



CEDAR SPA

Spa Hours

Monday 9am–5pm

Tuesday Closed

Wednesday 9am–5pm

Thursday 9am–5pm

Friday 9am–7pm

Saturday 9am–7pm

Sunday 9am–5pm

For reservations and more information, please call

1-866-4WINDS1(494-6371) and press 6.

You may also book your appointments
with our spa front desk or online
at fourwindscasino.com.



CASINO • SOUTH BEND

3000 PRAIRIE AVE SOUTH BEND, IN 46614

1-866-4WINDS1 • fourwindscasino.com

5786-27.12.23

About Cedar Spa

The gifts the Earth offers are plentiful. Those bountiful gifts also nourish our souls and guide the mind through sensory experiences inspired by local indigenous ingredients including sweet grass, cedar, and other olfactory-stimulating essences. For hundreds of years, herbs and plants have been used to hydrate, heal, and soothe the skin. At Cedar Spa, we have incorporated many of these gifts into our spa offerings, with a touch of science to make them even more effective.

Our spa therapies utilize herbs, plants, and trees. From head to toe, natural clean products are used to deliver efficacious facial, nail, body, and massage services. Our massage services utilize natural organic oils and blends including aromatherapy essences. Our body treatments utilize profoundly exquisite earthly elements such as clay and muds, salts, natural oils and more. Each indigenous ingredient blends cohesively to relax, revitalize, refresh, or renew. Each service addresses different guest's needs, from sore muscles to the lack of sleep and from dry skin to sunburn relief. Our facial treatments have been developed for every skin type and most skincare concerns. From organic naturals to clean science-based products, you will want to try them all!

Winds and Water Journey - Women's and Men's Lounges

Before your spa journey begins, experience our therapeutic circuit in either of our men's or women's lounges. Complimentary use of a lush robe and spa sandals prepares you for your journey. This area was developed to stimulate every sense and is a place you will want to relax and recharge for an hour or half a day before or after your services. Our spa hosts work to anticipate all needs of their guests. Your journey can begin or end with an herbal steam experience, dry sauna, a session in our vitality pool or by just lounging on our heated relaxation lounges. These enveloping havens are complimentary to spa guests before and after their (service of 50 minutes or more) treatment.

A beautifully appointed pair of relaxation lounges allow our guests to relax between their treatments. One co-ed lounge is also available for both men and women to mingle together before or after their treatments.

During your lounge experience, you may choose a therapeutic intention based on your individual desires. Each involves the use of the amenities contained within the lounges; however, each is focused on delivering your desired result. Of course, your health is our utmost concern. If the use of heat generated by the sauna or steam areas is contraindicated, please alert us in advance.

Spa Guests

Spa treatments are available to guests eighteen years of age or older. The use of the lounge facilities is restricted to guests who have purchased a spa treatment of 50 minutes or more.

When to Arrive

You may arrive up to one hour in advance of your service to check in, shower and change into spa attire. This will ensure that all our guests receive their full time allotted for their scheduled service. Arriving late will shorten your treatment time.

Spa Tours

Unfortunately, tours will not be available during spa business hours for the privacy and relaxation of our guests. Pictures of the facility and an in-depth menu are available online at www.fourwindscasino.com.

Appointments

Spa appointments can be booked online at www.fourwindscasino.com, scheduled at our spa desk or you can call 866-4WINDS1(494-6371) for more information. Make your appointment(s) as far in advance as possible to assure the availability of your choice of services. Reservations are always subject to availability.

Cancellations

Reservations must be canceled at least twenty-four (24) hours in advance of your scheduled spa service. Services canceled under twenty-four (24) hours in advance or no-show appointments will be billed at their full price.

Gift Cards

Gift cards can be purchased at the spa or online at www.fourwindscasino.com. Gift cards are ideal for year-round gift giving and can be redeemed for hotel, retail, and dining on property.

Gratuities

For your convenience, an eighteen percent service charge will be automatically added to your spa service bill for your therapist, desk staff and locker attendant tips. If you would like to adjust the amount, please notify the reception staff and your bill will be adjusted accordingly. Tip envelopes are also available to reward exceptional service.

Our Facility

We are an alcohol-free, smoke-free, and vape-free spa. Thank you for helping us to maintain both your experience and that of our other spa guests.

The Use of Electronic Devices

Cell phone and pager use are discouraged in our spa. The use of cameras is strictly prohibited anywhere within the spa.

Items Important to You (Valuables)

We ask that you do not bring valuables to the spa. Each hotel room is equipped with a safe. We cannot take responsibility for lost or stolen items.

Spa Attire

For your enjoyment, we supply our guests with luxurious robes and sandals upon check in.

Other amenities include showers and personal care supplies, lockers, complimentary beverages, light healthy snacks and more.

Your Treatment Experience

Every guest has different preferences. For this reason, our therapists are specially trained to anticipate guests' needs.

- For our guests who prefer to be fully undressed during treatments, our spa professionals are fully trained in proper draping techniques to assure your modesty and comfort throughout.
- If you prefer, wearing undergarments is completely acceptable.
- We provide a full array of personal care products for your use in the locker rooms including hair and body products, blow dryers and more.
- Bring a bathing suit with you if you choose to experience the vitality pool located in the women's and men's lounges. If you do not have a swimsuit with you, we have them available for purchase in our spa boutique.
- Communicate your preferred pressure and technique during your massage services.
- If you prefer either a female or male provider, please make our reception staff aware when you book your appointment.
- Your therapist can adjust the room temperature and the music selection for you.

Special Services and Requests

We do our best to accommodate any reasonable request and to make your visit the exceptional experience you expect. Please discuss any preferences or special needs with our spa staff prior to your visit. If you have a therapist preference, it should be communicated when the appointment is made.

Your Health and Wellbeing in the Spa

Please inform us of any medical or special needs that may require our attention. You will be asked to fill out a Guest Intake Form prior to your arrival. Please do so at your convenience or you can fill it out before your appointment. Remember, some services may not be appropriate based on health conditions.

- Please do not shave prior to an exfoliating treatment of any kind
- Please refrain from alcohol use prior to your spa service
- Be mindful of sun exposure after any skincare treatment
- Nail services should be scheduled after any spa services

Taking Your Experience Home

Most products used in our spa treatments are available for purchase in our retail boutique. Your provider will make skin and body care recommendations to you. Please allow a few minutes after your service to peruse our take-home experiences.

Couple's Suite Experiences

Our Couple's Suite is an experience in and of itself. Designed to experience a variety of services together, a special menu has been developed for this unique room. Reserve it for one hour or up to four hours.