

Escape from stress to a more relaxed state of being!

Call Northern Nevada Massage & Day Spa.

Where our goal is to help improve your physical, spiritual and emotional well being in a relaxing environment at a reasonable price and where each guest is special!

**We are conveniently located  
Wherever you are in the Reno area!**

Your home, office, hotel room  
or other location!

You provide room to set up and we'll take care of the rest.

To schedule an appointment:  
**(775) 823-9966**

**NOTE: Pricing for in-house or multiple services will be discounted from those listed for mobile services**  
**Call or email for prices**

We require a credit card or gift certificate number to guarantee the appointment.

We kindly request a 48 hour cancellation notice (72 hours notice for packages). Reservations cancelled in less than 48 hours will incur a 50% charge for those services.

Appointments scheduled the same day, no show reservations and cancellations with less than 12 hours notice will be charged 100% of the services booked, including gift certificates.

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**Hours: Seven Days By Appointment Only**  
Advance booking required.  
Evening appointments may be available

[www.renodayspa.com](http://www.renodayspa.com)  
[info@renodayspa.com](mailto:info@renodayspa.com)

Reserve your one-hour vacation now:

775-823-9966

**Home of the One-  
Hour Vacation!®**  
**Take yours today!**

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Don't feel like driving after a massage?  
Leave that part to us!

Northern Nevada Massage & Day Spa  
has gone mobile!  
That's right, we bring the Spa to you!  
(some in-house services may be  
available at a discount - call for info)

Ideal for wedding/birthday/anniversary parties or ... just because you need it!

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**N**orthern Nevada Massage & Day Spa offers a wide array of massage and body treatment services, and we're open seven days a week by appointment.

## Home of the One-Hour Vacation!®

Proudly featuring Ortho-Bionomy®

**NOTE:**

**Prices listed in blue are for in-house and add-on services**

**Prices listed in green are for mobile services**

### Massage - Soothe pain or discomfort, improve circulation and reduce stress

30 minutes	\$ 40	\$ 70
60 minutes	\$ 65	\$ 95
90 minutes	\$ 95	\$125

Enhance your massage experience with these fabulous upgrades

- Aromatherapy for only \$10
- \$5 for pre-natal massage
- Lava Shells - heated massage \$15/60 min

**Chair Massage** MOBILE ONLY 2/hr minimum  
\$95 for the 1st hour; \$65 for each add'l hour per therapist

If you love hot stone massage, you'll love this! Haven't tried a hot stone massage? You'll be amazed at how wonderful the heat feels and how deeply relaxed you'll be!



### Fabulous Hand & Foot Care For healthier, happier hands/feet!

**Signature Smooth & Soothe foot scrub w/ rose mud wrap or paraffin** 30 min \$45 \$ 75  
**Reflexology** 45 min \$60/\$90 60 min \$70/\$100

### Single-use paraffin - soothe and nourish your hands and feet!

Add single use paraffin to your services  
**Hands OR feet** \$ 20  
**Both** only \$ 35

"Wonderful, relaxing, very enjoyable—Loved it!"  
Connie D

"This was the best 'mini vacation' I've ever had! Thank you so much." Kim

"What a special treat! This has made for a relaxing anniversary for both my husband and myself."  
Jennifer M

"You guys ROCK !! Thank you so much. You guys are so awesome—I feel Human again!" Jennifer R

### Body Scrubs and Wraps Revitalize every pore

**Peppermint or Chocolate Scrub** \$45 \$ 75  
**Body Silk Treatment** 35-40 min \$50 \$ 80  
**Body Wraps** 60 min \$80 \$110  
Stress Relief, Detoxifying,  
Aromatherapy or Chocolate Wrap

### Alternative Offerings - To ease tension and promote Wellness

Check our website for add'l treatments

Available times may vary for these services  
**Ortho-Bionomy®**, Reiki, Energy Work,  
**Trauma Resolution**

30 min	\$40	\$ 70
60 min	\$65	\$ 95

### Spa Packages - enjoy one of ours Or create your own!

Package times are approximate

**Express Package** (1.25 hours) \$135  
Bodysilk/Smooth & Soothe foot scrub-wrap/30 min massage \$165

**Upgrade** to a 60 min massage (1.75 hours) Total \$160  
(Highly recommended!) \$190

**Body Treatment Package** (2.75 hours) \$195  
Body silk/detox wrap/60 min massage \$225

**One-Hour Vacation: Three in a Row!** \$240  
(3 hours) Bodysilk/Smooth & Soothe foot scrub-wrap/detox or stress relief wrap/60 min massage \$270

**Girls (Couples) Night (Day) In** \$170  
(1.75 hours) \$200/  
Body silk/60 min aromatherapy person  
massage/Smooth & Soothe foot scrub-wrap

**Half-Day Package** (4 hours) \$305  
Revitalizing peppermint body scrub \$335  
Stress relief body wrap  
90 min stress relief aromatherapy massage  
60 min reflexology session

### Reserve your vacation Now!

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(775) 823-9966

We bring the Spa to You!  
info@renodayspa.com  
www.renodayspa.com

**Prices/services**  
subject to periodic adjustment

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**Prices listed in green are for mobile services**