



RELAX & RENEW

Wellness & Rejuvenation Facility

Experience tranquility at our reimagined facility, featuring a selection of therapeutic massage services, including Classic Swedish Massage, Deep Tissue, Hot or Cold Stone, CBD Treatments, Poolside Foot Massages, & more.

*Available to hotel guests & the public from
Wednesday to Sunday, 10 AM – 6 PM.
Located in building 10, across from the gym.*

To book your treatment, please call (530) 545-6460.



DISCOVER WELLNESS

Don't forget to explore our new gym facility, featuring two Pelotons, two treadmills, yoga mats, & variety of fitness accessories including a weight set up to 50lbs, adjustable bench, and fresh towels.

Available to hotel guests from 8 AM – 10 PM.



COACHMAN HOTEL

SOUTH LAKE TAHOE

WELLNESS AND REJUVENATION

Spa Menu

Coachman Classic Swedish Treatment:

50-minute \$100, 90-minute \$140

Traditional Swedish massage tailored to loosen tight muscles, stretch connective tissues, relieve cramps and muscle spasms, loosen joints, and decrease muscle fatigue.

Deep Tissue Sports Massage:

50-minute \$120, 90-minute \$160

This deep tissue experience is designed to help you recover from epic powder days or the busiest of days spent in the summer sun. Firm pressure used to treat musculoskeletal issues, increase blood flow, and promote faster healing.

Tahoe Hot Stone Massage:

50-minute \$110, 90-minute \$150

Connect with your surroundings and your inner chakras using locally sourced, water-polished granite stones. Long strokes and circular movements calmly alleviate tense and damaged tissues throughout your body.

CBD Relaxation Treatment:

50-minute \$110, 90-minute \$150

Traditional Swedish massage infused with locally sourced CBD oil. This treatment not only decreases back, shoulder, and neck pain, but can also aid psoriasis, eczema, acne, and bug bite irritations.

COACHMAN HOTEL

SOUTH LAKE TAHOE