

SPAS, FITNESS & SPORTS

top picks

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What's your recommendation? www.lonelyplanet.com/las-vegas

SPAS, FITNESS & SPORTS

Bodily indulgences abound in Las Vegas, where over-the-top spas at glam casino hotels grant your every sybaritic whim, exotic dancers teach pole-dancing classes for the girls next door and tattoo studios stay open all night long. Everyone gets revved up for 'Fight Night,' when championship boxing matches are staged. Nascar weekends flood the Las Vegas Motor Speedway and the Strip, and true to the city's ranching roots, pro rodeo events take place throughout the year. Or just grab cheap tickets to a minor-league game played by hockey's Las Vegas Wranglers or a rough-and-tumble match played by the Sin City Rollergirls. If you want to be active yourself, go hiking, rock climbing or mountain biking outside the city limits, where golfers take swings in the desert badlands. Even bowling alleys have taken on a hipper edge recently (think *The Big Lebowski* meets *Swingers*).

BEAUTY & FITNESS

Spas abound, but finding a gym where you can work off that bulging buffet-laden belly is tough. If breaking a sweat outdoors is where your heart, mind and body are at, skip ahead to 'Activities' (p189).

DAY SPAS & SALONS

Most day spas offer massage therapy, facials, manicures and pedicures, and waxing and tanning services. Both men and women are typically welcome. Make appointments a few days in advance, up to a week or even a month ahead at celebrity hangouts. Some spas are reserved for hotel guests on weekends, such as at the Bellagio and TI (Treasure Island), while other are for guests-only at all times, like at the MGM Grand and Wynn Las Vegas. Other spas reviewed are open to the public seven days a week.

Day-use spa passes cost from \$20 to \$45 if you're not a hotel guest, but this fee may be waived with a treatment of \$75 or more. Multiday passes score small discounts. Expect to pay \$120 minimum for a 50-minute massage and at least \$75 for a 'quickest' facial or body scrub. More-exotic treatments easily exceed \$200 per hour. Salon stylists charge \$50 or more for a haircut or updo. Do tip spa staff around 15% of the total bill if a service charge hasn't already been included. Fruit, juices and healthy snacks are usually gratis.

For free mini makeovers, stop by department stores' cosmetics counters. For professional makeup advice, visit MAC Cosmetics inside the **Forum Shops** (p115).

ARCS Map p73

☎ 702-632-9390; www.robertcromeans.com; Mandalay Pl, 3930 Las Vegas Blvd S; ☎ 9am-11pm Sun-Thu, 10am-midnight Fri & Sat; 📍 Deuce

Short for 'A Robert Cromeans Salon,' this stylist to the stars says 'Most people think they have the worst hair in the world. We like to prove them wrong.' Test out your own red-carpet worthiness by making an appointment for a cut and style from the man himself (\$495) or one of his talented, time-tested staff for much less. Manicures and pedicures, waxing and pro makeup applications are available.

ART OF SHAVING Map p73

☎ 702-632-9356; www.theartofshaving.com; Mandalay Pl, 3930 Las Vegas Blvd S; ☎ 9am-11pm Sun-Thu, 10am-midnight Fri & Sat, barber services by appt; 📍 Deuce

Barbers that double as models wield straight razors for that elusive perfect shave, while dispensing advice about up-market skin-care products and aromatherapy grooming products. Polished services start at \$10 for a 'stache trim, up to \$80 for a royal shave and a haircut.

BATHHOUSE Map p73

☎ 877-632-9636; www.mandalaybay.com; THEhotel at Mandalay Bay, 3950 Las Vegas Blvd S; day pass \$30-35, gym only \$20; ☎ 6am-9:30pm; 📍 Deuce Seducing both sexes, this \$25-million minimalist Asian-inspired spa has dramatic stone walls and chaise lounges by plunge pools. Redwood saunas and eucalyptus steam rooms are perfect for sweating out sins from past lives or just the night before, with an ayurvedic herbal bath afterward. Stop by the 'aromapotheary' for massage oils blended to match your personality.

CANYON RANCH SPA CLUB Map p67

☎ 702-414-3600, 877-220-2688; www.canyonranch.com; 4th fl, Grand Canal Shoppes, Venetian,

3355 Las Vegas Blvd S; day pass \$35, with any spa treatment \$15; ☎ 5:30am-10pm, salon 9am-7pm, café 7am-6pm; 📍 Harrah's/Imperial Palace This modern, health-minded spa focuses on well-being. It offers more than 100 different therapies, activities and salon services, specializing in massage and couples' side-by-side therapies. Popular options include soaks in the Royal King's Bath, a custom-made bronze tub. Wanna save more moolah? Rates are cheaper on Tuesdays, Wednesdays and Thursdays. The spa café serves light cuisine and fresh-fruit smoothies. To get here, take the private elevator inside the Grand Canal Shoppes next to the spa's Living Essentials boutique. Also at **Palazzo** (p60).

EL CORTEZ BARBER SHOP Map pp84-5

☎ 702-385-5200; www.elcortezhotelcasino.com; 2nd fl, 600 E Fremont St; ☎ 9am-5pm Tue-Sat; 📍 107, Deuce

Old-school barbers sharpen their shears at this upstairs hangout inside a vintage Vegas casino. Chew the fat with old-timer locals and gamblers while you wait for a chair. Haircuts (for men only, of course) start at just \$10.

HANDS ON THERAPEUTIC MASSAGE & SPA Map pp50-1

☎ 702-614-6222; www.massagelasvegas.com; Cancun Resort, 8335 Las Vegas Blvd S; ☎ 9am-7pm Mon-Thu, 9am-9pm Fri-Sun; 📍 117

Massage junkies make the pilgrimage here for top-notch hands-on treatments recommended by five-star hotel concierges on the Strip. Choose from Swedish, deep-tissue, reflexology, aromatherapy or desert hot-stone massages, plus European-style facials, enzyme peels and peppermint foot scrubs. Bargain prices make it worth the drive here, although the masseuses can also come to your hotel room upon request.

HIBISCUS SPA Map p94

☎ 702-836-5945; www.westin.com; Westin Casuarina, 160 E Flamingo Rd; day pass \$25; ☎ 8am-8pm; 📍 202

A small sanctuary near the Strip, the Westin's spa specializes in 'rapid rejuvenator' treatments such as express facials, short-and-sweet manicures, flower- and fruit-infused body scrubs, and 'runner's repair' foot soothers. Day passes include use of the sauna, steam room and Reebok Gym workout facilities.

KIM VÔ SALON & MIRAGE SPA Map p59

☎ salon 702-791-7474, spa 702-791-7472; www.mirage.com; Mirage, 3400 Las Vegas Blvd S; day pass \$25; ☎ salon 9am-7pm, spa 5:30am-7:30pm; 📍 Harrah's/Imperial Palace

Recently revamped, the Mirage's mod spa is open to the public from Monday through Thursday, proffering deluxe body treatments, for example, with essential ocean minerals or Asian fruits. Feel even more like money at celebrity stylist Kim Vô's salon while you get a champagne hair rinse under a disco ball or a makeover from the magic man himself, who has worked on pro-sports stars and US presidents.

PALMS SPA & AMP SALON Map p98

☎ 702-942-6937; www.palms.com; Palms, 4321 W Flamingo Rd; day pass \$20-25, 3-day pass \$45-55; ☎ 6am-8pm; 📍 202

Ultrasoft 'cashwear' robes, mojito and cosmopolitan cocktails for your skin – oh, it's glam to the max. Soothe your rock-star face with a honey-avocado mask and your buff body with a shea butter scrub before enjoying a side-by-side massage or pumping iron in the fitness center.

QUA BATHS & SPA Map p57

☎ 702-731-7776, 866-782-0655; www.harrah.com/qua; 2nd fl, Augustus Tower, Caesars Palace, 3570 Las Vegas Blvd S; day pass \$25-45; ☎ 6am-8pm; 📍 Flamingo/Caesars Palace

Social spa-going is encouraged at Qua, which evokes the ancient Roman rituals of indulgent bathing. Seek out the waterfall showers or try a signature 'bath liqueur,' where an attendant pours a personalized potion of herbs and oils into your private tub. Couples' massages feature fertility rituals and aphrodisiac oils. The spas' gossipy public areas include a tea lounge, herbal steam room, cedar sauna and arctic ice room, where artificial snowflakes fall. On the men's side, there's a barber spa and big-screen TVs tuned into live sports. State-of-the-art workout machines are available.

RED ROCK SPA Map pp50-1

☎ 702-797-7878, 866-363-2872; www.redrocklasvegas.com; Red Rock Casino Resort Spa, 11011 W Charleston Blvd; day pass \$50; ☎ spa 6am-8pm, salon 9am-8pm; 📍 206

Best known for its 'adventure spa' offerings, from an indoor rock-climbing gym to kayaking trips out of town, the bold new