

## IMMERSE spa

1777 Third Street  
Detroit, Michigan 48226  
313.465.1656

### SERVICE HOURS OF OPERATION

Spa:  
Mon. – Sat. 8am – 8pm  
Sun. 8am – 4pm  
Fitness Center & Pool:  
Mon. – Sat. 6am – 10pm  
Sun. 8am – 6pm



**M**life



**IMMERSE SPA**  
MGM GRAND DETROIT

For more information call toll-free 877.888.2121  
or visit: [mgmgranddetroit.com](http://mgmgranddetroit.com) | [mlife.com](http://mlife.com)

At IMMERSE spa, we bring the aura of organic elements to each signature moment in the spa. Our menu offerings combine Zen-like escape with the synergy of the elements to create a signature sensory journey for your mind, body and spirit.

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## SIGNATURE RITUAL

*Each Signature Ritual includes elements to inspire and ignite with an Indian Jasmine face and body mist to uplift and give joy; inhalation breath therapy to reduce stress; a guided relaxation "Power Nap" to restore a more rested balance; finishing with our Signature Gift of a traditional Thai Bolus to take the memory home. A Japanese Tea Ceremony (sado) completes your journey.*

## HYPNOTIC MASSAGE

Let us help you relax while making your skin decadently smooth. Marine oils and sea salt gently polish the skin. Then, steamed and fragrant linen bundles deliver warmth. Inhale hypnotic perfumes as sachets press into aching muscles and energy pathways. Inspired by Thai massage styles, these techniques combine to release tension and restore balance to the entire body. (80 MIN)

## ULTRALUXE FACIAL

Exclusive Interval Massage techniques are integrated to gently reverse signs of aging on the face, neck, décolleté and hands. Expect radiantly glowing, youthful and deeply hydrated skin. (80 MIN)

## SENTO SIGNATURE RITUAL

This gentle six-part holistic healing massage ritual is designed to pamper and nourish the mind and body with a blend of organic oils. Start with a calming cleansing of the body with a mimosa wash, then experience the one-two of warming ginger oil with crushed bamboo sap, followed by a nutrient rich organic rice bran to gently exfoliate. Complete your skin's preparation with a jasmine, apricot, rose water blend. Next, steep your soul with kinmoxei silk oil with essences of begamot and citrus through a 20 minute shiatsu massage. Finish with a delicate application to the hands, feet and décolleté with a shea butter and aloe vera combination, leaving you with soft skin and a rejuvenated spirit. (80 MIN)

## THAI BOLUS

Add on a full body massage with our Thai Bolus, applied in "hot stone" style to the body's acupuncture points. Each Bolus includes fragrant sea salts, lavender and Signature Herb blends to accent the room throughout the massage.

(50 MIN)

## SHIMMER

For the ladies, add a touch of luxury with a dusting of iridescent mineral shimmer plus lip shine to complete your journey.



# FACIAL TREATMENTS

## CLEANSE

Want to keep your complexion as flawless as a Hollywood celebrity? Created by celebrity skin expert, Sonya Dakar, this high-performance treatment is meticulously customized to address dehydration, acne, sun damage or fine lines. (50 MIN)

## QUENCH

Parched, thirsty skin remains the most common problem for all skin types. To increase water levels in the epidermis, this facial incorporates moisturizing amino acids, complex sugars and mineral extracts. This potent treatment includes one creamy, one warming and one cooling facial to maintain the moisture reserves necessary for a dewy-soft complexion. (80 MIN)

## PURIFY

You'll look radiant after oxygenating and detoxifying marine agents leave your skin fresh and glowing. Enjoy a warm bubbling sea foam mud mask. A second, customized treatment mask will improve circulation and enhance your appearance. *This facial is recommended in a series for the treatment of acne.* (80 MIN)

## BRIGHT

This skin-brightening treatment includes a patented fusion of green tea, wheatgrass, eucalyptus, citrus and lactic acid. When combined, these ingredients provide triple level exfoliation and masking, treating discoloration from sun damage, hormones, genetics or aging. Serums, moisturizer and sunscreen leave the skin even-toned and radiant. *Recommended for all ages and skin types.* (80 MIN)

## YOUTH

Achieve more youthful-appearing skin with organic extract combinations developed by celebrity skin expert Sonya Dakar. A unique fusion of natural antiseptics and anti-inflammatories like lavender, tea tree and chamomile cleanses, exfoliates, steams, massages, extracts, masks and moisturizes. (50 MIN)

## EXPRESS FACIAL

Take 25 minutes out of your busy schedule to enjoy this deep cleansing mini-treatment and give your face a healthy glow. (25 MIN)

## BACK

Achieve blemish-free, radiant skin on the back and shoulders. A deep-pore cleansing and purifying steam is followed by gentle extraction, a relaxing massage, treatment mask and penetrating anti-bacterial serum and moisturizer. (50 MIN)

## SMOOTH

The tailor-made facial treatment for men's skin. The face is deeply cleansed, moisturized and soothed to reduce sensitivity commonly associated with daily shaving. A customized therapeutic facial mask, applied during a scalp massage, is a must to leave you feeling revived, relaxed and rejuvenated. Put your best face forward! (50 MIN)

## REFLECT PERFECT FACE

Feel welcomed, pampered and rejuvenated with more of our sweet indulgences. Whether you are preparing for a special occasion or just a change in seasons, let our trained professionals show you the color palette that will bring out the best in you. Our exclusive line of mineral makeup is hypoallergenic and designed to nurture the skin.

## FACIAL ENHANCEMENTS

### CALM SPIRIT

A Jade Face roller is used to improve circulation, drain lymphatics and protect the body's Qi [life force, energy, breath].

### GREENTEAPEEL™

The peel combines pure green tea and wheatgrass extracts with lactic acid to gently refine, smooth and brighten the skin. Peel strength is customized to fit your skin condition and is followed by a cooling Blue Mask – rich in azulene and chamomile and soothing post-peel serums. Leaves your skin silky smooth and radiant, with no downtime.

**ADD TO ANY FACIAL. SERIES OF 6 – ENJOY THE 6TH PEEL FREE!**

### KISS

Our lip treatment is the perfect remedy for dry, chapped lips and to fight the signs of aging around the mouth. The soothing and moisturizing ingredients soften and smooth delicate tissues, restoring plumpness for a youthful, more radiant appearance. Immediate results make this treatment great for special events.

### WINK

Specifically designed for the delicate eye area, this treatment incorporates super-gentle enzymes, eye-lifting massage and peptide technology to firm, hydrate and lift the eye area.

### LIFT

A firming answer for the jaw line, the neck and under the chin. A mask and moisturizer tones, lifts and nourishes the skin in areas with deeper lines and wrinkles.

### CHILL

Sensitive complexions get a cool-down with this award-winning, extra-mild, patented green seaweed extract. Chlorella regenerates, oxygenates and soothes irritated skin. The result? A mask that reduces redness and leaves the skin calm and refreshed.

### ROOTS

Want to experience the perfect complement to any facial or body treatment? We offer a variety of treatment oils to address your particular hair and scalp needs. Our stimulating blends are delicately warmed and applied vigorously to the scalp, neck and shoulders to stimulate circulation and nourish the hair.

### MARMA POINT

Tone and balance from the inside out with cool stone acupressure to the Marma points, the acupressure points of the face that correlate with the major organs of the body. Also gives the face a wonderful lift! **(25 MIN)**



## PRECISION 《 ENHANCEMENTS 》

WAXING  
BROW, LIP OR CHIN

BIKINI LINE

UNDERARM

ARM

HALF LEG

FULL LEG

BACK

NECK, SHOULDERS

CHEST

TINTING  
EYELASHES

EYEBROWS

EYELASHES AND BROWS

## MASSAGE

### CALM

This most soothing method of massage therapy focuses on calming the nerves and relaxing stiff muscles. A proven stress reliever, this treatment is customized to address your specific needs. (50 / 80 MIN)

### STONE

Transcend relaxation with this thermal massage session which combines soothing massage with heated basalt stones to transfer heat to stiff muscles. (50 / 80 MIN)

### SPORT

Relieve tension as our Hot Spot relaxing, bubbling seaweed mud is applied to tight, sore, stiff or strained areas. (50 / 80 MIN)

### AROMA

Infused with natural plant extracts, our Signature Aromatic oils will help enhance your mood and awaken your senses. We'll choose the oil blend that will best aid you in achieving a healthy equilibrium in body and mind. *Create your signature scent with our paired face and body mist to complement your treatment.* (50 / 80 MIN)

### FOUR X TWO

Quite possibly the ultimate spa experience, this treatment features two therapists simultaneously performing a choreographed Swedish massage. This four hands-rhythm induces a state of profound relaxation. (50 / 80 MIN)

### JOY

Prenatal massage is therapeutic bodywork which focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of pregnancy. Both mother and baby will share in the benefits as stress melts away. (50 MIN)

### EXPRESS MESSAGE

A relaxing massage for anyone on the go needing to unwind. (25 MIN)



## MASSAGE ENHANCEMENTS

### MUDDY

The ultimate seaweed experience, Self Heating Mud is applied to immediately soothe and relax aching muscles. This warm bubbling mud encourages detoxification and eases muscle tension.

### BUNDLES

Thai Bolus medicine bundles are wrapped and tied with soothing sea salts and lavender and are applied to the body in lieu of hot stones. Add to any massage.

### BONGER

A “bonger” with a natural handle and round ball is gently “bonged” over your acupressure points to keep your Qi [life force, energy, breath] flow smooth and balanced. Also great for relaxing tight muscles.

### SPIRIT

A Jade face roller is used to improve circulation and drain lymphatics. Jade balances and protects the body's Qi [life force, energy, breath].

### POINT

Tone and balance from the inside out with cool stone acupressure to the Marma points, the acupressure points of the face that correlate with the major organs of the body. Also gives the face a wonderful lift! (25 MIN)

## BODY RITUALS

*Cleansing, nourishing, relaxing and restoring are the keys to beautiful skin. This is best achieved through exfoliation – the removal of dead skin cells. This refinement process makes the skin feel smoother by accelerating the growth of new cells needed for healthy, glowing skin.*

### HAMMAM

This sensual ritual includes heat, steam, massage, detoxification, rich scent and relaxation. Retreat into an intense blend of essential oils, plant, nut and fruit extracts, carefully chosen for their therapeutic and healing properties. Free impurities from your body through exfoliation and polish, body misting, massage and restful envelopment “sihhatlar olsun” (in good health). (110 MIN) INCLUDES 50 MIN MASSAGE

### FLOWER

For those who want to indulge beyond compare, bring your body into a perfect balance of hydration and relaxation through this six part therapeutic ritual of flower oils and fruit essences with rich minerals from the earth and sea. Begin the journey with a yuzu fruit and sea algae purification, followed by a deep-scrub of fir oil combined with finely crushed walnut, and then be buffed to a polish with a rice bran milk enzyme. Cool off and be uplifted with a delicate rose soft-water misting. Next be drenched in lime silk oil for a 50 minute shiatsu massage to energize and restore the whole body. Finish with a dollop of plum wine cream keeping your skin soft, supple and sweet. (110 MIN) INCLUDES 50 MIN MASSAGE

### SLIM

This customized body cocoon incorporates brown seaweed blends for their detoxifying and metabolism-boosting properties. Once wrapped in your choice of slimming or deep cleansing ingredients, perspiration begins and your toxins melt away. After a refreshing shower, cooling moisturizers are applied to your newly purified, slenderized self. (50 MIN)

## BODY RITUALS

### CONTINUED

#### REFRESH

Say goodbye to fatigue, stress and low energy with our essential oil-infused seawater body masque. This cocoon combines the powers of marine-therapy and aromatherapy to rebalance sluggish cells and eliminate many skin and body conditions, leaving your skin feeling silky and the body calmly re-energized, especially after a lavish application of body cream. (80 MIN)

#### FIRM

This velvety body mask stimulates circulation, lending a firmer, more toned and youthful appearance to the skin. A cool firming mask is then massaged into the skin, detoxifying reflexology zones. Ideal for new moms or anyone with recent weight loss, this wrap is also an ideally soothing, reparative solution after sun exposure.

(50 MIN)

#### ESSENCE

Refresh your inner core with a renewing and cleansing full body exfoliation. The skin is polished with mineral salts with your choice of our Signature Essential Oils to remove dead skin cells and stimulate blood circulation, leaving skin with a softer, smoother appearance. (Ladies, please refrain from shaving before this treatment.)

(30 MIN)

(50 MIN) INCLUDES 25 MIN HYDRATING MASSAGE

## IMMERSIONS

### SOAK

Restore your own personal harmony and bask in an oasis of tranquility as you experience an ancient bathing ritual reborn.

#### MINERALS

In this therapeutic bath of freeze-dried marine seawater and seaweed soothes stiff muscles and stimulates depleted skin, as complex minerals, vitamins and other oceanic elements penetrate the skin to thoroughly detoxify, nourish and rebalance. Using the most concentrated form of pure seaweed available, this therapeutic bath boasts detoxifying and slimming properties to invigorate your body. *This bath is not recommended for iodine sensitive individuals.*

(20 MIN)

#### RETREAT

This most sensual retreat for the entire body blends pure Dead Sea salts, lava clay, deep earth minerals and essential oils including Moroccan Blue tansy, blood orange, cypress and neroli. Be inspired....

(20 MIN)

#### HEALING

Draw water's energy into the skin to lift the spirits and relax the body with this blend of hinoki wood, mint oil, chlorophyll and the healing effects of sage and lemon.

(20 MIN)



## ESCAPE

# SPECIALTY TREATMENTS

### BEJEWELLED

This magical body treatment begins with a Golden Body Scrub exfoliation. Next, your body is enveloped in a warm cocoon of buttery Golden Body Wrap. After a relaxing and re-mineralizing soak in our Golden Bath, the body is hydrated with gold-flecked body oil, then lightly dusted with golden powder, leaving your skin moisturized, revitalized and shimmering in a golden glow. *Perfect before your next special event!* (110 MIN)

### WAVE

This customizable treatment reaps the benefits of the ocean in a luxurious service that addresses the entire body with Relaxing or Draining Elixirs. Marine oils and sea salt gently exfoliate the skin. An essential oil and mineral-rich seawater gel masque cocoon warmly envelopes the body. Then, a heated, silky gel made of concentrated seawater is massaged over the skin, as targeting serums relax the tightest joints and muscles, draining congested areas. *A great cure for jet lag!* (110 MIN)

### TONE

Designed to firm, tone and increase elasticity, this treatment combines a scrub, a firming treatment and balneotherapy. To begin, a warm melt-away exfoliation with sea mineral scrub smoothes and re-mineralizes the skin. Next, a soak fortifies and nourishes collagen and elastin. The treatment is completed with an application of our luxurious Body Firming Cream, leaving the skin feeling silky smooth with an overall sensation of firmness and vitality. (110 MIN)

### PURE

Purify and invigorate from head to toe as the body is thoroughly exfoliated with a rich creamy scrub to prepare the skin for the ultimate seaweed experience – Self Heating Mud. This bubbling mud envelops the body in a soothing cocoon of warmth, promoting detoxification and easing muscle tension. A purified seawater bath in our re-mineralizing soak follows, with an application of Ultra Nourishing Body Cream for hydration. (110 MIN)

### REPAIR

Relax and renew with this all inclusive massage treatment. Your journey begins with Sea Salt Body Scrub to smooth rough or dry skin. Next comes a full body massage – including our Hot Spot mud application to detoxify and relax tight muscles. (80 MIN)



## SMOOTH

The tailor-made facial treatment for men's skin. The face is deeply cleansed, moisturized and soothed to reduce sensitivity commonly associated with daily shaving. A customized therapeutic facial mask, applied during a scalp massage, is a must to leave you feeling revived, relaxed and rejuvenated. Put your best face forward! (50 MIN)

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## PLAYER

Total spa treatment for the man who wants it all. Invigorate your hard working hands or tired feet which includes buffing and shaping of the nails. Eucalyptus and Tea Tree essential oils are utilized to energize, refresh the mind, reduce fatigue and soothe tired muscles.

(40 MIN) MANICURE

(50 MIN) PEDICURE



## MANICURES & PEDICURES

*In ancient Hindu philosophy, the Chakras are seven forces within the body that work together as a delicate energy system. When these forces function and interact optimally, we feel centered. Each SpaRitual nail service incorporates subtle fragrance and therapeutic benefits which stimulate a specific Chakra.*

### HARMONY

Your personal chroma reading is the new red! Take a calming retreat with our color-inspired SpaRitual. Designed to uplift your spirit and highlight the power of your personality, our luxurious floral infused ritual will transform both the appearance of and energy emanating from your hands and feet. Then choose your polish by color, numerological value and the dynamic of its overall harmonic suite. Feeling good has never looked better.

(40 MIN) MANICURE

(50 MIN) PEDICURE

### DRENCH

Soften dry cuticles in a hydrating jasmine oil soak. Harmonize and balance your energy surrounded by the seven Chakra stones. Decompress from the inside out with a warm oil massage infused with Jasmine. This treatment will leave your hands and feet soft and your spirit calm.

(50 MIN) MANICURE

(60 MIN) PEDICURE

### INDULGE

Experience the revitalizing warmth generated by the indigenous ingredients of ancient rituals. We combine Chinese jasmine, Indonesian ginger and Egyptian geranium with polished basalt lava stones to restore your entire body's innate calm.

(70 MIN) MANICURE

(80 MIN) PEDICURE

## EXPRESS

A mini treatment for those on the run who need a quick clean up of the nails and polish.

(25 MIN) MANICURE

(25 MIN) PEDICURE

## PLAYER

Total spa treatment for the man who wants it all. Invigorate your hard working hands or tired feet which includes buffing and shaping of the nails. Eucalyptus and Tea Tree essential oils are utilized to energize, refresh the mind, reduce fatigue and soothe tired muscles.

(40 MIN) MANICURE

(50 MIN) PEDICURE

## NAIL ADD ONS

FRENCH TIPS (10 MIN)

## PARAFFIN

Enjoy the simple pleasure of this deep, warming and moisturizing addition to any manicure or pedicure.

(15 MIN)

## CUSTOMIZED MASK

A choice of mask treatments for dry, dehydrated or pigmented spots. (5 MIN)

## EXPRESS SERVICES

### EXPRESS MASSAGE

A relaxing massage for anyone on the go needing to unwind. (25 MIN)

### EXPRESS FACIAL

Take 25 minutes out of your busy schedule to enjoy this deep cleansing mini-treatment and give your face a healthy glow. (25 MIN)

### EXPRESS NAILS

A mini treatment for those on the run who need a quick clean up of the nails and polish.

(25 MIN) MANICURE

(25 MIN) PEDICURE



## DWELL SPA JOURNEYS

*Earth...Wood...Metal...Fire...Water. In Chinese Medicine theory, the continuum between the five elements is essential to nature. Water extinguishes Fire, Fire melts Metal, Metal cuts Wood, Wood contains Earth and Earth absorbs Water. As the inspiration behind our treatments, we converge the essence of these elements to bring about balance, well-being and a healthy relationship with the self to each spa guest.*

### EARTH

- Choice of Immersions Soak
- Four X Two Massage
- Cleanse Facial
- Choice of Harmony Manicure or Pedicure
- Spa Lunch

ALLOW 4 HOURS

### METAL

- Essence Body Polish
- 80 min. Sport Massage
- Choice of Player Manicure or Pedicure
- Spa Lunch

ALLOW 3-1/2 HOURS FOR MEN

### WATER

- Choice of Immersions Soak
- Refresh Body Ritual
- Quench Facial
- Drench Manicure or Pedicure
- Spa Lunch

ALLOW 5 HOURS

### FIRE

- Essence Body Polish
- Stone Massage
- Bright Facial
- Indulge Manicure or Pedicure
- Spa Lunch

ALLOW 5-1/2 HOURS

### WOOD

- Choice of Retreat or Healing Immersions Soak
- Flower Body Ritual for her
- Hammam Body Ritual for him
- Spa Lunch

ALLOW 3 HOURS FOR COUPLE

## FIT GYM & POOL

*Experience our state-of-the-art workout facilities equipped with indoor pool, cardiovascular, free weights, circuit training, bottled water, herbal teas and fresh fruit.*

### ACTIVE & PASSIVE ZONES

Want to get fit? Spa Guests and MGM Grand Detroit guests are invited to use the Active and Passive Zones (Fitness Center and Pool).

### TRANSITION ZONE

Enjoy separate Spa Amenities for men and women. Spa Guests are welcome to take advantage of our Transition Zones featuring use of the locker rooms, robe and sandals, vanity areas, showers, Jacuzzi and steam room.

### FUSION PASS

Not a guest of the hotel? You can still enjoy all the amenities that our Active, Passive and Transition Zones have to offer with a special Fusion Pass.

If you choose to purchase a spa service, your fee may be applied towards the cost of service.

### MEMBERSHIP

IMMERSE spa offers a limited number of exclusive membership packages. For more information, please call 313.465.1656.

## KNOW HOW TO SPA

### FACTS & INFORMATION

*IMMERSE spa was designed for adults as a place of personal sustainability, creating a departure from everyday stress to personal renewal. Adults 18 years and older are invited to find refuge at IMMERSE. We are a cell phone and pager free facility. We are also a smoke free facility.*

#### RESERVATIONS

For maximum convenience and flexibility, we recommend that you schedule your spa sessions in advance. All appointments must be guaranteed with a credit card. Call 313.465.1656 and our knowledgeable spa coordinators will be happy to recommend and schedule a spa experience specifically for you. We will do our best to accommodate your request.

Pricing is subject to change without notice.

#### CANCELLATIONS

We ask that you give 24 hours advance notice, should you need to change or cancel your appointment. Cancellations made less than four hours before scheduled time will be billed at 50% treatment rate. No shows will be billed at full treatment rate.

#### SPA ETIQUETTE

We suggest you arrive for your journey at least 45 minutes before your scheduled appointment, providing you with sufficient time to change, shower and steam. Arriving late will possibly interfere with your treatment time. All appointments will end at their scheduled time so that the next guest will not be delayed.

A robe, slippers and locker for clothing and small personal items\* will be provided upon arrival. If you choose, undergarments may be worn during treatments.

You may request a specific gender massage therapist and/or esthetician while booking an appointment, although we cannot guarantee that we will have your request available at all times. All service provider professionals are licensed for the services they provide and meet IMMERSE spa's rigorous standards for draping, training, experience and excellence.

#### GRATUITY

For your convenience, a 20% service charge will be added to all IMMERSE spa treatment prices upon check-out. Should you wish to increase or reduce this amount based on your service satisfaction, please notify a spa coordinator upon check-out. Envelopes are provided at the front desk should you wish to leave a cash gratuity.

#### HEALTH INFORMATION AND COMFORT LEVEL

Please advise us of any health conditions such as high blood pressure, allergies, injuries, if you are using any medications that affect your skin, or if you have had recent laser or plastic surgery which could affect your service when making your spa reservation.

We have specifically designed treatments for expectant mothers in their second and third trimester.

We encourage you to have your service provider adjust any part of your experience, including the music, the amount of pressure applied during your massage, or the room temperature.

#### TOURS

To protect the privacy of our spa guests, we must limit the number of people we tour through our facility. We do not offer tours of the lower levels. Viewing of the pool on the upper level is permitted.

#### GENERAL

To continue your spa regimen at home, all spa products used in the treatments and services are available in our spa boutique.

Information on special spa packages or group programs can be obtained by contacting IMMERSE spa at 313.465.1656.

For your convenience, complimentary valet is available.

*\*IMMERSE spa is not responsible for misplaced or lost items.*



IMMERSE SPA  
MGM GRAND DETROIT