

SPAS, FITNESS & SPORTS

top picks

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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 'quickie' 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 treatments 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,