
### **25 MINUTES**

This hand treatment begins with a gentle sugar scrub exfoliation followed by a massage with moisturizing body butter.

## SCALP MASSAGE

### **20 MINUTES**

Warm oil is slowly drizzled onto your third eye while pressure points are massaged gently in this very soothing treatment designed to relax the mind and nourish the scalp and hair.





# FACIALS

## TOPLINER

### 100 MINUTES

Your journey to relaxation includes an enzyme mask treatment on your back and feet. Enjoy a lifting, strengthening, hydrating and anti-aging facial that will leave your skin with an energetic balance and a restored youthful luminosity, using plant stem cells and peptides. Your therapist will incorporate a face, neck, hand and foot massage.

## VITAMIN C

### 80 MINUTES

Invigorate your skin with vitamin rich antioxidants to treat imperfections caused by the environment, sun damage and aging. This facial will improve skin texture and appearance.

## ADVANCE COLLAGEN

### 80 MINUTES

This facial infuses the powerful moisturizing and healing properties of collagen deep into the skin to revitalize damaged cells. It will dramatically reduce the appearance of fine lines and improve your skin's tone. It is a rejuvenating experience, especially around the delicate areas of the eyes and mouth.

## MOKARA

### 50 MINUTES

A classic facial for a first time spa goer or spa enthusiast, the Mokara facial will address your skin's specific needs.

## GENTLEMEN'S FACIAL

### 50 MINUTES

Specifically formulated for men, the gentlemen's facial addresses targeted skin concerns. It helps soothe and nurture irritated skin caused by daily shaving and exposure to external aggressions. This nurturing and refreshing facial is the cure for your everyday demands and needs.

## EXPRESS

### 20 MINUTES

If you are limited on time, enjoy our express facial. This facial includes cleansing, exfoliating and moisturizing thus leaving your skin smooth and glowing.

## FACIAL WAXING

Available for brows, lips, chin or full face.

# BODY TREATMENT

## DETOXIFYING MUD WRAP

### **80 MINUTES**

This body wrap begins with a brief, invigorating dry body brushing to promote blood circulation and exfoliate the skin. Organic ingredients, high in minerals and trace elements, give the body a powerful, natural detoxification. While the thermal mud penetrates, you are treated to a relaxing face and scalp massage. A luxurious moisturizer is lightly applied, leaving your body refreshed and renewed.

## STRESS RELIEF

### **50 MINUTES**

Relax and rejuvenate the mind, body and spirit with our stress relief body treatment. Your journey begins with a sugar scrub exfoliation that leads into a hydrating body wrap. During the wrap process your therapist will implement a relaxing scalp massage.

## ORGANIC NOURISHMENT

### **50 MINUTES**

This treatment starts with a light exfoliation using a dry body brush, followed by a hydrating body wrap. While in your cocoon, your therapist will perform a warm scalp massage and end with a probiotic foot massage.

## EXFOLIATING SCRUB

### **20 MINUTES**

This full body exfoliation utilizes super-fine, mineral rich sea salts and warm scented oils to achieve a sense of well being. Your skin will feel refreshed and hydrated while exposing your skin's natural glow.

## HYDRATING WRAP

### **20 MINUTES**

This rich and nourishing express body treatment will condition and reshape the skin—leaving your body smooth and ultra soft.





# PEDICURES

## MOKARA

### 50 MINUTES

This perfect pedicure is designed to target not only the cuticles and nails but the entire foot. Start off with an aromatic foot soak, followed by a sugar scrub exfoliation. End with an application of our hydrating lotion.

## GENTLEMEN'S

### 50 MINUTES

A specialty 50-minute pedicure designed just for gentlemen to groom cuticles and buff out the rough edges, while also leaving skin nourished and soft. The service concludes with a lower leg and foot massage.

## EXPRESS PEDICURE

### 30 MINUTES

The perfect pedicure for the person on the go. Your nails will be groomed, cuticles tidied, perfectly buffed and polished in under 30 minutes.



# MANICURES

## MOKARA LUXURY

### 50 MINUTES

Pamper your hands and nails with our luxury manicure. After an aromatic hand soak and exfoliation, your hands will be placed in our warmed oil treatment for deep hydration, followed by a hand and arm massage to work the oils into the skin. Your hands will emerge pampered with fingernails at their utmost perfection.

## GENTLEMEN'S

### 50 MINUTES

This manicure reshapes and buffs nails, cleans up cuticles and moisturizes hands. An ultra-rich, deep treatment moisturizes hands and relieves stress as refined oils soften, restore and condition.

## EXPRESS MANICURE

### 30 MINUTES

A mini treatment to transform your hands and nails. Nails will be perfectly manicured and expertly polished in this express service.

# HAIR SERVICES

## BLOWOUT AND STYLE

Enjoy a refreshing wash followed by a professional styling using our top of the line hair care products.

Short | Above shoulders

Long | Below shoulders

## UPDO

Perfect for bridal parties or special events, allow our experts to interpret your style.

## LADIES' CUT AND STYLE

Sit back and relax while your locks are lathered by our stylists in a rich shampoo and conditioner.

Followed by a professional cut and style, you're sure to feel renewed.

## GENTLEMEN'S CUT AND STYLE

Whether you're looking for a new style or just a trim, you'll be in good hands.



# PACKAGES

## EXPRESS PACKAGE

- 25 MINUTE REVITALIZING FEET
- 25 MINUTE TECH HANDS
- 30 MINUTE EXPRESS PEDICURE
- 30 MINUTE EXPRESS MANICURE

## RELAXATION

- 50 MINUTE MOKARA MASSAGE
- 50 MINUTE MOKARA FACIAL

## MOKARA EXPERIENCE

- 50 MINUTE MOKARA MASSAGE
- 50 MINUTE MOKARA FACIAL
- 50 MINUTE MOKARA PEDICURE
- 50 MINUTE MOKARA MANICURE

## GENTLEMEN'S PACKAGE

- 50 MINUTE MOKARA MASSAGE
- 50 MINUTE GENTLEMEN'S FACIAL
- 50 MINUTE GENTLEMEN'S PEDICURE
- 50 MINUTE GENTLEMEN'S MANICURE

## DISTRESS DESTROYERS

- 50 MINUTE AROMATHERAPY MASSAGE
- 50 MINUTE STRESS RELIEF BODY TREATMENT
- 50 MINUTE MOKARA FACIAL
- 30 MINUTE EXPRESS PEDICURE

## HEADLINER

- 80 MINUTE CHOOSE YOUR JOURNEY
- 100 MINUTE TOPLINER FACIAL
- 50 MINUTE MOKARA PEDICURE
- 50 MINUTE MOKARA LUXURY MANICURE

# DETAILS

## SPA & SALON HOURS

Monday - Thursday 10 a.m. - 7 p.m.

Friday - Saturday 9 a.m. - 8 p.m.

Sunday 9 a.m. - 6 p.m.

Hours are subject to change due to occupancy levels.

## RESERVATIONS

To ensure the best selection of spa services, we highly recommend that you make your spa reservations prior to your arrival. A credit card is needed to secure the spa reservation. We have both male and female service providers, and you will be scheduled with either unless you state your preference.

## CANCELLATIONS/CHANGES

We value your business and appreciate your cooperation with our cancellation guidelines. If you must cancel or change your spa reservation, please notify us at least 24-hours prior to your scheduled appointment time to avoid a cancellation charge. Cancellations made with less than a 24-hour notice will be charged full value of the service. No-shows will be charged in full. Any service changes requested with less than a 24-hour notice will be charged a \$50 change fee.

## ARRIVAL AND CHECK-IN PROCEDURE

Please arrive at least 30 minutes prior to your spa service. If you are a guest of the hotel, we encourage you to leave valuables and personal belongings in the security of your guest room. Please bear in mind that arriving late will simply limit the time for your treatment, lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time, so that the next guest will not be delayed. The full value of your treatment will be charged.



# MOKARA

 SPA



# DETAILS

## SPECIAL CONSIDERATIONS

Guests who have high blood pressure or heart conditions, or any other medical complications, are advised to consult with their physicians prior to reserving any spa appointments. Please make your service provider aware of any medical condition. Expectant mothers may be restricted to specific types of treatment or receive modified treatments, depending on their stage of pregnancy. Men having facials should shave no less than two hours prior to their facial for ultimate comfort.

## SPA ETIQUETTE

For the optimal spa experience for all of our guests, we respectfully ask that you leave cell phones turned off while in the spa. The Relaxation Lounge is a spa tone only zone; please be considerate of other guests who are napping or relaxing before or after treatments.

## GRATUITIES

Gratuities are not included in the price of the services but are greatly appreciated by service providers and support staff. A customary service charge is 20% but is completely at the discretion of the spa guest.

# DETAILS

## REFUNDS, CHECK-OUT AND PAYMENTS

We request that you stop by the spa desk to check out, authorize your spa treatments and receive your spa product recommendations. All spa treatments, packages or products are nonrefundable, nontransferable and nonexchangeable once purchased. We accept cash, checks and all major credit cards. For your convenience, you may also bill your spa charges to your guest room. Prices are subject to change without notice.

## RESTRICTIONS

Guests of the Mokara Spa must be at least 16 years of age to have a private spa service with a parent/guardian present. No outside alcohol is permitted in the spa unless it was purchased on hotel property per the Texas Alcoholic Beverage Commission.





CALL TODAY TO MAKE YOUR SPA APPOINTMENT.

555 S. Lamar St., Dallas TX 75202 • 214-652-4955

[MokaraSpas.com/DallasDowntown](http://MokaraSpas.com/DallasDowntown)

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