



QUA<sup>SM</sup>  
BATHS & SPA

EXPERIENCES

EXCLUSIVELY AT CAESARS PALACE

THROUGH WATER WE EMERGE. WE ARE RENEWED.  
WE ARE RELEASED FROM THE EVERYDAY.

QUA BATHS & SPA<sup>SM</sup> IS A PLACE FOR PERSONAL REDISCOVERY, SOLACE  
AND HEALING. IT IS A REFUGE INSPIRED BY THE BATHS OF ANCIENT  
ROME, WHERE PEOPLE GATHERED AMONG THREE DISTINCT POOLS  
FOR PERSONAL REFLECTION AND SOCIAL CONNECTION. A PLACE  
THAT PROVIDES AN EXPERIENCE LIKE NO OTHER.

HERE, YOU CAN RESTORE YOUR SELF. HERE, THE KNOWING HANDS  
OF ARTISANS—HIGHLY TRAINED AESTHETICIANS AND MASSAGE  
THERAPISTS—LIFT THE WEIGHT OF TIME FROM WEARY SHOULDERS.  
HERE, SURROUNDED BY NATURAL STONE, WARM WOODS AND THE  
GENTLE FLOW OF WATERFALLS, YOU ARE FREE.

WE WELCOME YOU.

*An essential part of the Qua experience is our unique Roman Rituals. These rituals are based on fundamental traditions of Roman culture, specifically communal activities, where people gathered to relax, tell stories and free themselves from the common day. While you are here, we invite you to take part in any and all of our rituals.*

## ROMAN RITUALS

### *Roman Baths*

An ancient bathing ritual revered by Roman society for its natural healing properties, the Roman Baths are an incomparable experience. The baths consist of three distinct pools, varying in temperature and size. Your experience begins in the largest of the pools, the Tepidarium, with warm mineral-enriched waters to help restore natural elements of your body's skin. You can then alternate between two smaller pools, the Caldarium and the Frigidarium. The hot waters of the Caldarium ease daily tension and soothe tired muscles, while a quick plunge into the cold waters of the Frigidarium invigorates your body. Water massages, Thermal Stone Deep Relaxation Chaises and exhilarating overhead rain showers complete this spectacular, one-of-a-kind experience.

### *Laconium Room*

Inspired by the ancient Roman steam baths, the Laconium sauna uses heat to warm your body from the inside out, keeping it warm and loose between treatments. Sit with partners or friends as the Laconium stimulates circulation and reduces stress. The result is a feeling of physical and mental tranquility.

### *Arctic Ice Room*

Surrounded by a beautiful dome ceiling and glass tiled walls, the Arctic Ice Room is a place to unwind. Heated floors and benches comfort you in the crisp 55 degree room as falling snow relieves your stress.

### *Tea Program*

Our in-house Tea Sommelier will create and pair beverages, hot or cold, with spa treatments, ensuring your palate is pampered along with the rest of your body. Just as there are separate women's and men's spas within Qua, there are separate women's and men's tea lounges, and a Signature Qua tea blend that will delight the senses. All teas throughout the spa are organically grown with only natural ingredients and flavors.

## QUA SIGNATURE EXPERIENCES

### *Qua Signature Hourglass Treatment*

Turn the hourglass and select facial and body treatments custom designed to meet your specific needs. Our talented spa Artisans create a personalized experience combining facials, body treatments, hot stones, aromatherapy, chakra balancing and energy work.

Available in the following: Hourglass 60 min, Hourglass 120 min, Hourglass 180 min (couples only)

### *Qua Mystic Journey*

This is an astonishing body ritual that includes a number of our finest experiences. To begin, you'll enjoy a bamboo body exfoliation. Next you are pampered with a moisturizing potion of lotus flowers and water lilies, and wrapped in a warm blanket to maximize penetration. Then, an essential oil facial with an eye treatment relieves fatigue. Lastly, aromatherapy and a mini-signature scalp massage, combining blends of deep-sea blue algae and essential oils soothe your tension away.

### *Qua Signature Stone Massage*

Enjoy the delectable Signature Qua scent infused into your precious oils during our Signature Stone Massage. Qua has designed a signature stone sequence that pays special attention to the subtle body chakras, aligning energy centers and restoring body integrity.

Warm stones leave you feeling fully relaxed and relieved of tension and stress.

## QUA SIGNATURE EXPERIENCES

### *Qua Exfoliation Body Scrub*

Your journey begins with our scented scrub and moisturizer. Continue on to experience the invigoration of multiple showerheads. Then lie back and relax as your personal Artisan treats you to a symphony of water jets.

### *Qua Signature Bath Liqueur*

Our Signature Qua Liqueur is infused with therapeutic herbs and oils to create an apothecary of potions for your luxurious, private hydrotherapy tub. Multiple jets swirl the liqueur to allow the therapeutic effects to take hold and tantalize your senses. You will emerge from your bath feeling decadently indulged.

### *Qua Signature Chakra Balancing*

Chakras are our energy centers. Our customized chakra balancing treatment uses energy work and warm oils to relax your physical body and align your chakras. This amazing treatment concludes with a special gift—a chakra necklace. Your Body Artist will carefully select a stone charm necklace as your departing keepsake.

### *Qua Crystal Body Art*

Your body is cleansed under the vichy shower and treated to a Signature Qua Scrub and receive a light lotion application, you'll visit our exquisite Qua Crystal Body Art Room for a personalized consultation on the location and style of your Swarovski™ body art. Then our Crystal Artists will make your body sparkle. Couples and friends welcome.

### *Qua Dream Interpretation Journey*

What are your dreams telling you? Explore them in the relaxing comfort of the Crystal Room. Our trained dream coach will help guide you to a deeper understanding of your dreams using traditional Jungian archetypes and various counseling modalities.



## WELLNESS SERIES

### *Anti-Cellulite & Detox Wrap*

This all-natural holistic body contour wrap encourages cellulite loss. The wrap uses circulation and gentle pressure to flush toxins and waste materials trapped in vulnerable fat cells. Experience more nourished and contoured skin on the soft areas of your body.

### *WellBox® Wellness Program*

Restructure the skin's connective tissue, stimulate blood and rid the lymphatic system of toxins with your personal endermologie machine. This wellness program begins with a full use and demonstration of the WellBox® Endermologie, combined with a slimming anti-cellulite and detox wrap, is a unique and non-invasive way of shaping your body, reducing the appearance of cellulite and improving overall skin fitness. Our 30-day internal care kit will complement this new body-optimizing regime.

### *Sleep Health*

Sleep is restorative and one of the key means for optimizing your health. Begin your Qua sleep health journey with a 75 minute aromatherapy massage, using an essential oil blend, created to assist with relaxation. In a relaxed state, our certified hypnotist will guide you through a session to gain more control of your ability to sleep.

### *Hypnosis for Wellness*

Join our certified hypnotist in a one on one session to assist with personal self-improvement. Concentrate on an area such as pain or weight management, sports enhancement, stress reduction or become the non-smoker you always wanted to be.

Each session is designed to help you achieve your personal wellness goals.

## MESSAGE SELECTION

### *Raindrop Therapy®*

Indulge in the ultimate aromatherapy experience as nine carefully selected essential oils are layered into your body in sequence. Using the world's purest oils and a technique that engages your body's internal systems, this treatment will transport you into hypnotic bliss. Essential oils balance your body, mind and spirit, promoting detoxification, releasing stress and connecting with the higher mind.

### *Fountain of Youth*

During this traditional Shirodhara treatment, warm, healing botanical oils are slowly poured onto the "third eye" chakra, awakening the seat of intuition. The oils are then massaged into your hair and scalp, followed by energy work to fully balance your chakras, leaving you feeling youthful and relaxed.

### *Hawaiian Lomi-Lomi*

Lomi-lomi is a rich, authentic experience of the spirit of Hawaiian Healing. It is based on Hawaiian concepts of working with the body, mind and spirit. It is hands on healing that is deep and powerful, yet gentle, giving immediate and long-term results. Lomi-lomi symbolically means to communicate energetically deep within the bones of the individual. Each artisan has been fully trained by Dr. Maka'ala Yates, a renown Hawaiian medicine specialist.

### *Stone Massage with Aromatherapy*

Our popular stone massage incorporates in-house custom blended aromatherapy and basalt volcanic rocks hand selected for their ability to transfer heat and diffuse therapeutic precious essential oils into the air. Smooth miniature basalt stones are carefully placed between your toes, while refreshing arctic pebbles relax the face and compliment the journey leaving you perfectly balanced and tension free, from head to toe.

### *Thai Massage*

Performed on authentic Thai mats, our traditional Thai massage uses techniques practiced for 2,500 years. Artisans begin with continuous choreographed movements to elongate and release the body. Benefits include increased circulation, improved flexibility, relieved joint tension, mental clarity, energy and general well-being. This massage is enjoyed wearing loose clothing, and without oils or lotions.

## MASSAGE SELECTION

### *Classic Massage*

Spa Artisans use Swedish techniques during this popular full-body massage intended to relax your entire body and improve circulation. From our Artisan's palette, select an Epicuren® massage lotion to suit your mood. Succumb to the sensual indulgence of luscious vanilla, lavender, coconut, lemongrass, orange blossom, rosemary or papaya-pineapple.

### *Deep Tissue Surrender*

Slow, deliberate massage techniques using elbows, forearms and knuckles relieve tightness from the overuse and tension of muscles. Deep tissue is popular among athletes and frequent massage goers, who prefer a firm touch to a gentle one.

### *Pain Management with Biofreeze®*

This therapeutic full-body massage uses a pain relieving topical cooling gel to soothe areas of tight, painful muscles and joints. This massage is especially beneficial for clients suffering from muscle tension, fibromyalgia and chronic over-use injuries. You will be left feeling healthy, invigorated and stress-free.

### *Shiatsu*

Literally translated from Japanese as “finger pressure,” Shiatsu is a pressure point massage given without massage oil. Thumb, finger and palm pressure is used on traditional acupuncture meridians to open blockages, relieve aches and soreness and restore balance in the body. It is even believed to correct imbalances and heal illness.

### *Reflexology*

Based on ancient Oriental meridians, this popular foot massage accesses “reflex” points on your feet that connect to every part of the body. By pressing and releasing the points on your feet, tension and stress will melt away from your entire body.





## BODY RITUALS

### *Ayurvedic Journey*

Ancient herbal formulas are personalized to rejuvenate the mind and body, restoring peace and vitality. First a botanical mask is applied head to toe. Then a stream of warm oil trickles onto your forehead before being massaged into your hair and scalp, a treatment known as Shirodhara. A gentle scrub removes the herbal body mask and prepares your skin for a relaxing finale with a soothing, moist heat wrap.

### *Morning Dew*

This treatment is designed to tantalize your senses. Gentle exfoliation performed with a facial-quality Microderm body scrub is followed by a rosemary mist, nourishing and hydrating the skin like early morning dew in an herbal garden. After a relaxing rosemary massage, you'll feel rejuvenated, mentally clear and refreshed.

### *Fiji Ritual*

Your ritual begins with a deep pore-cleansing exfoliation using a coconut crème scrub, followed by a relaxing wrap and scalp treatment with coconut oil. You are then painted with coconut body butter to promote hydration, nourishing and repairing damage to the deepest layers of your skin.

### *Banana Leaf Body Wrap*

Incense greets you when you arrive for your traditional Far East body wrap. Next, your skin is prepared with a series of aromatic blends. Then a body wrap of fresh banana leaves envelops you. Our banana wrap is a unique experience that leaves you fully relaxed, with silky smooth skin.

### *Essential Oils Oasis Body Wrap*

Far East Frankincense and Myrrh trees are as precious as an Oasis in the desert. Revered in ancient Egypt for their benefits of hydration and youthful skin preservation, these sacred oils were only available to the most regal and royal. Qua has obtained the finest essential oil resins to completely envelope you in this aromatherapy full body wrap: leaving you feeling hydrated, silky smooth, and aromatically intoxicated. Your comprehensive journey includes an exfoliant champagne grapeseed scrub, sea enzymes, and a final moisturizer of muscle relaxing lemongrass lotion.

## BODY RITUALS

### *Dilo Rescue Wrap*

Renew, revitalize and regenerate your skin with this traditional restorative wrap. Cool damaged skin with a centuries-old Fijian treatment of dilo oil combined with oils from exotic nuts and pure aloe. Treatment is complemented by a foot wrap and concludes with a moisture-locking spray. These replenish your skin's moisture and aid in healing skin damaged by sun or the environment.

### *Volcanic Clay Body Mask*

Purify, revitalize and tighten your skin with our mask made from volcanic ash and china clay, two of nature's most powerful detoxifiers. Your treatment begins with an exfoliation scrub, followed by the clay mask, hot towel compressions with hydrating lavender lotion application. Inquire with Spa Concierge about adding a 30 minute massage to this treatment.

### *Chai Tea Mud Mask*

We begin by gently invigorating your skin with our grape seed body scrub, preparing it to receive our mud mask containing organic clay, which is naturally high in colloidal minerals and combined with the aromatic spices of chai tea. Designed to increase circulation, the applied mask air-dries on the body to re-mineralize and naturally detoxify. After temperate body compresses melt and remove the chai tea mud, rich vanilla bean lotion deeply moisturizes and hydrates for healthy, youthful skin. Inquire with Spa Concierge about adding a 30 minute massage to this treatment.

### *Ten-Second Tan*

Enjoy a vibrant tan without the health risks. First, gentle exfoliation removes dead skin cells to prolong your tan's life. Then your personal Tanning Artist will use a state-of-the-art spray to apply a natural self tanner containing anti-aging ingredients, minerals, nutrients and vitamins. You'll have a streak-free and natural glow in just ten seconds.



## UNDER THE VICHY SHOWERS

### *Herbal Wrap*

Herbs and botanicals are freshly brewed on our own hydro-collator for maximum potency and aroma. After a gentle, herbal exfoliation, you will be wrapped in warm steam towels to enjoy the healing benefits of detoxification and hydration. Qua wet rooms are fully equipped with seven Vichy showerheads for a thorough rinse prior to your final application of basil moisturizing milk mist.

### *Dancing Waters*

Seven Vichy showerheads perform a water dance to balance the body and surrender the mind into a state of relaxation. Your choice of exotic Polynesian crème scrub accompanies the water dance.

### *Niagara Falls*

Vichy showerheads suspended from the ceiling create a cascade of water during this water-exfoliation session. A fresh citrus and herbal scrub with varying granules gently removes the top two layers of the epidermis without scratching the skin. Moisturizing papaya-pineapple enzymes work naturally to smooth and soften skin layers, leaving you feeling fresh as waterfall mist.

### *Sand & Foam*

Ease into this treatment as a drizzle of milk foam caresses and prepares your skin. Then a Pure Fiji™ scented crème scrub exfoliates dull unwanted skin. Both sand and foam are rinsed with multiple Vichy showerheads hovering directly above your body, keeping you warm at all times. Exotic scented hydrating lotion melts on your warm skin for a finishing touch.

## MEN'S ZONE

### *Tops & Tails (Scalp, Hand and Foot Massage)*

This totally relaxing treatment targets the head, hands and feet to release tension. Warm compresses wrapped around the head melt away stress to immediately put you in a state of relaxation. Vanilla milk and coconut oils relieve head and neck stress while conditioning and moisturizing your hair and scalp. Your hands and feet are then massaged by pressing the reflex points to release tension. Enjoy this massage in loose, comfortable clothing.

### *Shorebreak Sports Massage*

Designed especially for him, this massage utilizes icy hot Biofreeze® blends to loosen muscle fibers that bundle and become tight from intensive exercise or lack of flexibility. Incorporating stretching, deep tissue and sports therapy techniques, this massage will get into your muscle aches like waves breaking on the shoreline.

### *Poker Face*

Reduce the tell-tale signs of aging with this gentlemen's facial. You'll look and feel revitalized after our skilled Artisans smooth away stress lines and put you back in action with your best face forward.

### *Men's Body Optimizer*

We've got your back covered. This treatment targets the most neglected part of your body—your back. Using facial products that are customized to accommodate your skin type, including acne, we will cleanse, tone and moisturize your skin.

## MEN'S ZONE

### *Men's Vichy-Hydro Combo*

This is the ultimate refreshing water experience. Submerge yourself in a hydrotherapy tub, drawn to your preferred temperature and infused with effervescent bubbles. In the Vichy room, overhead showers invigorate your entire body as an energizing gommage scrub rejuvenates and polishes your skin. You'll emerge renewed, relaxed, clean and smooth.

### *Arabian Knights Facial & Body Treatment*

Awaken your senses in a whole new way by discovering what cultures around the world have known for centuries—the skin-healing properties of coffee. Ground Arabica coffee and Dead Sea salts stimulate, detoxify and regenerate while they slough away dead cells with the invigorating aroma of rosemary, mint and citrus oils. After your coffee application you will receive a purifying and relaxing facial.

### *Barber Spa Services*

Our in-house Master Barber performs traditional barber-style hot lather shaves, hot towel facials, haircuts and other hair services just for men. Gents manicure and pedicure services are also offered in the comfort of the Barber Spa by our talented nail artisan.





## PRENATAL SERVICES

### *Prenatal Full-Body Massage*

This Swedish style full-body massage is performed on a specially designed pregnancy pillow that makes room for and supports the torso and abdomen areas when lying face down. Carefully selected oils pamper the growing demands of the skin, while gentle Swedish techniques improve circulation and relaxation.

### *Prenatal Facial*

It is said that pregnancy gives women a special aura, a uniquely vibrant beauty. Bring out your inner glow with our luxurious Prenatal Facial. Balance and brighten your skin tone while enjoying the relaxing techniques designed just for expectant mothers like you.

### *Prenatal Scrub*

Brighten your natural pregnancy glow with our specialized prenatal exfoliating scrub. Targeting the driest parts of your body, we use gentle strokes with a pregnancy-safe scrub to exfoliate and moisturize your skin, leaving it soft and supple.

## COUPLE'S RITUALS

### *Sacred Oils, Side by Side*

Once considered as precious as gold, sacred and legendary essential oils of Frankincense and Myrrh are infused with sea enzymes in this dual body wrap designed for intensive skin hydration and nutrition. We begin with an exfoliation of oxidant-rich champagne grape seeds, followed by the warm cocoon of precious oils and enzymes, and conclude with an aromatic lemongrass massage.

### *Kama Sutra with Shirodhara*

Celebrate the art of love with someone special as you enjoy the Shirodhara and body exfoliation with massage experience side by side in your own private suite. Warm oil anoints the forehead, opening the intuitive mind, while chilled rose petals rest softly over the eyes. Tantric music and pure aphrodisiac massage oils of sandalwood and rose transport couples into romantic bliss.

### *Double Banana Leaf with Shirodhara*

Incense and a traditional Thai floral foot bath greet you in your private suite for two. Your experience will begin with a skin preparation of aromatic blends, followed by a fresh banana leaf body wrap. You will also enjoy an ayurvedic head and scalp treatment for a renewing full-body experience.

### *Lomi-lomi for Two*

Ease into this Hawaiian Healing ritual with a fragrant crème scrub reminiscent of an island breeze. Your bodies will be smoothed and rinsed in the couple's specialty shower. Our Lomi artisans work to relax the mind and body by creating a mutually euphoric mood of balance, peace, and spiritual connection.

### *Couple's Lunaception*

Enter your private spa suite with your companion for this special fertility-heightening experience. Relax side by side, synchronizing your breath during your massage with Willendorf, Goddess of Fertility idols. Freshly prepared teas and carefully selected essential oils melt away everyday stress, unlocking nature's Reproductive potential.

Note: Available only during specific lunar phases. Check with spa representative for available dates.

## FACIAL CARE

### *Hydratherapy Facial*

Turn back the hands of time with this high tech facial. While simultaneously bathing the underlying skin with specially developed anti-aging and vitamin serums, Artisans will also deeply exfoliate and hydrate your skin to give it a youthful luster. By adding the Diamond Tip Abrasion (crystal-free microdermabrasion) to your facial, you will plump up fine lines and stimulate the collagen, leaving your skin simply radiant. For all skin types.

### *Optimum Hydration Facial*

Natural apple water and aloe vera nourish your skin to protect it from external aggressions, while maintaining optimum hydration for hours. As fine lines are smoothed, your skin will feel soft and look radiant. The ideal refreshment to relieve the effects of jet lag, sleeplessness or stress.

### *Rosacea Calming Facial*

Natural extracts such as linden blossom, kudzu, horse chestnut and licorice strengthen capillaries, restoring your skin's natural balance. This gentle facial includes a melting peel over the entire facial area, followed by a soothing crème and cooling hydro-gel mask. This superior treatment for reactive and/or sensitive skin refreshes, soothes and calms redness.

### *Lifting & Firming Facial with Vitamin C*

Designed for tired skin, this intensive Vitamin C treatment stimulates essential functions and repairs cell damage. Skin shows immediate improvement in tone and firmness. Sun damaged or prematurely aging skin becomes firmer, healthier and gains a satin complexion.

### *Oxygenating Facial*

This oxygenating treatment restores skin to its natural glow by neutralizing the damaging effects of smoking, pollution and other harsh environmental factors. Excellent for a dull complexion or skin showing signs of fatigue and stress.

## FACIAL CARE

### *Collagen Veil Facial*

Enrich your face with a collagen-rich veil that infuses the age-defying ingredient deep into your skin. The active veil plumps and revitalizes damaged skin cells, dramatically reducing the appearance of superficial lines, while improving skin tone by targeting the delicate areas around the eyes, mouth and lips. Immediate results you can see and feel.

### *Chakra Stone Facial Ritual*

This treatment is designed to renew and refresh your face, while rebalancing your chakras. Precious stones are aligned on your seven chakras as your Artisan puts you into a deep state of relaxation. Warm elixirs made with marine-based, organic products from Australia cocoon your face and body. Then kodo rocks gently massage your face, topped off with a refreshing quandong scalp application.

### *Red Carpet Facial*

Learn Hollywood's secret and treat yourself to luxury. Drench your skin in luxurious hydration, while plumping fine lines and wrinkles. With minimal extractions, a synergistic blend of alpha and beta acids, a transforming two-step mask and a mineral foundation, you will be fabulously "red carpet ready."

### *Vino Veritas*

"In wine there is truth." Using the high concentration of antioxidants found in the Chardonnay grape seed, this specialized facial helps combat the effects of the environment on your skin. Natural blends of herbal extracts and subtle bouquets of Chardonnay create a sensory experience reminiscent of a relaxing sojourn to wine country.

### *Facial Care Enhancements*

Eye contour treatments, Bust treatment and Waxing services for face and body.



VIRTUE ~

honesty *Veritas*

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## HYDROTHERAPY COLLECTION

### *Lotus Flower Bath (Detoxifying)*

A concentrated lotus flower extract bath is the ultimate detoxifier—the perfect remedy for jet lag, hangovers, weight loss programs that imbalance the body, headaches or toxicity and soreness. Essential oils derived from natural sources, such as those used in this treatment, have gained notoriety for their healing properties in spa therapies.

### *Exotic Elixir Bath (Hydrating)*

Immerse yourself in the gentle, warm waters of the South Pacific. Fresh coconut crème and exotic oils of drift nuts, from the sandy beaches of Fiji, are infused with natural aromatic plant and flower extracts. This gives your body a super boost of moisture along with essential vitamins and minerals, resulting in healthy-looking, glowing skin.

### *Seven Sacred Pools Bath (Invigorating)*

Named after the Seven Sacred Pools of Hana on Maui, our state-of-the-art private hydrotherapy bath will take your body and mind to paradise. Invigorating bath salts increase circulation and clarity of mind, while toning your skin for a youthful glow.



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