WELCOME TO THE HEALING SERENITY OF THE DESERT

The Spa at the Boulders models the paradigm of a Desert Zen Lifestyle. Luxurious, yet simple; contemporary, yet grounded in timeless traditions of healing and connection to the Earth.

Here, global traditions of healing and spa find expression through the essential simplicity of Zen and the unique essence of desert living.

This fusion of the best the world has to offer with the best of the desert Southwest extends beyond our beautiful products and into our menu of services. Here, a 5,000 year old East Indian Ayurvedic massage finds fresh expression through the use of native herbs and grains, while locally sourced healing clay might be enriched with North African Rose or South Asian Jasmine.

Each treatment features a rich abundance of aromatic scents, organic ingredients and most importantly, therapeutic intention. The treatments are arranged into three distinct intentions: Desert Zen, Global Shaman and Radiant Oasis.
EASTERN ORIGINS, WESTERN TRADITIONS, GLOBAL EXPRESSIONS

DESERT ZEN EXPERIENCES

In our busy lives it is vitally important to find a way to recharge, or replenish. Desert Zen treatments are designed to help you make the shift from the hectic pace of daily life to a slower, renewing quiet time during your sojourn at the Boulders Resort. Elegant experiences with a calming, meditative flavor aim to leave you relaxed, refreshed and inspired.

Scents characterized by refreshing and uplifting organic pink grapefruit, tangerine, desert rose and cucumber.

GLOBAL SHAMAN EXPERIENCES

Our Global Shaman treatments showcase both the richness and variety of healing traditions that have evolved around the world, and the wealth of talent and skills within our inspired team of therapists. Taking ancient and traditional modalities and presenting them with modern twists brings a sense of adventure into your spa journey. Guests seeking to expand their spa experiences and venture into the less-known, but equally captivating repertoire of Global Shaman treatments will be delighted.

Scent characterized by a subtle woodsy and herbal blend of blue cypress, vetiver and organic lavenders.

RADIANT OASIS EXPERIENCES

Radiant Oasis brings freshness, fun and uplifting through a series of treatments emphasizing beauty, regeneration and hydration for the body, as well as emotional renewal for the soul. Traditional European spa modalities combine with the natural bounty of local harvest products such as avocado, citrus and prickly pear, and... lots of water.

Scents characterized by refreshing and uplifting organic pink grapefruit, tangerine, desert rose, and cucumber vetiver and organic lavenders.
SELF-GUIDED EXPERIENCES

DESERT ZEN EXPERIENCE: WALKING THE LABYRINTH
Follow the meandering path to the east end of the spa outdoors. There you will find our labyrinth. We invite you to choose a stone from the rock pile and walk the labyrinth in one of several meaningful ways. When you get to the center, place your stone amongst the others and continue your journey outward. Next, find a few moments to sit and reflect, soaking in the beauty of the Boulders and the peaceful calm that the Labyrinth brings.

GLOBAL SHAMAN EXPERIENCE: TIPI MEDITATION
We invite guests to enter our Native American TiPi, where you will find prayer and intention cards. We invite you to sit in the silence, fill your card with personal intention, and place it amongst the others that have been before you. Upon request, our therapist will meet you there to perform a simple sage clearing.

RADIANT OASIS EXPERIENCE: SPA PURIFICATION RITUAL
Begin with five minutes in our spiral steam room. Inhale deeply. Take a cool shower. Enjoy a cup of our flavored green tea. Quiet your mind. Relax in our cedar-lined dry sauna for five minutes. Let your body go. Return for one more cool shower. Slip into our Japanese O’Furo pool and luxuriate for the final ten minutes of your ritual.

ORGANIC GARDEN EXPLORATION
Our certified organic garden features a bounty of plants, herbs, and succulents. For a fresh twist to any spa experience, wander into the garden, enjoy the soothing waterfall and pond, and clip your favorite herb for inclusion in a fresh drink or one of our signature body treatments.
SILENT STONES
Ancient basalt stones, believed by many native cultures to hold great spiritual and healing power, are primed with radiant heat to melt knotted muscles and bring blessed relief from tension. Using La Stone massage techniques and our signature blue cypress and vetiver oil blend creates a relaxing and grounding experience. 75 minutes

LOTUS BLOSSOMING CHAKRA MASSAGE
Ancient wisdom identifies seven core energy centers in the body, known as chakras. As these centers come into alignment, life begins to blossom in every respect. This enchanting massage therapy uses seven luxurious oils attuned to the energies of the seven chakras. 80 minutes

HAWAIIAN LOMI LOMI MASSAGE
Historically passed from generation to generation, this traditional Hawaiian healing massage embraces your entire being with rhythmic, flowing strokes to release muscle tension, relax your mind and engage the spirit. 50/80 minutes

MASSAGE THERAPIES

WELCOME TRAVELER This treatment is an ideal first massage when arriving at the Boulders to welcome you and ground your energy. The massage begins with an aromatherapy “reading” that offers intention for the session. Therapists focus on areas prone to tension after traveling, providing an instant relief of pain and stiffness. 50/80 minutes

DESERT ZEN SIGNATURE MASSAGE Our signature Swedish massage creates the shift from busy to relaxed. Blissful, reviving hot towel compresses are combined with massage techniques tailored to your specific needs. We finish with calming strokes, as a gentle mist of citrus and jasmine envelops you. 50/80 minutes

ARNICA THERAPEUTIC This deep tissue massage includes direct pressure and targeted stretching to release restrictions in muscles and deeper layers of fascial tissue. Application of a potent sage and arnica infused oil further helps reduce discomfort and inflammation, and speeds recovery. 50/80 minutes

AROMATHERAPY AWAKENING Choose from five colors, each of which represents an aspect of life to be nourished and expanded. Watch as your therapist creates an alchemical blend of oils to accompany your bespoke massage. Treatment includes a gift to extend the benefit of your treatment at home. 50/80 minutes

SILENT STONES / WELCOME TRAVELER / DESERT ZEN SIGNATURE MASSAGE / ARNICA THERAPEUTIC / AROMATHERAPY AWAKENING / LOTUS BLOSSOMING CHAKRA MASSAGE / HAWAIIAN LOMI LOMI MASSAGE
LYMPHATIC
Lymphatic massage stimulates lymph flow and helps the body heal itself. This delicate form of massage uses light hand pressure and rhythmic movements to encourage toxin filtration from the body. Benefits edema and chronic injury, and gives the skin vibrancy.
50 minutes

WATSU
In the waters of our private outdoor Watsu water lounge, the therapist gently guides you through the water with fluid movement, pressure point massage, and stretching to create a profound sense of relaxation and stress relief. 50/80 minutes

EASTERN ORIGINS
Choose from a variety of Eastern-influenced massages, including Reflexology, Shiatsu, Ashiatsu, and Thai massage.
50/80 minutes

PRE-NATAL NURTURE MASSAGE
This tailor-made massage is designed to relieve tension and uplift the mother-to-be. Typically enjoyed during second and third trimesters.
50/80 minutes

COUPLES MASSAGE
Select the perfect massage for you and a companion and enjoy them side-by-side in one of our beautiful spa suites. Guests may add a private soak in the outdoor Jacuzzi with sweeping views of The Boulders.
50/80 minutes

SUN SUITE COUPLES MASSAGE
Why stop at just a massage. Enjoy our private spa suite, including outdoor fireplace, indoor and outdoor showers, jacuzzi and private restroom. Includes 50 minutes suite time.

Heal from within.
AYURVEDIC

BINDI BALANCING
A cleansing, detoxifying delight for the skin, Bindi translates to “rebirth.” An exfoliation using crushed, warm herbs uplifts the spirit while soothing the body. A light massage, using oils selected according to your dosha, lulls you into a blissful state of serenity and concludes with a warm cocoon wrap and facial cleanse. 80 minutes

SHIRODHARA
This harmonizing treatment begins with a soothing stream of warm oil flowing onto your “third eye” to ease the mind and encourage a REM state, allowing for the body to repair itself. The oil is lavishly massaged into your hair and scalp, followed by a light facial massage. 50 minutes

SPIRIT OF LIFE
Enjoy a complete head-to-toe experience with the Bindi Balancing coupled with the grounding Shirodhara to create the ultimate Ayurvedic ritual. 110 minutes

ABHYANGA
This brisk, traditional Indian salubration massage technique is used specifically for nourishing skin and calming the nervous system. An Ayurvedic herbal wrap concludes this therapy to further rebalance the body’s subtle energies and release stagnant toxins. 80 minutes

BODY TREATMENTS

DESSERT ROSE RADIANCE
This indulgent, head-to-toe pampering treatment focuses on the anti-aging properties of rose and pomegranate seed extracts. Delightful jujube and desert rose exfoliation is followed by a soothing aloe mask – particularly beneficial for sun damaged skin. Then, wrapped in a soft cocoon, enjoy a naturally lifting facial massage with prickly pear and pomegranate, and finish with a hydrating body massage using our signature Desert Rose body lotion. 80 minutes

TURQUOISE WRAP
Our exclusive signature treatment is based on the Native American belief that turquoise stone carries the vibration of protection, self-confidence and positive energy. A revitalizing desert salt exfoliation supports a nourishing warm turquoise clay wrap to purify and refine the skin. Sumptuously beautiful for the body and soul. 80 minutes

CUCUMBER QUENCH BODY DRENCH
Enjoy a skin soothing body treatment for relief from the drying effects of the sun and dryness that living in modern environments can cause. The gentlest of exfoliations is followed by a cucumber and aloe wrap to hydrate and repair damaged skin. Finally, gentle layers of cucumber hydrosol are misted onto the skin like a whisper that calms and refreshes as it falls. 50 minutes

YUZU SAGE SPLASH
Delightful, fun and exotic, the splash begins with a gentle body polish of powdered herbs, honey granules and mineral rich salts. Enjoy the jets of the Vichy shower in combination with a fruity lime peel foaming gel. Hydration is locked in to the skin with a delicious blend of desert sage, yuzu and jasmine body lotion. 50 minutes
AVOCADO CITRUS REBIRTH
Avocado is a treasure for the skin. Rich in Vitamin E, phytosterols and the ‘youth mineral’ potassium, there is no better way to nourish deep layers of the skin and prevent the appearance of aging. In this sensuous indulgence, we gently slough skin with mineral rich salt, avocado and olive oils enriched with skin healing calendula. Then enjoy a hydrating application of our Desert Zen Citrus and Jasmine Body Cream. 50 minutes

MARINE DETOX WRAP
Seaweed contains all the minerals, trace elements and vitamins essential to life. In our powerful marine wrap we envelope the body, and in turn, create the exchange of nutrients and toxins at the cellular level. A powerful blend of green, white, and brown algae stimulates lymph, reduces bloating, and promotes balance. A wonderful way to completely detox the body and restore balance. 50 minutes

BOULDERS BRONZE
A beautiful way to glow, our sunless tanning features airbrush techniques for an even, kiss-kiss look without the harmful rays of the sun. Within a few hours, your "tan" will appear as if you’ve spent the day in the sun. 45 minutes

BODY TREATMENT ENHANCEMENTS
Add any one of these many services to enrich your experience:

- Shine – Hot oil hair and scalp treatment with ‘Luminous’ vibrational scalp oil
- Touch – Anti-aging hand treatment with polish, anti-aging serum and butter cream
- Jump – Foot and leg massage with reflexology and ‘Vital’ organic ginger oil massage
ADVANCED SKINCARE
Our eco-conscious facial collection incorporates naturally derived, top quality ingredients without harmful synthetic compounds. Product formulations are based on optimal concentrations of active ingredients elegantly crafted into functional products for superior effectiveness. Our offerings of “layered technology” include Microdermabrasion, Oxygen infusions, Nuface, and HydraFacial services to deliver superior results.

HYDRAFACIAL
The revolutionary HydraFacial™ resurfacing treatment includes a Vortex-Fusion® of antioxidants, peptides, and hyaluronic acid. The HydraFacial™ is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. The results are immediately visible and amazingly dramatic.

DNA REPAIR OXYGENATING FACIAL
This powerful, anti-aging and repair facial features pure liquid oxygen concentrate, a peel-off cryogenic mask, and three-layer oxygen to strengthen collagen, volumize the skin’s matrix, and reduce the appearance of fine lines and wrinkles. 80 minutes

SIGNATURE PRESCRIPTIVES FACIAL
Our aestheticians provide thorough skin evaluation before customizing the perfect facial for the unique needs of your skin.

LUMINOUS BRIGHTENING FACIAL
This facial is a skin rejuvenator that will add brightness and radiance while helping to even out skin tones. Features a flower acid peel, intense pigmentation booster, and green algae/Vitamin C mask. Dull, tired skin is remarkably brightened. 80 minutes
FACIAL ENHANCEMENTS

Add any one of these many services to enrich your experience:

- NuFace
  Microcurrent technology is used in the facial to re-educate the facial muscles and restore facial tone while diminishing fine lines and wrinkles. Skin is visibly refreshed after one treatment.

- Microdermabrasion
  The latest in microderm exfoliation may be added to any facial.

- Bright Eyes
  Travel, stress, late nights take their toll. Use this quick fix to revive tired eyes. Puffiness is reduced and the appearance of dark circles is diminished.

- Depilatory Waxing
  A variety of depilatory waxing services are available upon request.

O2XYGEN AWAKENING

Reveal a more youthful, dewy complexion with this unique treatment of 87 different vitamins, minerals, enzymes and amino acids combined with pure oxygen. One of our most restorative therapies, this facial Echo II technology to allow for deeper absorption of product into the skin. 50 minutes

Perfectly paired with Microdermabrasion as an add-on treatment.

ILLUMINA VITAMIN C

This facial addresses the underlying problem of aging at the skin cellular level. Beyond Complex C and antioxidant mask reactivates healthy cellular functions and nourishes the skin. The result is instantly firmer, glowing skin. 50 minutes

BOTANICAL HYDRATION FACIAL

Nature’s answer to moisture deprived, thirsty skin. Bioactive complexes provide internal radiance for total hydration. 50 minutes

OMMEN FACIAL

Designed specifically for men, this facial is geared toward deep cleansing, removing impurities, and restoring balance for a fresh appeal. Includes a deeply relaxing facial massage. 50/80 minutes

EXPRESS PEEL

Created specifically for the person on the go, this mini-facial is uniquely designed to give maximum results in minimum time. Treatment includes a one month, results-driven, skin care system to extend the benefits of your treatment at home. (An $80 value) 25 minutes
Create your tranquil balance

SPA PACKAGES
All packages include a spa lunch

DESERT ZEN (3 Hours)
Desert Zen Signature Massage
Signature Prescriptive Facial

GLOBAL SHAMAN (3.5 Hours)
Aromatherapy Awakening
Choice of Enhancement
Choice of Mind, Body & Spirit Session

RADIANT OASIS (4 Hours)
Yuzu Sage Splash
Signature Prescriptive Facial
Manicure & Pedicure

SUN SUITE ESCAPE (Half Day)
Enjoy our Sun Suite with sweeping views of the boulder formations just beyond the private veranda. Indulge in your choice of two 50-minute services, a spa lunch and all of the suite’s amenities including a private outdoor whirlpool, fireplace, and steam shower.

SUN SUITE CELEBRATION (Full Day)
Enjoy our Sun Suite with sweeping views of the boulder formations just beyond the private veranda. Indulge in your choice of three 50-minute services, one 50-minute nail service, a spa lunch and all of the suite’s amenities including a private outdoor whirlpool, fireplace, and steam shower.
JOURNEY OF THE SACRED CIRCLE
Delve into a journey of self discovery, opening the door to body-mind connection. This experience was inspired by the medicine wheel and is exclusive to our spa. Guests experience personal change at each of the four directions, which can be experienced separately or in full circle.

AWAKENING: THE EAST
Grounding, connecting, enlightenment, clarity
Calming the mind and body, allowing an opening for clarity and understanding to unfold. The journey of transformation begins in the East with the Awakening. During this full-body massage experience, guests find themselves cradled by warm stones, instilling a sense of comfort and support. Focus is given to the feet and legs, grounding and connecting to earth’s energy, allowing for discovery of clear vision and intention for the path guests seek. 75 minutes

DESSERT SAGE DETOX: THE SOUTH
Deep introspection, integration of the truth, illusions burn away
Illusions and falsehoods are surfaced and discarded or burned away. With a clear vision of one’s goal (established with the Awakening) Desert Sage Detox offers an opportunity to discover personal myths which may hinder the process forward. Once uncovered, these barriers to progress can be let go. Cranial-Sacral work allows the body to release inner habits and patterns causing restriction, while the heat from a sage poultice herbal wrap relaxes muscles and “burns” away emotional toxins. 75 minutes

RENEWAL: THE WEST
Cleansing, releasing, letting go
Truth is integrated and begins to radiate out. The ashes of all that was burned in the south are washed away. Cleansing and exfoliation signal the process of renewal, preparing the mind and body to move forward. A moisturizing aloe wrap allows for time to contemplate newly discovered truths. Refreshing scents of neroli, lemon and grapefruit are layered throughout the treatment. After a shea butter application, renewal is complete. 75 minutes

DESSERT DANCE RITUAL: THE NORTH
Full integration, being, living your truth
The journey ends as full integration is achieved and authentic living begins. The journey of the Sacred Circle ends with the Desert Dance Ritual. This full-body massage experience allows guests to review their journey and honor the work they have done. Using desert sage oil and warm stones, this experience focuses on radiating new intentions from the mind into the body, with the ending sound of walking with integrity. 75 minutes
MIND, BODY & SOUL CONNECTION

CHAKRA BALANCING
This uplifting therapy helps restore your seven basic energy centers or chakras. Using specific scents and crystals, the energy is balanced and cleared at each chakra in a ritual to promote positive energy flow throughout the body. 50 minutes

ACUPUNCTURE
By inserting thin, painless needles into specific points along the meridians, the acupuncturist enhances circulation and helps direct your “Qi,” or life force, to where it will be most healing and reparative to improve function within the body. 50/80 minutes
R E I K I
Powerful energy works through the laying of hands. Helps reconcile the union of the body, mind, and spirit. This reviving therapy reduces stress and revitalizes the body. 50 minutes

CROSSROADS LIFE COACHING
Unleash your full potential, achieve goals and live with greater balance and authenticity. Begin a journey of self-discovery with a Life Coach who helps you explore, clarify and identify areas in your life you want to change or enhance in some way. 80 minutes/30 minute follow-up session

PRIVATE MEDITATION
Learn techniques for stress reduction, visualization and connection of the mind, body and spirit in a personalized consultation taking place in your choice of locations – the Tipi, the Labyrinth, a private room or on a meditative walk through the surrounding desert. 50 minutes

TALKING TREE READING
The universe speaks in a language of symbols. Receive an individual reading using the Twenty Powers Talking Trees runes (an ancient and universal set of symbols, each rune has its own magical significance). Utilize the insights from this reading to align with balance in your world and more beauty and power in your life. 60 minutes

ASTROLOGICAL SOUL READING
Gain insight into the story of your soul’s journey through your astrological chart. Feel empowered with the knowledge of what you brought into this lifetime to work on and where you are moving forward on your specific path. A minimum of 24 hours notice is required for this reading along with your birth information. 50 minutes

EMOTIONAL BALANCING
This combination of modern Western technique with ancient Chinese medicine uses muscle testing to detect physical, emotional and chemical imbalances. Utilizing kinesiology techniques, the energy flow to the meridians is restored and the body is brought back into balance. 75 minutes

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NUTRITIONAL WELLNESS AND SPA CAFÉ

NUTRITIONAL COUNSELING
This session begins with a profile to determine your personal wellness goals, health issues and lifestyle habits. After a body composition and dietary analysis, our Nutritionist will discuss eating behaviors that may be preventing you from reaching your goals as well as imbalances that may be occurring. Recommendations will be given that include dietary, lifestyle and behavioral guidelines based on your personal wellness goals.

80 minutes

SPA CAFÉ
Enjoy panoramic views of the swimming pool nestled up against The Boulders while dining indoors or on the patio. From light meals to fresh juices and smoothies, the Spa Café offers delicious healthy specialties.

SIX WEEKS TO SUCCESS
Lifestyle & Weight Management Program Rediscover your ideal weight safely and effectively. Each week our Nutritionist will instruct and coach you on the five critical components to help you achieve your goals including: food and calories; record keeping; physical activity; stimulus control and support. Learn how to make healthy choices, set realistic goals and discover creative ways to plan menus at home or away.

80 minutes initial session; 50 minutes follow-up sessions
FITNESS ASSESSMENT
Our personal trainer assesses your current fitness level by testing aerobic capacity, body composition, flexibility, muscular endurance/ strength, blood pressure and heart rate. After analyzing the results, we prepare specific workout regimens to increase your fitness level.

PERSONAL TRAINING
Create or enhance your workout with a one-on-one session with a certified personal trainer. Our trainers address your specific needs and help create a plan for you to attain your individual goals.

PRIVATE FITNESS INSTRUCTION
A variety of private fitness instruction sessions are available to choose from: Pilates to emphasize core strength, increase range of motion and better balance and stability; Tai Chi to aid in stress reduction and in the enhancement of vital energy; Yoga incorporating breath, movement and specific poses; and Water Fitness including both aerobic and muscular endurance.

BOULDER CLIMBING
Experience the thrill of real rock climbing. Yes, you can do this. Our expert guides will help you push beyond your current boundaries, and discover your true abilities. Exhilarating.

SCENIC GUIDED HIKE
Explore the Sonoran Desert with an experienced guide. Learn about local plants, animals, geology and history – while burning lots of calories. 2.5 hours

MOUNTAIN BIKING
Enjoy a guided tour on some of Arizona’s best trails. The rolling desert terrain is both challenging and fun. Our guides will show you the tricks of desert riding. 2.5 hours

NIGHTRIDE BIKE TOUR
The desert comes alive at night as we cruise the resort’s roller-coaster golf cart paths via mountain bike. Riders are equipped with state-of-the-art night vision lenses. 1.5 hours
SALON SERVICES

Make-up Application
Make-up Artistry Lesson
Artificial Eyelash Application

BRIDAL SERVICES
Bridal Make-up Trial
Bridal Make-up
Bridal Hair Trial
Bridal Hair Styling

MANICURES
Signature Manicure
Stress Fix Manicure
Freshen Up Manicure

PEDICURES
Signature Pedicure
Stress Fix Pedicure
Freshen Up Pedicure

ADDITIONAL NAIL SERVICES
Available with any nail service
Aveda Stress Fix Hand and Foot Treatment
Nail Design
Paraffin Sleeve
Polish Change
Nail Repairs
Shellac Polish
Dazzle Dry Vegan Polish
French Polish
Hydrating Mask
Shellac French Polish
Callus Reduction Serum

HAIR SERVICES
Shampoo and Blow Dry
Shampoo, Haircut and Blow Dry
Evening Up-Do Style
Relaxer
Permanent Body Wave
Single Process Hair Color
Highlights Partial/Full
Lowlights Partial/Full
Color Enhancing Glaze
Corrective Color
Aveda Scalp Treatment
Color Re-Touch

MEN’S SALON SERVICES
Gentleman’s Haircut
Beard Trim
Mustache Trim

Toner Add-On
Aveda Botanical Conditioning Hair Treatment
Aveda Smooth Infusion Re-Texturizing Treatment
Curling Iron/Flat Iron
ADVANCE BOOKINGS
We highly recommend booking services in advance to ensure your preferred time, service, and provider are available. Please contact the spa directly at 480.595.3500.

SPA ARRIVAL
We recommend you arrive at least 30 minutes prior to the start of your treatment. This allows us to welcome you and introduce you to our spa. We have wonderful self-guided experiences for you to enjoy before or after your services.

SERVICE CHARGE
For your convenience a 20% service charge will be added to the treatment price and distributed to the appropriate staff.

TRANQUILITY ZONE
Please respect other guests enjoying the tranquility and relaxation of the spa environment by refraining from the use of cell phones. Also, smoking is not permitted in the spa.

HEALTH CONDITIONS
Please notify the spa reservations agent and your service provider of any special medical concerns you may have. Some of our treatments are contraindicated for particular conditions such as pregnancy, high blood pressure, and recent injuries.

CANCELLATION POLICY
A 4-hour notice is required to avoid a 100% charge. We require a 24-hour notice for package and adventure activity cancellations.

AGE REQUIREMENTS
Fitness: 16 and older
Spa Pool and Nawa: 18 and older
Spa Café: 16+ with adult present
Massages/Facials: 16-17 years old, same gender, adult present
Salon Mila: 12-15 years old with adult supervision

HOURS OF OPERATION
The spa facility hours will vary seasonally. Please contact the Spa directly for current hours.
Spa Services: Beginning at 8 am daily
Salon Services: 9 am - 6 pm daily
Spa Café: Serving breakfast and lunch daily