

# LODGING



## Red Rock Resort Refreshes Spa and Wellness Center

Posted by: Lodging Staff in Design, Renovations ⌚ June 10, 2016

LAS VEGAS—Red Rock Resort has unveiled its newly renovated spa and wellness facility. Managed by Trilogy Spa Holdings, The Spa at Red Rock by Well & Being features fully-customized wellness experiences, including an updated menu of cutting-edge fitness classes, nutrition, integrative medicine, mind-body therapies, and advanced skincare. It will also be the first in the Well & Being portfolio to offer Lancer skincare spa services.

Currently available at the Fairmont Scottsdale Princess and Four Seasons Resort and Club Dallas at Las Colinas, the Well & Being concept of evidence-based healthy living utilizes a community of accomplished spa, fitness, and health professionals led by Chief Medical Officer Dr. Tieraona Low Dog, a distinguished expert in integrative medicine. The Well & Being experience provides guests with a personalized assortment of medically-guided tools for immediate and long-lasting results.

"We're thrilled to bring the wellness movement to Las," says Rick Richards, vice president and general manager of Red Rock Resort. "We look forward to enhancing our guests' leisure and business travel with exceptional facilities featuring the most innovative wellness and fitness experiences, all surrounded by the beauty of the Red Rock Mountains."

Through a multi-million dollar upgrade, the 25,000 square foot Spa at Red Rock by Well & Being will feature a comprehensive fitness area with Woodway treadmills, Matrix fitness equipment, and a mind-body studio boasting floor-to-ceiling glass windows for active classes such as TRX, tai chi, and vertical wall yoga. A second functional fitness studio will offer Spinning and exclusive In-Trinity Board classes – an elevated fitness program designed to build strength, balance, flexibility and coordination. The spa reinvestment will also incorporate a custom-designed demonstration kitchen for personalized nutrition and health consultations as well as signature Well & Being spa services.

The complete renovation of the Well & Being space includes a new interior layout influenced by mid-century California and casual Italian design elements featuring a combination of textured marble and limestone with artisanal finishes such as oiled white oak and dark bronze fittings. Evoking a residential feel, the spa and fitness center offer a warm palette of gold and copper accents with leather benches and ottomans available for lounging. Drawing inspiration from the look of gym equipment, boxing glove lace details can be found on the spa's upholstered pieces.

To create a feeling of community surrounding health and wellness, The Spa at Red Rock by Well & Being will feature a coed relaxation lounge, outdoor "shower garden" sanctuary and pool deck equipped with high-end sound and lighting for outdoor classes and events. Encouraging socialization and relaxation, the revived pool area boasts sofas, lounges, and sunken seating areas where guests can mingle post-treatment. The lounge area, adorned in yellow porcelain, serves as a resting area between classes as well as an extension of the outdoor pool deck.

QUINN