



THE SPA & SALON  
AT MGM NATIONAL HARBOR

MENU OF SERVICES

# RELAX RENEW RESTORE

The Spa at MGM National Harbor is a 27,000-square-foot sanctuary, offering eleven luxuriously appointed treatment rooms, a full-service salon, a state-of-the-art fitness center, and exclusive private amenities. Immerse yourself in one of our signature therapies, each designed to provide an unparalleled experience of relaxation, restoration, and renewal.



## Custom Massage

Your therapist will create a customized massage session to address your specific needs utilizing a variety of massage techniques designed specifically for you!

**50-Minutes**

**80-Minutes**

WEEKDAY

WEEKEND

\$252

\$390

\$270

\$408

## Hot Stone Massage

This full body Stone Massage nourishes the body and relaxes the mind. Massage stones are warmed and massage the body in specific combinations to relax body, mind, and spirit. This results in very deep relaxation, improved sleep, reduced inflammation and a sense of emotional peace.

**80-Minutes**

\$420

\$438



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## Expecting Mother Massage

A maternity massage is a specialized therapeutic massage designed to support the physical and emotional well-being of pregnant women in their second or third trimester. It focuses on alleviating common pregnancy discomforts such as back pain, swelling, and muscle tension. Using gentle and safe techniques, it helps improve circulation, reduce stress, and promote relaxation while ensuring the comfort and safety of both the mother and baby.

**50-Minutes**

WEEKDAY

WEEKEND

\$252

\$270

## Blissful Renewal

An extended, full-body treatment that provides ample time for deep relaxation and therapeutic benefits. With this longer session, the therapist can focus on relieving muscle tension, addressing specific areas of discomfort, and improving overall circulation. The extended duration allows for a more thorough and unhurried experience, perfect for those seeking deeper relaxation, stress relief, or a combination of massage techniques.

**100-Minutes**

\$504

\$522



## Couples Massage

A relaxing and rejuvenating experience where two people receive massages simultaneously in the same room. It allows couples to enjoy the therapeutic benefits of massage together, promoting relaxation, stress relief, and bonding. This shared experience is often chosen for romantic occasions, anniversaries, or simply as a way to unwind together.

**50-Minutes**

**80-Minutes**

\$504

\$780

\$522

\$798

### Custom 20

A 20-minute custom massage is a quick yet effective treatment tailored to target specific areas of tension or discomfort. Ideal for those with limited time, this session focuses on providing relief and relaxation in key problem areas, such as the neck, shoulders, or back. The therapist customizes the techniques to suit individual needs, making it a perfect option for a quick refresh or to address a particular issue.

**20-Minutes**

WEEKDAY WEEKEND

\$144 \$162

### Hand & Foot Reflexology

Pressure point foot massage treatment that aims to promote overall well-being by stimulating these reflex points, improving circulation, reducing tension, and encouraging the body's natural healing processes.

**20-Minutes**

\$144 \$162

Enhancements are available as incorporated additions to a massage service without adding additional time to the treatment. All Enhancements must be booked and received with a treatment.

- Scalp Therapy | \$42
- Hydrating Face Mask | \$60
- Dry Brush Exfoliation (includes take home brush) | \$42
- Targeted Stones | \$42
- Exfoliating Foot Scrub | \$42
- Body Butter | \$42
- Targeted CBD or Muscle Therapy Lotion Application | \$42

### CBD Restore Massages

Elevate your experience with active botanicals in Cause+Medic CBD body oil as we restore tired muscles in this full body treatment. Problematic areas will melt away with broad spectrum CBD Pain Relieving Cream.

**50-Minutes**

**80-Minutes**

WEEKDAY

WEEKEND

\$288

\$420

\$306

\$438

### CBD Refresh Body Polish

Enjoy a full body polish with CBD infused lavender sea salt to sooth and relax while the CBD exfoliant will ease inflammation and smooth rough skin.

**50-Minutes**

\$270

\$288

### CBD Renew Body Polish

Multitasking scrub combining 800mg of broad-spectrum CBD\*, coffee and Himalayan salt for fully exfoliated, glowing skin and relief for sore muscles. With powerfully regenerative properties, our scrub relieves soreness, exfoliates, keeps skin hydrated, prevents stretch marks and breakouts, and reduces the appearance of cellulite.

**50-Minutes**

\$270

\$288

### CBD Wellness Journey

Embark on our Cause+Medic Wellness Journey, where CBD-infused treatments revitalize your senses.

Begin with a lavender CBD body scrub for radiant skin. Detoxify with a CBD mud wrap, while your CBD scalp massage melts stress. End with a 50-minute full body massage for deep relaxation. Pure bliss awaits.

**100-Minutes**

\$540 WEEKDAY

\$558 WEEKEND





### Hydration Wrap

Re-energize your body with the powers of marine extracts and aromatherapy which will leave the skin feeling silky, firm & richly hydrated.

**50-Minutes**

WEEKDAY

WEEKEND

\$252

\$270

### Body Scrub

A luxurious, exfoliating treatment that gently buffs away dead skin cells, leaving the skin smooth, soft, and radiant. Infused with natural botanicals and essential oils, this scrub nourishes and revitalizes while promoting both detoxification and circulation. Ideal for all skin types, it offers a spa-like experience that hydrates and renews, revealing glowing, healthy skin.

**50-Minutes**

\$252

\$270

BODY TREATMENTS

## Platinum Hydrafacial

Our red carpet facial! This ultimate results facial includes all of the steps of the HydraFacial plus lymphatic drainage, neck and décolleté treatment, and a booster treatment vial.

**80-Minutes**

WEEKDAY WEEKEND

\$462

\$480

## Hydrafacial

Your Signature Hydrafacial will deeply cleanse, extract, and hydrate the skin. Address specific concerns with a booster of your choice. This treatment concludes with the LED Light Therapy to further reduce the visible signs of aging.

**50-Minutes**

\$360

\$378



## Oxygen Facial

Experience the pinnacle of skincare luxury with our transformative Oxygen Facial! This cutting-edge treatment infuses your skin with a powerful blend of concentrated oxygen, nutrient-rich antioxidants, and deeply hydrating serums designed to rejuvenate and restore. Feel the magic as dullness vanishes, fine lines diminish, and collagen production is supercharged, leaving your skin plump, firm, and glowing with youthful radiance. Perfect for every skin type, this non-invasive facial enhances elasticity, smooths texture, and delivers unparalleled hydration for a refreshed, luminous complexion. Elevate your self-care routine—because your skin deserves to look and feel extraordinary!

**50-Minutes**

WEEKDAY

WEEKEND

\$270

\$288



**Benefits of an Oxygen Facial:** Deeply hydrates and nourishes skin, boosts collagen production, enhances elasticity, smooths fine lines, improves texture, and restores a radiant, youthful glow. Perfect for all skin types, it leaves your complexion refreshed, plump, and luminous.

## Purifying Facial

Refresh and rebalance your skin with a deep-cleansing facial designed to draw out impurities, excess oil, and congestion. This clarifying treatment includes a detoxifying ritual followed by nutrient-rich care to soothe, hydrate, and restore harmony to troubled or acne-prone skin, leaving your complexion visibly clearer and more refined.

**50-minutes**

**80-minutes**

WEEKDAY WEEKEND

\$252

\$270

\$390

\$408

## Anti Aging Facial

This signature Alpha Beta Professional Peel immediately delivers smoother, more flawless skin and restores its youthful glow with just one treatment. Fine lines, enlarged pores and discoloration are no match for this coveted treatment. This treatment includes an anti-aging, imperfection-fighting light therapy treatment.

**50-Minutes**

**80-Minutes**

\$270

\$288

\$390

\$408

## Brightening Facial

Supercharge your skin with Vitamin C - nature's most potent and proven - skin brightening treatment. Combine with Alpha Beta Professional Peel System, this high-performance facial is the go-to for combatting sun damage, reversing signs of aging, and restoring luminosity for firmer, brighter skin. This facial includes collagen-building light therapy.

**50-Minutes**

**80-Minutes**

\$270

\$288

\$390

\$408



Enhancements are available as incorporated additions to a facial service without adding additional time to the treatment. All Enhancements must be booked and received with a treatment.

- Perk Me Up Lip & Eye Treatment | \$120
- Perk me up Replenishing Lip Treatment | \$72
- Perk Me Up Revitalizing Eye Treatment | \$72
- Collagen Mask Enhancement | \$60
- LED Light Therapy | \$42
- Eyebrow Wax | \$42
- Lip & Chin Wax | \$42
- Alpha Beta Peel Enhancement | \$60



FACIAL ENHANCEMENTS

Reveal your smoothest, most radiant skin with our professional waxing services. Using premium-grade wax and gentle techniques, we ensure a comfortable and effective experience tailored to your needs. From brows to toes and everything in between, let us help you achieve flawless, hair-free confidence.

- Lip or Chin | \$25
- Eyebrow | \$35
- Half Arm | \$30
- Underarm | \$30
- Full Arm | \$65
- Half Leg | \$65
- Full Leg | \$105
- Chest or Abdomen | \$95
- Full Back | \$95
- Bikini | \$75
- Brazilian | \$130



WAXING



Haircut, Shampoo & Style

**From \$180**

Gentlemen's Haircut

**From \$90**

Child's Haircut

**From \$48**

Blowout / Silk Press

**From \$90**

Single Process Color

**From \$264**

Partial Highlights / Full Highlights

**From \$264 / \$300**

Toner or Gloss

**From \$54**

Event Styling

**From \$180**

Ombre, Balayage, & Color Correction

**Pricing available upon consultation**

HAIR SERVICES

### Signature Manicure

An indulgent hand treatment designed to nourish, rejuvenate, and relax. This experience begins with an aromatherapy ritual, followed by a botanical soak and gentle exfoliation. Hands are then pampered with a hydrating hand mask and sealed with heated towels for deep moisturization. A massage melts away tension, while expert nail care and gel polish leave hands soft and perfectly polished.

**75-Minutes**

WEEKDAY WEEKEND

\$90

\$108

### Signature Pedicure

A luxurious and revitalizing experience for tired feet. Begin with a soothing foot soak infused with fresh botanicals and essential oils, followed by a gentle exfoliation. Feet are treated to a hydrating mask and wrapped in hot towels for deep nourishment. A relaxing foot and leg massage enhanced with hot stones melts away stress. The service concludes with expert nail care and gel polish application, leaving feet soft, smooth, and perfectly polished.

**75-Minutes**

\$108

\$126

### Recovery CBD Manicure

Reduce inflammation with Cause Medic Lavender & Sage exfoliation to prep skin for the healing benefits of CBD Body Balm and hydrating body butter.

**75-Minutes**

\$108

\$126

### Recovery CBD Pedicure

Treat tired feet and calves to the ultimate in recovery and relaxation. Includes CBD infused lavender foot soak and exfoliation, healing Moor mud masque, and CBD Pain Relieving Cream to revive aching feet.

**75-Minutes**

\$132

\$150



## Gentle Manicure

Relax with a soothing hand soak, expert nail shaping, and gentle cuticle care. Enjoy a light exfoliation and a hydrating massage with nourishing oils, followed by a flawless polish application for soft, elegant hands.

**75-Minutes**

**WEEKDAY**

**WEEKEND**

**\$108**

**\$126**

## Gentle Pedicure

A pedicure tailored for sensitive feet. This treatment includes a softening foot soak, gentle nail shaping, cuticle care, and a light exfoliation. A calming massage with hydrating, hypoallergenic creams leaves your skin soft and refreshed, followed by a buff or natural polish to complete the look.

**75-Minutes**

**\$132**

**\$150**



**Making Appointments** | While walk-ins are always welcome, we recommend reservations be booked in advance with the Spa 301.971.6115 or online at <https://mgmnationalharbor.mgmresorts.com/en/amenities/spa-and-salon.html>.

**Cancellation Policy** | Please give at least 24 hours' notice if cancelling or changing an appointment to avoid cancellation fees.

**Arrival** | Please arrive at least 30 minutes before your treatment to enjoy the amenities.

**Children** | Must be 18 years or older to enjoy the spa treatments and locker room amenities including but not limited to steam, sauna, and whirlpool.

**Unplug or Silence** | To ensure a peaceful and relaxing experience for all our guests, we kindly ask that you silence your phones during your visit. Cellphones are prohibited in the areas where clothing is optional. Thank you for helping us maintain a tranquil spa environment.

**Shaving** | Shaving is not recommended before a Body Treatment or Men's Facial.

**Service Charge** | For your convenience a service charge of 20% is already incorporated into the pricing above. 18% of the service charge goes directly to your therapist.

**While You're Here** | Allow time to browse in the retail shop for unique gifts and things to use in your home care regime to further your results at home.



Located inside MGM NATIONAL HARBOR | The Spa is just off the elevators on the 4th Floor of the Hotel  
101 MGM National Avenue | Oxon Hill, MD 20745 | 301.971.6115 | [www.mgmnationalharbor.com](http://www.mgmnationalharbor.com)