WELCOME TO THE HEALING SERENITY OF THE DESERT

The Spa at The Boulders models the paradigm of a Desert Zen lifestyle. Each treatment features a rich combination of aromatic scents, organic ingredients, and therapeutic intentions.
ADVANCE BOOKING
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 or visit us online to book directly at www.theboulders.com.

PLANNING YOUR ARRIVAL
We recommend checking in at least 30 minutes prior to the start of your treatment. This allows us to welcome you and introduce you to our Spa. We also have wonderful self-guided experiences for our guests to enjoy.

GRATUITY
For your convenience, a 20% gratuity charge will be added to the cost of your service at check-in. This amount is yours to modify as you see fit.

TRANQUILITY ZONE
Please respect other guests enjoying the tranquility and relaxation of the spa environment by refraining from the use of cell phones. Smoking is prohibited in the Spa, Spa Café patio or by the Spa pool.

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 not compatible with particular conditions such as pregnancy, high blood pressure, and recent injuries.

CANCELLATION / CHANGE OF SERVICE POLICY
Four hours notice is required to avoid a 100% charge for cancelled services. Guests wishing to modify their service start time must do so at least four hours prior in order to avoid a $25 fee. We require twenty-four hours notice for package and adventure activity cancellations.

GIFT CERTIFICATES
These make excellent gifts and can be used not only for treatments, but also for Spa Boutique purchases. Gift certificates expire one year after date of purchase.

AGE REQUIREMENTS
Fitness: 16+
Spa Pool and Locker Rooms: 16+
Spa Café: 16+
Massages: 16-17 same gender and adult present for treatment
Facials: 16+
Salon Mila: 12-15 with adult present, or 16+

HOURS OF OPERATION
Spa hours will vary seasonally. Please contact the Spa directly for current hours.

Spa Café: Breakfast served daily 7:30am-11:00am
Lunch from 11:00am-3:00pm
Beverages from 7:30am-6:00pm
**MASSAGE THERAPY**

**DESSERT ZEN**
Our signature Swedish massage initiates a shift from busy to relaxed. 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 enfolds. **50/80 minutes**

*Awaken your senses with an Aromatherapy Upgrade.*

**ARNICA THERAPEUTIC**
Combining firmer pressure with a variety of techniques, this massage will satisfy the desire to receive a sports massage, deep tissue massage, or specific/detailed work on a few areas of chronic muscle tension with more depth. Arnica infused oil helps to reduce discomfort and inflammation and speeds recovery. **50/80 minutes**

**PRE-NATAL**
This custom massage is designed to relieve tension and uplift the mother-to-be. Focus areas include the lower back and hips, feet and lower legs. Typically enjoyed during second and third trimesters. A maternity table is available upon request. **50/80 minutes**

**COUPLES**
Select the perfect massage, from our Desert Zen Signature to our Arnica Therapeutic or the Boulders Stone, for yourself and a companion to enjoy side-by-side in one of our beautiful spa suites. Guests may choose to upgrade their experience in our private spa suite by adding time to enjoy amenities such as our private outdoor Jacuzzi. Additional charges do apply. **50/80 minutes**

**BOULDERS STONE**
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, this massage will create a relaxing and grounding experience. **75 minutes**

**LOTUS BLOSSOM**
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**
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**

**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 gently encourage the filtration of toxicity from the body. Benefits edema and chronic injury, and gives the skin vibrancy. **50/80 minutes**
WATSU
In our private outdoor Watsu 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**

REFLEXOLOGY
An ancient Chinese technique that uses pressure-point massage on the feet to restore the flow of energy throughout the entire body while alleviating stress and reclaiming balance. **50 minutes**

CRANIOSACRAL
This therapy is a gentle hands-on approach that releases tensions deep in the body in order to relieve pain and dysfunction while improving whole body health and performance. Using a soft touch which is generally no greater than 5 grams, about the weight of a nickel, practitioners release restrictions in the soft tissues that surround the central nervous system. **50 minutes**

CUPPING
This therapeutic style massage promotes lymphatic flow and circulation. Releasing tension in soft tissue and increasing joint mobility, enhancing your overall wellbeing. **50 minutes**

SHIATSU
A Japanese origin therapy based on the same principles as acupuncture, in which pressure is applied to certain points on the body. This massage uses the fingers, thumbs, feet and palms while incorporating acupressure techniques to relieve tension and pressure in the body. This style of massage can be done on either a table or a mat. **50/80 minutes**

ASHIATSU
“Ashi” meaning foot, “atsu” meaning pressure, this massage is performed predominately with the therapist’s feet. This massage is ideal for guests that require the deepest pressure and enjoy the compression achieved with the therapist’s body weight. Bars suspended from the ceiling help the therapist balance and the treatment is performed on a western style massage table. **80 minutes**

THAI
Performed in comfortable loose fitted clothing this massage is a cross between acupressure, yoga, and Zen shiatsu. The actual massage consists of a technique that uses slow, rhythmic compressions and stretches along the body’s energy lines to soften and relax in order to release the flow of energy. This style of massage can be done on either a table or mat. **50/80 minutes**
### BODY TREATMENTS

**DESERT ROSE RADIANCE**  
Delightful jojoba 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, finishing with a hydrating application using our signature Desert Rose body lotion. **80 minutes**

**BOULDER SIGNATURE CLAY WRAP**  
Native Americans believe that the turquoise stone carries vibrations of protection, self-confidence and positive energy. Experience a revitalizing desert salt exfoliation, followed by the warm turquoise clay wrap, designed to purify and refine the skin. Sumptuously beautiful for the body and soul. **80 minutes**

**YUZU SAGE SPLASH**  
Beginning with a soothing body polish of powdered herbs, honey granules and mineral rich salts, you’re then soothed by the jets of the Vichy shower. In combination with a lively lime peel foaming gel, your body is left feeling mollified and renewed. Hydration is locked in with a delicious blend of desert sage, yuzu and jasmine body lotion. **50 minutes**

**AVOCADO CITRUS REBIRTH**  
Rich in Vitamin E and the ‘youth mineral’ potassium, an application of grapefruit and jasmine infused sugar scrub encourages the exfoliation process, and revitalizes the skin and inhibits the appearance of aging. Finishing with a warm avocado oil, this highly absorbable oil contains essential fatty acids and minerals to soften and nourish the skin. **50 minutes**

**ORGANIC BLUEBERRY DETOX WRAP**  
Let the antioxidant properties of blueberries and blackberries brighten your skin.  Lactic acid, known for its hydrating and exfoliating properties, will gently reduce the dullness and leave your skin refined and re-texturized. Paprika spice will create a warming sensation, while the Vitamin C spice will leave your skin glowing and detoxed. **80 minutes**

### MASSAGE & BODY TREATMENT ENHANCEMENTS

Add any one of these 25 minute services to enrich your experience:

- **Shine** - Hot oil hair and scalp treatment with vibrational scalp oil  
- **Touch** - Hand treatment with exfoliating polish, anti-aging serum and butter cream  
- **Jump** - Foot and leg massage with reflexology and organic ginger oil massage

### AYURVEDIC TREATMENTS

**BINDI BALANCING**  
Bindi translates to “rebirth,” which makes this service a cleansing delight for the skin. An exfoliation using crushed, warm herbs uplifts the spirit while soothing the body. A light massage, using oils selected according to your dosha, concluding 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 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 paired with the grounding Shirodhara to create the ultimate Ayurvedic ritual. **110 minutes**

**ABHYANGA**  
This traditional Indian oleation 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**
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**

ASTROLOGICAL SOUL READING
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 full name and place, date and time of birth. **50 minutes**

EMOTIONAL BALANCING
This uniquely designed therapy is customized to fit each individual’s needs. After a brief discussion outlining specific goals, a variety of body centered therapies are utilized to create an energy flow to the meridians, restoring harmony between mind and body. **80 minutes**

REIKI
Powerful energy works through the laying of hands and helps reconcile the union of the body, mind, and spirit. This reviving therapy reduces stress and revitalizes the body and mind. **50 minutes**

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 location; the Tipi, labyrinth, a private room or on a meditative walk through the surrounding desert. **50 minutes**
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.

ORGANIC SIGNATURE
Customizing the perfect facial for the unique needs of your skin, this treatment is for all skin types and uses a range of organic serums, boosters concentrate and oils, specifically designed to deliver rich ingredients deep into the skin for maximum results. **50/80 minutes**

VITAMIN C
Reveal a more youthful complexion with this powerful anti-aging treatment. Beyond Complex C and an antioxidant mask reactivate healthy cellular functions and nourish the skin. The result is instantly toned, glowing skin. **50/80 minutes**

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. **50/80 minutes**

INTRACEUTICALS OXYGEN AWAKENING
Reawaken the skin with this quenching treatment that provides the ultimate boost to dull and dehydrated skin. Using oxygen under pressure, it delivers powerful serums containing hyaluronic acid, vitamins, and antioxidants that dramatically lift, tone and hydrate the skin. **50/80 minutes**

ILLUMINATING PEPTIDE TREATMENT
Explore the amazing results that nature and technology will do to revitalize and rejuvenate your skin from inside out. This treatment is designed to show instant visible results to brighten, reduce inflammation, firm and lift your face. During this treatment you will experience marine enriched peptides building collagen and cellular energy, warming spices creating oxygen and micro-current technology, exercising your facial muscles. **80 minutes**

ADD ANY OF THESE SERVICES TO ENRICH YOUR FACIAL EXPERIENCE:

- **NuFace** - Micro-current technology is used to retrain the facial muscles and restore tone, while diminishing fine lines and wrinkles. Skin is visibly refreshed after one treatment.

- **Instant Ultra Lift Eyes** - Travel, stress and late nights take their toll. Rapidly de-puff tired eyes and diminish the appearance of dark circles, with hibiscus and ice wine to reveal a radiant and more revitalized you.

- **Instant Ultra Smooth Lips** - Smooth, tighten and plump your pucker with a blend of botanical peptides, papaya and vitamin C. Leave with a soft silky sheen that is SPF protected.

- **Depilatory Waxing** - A variety of waxing services are available upon request. Please contact Spa Reservations for more information.

SPA PACKAGES

**DESERT ZEN (3 Hours)**
- Desert Zen Massage (50 minute)
- Organic Signature Facial (50 minute)
- Spa Lunch

**SUN SUITE ESCAPE (Half Day)**
- Indulge in your choice of two 50 minute services off a select menu, a spa lunch and all of the suite’s amenities, including a private outdoor whirlpool, fireplace, and steam shower.
  *See spa associate for details and inclusions

**SUN SUITE CELEBRATION (Full Day)**
- Delight in the sweeping views of The Boulders and revel in your choice of three 50 minute spa services off a select menu, one 50-minute nail service, a spa lunch and all of the suite’s amenities including a private outdoor whirlpool, fireplace, and steam shower.  *See spa associate for details and inclusions
FITNESS, WANDERLUST & ADVENTURE

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

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. 80 minutes

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. 50 minutes

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; 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. 3 hours

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 on bikes equipped with LED lights. 1.5 hours

* Adventure activities performed off property
** All adventure activities are performed September through May to avoid the rising desert heat
MANICURES
(Gel polish removal is $15 additional charge to your nail services)

- Signature Manicure: $79
- Stress Fix Manicure: $79
- Freshen Up Manicure: $59

PEDICURES

- Signature Pedicure: $99
- Stress Fix Pedicure: $99
- Freshen Up Pedicure: $69

ADDITIONAL NAIL SERVICES
(Available as individual services or as add-on to an existing nail service)

- Aveda Stress Fix Hand and Foot Treatment (60 min): $99
- Aveda Stress Fix Hand and Foot Treatment (30 min): $50
- Paraffin Sleeve: $15
- Polish Change (Hand or Feet excludes grooming of nails): $29
- Nail Repair (per nail): $15
- Shellac Polish (add on): $25/$35
- French Polish: $10
- Hydrating Mask: $15
- Callus Reduction Serum: $15
- Soak off Gel Polish: $20
- Soak off Acrylic or Gel Nails: $30

MENS SALON SERVICES

- Gentleman’s Haircut: $45
- Beard or Moustache Trim: $19

BRIDAL SERVICES

- Bridal Hair Trial Consultation: $89
- Bridal Hair Styling (day of): $150
- Bridal Make-up Consultation: $89
- Bridal Air Brush Make-up (day of): $150

MAKEUP & ADDITIONAL SERVICES

- Air Brush Make-up Application: $99
- Make-up Lesson: $125
- Artificial Eyelash Application: $40
- Eye Lash Tinting: $30
- Brow Tinting: $30
- Eye Brow wax: $30
- Lip Wax: $25
- Chin Wax: $25
- Full Face Wax (excludes eyebrows): $80
HAIR COLOR SERVICES

Color Retouch..........................$89 short / $99 medium / $110 long
Single Process Hair Color.......$110 short / $125 medium / $149 long
High Lights Partial Head.......$99 short / $120 medium / $149 long
High Lights Full Head.........$130 short / $149 medium / $169 long
Low Lights Partial Head.........$99 short / $120 medium / $149 long
Low Lights Full Head...........$130 short / $149 medium / $169 long
Balayage Hair Color...........$250 short / $290 medium / $310 long
Ombre Hair Color..............$250 short / $290 medium / $310 long
Toner Add on
to color service......................$59 short / $69 medium / $89 long
Hair Gloss Shine......................$69 short / $79 medium / $89 long
Corrective Color...............................By Consultation

HAIR STYLING SERVICES

Shampoo & Blow-dry..............$69 short / $79 medium / $99 long
Shampoo & Blow-dry
(with hair extensions)............$79 short / $89 medium / $125 long
Shampoo, Haircut
& Blow-dry.....................$89 short / $99 medium / $125 long
Evening / Up-Do Style
(shampoo & blow-dry excluded)...$89 short / $99 medium / $110 long
Curling Iron or
Flat Iron Add on...................$10 short / $20 medium / $30 long

HAIR TREATMENTS

Aveda Scalp Treatment (25 min).................................$79
Aveda Pramasana Scalp Facial Treatment..............................$79
Aveda Botanical Conditioning
Hair Treatments......................$59 short / $69 medium / $89 long
Cezanne Smoothing
Hair Treatment......................$350 short / $380 medium / $400 long
Relaxer..............................$250 short / $280 medium / $300 long
Permanent Body Wave ...$149 short / $169 medium / $189 long

34631 N. Tom Darlington Dr., Carefree, AZ 85377
480.595.3500 theboulders.com

Facebook.com/theBoulders @theBouldersResort Pinterest.com/theboulders