# THE SIMS 4
## SPA DAY GAME PACK

**UNOFFICIAL SIMSVIP GUIDE**

THIS GAME GUIDE WAS WRITTEN BY:

SimsVIP

THIS IS A GAME GUIDE FOR:
THE SIMS 4 SPA DAY GAME PACK
(PC/MAC)

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*This is an unofficial game guide for the Sims 4 Spa Day Game Pack (PC/MAC)

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# Contributors

## Alexis

### Editor-in-Chief

Hey everyone! My name is Alexis and I am the Editor-in-Chief for SimsVIP.com! I am a long-time simmer and community member, and am one of the writers for The Sims 4 Spa Day Game Pack Guide.

If you're reading my author bio, that means you're checking out the PDF version of our guide! I hope this guide helps you with relaxing at the spa, and thank you for your continued support!

## Kerri

### Designer

Hello! My name is Kerri and I am a designer here for the SimsVIP. My job is to essentially make things look good. I do info graphics for the site and now these game guides! So I really hope you enjoy it.

I have been a fan of the sims since the first game my favorite thing to do in the Sims 4 is build stuff and customize sims. Thank you for the support on this game guide and I hope to provide you with high quality PDF's like this one in the future :)

## Kit McDonald

### Guide Writer

Kit is a chocolate loving stay at home wife and mother with an overwhelming passion for The Sims.A legacy player at heart, she prefers the challenge of building something out of nothing. When she isn't trapping unsuspecting Sims in pools, Kit is often writing a new story, plotting for her next tabletop campaign, or experimenting with a new recipe. Cupcakes, yum!

# Basic Info



## Game Summary

Treat your Sims to a day of pampering with The Sims™ 4 Spa Day. Visit the all-new Perfect Balance Spa for a revitalizing massage, or work on the all-new Wellness skill with some yoga. After a relaxing mud bath, step into the sauna to melt away the daily stresses. You'll also get a variety of all-new objects and décor, so you can pack your home with so much tranquility that your Sims can't help but find their inner peace!

## Game Pictures

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# Basic Info

## Create-A-Sim

**Female Adult/Teen/Elder** - 6 Hairstyles and Hats, 8 Tops, 6 Bottoms, 3 Outfits, 5 Pairs of Shoes, 1 Accessory

**Female Children** - 1 Hat, 1 Top, 1 Bottom, 1 Outfit

**Male Adult/Teen/Elder** - 4 Hairstyles and Hats, 8 Tops, 6 Bottoms, 1 Outfit, 3 Pairs of Shoes, 1 Accessory

**Male Children** - 1 Hat, 1 Top, 1 Bottom, 1 Outfit

## Hairstyles and Hats

# Basic Info

## Hairstyles and Hats

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# Basic Info

## Clothing

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# Basic Info

## Shoes/Accessories

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# New Game Options

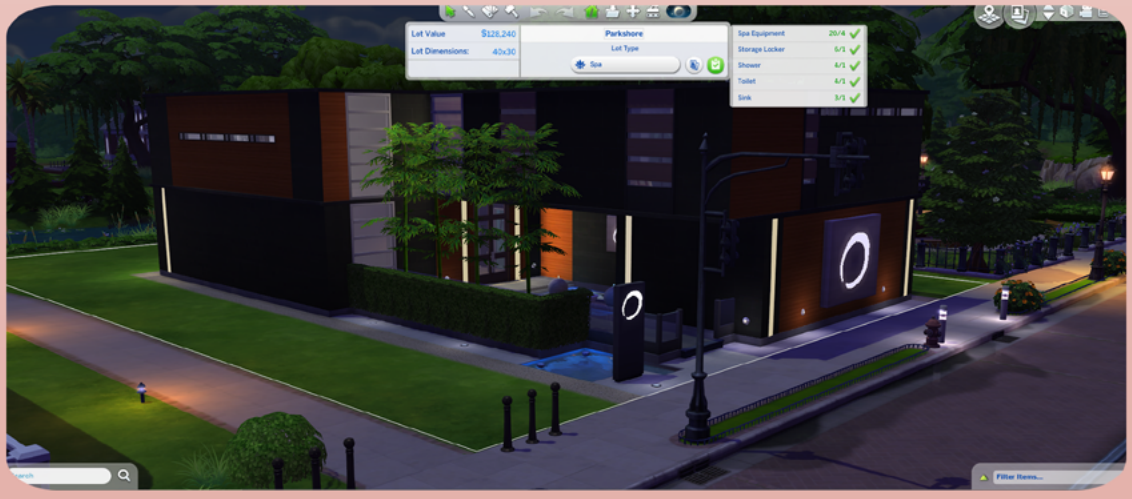
## The Spa Venue

When loading saved games that do not have a Spa Venue in the world, The Sims 4 will prompt you to use an automated lot placement to add one to your neighborhood. If you do not want to place one at that time, exit out and place the Spa at a later time via the "My Library" tab in The Sims 4 Gallery.

Placing the pre-built lots are not your only option though. If you decide to build your own lot for the world you live in, the following requirements must be met for the community to be considered a Spa.

### Spa Venue Checklist:

- 4 Spa Equipment
- 1 Storage Locker
- 1 Sink
- 1 Toilet
- 1 Shower



# New Game Options

## Pre-Built Lots

**Aham Ashram Yoga Studio (Spa, 30×20, 2 Bath)** - Realign your Sims' Charkras in this state of the art Yoga Studio. Have your Sims take a class or make their own practice and fill your Sims' senses and renew their minds and bodies with the enlightening ambiance of this studio.

**Center of Center Massage (Spa, 30×20, 2 Bath)** - Need a place to relax? Need to escape the woes of a stressful life? Say no more! The Center of Center Massage will take care of your worries and make them fade away like a distant memory. Restore, meditate, become enlightened and renewed or simply visit to stare at the magnificent water wall present in the establishment.

# New Game Options

**Perfect Balance Spa (Spa, 30×20, 2 Bath)** - This two-story spa is the ultimate pit stop for the soul! It features relaxing fountains, a meditation room, full-service locker rooms, self-serve wellness bar, massage tables, hand and foot massage chairs, gym room, and a Yoga studio! The Perfect Balance Spa has it all, nestled within soothing wood and stone decor.

**Luxe Health Club (Gym, 30×20, 2 Bath)** - Luxuriously decorated, this gym has all the amenities for all your Sims' fitness needs. Have your Sims indulge in all 3 floors of state of the art accommodations and activities that would practically make them want to live inside. We wouldn't blame them if they did.

# New Game Options

## Benefiting from Meditation

Sims who reach a state of tranquility while meditating will experience a “Successful Meditation”. During this time, Sims have a chance of increasing other skills, improving their relationships, finding forgiveness in their hearts for enemies, and thinking of ideas that result in increased performance at work or school.

## Teleporting

If you’re looking to get around your neighborhood a bit faster, increasing the Wellness Skill is the way to go. Once a Sim reaches Level 7 of the Wellness Skill, they will acquire the ability to Teleport onto any public space of the active neighborhood. Just click the ground and go! (Not available for inactive lots and neighborhoods)

- Sims who unlock the hidden location lots of The Sims 4 have the option to teleport there as well.

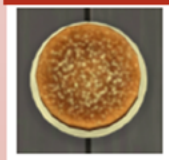
# New Game Options

## Pausing Motive Decay

Sims who reach successful meditation with a high level Wellness Skill, have the ability to freeze their motive decay. This allows your Sims to enjoy relaxation without the need to replenish their needs. (NOTE: You may have to cancel and restart the meditation interaction once you level up in the Wellness Skill to activate this powerful benefit.)

## Recipes/Drinks

The Sims 4 Spa Day adds new unlockable recipes that are part of leveling up in the all-new Wellness Skill. Once a Sim has leveled up and maxed the Wellness Skill they will unlock the following recipes:

| Image | Unlocked at.. | Recipe | Availble on the.. |
|---|---|---|---|
|  | Level 2 Wellness Skill | Sugar Free Carob Coconut Cake | Oven<br>Fridge |
| | Level 7 Wellness Skill | Superfood Salad | Fridge |
| | Level 10 Wellness Skill | Lemon Honey Ginger Detox Tea | Personal Tea Brewer |
| | Immediately on drink trays or Level 2 Mixology Skill on a bar | Frizzy Fruity Drink | Bars<br>Luxe Drink Tray |

# New Game Options

## Aquariums

Added in The Sims 4 Spa Day are two new Aquariums. Your Sim can purchase fish directly from the aquarium, restock the aquarium for §150 simoleons, or they can fill the aquarium with fish from their inventory. Selecting the "Open" interaction will allow a Sim to take and deposit up to 6 fish at a time.

## Collectibles

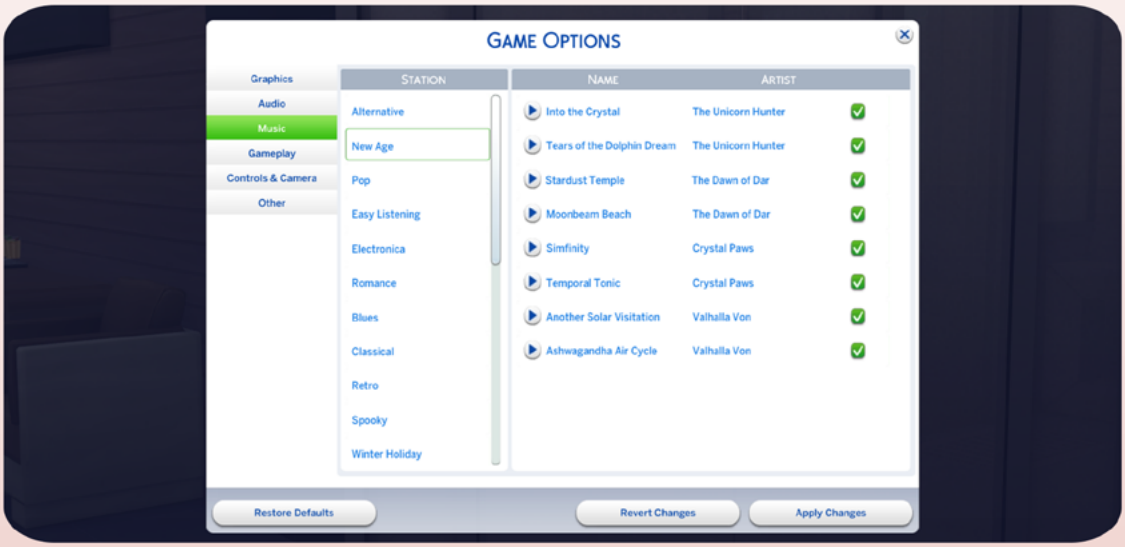
The Sims 4 Spa Day includes brand new fish that add to the already available "Fish" Collection. These new fish types can be purchased directly from an Aquarium, or can be found in most fishing spots around the world.

| Image | Name | Rarity | Value | Description | Reel it in! |
|---|---|---|---|---|---|
| | Cichlid | Common | §7 | Cichlids span in a wide range of body sizes. So no "one size" fits all for this kind. | Found in Aquariums and almost all fishing spots in any neighborhood. |
| | Discus | Uncommon | §14 | Due to their distinctive shape and bright colors, Discus are popular as freshwater aquarium fish. | Found in Aquariums, Sylvan Glades and Forgotten Grotto. Use Rainbowfish as bait. |
| | Exotic Goldfish | Uncommon | §15 | The fanciest of the goldfish family. Don't tell the other members we said that. | Found in Aquariums |

# New Game Options

## Radio Station

The Sims 4 Spa Day adds new songs to already existing radio channels in the game, but it also adds a brand new Radio Station called “New Age”. You can listen to the new channel via Stereos or Wall Speakers.







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# New Game Options

## Incense

Using the new incense burner objects, Sims are able to burn a variety of incense aromas for a mood boost in the immediate area. Sims can Light, Smell, and Put Out these burners at any time. The selected flavor will burn for 2 hours continuously unless you select to put it out before it goes out.

| Image | Incense | Cost | Boost Name | Boost Effect |
|---|---|---|---|---|
| | Evocative Lemon | §20 | Fresh Clean Scent | Inspired +2 |
| | Invigorating Cinnamon | §20 | Energizing Scent | Energized +1 |
| | Peaceful Patchouli | §20 | Cheerful Scent | Happy +1 |
| | Romantic Sandalwood | §20 | Infatuating Scent | Flirty +2 |
| | Sharpening Saffron | §20 | Focusing Scent | Focused +1 |
| | Soothing Sage | §20 | Tension Relief Scent | Happy +1 |



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# New Gameplay

## Wellness Skill

The Sims 4 Spa Day introduces the all-new Wellness Skill. Sims can master their mind, body, and emotions, through wellness skill books, yoga, massage, or meditation. Sims with a high level Wellness Skill can unlock advanced yoga poses, a variety of good quality massages, and many other benefits.

**Wellness Level 1** - Your Sim's new skill in Wellness will allow her to perform various yoga poses, meditate, and give a massage. More yoga poses, massages, recipes, and socials are unlocked at higher levels.

**Wellness Level 2** - Sims can Discuss Cognitive Focusing Methods, bake Sugar Free Carob Coconut Cake, and perform the Boat Pose in Yoga.

**Wellness Level 3** - Sims can give Aromatherapy Massage and perform the Triangle Pose in Yoga.

**Wellness Level 4** - Sims can offer Mental Relaxation Tips and perform the Tree Pose in Yoga.

**Wellness Level 5** - Sims can give Deep Tissue Massages, perform the Warrior Pose in Yoga, and might levitate when meditating!

**Wellness Level 6** - Sims can give Sports Massages, Suggest Visualization Techniques, and perform the Lord of the Dance Pose in Yoga.

**Wellness Level 7** - Sims can Teleport when levitating, make Superfood Salad, and perform the Bridge Pose in Yoga.

**Wellness Level 8** - Sims can give Stone Massages, Recommend Self Esteem Exercises, and perform the Handstand in Yoga.

**Wellness Level 9** - Sims can give Fertility Massages.

**Wellness Level 10** - Sims can brew Lemon Honey Ginger Detox Tea and Share Detox Secrets.

# New Gameplay

## Meditation

Meditation is one of many ways for Sims to increase their Wellness Skill while maintaining a peaceful mind. Sims who reach a state of tranquility while meditating will experience a “Successful Meditation”. This provides some great benefits to your Sims, and also unlocks the act of levitation!

During successful meditation, Sims have a good chance of increasing other acquired skills, improving their relationships, finding forgiveness in their hearts for enemies, and thinking of ideas that result in increased performance at work or school. Additionally, If you’re looking to get around your neighborhood a bit faster, Sims can even acquire the ability to Teleport onto any public space of the active neighborhood.

Lastly, Sims who reach successful meditation with a high level Wellness Skill, have the ability to freeze their motive decay. This allows your Sims to enjoy relaxation without the need to replenish their needs. (NOTE: You may have to cancel and restart the meditation interaction once you level up in the Wellness Skill to activate this powerful benefit.)

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# New Gameplay

## Yoga

Yoga is yet another way to increase the Wellness Skill, while maintaining tranquility for your Sims. Yoga Mats can be purchased in buy mode and can be used anywhere your Sim takes them! Performing yoga not only increases Wellness, but also increases a Sim's Athletic skill. Being Focused helps Sims perform at a faster rate.

Yoga can be performed by using the "Practice", "Routine", or "Pose" interactions. All interactions will run your Sim through a loop of different poses, but each provides different benefits for your Sims. The following poses are available when Sims perform Yoga and advance in the Wellness Skill.

# New Gameplay

Practicing Yoga will give your Sims a focused moodlet that will help increase their Wellness Skill at a faster rate, while Yoga Routines give an emotional boost. The following routines are available via the Yoga mat at any time.



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# New Gameplay

- **Energy Centering Routine** - Practicing Yoga can put a pep in one's step and fill the soul for 8 hours. (Energy +1)
- **Brain Boosting Routine** - The smooth motion of moving between Yoga poses inspires creative thinking for 8 hours. (Inspired +1)
- **Mind Concentrating Routine** - The art of Yoga brings focus to those wandering thoughts of the mind for 8 hours. (Focused +1)

## Yoga Classes

Sims can attend Yoga classes when visiting the Spa! Yoga classes are announced by notification, and begin 30 minutes after they are announced. The Yoga instructor has a pink icon over their head, and Sims can "Join" the class by interacting with the instructor.

When classes begin, Sims walk up to one of the available Yoga mats and begin the class. Each class lasts approximately 90 minutes and costs §110 Simoleons. (Sims cannot join a class already in progress.)

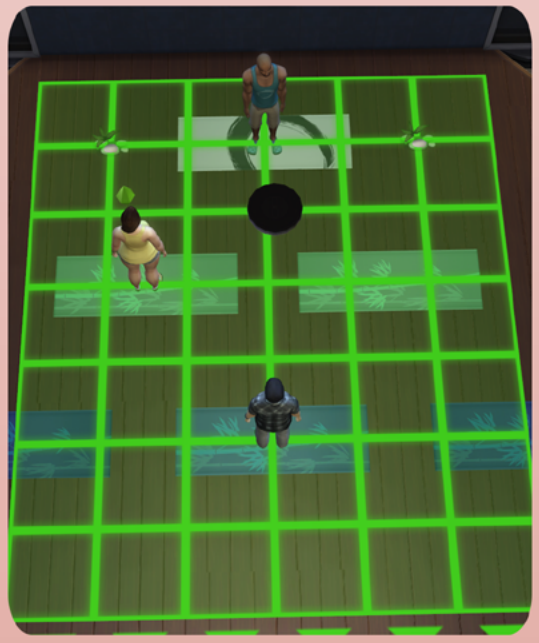
# New Gameplay

When classes are not in session, Sims can interact with the Yoga instructor and ask them to conduct a Yoga class on the spot. The following Yoga Class Routine options are available:

- **Energy Centering Routine** - Practicing Yoga can put a pep in one's step and fill the soul for 12 hours. (Energy +2)
- **Brain Boosting Routine** - The smooth motion of moving between Yoga poses inspires creative thinking for 12 hours. (Inspired +2)
- **Mind Concentrating Routine** - The art of Yoga brings focus to those wandering thoughts of the mind for 12 hours. (Focused +2)

If you do not want to use the pre-built Yoga classes, feel free to create your own! To do this, purchase the Instructor Zen Again Yoga Mat in Buy Mode for §140 Simoleons, and place it inside of a Gym or Spa. Once you've placed the Instructor's Mat, an NPC will automatically spawn to conduct classes.

- Instructor's Yoga Mats will only spawn NPC's on Gym and Spa lots.
- Non-NPC Sims cannot interact with the Instructor Yoga Mats.
- Place regular Yoga Mats within the Green area of the Instructor Mat. Yoga mats can be used during a class so long as at least half of the Yoga Mat is within the green area shown below.



# New Gameplay

## Massages

All Sims teen and older can give and receive a variety of massages. The quality of the massage is tied into the Wellness skill, and can leave your Sim with either a positive or negative moodlet.

Sims can interact with a Massage Therapist NPC (back), a Reflexologist (foot/hand), the massage table, the massage chair, or even ask a nearby
Sim for one of the various back massages. Getting a massage even boosts friendship levels with whomever is giving you a massage. Below is a complete list of massages available in the game.

- Some Sims will end up with negative moodlets when receiving massages from a strangers.
- Sims can interact with the massage table and chair on any lot with two or more Sims.
- Sims who own a massage table at home can hire a massage therapist via the telephone

# New Gameplay

| Massage Type | Cost | Boost Name | Boost Effect | Boost Duration |
|---|---|---|---|---|
| Swedish Massage | §120 | Relaxing Massage | Happy +1 | 12 hours |
| Deep Tissue Massage | §180 | Deeply Relaxed | Happy +1 | 24 hours |
| Sports Massage | §230 | Prepped for Fitness | Energized +1 | 12 hours |
| Stone Massage 300 | §300 | Hot and Happy | Happy +1 | 24 hours |
| Fertility Massage | §380 | Fertility Boost | Happy +1 | 12 hours |
| Aromatherapy: Lavender | §140 | Focusing Aroma | Focused +1 | 12 hours |
| Aromatherapy: Lotus Blossom | §140 | Confident Aroma | Confident +1 | 12 hours |
| Aromatherapy: Mint and Rosemary | §140 | Energizing Aroma | Energized +1 | 12 hours |
| Aromatherapy: Ylang Ylang | §140 | Inspirational Aroma | Inspired +1 | 12 hours |
| Foot Massage | §40 | Soleful Rub | Happy +3 | 6 hours |
| Hand Massage | §40 | Handtabulous Massage | Happy +3 | 6 hours |

## Mud Bath & Body Soak

Mud baths and Body Soaks are interactions that have been added to nearly all existing bathtubs in The Sims 4. All Sims, children included, can now work out their tension and enhance their mood in the comfort of their own home. Below is a list of every type of Mud Bath and Body Soak available in the game.

- Mud baths will leave your bathtub dirty after each use, and can possibly even clog it!
- Some Sims find a mud bath to be very uncomfortable!

| Bath Soak | Cost | Boost Name | Boost Effect | Boost Duration |
|---|---|---|---|---|
| Citrus Soak | §30 | Lime and Shine | Focused +2 | 8 hours |
| Lavender Foam | §30 | Relaxing Lavender | Happy +2 | 8 hours |
| Milk, Honey, and Oatmeal Soak | §30 | BabySoft Skin | Happy +2 | 8 hours |
| Romantic Sandalwood | §30 | Infatuating Scent | Flirty +2 | 8 hours |
| Sharpening Saffron | §30 | Focusing Scent | Focused +1 | 8 hours |
| Soothing Sage | §30 | Tension Relief Scent | Happy +1 | 8 hours |
| Mud Bath | §60 | Mud is Magc | Confident +2 | 12 hours |

# New Gameplay

## The Sauna

The Sauna is a relaxing object whose sole purpose is to ease your Sim's tension. All Sims, children included, can "Relax" in the Sauna and enjoy a boost of happiness!

Sims with a Level 5 Mischief Skill can also "Sabotage the Sauna with Sulfur". Sabotaged Saunas will release a yellowish, rotten egg smelling steam that makes Sims uncomfortable for up to an hour. Oh what fun!

## Death by Sauna

Relaxing in the Sauna will give your Sims a boost of happiness, but spending too much time in the sauna will result in a very uncomfortable situation. Once a Sim has received the "Superfluous Steaming" moodlet, it is best to keep them out. If a Sim enters the Sauna before this 8 hour moodlet has lapsed, the Sim will die.

# New Gameplay

Sims who die of excessive steam exposure end up as ghosts who are very hot and dehydrated. When this ghost comes into contact with water puddles, they have the ability to “Absorb” the puddle. How’s that for hydration!?

## Sauna Woohoo

Being in the Sauna can be a lot fun for Sims who want some alone time! Sims in a romantic relationship can use the Sauna to “Woohoo” or “Try for a Baby”. Talk about Hot and Steamy!

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# BUILD/BUY MODE OBJECTS

**Instructor Zen Again Yoga Mat**
§140
Place Yoga Mats within this object's footprint to set up a Yoga Class on a Spa venue!

**Solitary Stool**
§180
Relax and take things one at a time. Remember, you do not need to find inner peace to enjoy the benefits of solitude.

**Happy Hands and Feet Chair**
§435
You will want to save up for this gem. Feel the ultra plush feather cushion, so many per square inch! Have a seat and see what happens next...

**Sleek Juice Barstool**
§145
Sleek, curved, and stylish. This barstool is the perfect way to equip your juice bar with comfort.

**Why would anyone sit on this? By Zzbrft**
§195
In an attempt to go out of business to spite their evil investors, Zzbrft started selling giant blocks of concrete as sitting furniture. Yet despite Zzbrft's best attempts to destroy their business, consumers continue

**Venue Wall Speaker: New Age**
§120
This is a wall-mounted stereo intended for use at community venues. Wash away the stress with the relaxing vibes of new age music.

**Joose Series Island Style Counter 5B**
§230
Expand your Joose collection with these sleek and chic designer island counters. These counters come complete with 2 handles each, strategically placed for maximum Joose reaching capability!

**Joose Series Modular Cabinet 4C**
§175
Round out your Joose collection with these exclusive new cabinets! Tired of reaching down low for your Joose? Well now reach up high! To the side! To the other side! Good workout, now go get some Joose.

**Peaceful Pouf Ottoman**
§140
Mellow out on this marvelous ottoman, designed to help you relax and unwind.

Comfort: 3

**Calm and Collected Chair**
§350
Sit back and collect your thoughts in this peaceful chair. It was designed to help center one's self as well as provide the most tranquil comfort.

**Chair in the Corner**
§175
Chair in the Corner is not for your comfort, comfort is for the weak. Chair in the Corner is for your gaze! Sure, you can sit upon it, I wouldn't. But place it in your home, and you will draw the attention of the gods!

**The Posterior's Respite**
§605
This firm couch, defined by its sharp lines and blocky structure, is a place of respite for the sore posterior. Like an outcropping in the wilderness, be it a tree stump, or rock smoothed by windswept time, The Posterior's Respite is a retreat for the seekers of comfort.

**Simple Ottoman**
§205
We had 8 2x4s. We cut 4 of them into 1/3rds. We threw away 4 of the 1/3rds. We glued the other 8 1/3rds to the remaining 4 2x4s. We then nailed the 8 1/3rds to those 4 2x4s. We then stained the 4 2x4s, and the 8 1/3rds, but before that we sanded them,

**The Relaxer Massage Table**
§875
When your back hurts after a long day, there's nothing like a good massage to rub the ache out of those muscles. Lay down on The Relaxer and let a masseuse knead it all out.

**Joose Series Tileable Countertop 7A**
§230
Start your very own Joose collection with these modern, polished counter-tops. Don't leave people asking "Where's the Joose?" These babies will let them know just by looking at them, it's RIGHT here.

**The Modern Mushroom**
§295
Marvel at this masterpiece of man-made machined modernity. Its medium is not of mediocrity, but a meticulous manifestation of meditation and measure. Maximize the magnificence of molding in a mosaic of mahogany. Most majestic.

# BULD/BUY

### The Hollow
**$95**

Ancient texts indicate that inanimate objects, be they chairs, sculpture, or tables, have no soul. Their insides are empty and missing entirely. The renowned sculptor Claude X, in a daring riposte, charged this claim directly. The Hollow, a table with soul.

### Nouveau Riche Niche Table
**$90**

With an abundance of austerity and a modicum of sophistication, this table fills a very specific furniture need.

### Awesome Cube
**$150**

You know what's awesome?

An Awesome Cube!

You know what's more awesome?

### The Water Falls Sink
**$240**

An irregular sink by Western (and other) standards. The Water Falls Sink is a cavalcade of innovation off the precipice of typical bathroom furnishings. It emulates the falls of nature, and by doing so, reminds us of our more rustic and organic past.

### Too Cool for Number Two
**$610**

Following in the footsteps of the "Please Use Other Door" door, this toilet prefers Sims take their bladder needs elsewhere.

**Bladder: 10**

### Tranquil Waters Shower
**$880**

Have I just walked into a tranquil dream? NO! It's the Tranquil Waters Shower. Its frosted glass provides the utmost privacy for that tranquil shower time. Ha ha tranquil.

### SpAhhh Tub
**$585**

Nothing will make you say Ahhhh like the SpAhhhh tub. It's the most Ahhhhhwesome tub around. So take a load aaaahhhhff. Grab a cold one with your braaaaaaahs.

**Hygiene: 4**

### The Perfect Tub
**$1,055**

Looking for a versatile bathtub to bathe in, use soaks and even indulge in a mud bath? Look no more! The Perfect Tub will suit not only your everyday needs, but will withstand even the most intense of mud baths and soaks. Note: Mud for baths and soaks not

### Zen Again Yoga Mat
**$125**

This comfortable Yoga mat can be placed anywhere for a quick Yoga Routine. Designed for all levels of practices, this mat will adapt to your Sims as they work through their poses and achieve the unification of mind, body and spirit.

### The Introspective Contemplation Stool
**$145**

This simple stool can bring wellness and inner peace. Just plop down and start meditating! Notice the seat made of all natural Koa wood, that was farmed off the driftwood on beaches and not cutting down

### The Ohmm My Gosh Meditation Stool
**$220**

This high end meditation stool will help you fulfill all your meditation needs. From sitting on it, to raising that wellness skill, it does all things meditation. Comes in a variety of colors and one size fits all. Batteries not

### Ju-C L200 Liquid Beef Bar
**$875**

Go ahead and DRINK YOUR BEEF, BRO! Not for those who consume chocolate by the flabby fistful or mindlessly munch on gluttonous gluten, the L200 Liquid Beef Bar is an instant meeting place for the elite few who are ready to take Fitness to the next

### Joose Series Tileable Countertop 7A
**$230**

Start your very own Joose collection with these modern, polished counter-tops. Don't leave people asking "Where's the Joose?" These babies will let them know just by looking at them, it's RIGHT here.

### Swimming with the Fishes
**$295**

If you give a Sim a fish, they have a fish. If you teach a Sim to fish, they can fill up this aquarium with all their awesome catches! Show off those beautiful fish with this elegantly appointed aquarium. Or, you know, just buy them if you don't fish.

### Perfect Private Aquarium
**$595**

Presenting the Perfect Private Aquarium. Perfect for your fish, to view in the privacy of your own home. Or office. Or anywhere, really. Now with luxurious faux sand, imitation rocks, and artificial seaweed for the enjoyment of your fish!

### Artificial Fever Room
**$2,100**

The Artificial Fever Room will help your Sim with some steam therapy. Relax on the redwood benches and enjoy the steam from 1,000 year old lava rocks. Walls sold separately. But batteries are included!

### StoneZone Sauna
**$2,300**

StoneZone brings you an all new take on the classic sauna. Constructed out of heat-resistant stones that remain cool even at high temperatures, this sauna is one that won't scald Sims' bottoms when they sit down.

### Don't Quit Boxing Bag
**$500**

Get your gloves out and your arms ready! This bag will take a beating and come back for more. Need to get your heart rate going? Hit this bag for an undetermined amount of time, it can take it! Need to get your frustration out? Punch it out with this

# BULD/BUY

### Sprint Chic
**$1,755**

Sweating, grunting, and perspiring are neither posh nor glamorous. Every expression of energy of the foot hitting the treadpath is typically so degrading it wounds the very style of its occupant. The Sprint Chic cries foul. Beneath its smooth,

### Chic Grunt
**$2,860**

Exhale. Feel it. Whisper the count aloud to yourself. One more rep. Pull it down. Push it. Do you feel it? How about now? Where does it hurt? While your mind asks these important questions, everyone around you is gawking at the gorgeous machine upon

### Luxe Drink Tray
**$105**

Serve your guests a refreshing carbonated beverage in style with our Luxe Drink Tray! Manufactured with sustainable materials.

**Fun: 7**

### Plant and Stones of Serenity
**$25**

This plant and these stones embody aesthetics. They are pleasing to the eye and can help add peace and tranquility to any area.

### Wheatless-Wheat Grass
**$65**

We at Sunless Planting Corp, makers of the Fruitless Tomato Scrub and the No-Roots Potato Pellet, are aware of what plants really want. A home, love, a cure for their water addiction, and a regulated existence of non-interference. Welcome the

### Cheery Cherry Twigs Vase
**$150**

You can't keep a good twig down.

### "Budding Calm" Vase
**$395**

Let tranquility branch out and elegance blossom with this enchanting vase combination that will sprout serenity in any room.

**Environment: 2**

### Mini-zen Planter
**$430**

Plop down just a little bit of Zen with this elegant and sleek planter. You'll be able to observe your breath and mind while guests are busy observing your style.

### Palliative Potted Bamboo
**$605**

Whether you're looking for luck, fortune, or just a calming verdant arrangement to bring the room together, this potted bamboo has what you're looking for. Warning: beware of this item attracting the deadly and elusive panda bear! He eats shoots and

### Beguiling Bamboo Divider
**$1,105**

With bamboo's tensile strength of steel, let this sturdy and soothing tile set block out all the negative forces in your surrounding area while improving its feng shui at the same time.

### Zen Again Wall Decal
**$70**

Coming straight from the good folks at the Zen Again Corporation, the number one supplier in high quality spa equipment! This decal gives any wall it's placed on an artistic flair.

### As the World Turns Mirror
**$195**

Always trying to stir up drama, this mirror displays your Sim in the most unflattering way possible no matter how he or she looks at it.

### Argh Mirror
**$320**

This is not a mirror for gazing into. NO! This is a mirror for basking in your awe inspiring magnificence. Break your other mirrors, they are nothing to you! You can handle the bad luck! Stomp upon their pieces beneath your boots, of course you own boots, big

### Backlit Mirror of Illumination
**$535**

This bright mirror will illuminate every detail of your beautiful figure and reveal the movie star that is undoubtedly within.

**+Charisma Skill**

### The Precarious
**$150**

A meticulously balanced sculpture that thumbs its top rock at Newton and his "Laws." The Precarious challenges the expectations of home décor and its properties of feng shui. Its owners revel in its properties of simultaneous calm and

### "Glaze and Grace" Glazed Vase
**$425**

A stylish and elegant home decor accent piece. Perfect for holding flowers, garden trimmings, creating an interesting nook in your lot... or just to say you own a giant vase.

### Small Freefall Water Wall
**$480**

Listen and look at the luxury that is a glorious waterfall. Let the trickling sound of fresh free-flowing water relax and soothe the soul... And if you didn't have to relieve your bladder, you do now!

### Freefall Water Wall
**$545**

The gentle whisper of water dribbling down, trickling into the basin, soothing the eyes, the ears, the soul.

# BULD/BUY

**Deluxe Freefall Water Wall**
§630
Let the serenity wash away all the stress. The sound of the trickling water flowing freely will create a luxurious and curious addition to your Lot. Note: We are not liable for bathroom trips caused by reading this description.

**Modish Monolith**
§3,000
This solid slab is perfect for bearing the load of any Sim sanctuary. So sleek, it's out of this world, as if from some distant space odyssey.

**Soap Keeper**
§65
A dish that you can be sure will keep your beautiful soap nice and safe.

**Harmonious Oils and Ointments**
§95
These luxurious lotions and marvelous moisturizers will help bring your life and skin into harmonic balance.

**Pyramids of Absorption**
§100
Designed in ancient times by those who prefer dry skin, the Pyramids of Absorption are a wonder to behold. With moisture absorbing elements seemingly from the gods themselves, this is a home furnishing for the ages.

**Hoary Marmot Wood Slats Rug**
§75
How much wood would a wood slat slat, if a wood slat could slat wood? The world may never know.

**The Clothing Hook**
§40
This is a simple wall hook that can be used to conveniently hang coats, shirts, pants, pajamas, and other clothing.

**Laid Back Towel Rack**
§50
Attempting an aloofness achievable by only the greatest masters of sass, the Laid Back Towel Rack maintains a cool nonchalance no matter the circumstances. Wet, dry, moist, or damp, this rack stays cool.

**Eclipse Wall Light**
§100
This light is the perfect blend of style and functionality, just don't look at it directly.

**Thumb Over Paint Splotch**
§150
It was June, painting the house. I spilled some paint. Got my thumb in it. I was inspired.

**Eclipse Wall Mount**
§160
Eclipse your stress, frustration, and your room's dullness with this inspiring mount. Anyone under its glow will be reminded to aim for the moon, for even if you fail, you'll land among the stars. And that's a least a constellation prize.

**Juiced Up Wall Display**
§215
Every juice bar needs a place to display its various juices and this back-lit wall display brings to light a great way to do so.

**Foot Illumination System**
§25
For those long walks down a dark alley in the middle of the night, this is the best...wait, why are you walking down dark alleys in the middle of the night?

**Foot Illumination System: Corner Edition**
§25
Do you ever get the feeling that the floor is just too dark? Do you find yourself saying, "I wish my feet were brighter?" No, we don't either. But if you want some nice low-altitude ambient lighting (that also goes

**Scent-from-Heaven Incense Holder**
§95
This holder's style is smooth and sleek, like a wisp of a silver cloud and/or the smoke from the incense burned in this vessel. Incense also enhances the effects of Massage Table, Bath Soaks, Meditation, and Yoga.

**Spring Blossom Incense Holder**
§165
This incense holder is shaped like a flower symbolizing nature's glory and beauty. It is also a great vessel to enjoy pleasant incense scents that will fill the air and can take your Sims to faraway places... in their minds. Incense also enhances the effects of

**Etherian Wooden Slatwall**
§820
Tauted by manufacturer Meade Layne as "Possibly an inter-dimensional portal to another world." This wall fixture is guaranteed to impress. Even if it fails to transport your Sim to another dimension, it sure looks pretty.

**BrightDark Triplet Totem Candles**
§75
Delivering understated sophistication to any space, these soy-paraffin wax totem candles feature alluring scents such as garlic, vervain, and foxglove. Hand-poured on the winter solstice by our wisest wardkeepers, the elegant radiance of this

# BULD/BUY

### Holey Moley Divider
**$150**
It doesn't so much as divide, but more like lift and separate. And illuminate!

### Illuminated Lotus
**$190**
This is a true floor light. Place it on the floor in those dark areas of the house. It goes great with the meditation stools or any other stools for that matter. Let this lotus light the way!

### "Your Logo Here" Joose Lighted Column
**$245**
This one singular object combines the functionality of a lamp with the practicality of a column, all tied together with that unmistakable logo: yours. A staple of the

### The Light Antiquity
**$370**
Ok maybe it's not that old, but older than your mom. The light from this lamp has seen the beginning of time and the start of electricity! This light piece will illuminate any home and its classic appeal will bring beauty to any room!

### Ill-oooominate
**$395**
This fanciful chandelier will illuminate and beautify any space. These functional and sculptural glass works will be the talk of the town. It's almost as if lights were dripping from the ceiling.

### The Stellar Spiral
**$415**
This elegant spiraling light spectacle will give your space the light it deserves. This ancient symbol of the spiral has been hand crafted into an amazing lighting piece of art. It will be the centerpiece to any dining room or whatever room you want for that matter!

### Brushed Metal Square Wall Light
**$50**
Small enough that it will not take much space, this contemporary square-shaped light can be the very adorning addition your wall needs.



### "Strip Away the Darkness" Vertical Light
**$95**
Discretely illuminate a room with this vertical light that radiates a calming glow, sure to brighten up your day. As the old Chinese proverb goes, "It is better for a Sim to place one of these in a room than to



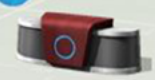
### Single Strip of Light
**$100**
Sometimes, all that's needed is a Single Strip of Light to brighten up any room. And If one isn't enough, that's OK, you can always add more.



### The Light Fantastic
**$105**
The sleek, modern, simplicity of this design will lighten any mood! It will brighten from the floor to the ceiling and keep out any bad ju-ju. The recessed lighting will leave you with so much room for activities!

### Polished Steel Rectangular Light
**$170**
You have come to the right place if you are searching for a way to brighten your dressing room. This light is a fancy way to decorate and light it up in style.

### Shiny Brass Metal Strip
**$180**
A metal strip that will feel right at home amongst your undoubtedly exquisite architecture.



### Slick Beats by DJ Sudoku
**$720**
The Slick Beats, the first in the revolutionary audio design from DJ Sudoku and crew, is a machine that promises no bad sounds marred by distortion, crackles or technical goblins outside of the artists' intent. Slick Beats will soothe your ears and cure your

### Good Vibrations Wall Speaker
**$820**
Let the music overtake you and wash away the negative energy with the affirmative tunes that pour out of this speaker.

**Fun: 2**

### Doc Sweet's Luke-Warm Tonic Dispenser
**$1,150**
Balding? Shin-splints? Goat-throat? Try one of the many un-chilled cure-all formulas in Doc Sweet's line of feel-good beverages. Guaranteed to cure consumption and increase abstract hemoglobin, the healing

### Color Block Locker Station
**$120**
Designed by a relative of Mondrian himself, this breathtaking simple design will knock your socks off! Or change them for you. Try on all your outfits! Be formal and hang out in the backyard or sit around your house in your new workout gear. Those yoga pants

### The One with Everything Locker
**$145**
This locker is made from recycled wood and natural dyes. It once was a mighty oak tree and then made into a desk which was then converted into a dresser which was then converted into the locker you see before you today. Make it one with your home

### "Did you see that?" Glass Door
**$355**
"What is that? Yeah, that over there..." This door is great for letting your guests see what is on the inside to keep them guessing. Note: We are not responsible for the loss of privacy. Even with a shorter door size.

# BULD/BUY

**"When you see it" Glass Door**
$385
For creating a feeling that everything is so close, yet across the room. This door is great for letting your guests see enough of what is on the inside to keep them guessing. Note: We are not responsible for the loss of privacy.

**Captivating Double Doors**
$435
These doors give you a hint of what's going on inside. They have tiny slats of glass to tease those that walk by. Intriguing? We think so! Place these alluring double bad boys in the front to bring in throngs of curious walk-bys.

**SupaFit-RX Max-Lat Doors**
$455
Handcrafted from the finest Chileguayan slate, the world's heaviest set of doors employs reinforced density framing to eliminate the need for door locks. Featuring fully-automatic entry and with Stiff-Hinge® exit technology, you can rest assured that

**Welcome to Eden Double Doors**
$475
These artistic doors will be the first thing people see when they enter your establishment. Keep it classy with the Welcome to Eden Double Doors. They show that you have a Zen side as well as keeping things transparent.

**Boys Only!**
$135
No girls allowed! Not even Mom!

**Girls Only!**
$135
No boys allowed! None whatsoever, do not insist.

**Uninspiring Window**
$55
What's there to say? It's a window. It lets light in and keeps the cold out.

**N"ice"ly Frosted Glass**
$135
Give mundanity the cold shoulder with this cool frosted glass window. It's so stylish, it'll give you chills.

**Matte Plastic Tiled Window**
$175
A tiled window can often be the very piece you need to complete the feng shui of your household collection.

**Flocked 2x1 Window**
$240
Window flocking was hot in the 70s, but surprisingly fell out of favor due to a backlash against silhouette puppetry. Thankfully the art of window flocking was never lost, and along with advances in silhouette dimming technologies, the

**Contemporary Clear Window**
$255
Looking for a way to bring your room up to modern speed? This clear window will enable aesthetic mode in crisp fashion.

**Temporal Wooden Slatwall**
$270
Tauted by manufacturer Sagan Tyson as "Definitely not a gateway to another time." This wall fixture still might impress. Even though it probably won't transport your Sim through time, it sure looks pretty.

**It's a Fuzzy World Man**
$325
Windows man... they let you see like stuff and things. They're so transparent... it's like you can just be part of everything. But this window man... it's meta. It's like they took the world and made it all fuzzy. It's a fuzzy world man.

**Positive Passel Window**
$460
Let the sunshine while keeping the negative energy out with these positive wooden windows.

**The Peak**
$475
Through narrow slats, each meticulously crafted by indubitable industrial designer Claude X, eyes can peer and see the world anew. With fresh design comes fresh perspectives. What more is a window, than a perspective?

**The Tranquil Divide**
$64
Use this glass fence to keep things out or keep things in. It's all up to you! This fence will fit with any indoor or outdoor feng shui. It is see-through like the wind and flows like water!

**One Step at a Time Stairs**
$15
No need to rush, you will get there eventually. Just take things one step at a time.

**Kyoshei Pillar of Truth**
$140
Eyes-ahead: Peer blissfully at the knowing silence of the Kyoshei Pillar of Truth. Soul-open: Stare intimately into its solid depths of understanding. Head-first: Run briskly into the reflective concrete and reach pure enlightenment.

# BULD/BUY

### The Tranquil Step Up Railing
§55
Keep things simple with The Tranquil Step Up Railing. It keeps things clean and clear. The safety glass is perfect for the modern minimal style. The railing can support up to 400 pounds of pressure without cracking. Built for style and functionality.

### Zen Again Tile Treatment
§235
Zen Again Corporation is back with their signature swoosh! This quality set of tiles is sure to spruce up pools, fountains, and everything else it can go on.

### Stoney Goodness Slab
§215
What has your fountain been missing? That's right – a square stone slab. Put it down and let its brilliance wash over you with waves of stoney goodness.

Environment: 1

### Spherical Emitter
§395
Fountains can become symbols of beauty when they are decorated with ornaments, such as this emitter.

Environment: 2

### The Number One Waterfall
§520
Ahhhh the sounds of running water. Splash, burble, spatter, gurgle... blIgh blIlgggh blllllgggghh. What's that? Feeling like going to the restroom? Take a look at the waterfall... How about now?

### The Still Number One Waterfall
§595
Watery, flowing was the wall. It knew they were watching. It was aware. Ha, not really! It doesn't have feelings, it's just a Fountain Decoration silly!

### The Epic Number One Waterfall
§670
This majestic sculpture has the ability to make any home feel like a spa and any spa, feel like a home. But unfortunately you can't live in a spa because employees have to go to their homes. But if you have the Epic Number One Waterfall there wouldn't be

### "Just a Smidge" Fountain Ridge
§0
Sometimes all you want is a smidge of a ridge, so go to the fridge, then cross a bridge, and err...we ran out of rhymes.

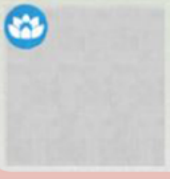
### Flowing Lines
§4
Hold down the Shift key and click to apply flooring to an entire room. While selecting a floor pattern, press Ctrl and F to apply a quarter of a tile.

### Now and Zen
§8
Hold down the Shift key and click to apply flooring to an entire room. While selecting a floor pattern, press Ctrl and F to apply a quarter of a tile.

### The Glow That Flows Floor Tile
§12
Hold down the Shift key and click to apply flooring to an entire room. While selecting a floor pattern, press Ctrl and F to apply a quarter of a tile.

### Perfect Horizontal Mosaic
§4
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

### Perfect Vertical Mosaic
§4
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.



### Zentastic Tiles
§4
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

### Rectangular Flows
§4
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

### Ridiculously Rectangular Runner
§4
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

### Matchstick Magic
§6
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

### Minimal Slats
§4
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

# BULD/BUY

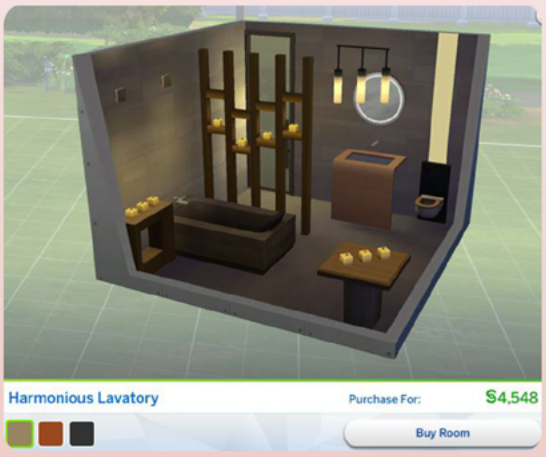
**Steamy Sideways Slats**
§4
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

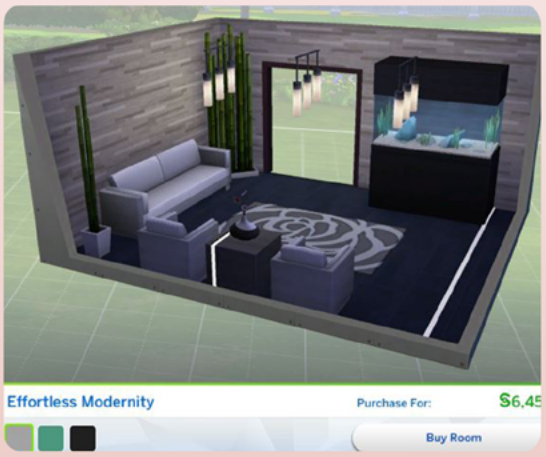
**Steamy Slats**
§4
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

**A Concrete Idea**
§4
Hold down the Shift key and click to apply to a wall covering the whole room or exterior.

**The Glow That Flows Wall Panel**
§12
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

## STYLED ROOMS



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# RELAX AT THE SPA!

# THE SIMS 4
## SPA DAY GAME PACK

**UNOFFICIAL SIMSVIP GUIDE**

Treat your Sims to a day of pampering with The Sims™ 4 Spa Day. Visit the all-new Perfect Balance Spa for a revitalizing massage, or work on the all-new Wellness skill with some yoga.

After a relaxing mud bath, step into the sauna to melt away the daily stresses. You'll also get a variety of all-new objects and décor, so you can pack your home with so much tranquility that your Sims can't help but find their inner peace!

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SimsVIP

THIS IS A GAME GUIDE FOR:
THE SIMS 4 SPA DAY GAME PACK
(PC/MAC)

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*This is an unofficial game guide for the Sims 4 Spa Day Game Pack (PC/MAC)

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