



HOW TO SPA

Cancellation

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 24 hours in advance for single services and 48 hours in advance for multiple treatments. A 50% charge will be applied to your credit card for failure to follow this policy. No show appointments will be charged in full.

Do you have special health considerations?

Please notify our reservation department if you have high blood pressure, allergies, are pregnant, have any physical ailments or special needs that would affect your choice of services. This information may also be completed on your Personal Care Guide upon arrival at the spa.

Upon arrival

We suggest that you arrive 15 minutes before your appointment time to sign in and enjoy a steam and shower prior to your services.

Running late?

As a courtesy to following clients, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

Do you need help choosing your treatment?

Our spa reservation department will help you plan the perfect spa experience based on your specific needs.

What should you wear?

A robe, slippers and day locker will be provided for you upon arrival to the spa. Disrobe to the level of your comfort. Undergarments are not necessary, but you may wear them during your treatment if you prefer. Our licensed therapists are trained to drape a sheet or towel over your body in a discrete manner, assuring your privacy at all times. For facials, we provide body wraps to cover the lower and upper half of your body.

Should you shave before a treatment?

Shaving is not recommended prior to any body exfoliation treatments or hair removal services. We do, however, recommend that **MEN PLEASE SHAVE 4 HOURS PRIOR** to their scheduled facial treatment.

Is there an age requirement to use the spa?

All spa guests must be 16 or older to schedule a treatment or use the Fitness Center.

Payment

We accept all major credit cards, traveler's checks and Bicycle Casino chips (up to \$100). Hotel guests may also charge the service to their room upon verification of available hotel credit.

Are gift certificates available?

Spa gift certificates are a wonderful way to give the gift of health, relaxation and beauty to the special people in your life. We will be more than happy to assemble a group of services that fit any personality or special occasion. Gift certificates may be purchased at the front desk or by phone and may not be redeemed for cash; only for products and services please.

Cellular phones

In consideration of our other guests, we ask that you turn off your cell phone before entering the spa.

Personal property/valuables

Please do not bring or leave valuables in the facility or lockers. We are not responsible for any theft or loss of personal property, including jewelry or other personal items.



SPA TREATMENT MENU



Welcome to The Bicycle Hotel & Casino's Spa.

We are pleased to offer the ultimate spa experience, which includes use of our Fitness Center, Resort Pool, full amenity locker areas and steam rooms.

We strongly recommend that you schedule Spa appointments prior to your arrival. Reservations are subject to availability and must be guaranteed with a hotel room number or credit card.

HOTEL SPA

AT THE BICYCLE HOTEL & CASINO
888 BICYCLE CASINO DRIVE, BELL GARDENS, CA 90201
562-299-0832 | BIKEHOTELSPA.COM

MASSAGE

The Bike Signature Massage 50/80 mins · \$95/\$150 **B**

Let one of our licensed massage therapists customize a unique massage that addresses all of your concerns. The massage could include such techniques as Swedish massage, deep tissue therapy, hot stones or light energy work. Includes a warm neck wrap and eye pillow.

Healing Hot Stone Therapy 50/80 mins · \$85/\$135

This massage treatment utilizes warm, mineral rich basalt stones that are soaked in a synergy blended infused oil that will melt away stress, aches and pains as well as over worked muscles and minds.

The Classic Harmony Massage 50/80 mins · \$75/\$120

This relaxing massage addresses the entire body. The Swedish technique provides comfort while additionally relieving stress and inducing profound relaxation. An excellent choice for your first massage.

Deep Tissue Massage 50/80 mins · \$85/\$135

A deep tissue massage focuses on specific areas and is excelled for the sports enthusiast or those with an appreciation for advanced bodywork. Firm pressure draws out the tension present in deeper muscle layers.

The Express Massage 30 mins · \$50

This 30-minute back, neck, and shoulder treatment is perfect for those on the go. A quick and pleasant way to start or end your day.

Massage Enhancements No additional time · \$25

- Aromatherapy Oil
- Scalp Massage
- Arnica Treatment for Sore Muscles

WAXING

Pricing available upon request.

SKIN CARE

The Bike Signature Facial 50 mins · \$85 **B**

Our exclusive facial is perfect for all skin types. This pampering treatment focuses on the skin's most powerful components: collagen, elastin and water. Designed for young and maturing skin in both men and women, this facial is the right choice for people of all ages who wish to better their skin's natural appearance.

O2 Lift 50 mins · \$95

This luxurious treatment infuses oxygen, plant-derived stem cells and a high concentration of enzymatic botanicals into the skin leaving it luminous, refreshes and rejuvenated.

Anti-Aging Facial 50 mins · \$85

An innovative anti-aging treatment providing the ultimate in correction, prevention and nutrition to the skin with plant-derived stem cells, peptides and botanicals. Skin will instantly look revitalized and invigorated.

Back Facial 50 mins · \$95 **B**

This treatment is designed for the hard to reach area of the back. Includes a deep cleanse, brightening exfoliation and a relaxing massage. Simple purification and restoration.

Facial Treatment Enhancement No additional time · \$20

Any of our enhancements can be added to peel, mask, serum, or moisturizer throughout the treatment or all of the above to customize the treatment specifically for your skin concerns.

- Vitamin C Enhancement (Nourishment)
- Hyaluronic Acid Enhancement (Hydration)
- Collagen Enhancement (Rejuvenation)
- Antioxidant Enhancement (Anti-inflammatory)
- Retinol Enhancement (Anti-aging)
- Kojic Enhancement (Lightening)

Microdermabrasion 30/50 mins · \$50/\$80

This trendy treatment revitalizes skin by resurfacing the outer layer of dull, dead skin, revealing a smoother, cleaner skin underneath.

Clinical Couture Peel Treatments 40 mins · \$75

- Signature Face Lift Peel This revolutionary 4-layer facelift will truly change the IMAGE of your skin. Vitamin C, glycolic acid and gentle but highly active enzymes speed up cellular turnover and brighten, tighten, and lighten your skin in just one treatment.
- Wrinkle Lift Peel An ultra-resurfacing glycolic and retinol treatment that exfoliates dead surface skin cells, leaving skin firmer and healthier. Visibly reduces the appearance of fine lines.
- Lightening Lift Peel This mega-lightening treatment gently blends lactic acid and a cocktail of lightening and brightening agents to reduce sun spots, brown spots and the redness caused by rosacea.
- Acne Lift Peel An alpha and beta-hydroxy acid cocktail, this outstanding resurfacing treatment has a dual benefit. It reduces and treats moderate acne while resurfacing and smoothing the skin.

PERSONAL CARE

Lash Lift 50 mins · \$95 **B**

The Lash Lift is an incredibly popular treatment, and is an excelled alternative to eyelash extensions. This enhancement will give you a stunning appearance of thicker, longer lashes that can last up to 4 weeks.

SOAKS

Hydrotherapy 30 mins · \$50

Enjoy a relaxing soak in a private bath to improve circulation, soothe aches and pains and promote a deep sense of relaxation. Couple the powerful effects of water therapy with sea salts, seaweed and minerals or essential oil enhancements. Choose between White Tea & Ginger or Madagascar Vanilla & Lavender.

NAIL CARE

Express Manicure · \$20 **B**

Great for those on the go. This manicure includes a hand soak, nail shaping, cuticle care and a regular polish of your choice. Buffing, gel or French polish for an additional charge.

Deluxe Manicure · \$30

Continue your manicure experience with a trio of services that will leave your hands and arms feeling smooth and hydrated. Includes a sugar scrub, paraffin hand bath and a mint mask application to the arms, all followed by a hot towel wrap.

Classic Pedicure · \$25

This treatment includes nail trimming, filing, buffing and cuticle cleansing. A regular polish of your choice is carefully applied. Gel or French for an additional charge.

Deluxe Pedicure · \$40

Continue your pedicure experience with a trio of services. Your lower legs and feet receive a relaxing massage with sugar scrub, a foot-bath in paraffin wax, and w mint mask to cool things down. Finish with a warm lotion foot rub, hot towels and a regular polish of your choice.

Lavender Pedicure · \$60 **B**

Enjoy a therapeutic benefit of a lavender infused spa pedicure that hydrates and detoxifies. Feet are softened in a lavender soak, exfoliated with lavender scrub and followed by a lavender mask. Enjoy a hot stone massage for the ultimate softening experience. Finished with a warm paraffin wax treatment leaving your feet feeling intensely hydrated.

Nail Upgrades and Add-Ons

Buffing · \$5 mani or pedi / \$8 combo
Polish · \$7 mani or pedi / \$12 combo
Polish Change · \$12 hands / \$16 feet
Gel · \$15 mani or pedi / \$25 combo
French · \$20 mani or pedi / \$35 combo

B Bike Favorite

Prices subject to change without notice.

