

Calm waters: Aquastretch therapy program relaunches at Spa Bellagio



Spa Bellagio's Aquastretch treatment is performed in a private, 94-degree pool.

BELLAGIO – Some of Spa Bellagio's therapists are feeling a bit like fish out of water these days ... or is it fish in water?

"Massage therapists are used to treating someone on a massage table. Performing a service in a pool is a little like being a fish out of water," said Lead Massage Therapist Julie Bevel. "But after performing massages in a quiet, dark room for years, it's a nice change of pace."

Spa Bellagio earlier this month launched a newly expanded Aquastretch program. The in-pool therapy treatments are designed to decompress the body and mind, increase flexibility, and release tension in muscles and joints.

"This is the day and age of people looking for alternative therapies for chronic pain. This service is really popular with people looking for that unique alternative," said Director of Spa and Salon Operations Tammi Furce. "There's more awareness, and it's definitely in demand."

Wade a little further into this article to learn more about Aquastretch therapy.

How does it work? Using weights for resistance and floats for support, therapists perform a combination of massage and stretching in the water to increase flexibility, alleviate chronic pain,

and relax the mind and body. “Think of it like aqua yoga, aqua dance,” Ms. Bevel said. “It’s based on the theory that the body is smarter than we are. When it gets in the water, it intuitively knows what to do to release.”



A team of 12 certified therapists perform the Aquastretch service at Spa Bellagio.

Who does it? While Aquastretch therapy has been on Spa Bellagio’s menu since 2008, the team is reintroducing the program now after 12 therapists (male and female) recently completed a 12-hour, in-water certification program. With this larger team, Spa Bellagio is now able to promote and offer the therapy more frequently. “We have a fresh, new team trained and ready to take care of guests. We’re relaunching this, we’re recommitting to it, and we’re really excited about it,” said Ms. Bevel.

What is a typical treatment like? One massage therapist and one guest enter the pool (couples can choose to participate together, too) and start with very basic, simple moves to get the guest feeling comfortable (i.e. stretching and rotating one leg to open the hip socket while the other is anchored with an ankle weight). Once the therapist has a sense of the guest’s flexibility and comfort level, they move on to more advanced moves (i.e. the guest lays in the water, held up by floats, while the therapist massages and moves each arm to create more openness in the shoulders). “It’s very fluid. And we customize every session to meet the needs of the client,” Ms. Bevel said.

Where is it done? Spa Bellagio is the only spa on The Strip to offer a therapeutic pool. The private pool, about four feet deep, is maintained at a constant, 94-degree temperature. “The pool ... takes pressure off the joints because you’re not lying down like you would be on a massage table. It leaves space in your vertebrae, and your body can stretch more when it’s in warm water,” said Ms. Bevel. “Being in the water opens the door for both physical and emotional release. There’s just something very nurturing about it.”

What is the cost? Guests can enjoy a 50-minute Aquastretch session for \$210 or a 70-minute treatment for \$285. The 90-minute couples session is \$300. M life Insiders can take advantage of a 30-percent discount off any Bellagio spa and salon service Monday through Thursday.