



spa bluSM
enliven your spiritSM

Sam's Town Hotel & Casino
315 Clyde Fant Parkway, 3rd Floor
Shreveport, LA 71101

phone | 318-424-5616

spa hours | daily 8 am to 8 pm
pool hours | daily 8 am to 10 pm
fitness center hours | daily 6 am to 8 pm

signature blu's chaser

Our signature massage, combining Swedish and Asian inspired techniques to restore balance, harmony to your body, mind, and spirit. Guaranteed to chase your 'blu's' far, far away.

25 min/\$60

50 min/\$90

80 min/\$135

back and blu

The sport enthusiasts custom massage. Specifically focus on those areas that are 'talking back!' This experience is designed for individuals wanting more detailed work on specific muscle groups or areas of chronic pain.

25 min/\$70

50 min/\$100

80 min/\$165

blu hue

Select your own custom-blended essential oils that are massaged into your skin, soothing your mood and reviving your body. This sensory experience is pampering at its finest.

25 min/\$70

50 min/\$100

80 min/\$145

midnight blu

The 'ahhhhh...' massage that calms restlessness, stress, and the angst in your life. Combining soothing music, quiet ambiance, and soothing scents - this 'night-cap' will replace those sheep you've been counting!

25 min/\$65

50 min/\$95

royal blu

"The art of love and healing through the hands and heart." This traditional hawaiian form of massage utilizes long, flowing and rhythmic strokes combined with joint mobilization to increase lymph flow and circulation. Lomi lomi bestows upon the body - peace and tranquility.

75 min/\$140

art of blu

Ready to really relax? This soothing treatment will soften your muscles while soothing aggravated and inflamed joints by using a therapeutic massage with hot stones. The 'ohhh...' massage!

75 min/\$140

head for blu's

De-stress on the double with this East Indian scalp massage. Designed specifically to target your neck and shoulders where those aches and pains might be residing, this massage utilizes point and stretch therapy and a unique blu azulene.

25 min/\$50

the blu express

We all have those areas of pain from which we get little relief. Here is our chance to focus attention on the areas where you need it most. This massage is done fully clothed in our special massage chair for your convenience.

25 min/\$25

the blu bounce

Therapeutic massage is combined with foot reflexology to enhance the flow of energy throughout the body and corresponding organ systems.

25 min/\$60

foot massage upgrade

Add service of foot massage to any of your massage or body treatments.

15 min/\$20

hot stone upgrade

Rock your spa service with the addition of Spa Rocks - an electronically heated element to enhance an area.

\$25

bio-freeze enhancement

Cold therapy pain relieving gel treatment

\$5

dry brush enhancement

Add the service of dry brushing to any of your massage or body treatment to improve circulation throughout the lymphatic system.

\$15

perfect shade of blu

Ready for the ultimate 'all about you' massage? This treatment will take you on an unforgettable experience by reviving your mind, body, and spirit. It begins with a full-body exfoliation utilizing customized masques while you enjoy a scalp massage. The treatment ends with our signature blu's chaser massage.

75 min/\$140

favorite hue of blu

Pampering for 25 minutes is all you really need when you're getting the ultimate rub down. This includes a full body exfoliation with blu salt or sugar scrub, followed by a lotion application that will leave you all aglow!

25 min/\$60

no longer blu

Feeling a bit blu? Treat yourself to our signature azulene masque. This fabulous treatment will be applied to your body following a full body exfoliation. A soothing lotion application is the perfect finish to this pampering session. In the pink!

50 min/\$95

75 min*/\$110

blu lotus mask

This mask is meant to turn your day from drab to fab! Our mask puts super antioxidant blu lotus to work, reversing affects of environmental damage and free radicals, while the bentonite clay acts as the balance ingredient for the skin. Feel as young as you look after this full body exfoliation! The ultimate end to the perfect treat - a full body lotion application.

50 min/\$95

75 min*/\$110

blu algae

Using our biggest beauty secret, blu algae, this treatment works to combat cellulite and sagging skin. This session also includes exfoliation, the blue algae wrap, and finally a deep tissue massage that will tell those cellulite areas - say "...see ya...!"

50 min/\$95

75 min*/\$110

drive-thru blu

Ever shed inches away in 15 minutes without breaking a sweat? This treatment uses a specifically designed body applicator that detoxifies, improves the micro circulation, and has an anti-inflammatory effect to tighten your area of choice. You will be wrapped by our professional and ready to go in no time!

15 min/\$60

bye bye blu's

Feeling relaxed while shedding inches? No - it's not too good to be true! While the wrap works on the targeted area, enjoy a relaxing scalp, neck, and foot massage.

50 min/\$125

*75 minute service includes your choice of an upper and lower body massage



blu signature facial

Put your best 'face' forward with our rejuvenating treatment that is high in antioxidants. Whether your skin is dehydrated, dull, needs a boost - or all of the above your esthetician can customize the treatment to your needs. This facial includes a thorough exfoliation, soothing treatment mask, and moisture balance to create your best look.

25 min/\$60
50 min/\$80

blu age

This turn-back-time facial includes a combination application of antioxidants, peptides, and other active ingredients valued for their wrinkle smoothing benefits. You will immediately see a smoother, plumper, and a more revitalized skin that will help you feel and look younger.

50 min/\$90

blu glow

Feel your best after this refreshing treatment. Rich in enzymes, this facial removes dead skin cells to reveal your radiant complexion. Pomegranate and cranberry antioxidants strengthen skin while removing bacteria. Combined with salicylic acid, this treatment is recommended for dull, dehydrated, oily, and acned skin conditions.

50 min/\$90

pro blu

All of us have those problem areas and this facial allows direct targeting! This specialized treatment includes deep cleansing and detoxifying of your pores, extractions by our trained professional, followed by healing treatments and serums.

50 min/\$90

gentleman's spa blu

Men - it's your turn to get pampered! Designed specifically for your needs, this treatment relieves shaving irritation while purifying hydrating, softening, and addressing aging issues. This facial includes a deep cleanse, enzyme peel, extractions, relaxing massage, purifying mask, and moisture balance. Designed to put you back in your happy place.

50 min/\$85

blu-tiful you facial

Because you're 'blutiful' you deserve this lactic acid peel with mulberry treatment, designed to smooth fine lines, and brighten discoloration by deep exfoliation. Combined with enzyme peel, this treatment delivers magnificent instant results. Perfectly gentle for just before the wedding or a special event.

50 min/\$110

blu 'bacial'

During this treatment, your shoulder area will get a purifying and detoxifying mask, extractions, and gentle massage. This treatment will give you the confidence to feel like the 'baby got back' real you!

50 min/\$80

NuFace eye lift

\$15

NuFace upgrade

\$20



the eyes have it

blu butterfly kisses

Strip: lashes that add volume seamlessly/\$20

Level One: 12-16 individual lashes/\$25

Level two: 20-24 individual lashes/\$30

Level Three: 25-29 individual lashes/\$35

little brow blu

Brow wax/\$20

waxing

bikini \$50 and up

Brazilian \$75 and up

full face \$60

lip or chin \$15

underarms \$25

full arms \$60

half arms \$30

full legs \$75 and up

half legs \$45 and up

back \$55 and up



signature blu's touch manicure

Give your hands the special treatment with this deluxe service; includes a soak, signature blu mask, massage, warm paraffin dip, and polish of your choice. *French polish is an additional charge.

50 min/\$35

blu to go manicure

In a hurry? You can still get pampered with this express hand treatment. Includes a hand soak, cuticle maintenance, and lotion application, complete with your choice of polish. *French polish is an additional charge.

25 min/\$20

my blu heaven signature pedicure

They say a way to a person's heart is through their feet. Take one step forward with this foot ritual that will have you feeling heavenly. We will exfoliate, apply our signature blu mask, and surround your feet in warm paraffin to reflect improved health and true beauty. Includes callus elimination and choice of polish. *French polish is an additional charge.

50 min/\$55

blu to go pedicure

This quick treatment is designed for those on the go and yet given just enough time to feel relaxed with blu. Includes foot soak, cuticle maintenance and lotion application. Finish your sandal ready tootsies with your choice of polish. *French polish is an additional charge

25 min/\$40

switch-a-roo blu

Need to freshen up that polish? We have the latest colors to show those hands and feet off with confidence.

Hands/\$10

Feet/\$15

soft blu

Add extra softness and moisture to your skin with this warming and conditioning Paraffin treatment that will make you feel glamorous.

Hands/\$15

Feet/\$20

hot stone enhancement

Add an enhancement to your hands and feet service with the addition of Spa Rocks - an electronically heated element, creating a soothing and relaxing experience.

Hands/\$5

Feet/\$8

French blu

Hands or feet

\$10

no chip at blu chip

Shellac manicure service combines the ease of polish with a high gloss shine and extended wear. Includes hand soak, cuticle maintenance, lotion application, and your choice of color. *French polish is an additional charge

50 min/\$45

no chip at blu chip removal

Gentle removal of shellac application

\$15

full set

50 min/\$50

nail removal

\$20

nail art

\$5

fill

\$30

nail repair

\$5

single tip w/ overlay

\$5

blu moon

This is it! The kind of spa indulgence that comes along - once in a blu moon! Your journey begins with our blu signature facial, followed by our blu's chaser massage. Then visit our nail room for our blu touch manicure and my blu heaven pedicure.

4 hours/\$250

tru blu

The mini beauty ritual of blu will revive your body, quiet your mind, and center your spirit. Start with a 25 minute signature blu's chaser massage and a 25 minute blu signature facial. Head off to our nail room and indulge in our blu to go express manicure and blu to go toes pedicure treatments.

2 hours/\$170

midnight blu too

Our answer to what your body is telling you it needs! Start off by relaxing with a 25-minute blu's chaser massage. Then revive your hands with a blu to go express manicure. Don't forget to treat those feet - enjoy a my blu heaven foot treatment!

2.5 hours/\$140

sky blu

A perfect pick-me-up when body and spirit need a little TLC! This uplifting package includes a 50-minute blu hue massage, a 50-minute blu glow facial, and our express blu to go manicure.

2.5 hours/\$200

no birthday blu-s

They say it's your birthday - well Happy Birthday to you! Enjoy the 'pampered package' from the blu's best! Begin your day with our 50-minute signature blu's chaser massage and to put the icing on the cake - a 50-minute blu's signature facial - exfoliation, soothing mask, and moisture balance - the baby face you were born with.

1.5 hours/\$160

baby blu

We did not forget about you guys! Restore your well-being with a 25-minute sugar/salt glow, 50-minute blu signature facial and - to put you back on top - a 50 minute signature blu's chaser massage.

2.5 hours/\$225

blu's anniversary waltz

Celebrate that cherished day - together. In a private treatment suite, share a romantic side-by-side couple's massage. Bask in the relaxing and soothing art of blu massage - seventy five minutes of ahhhhhhh... complete with soothing scents and a tranquil setting. Say 'I do' all over again!

75 min/\$260

