

# The Spa

## AT THE BOULDERS

### MASSAGES

#### DESERT ZEN

50 MIN. \$185 | 80 MIN. \$270

Our signature Swedish inspired massage incorporates hot towel compress and light/smooth strokes which can be tailored to your specific needs.

#### REFLEXOLOGY

50 MIN. \$185

An ancient Chinese technique of pressure point massage on the feet to restore the flow of energy throughout the entire body while alleviating stress and reclaiming balance.

#### ARNICA THERAPEUTIC

50 MIN. \$195 | 80 MIN. \$280

Combining a firmer touch with a variety of massage techniques, this massage can deliver detailed muscle work and satisfy the desire for a deep tissue massage. Arnica oil helps to reduce discomfort and soothes inflammation.

#### COUPLES

50 MIN. \$385 | 80 MIN. \$550

Enjoy an uplifting Swedish massage side by side with a companion in one of our Spa suites as two therapists customize your massage towards each guest's specific needs. Arnica upgrade is also available.

#### BOULDERS STONE

75 MIN. \$275

The stones are pre-warmed and their radiant heat together with gentle massage techniques help to ease knotted muscles and bring relief from tension. This massage creates a relaxing and grounding experience.

#### PRE-NATAL

50 MIN. \$185 | 80 MIN. \$270

The massage will relieve tension in focus areas including the lower back, feet and legs and is designed to uplift the mother-to-be. It is typically enjoyed in the second and third trimesters.

#### HAWAIIAN LOMI-LOMI

50 MIN. \$195 | 80 MIN. \$285

A traditional Hawaiian healing massage embraces you with rhythmic, flowing strokes of the hands and forearms which is deeply relaxing and soothing for the muscles.

#### TRANQUIL TRAVELER

50 MIN. \$205

Be ready to relax and release the stresses of travel and tension to bring you back to a balanced state. This massage focuses entirely on your head, neck, shoulders, lower legs and feet. Customize by your selection of essential oils; Rest, Renew or Recover with a magnesium infused gel. Warm towels envelope your feet before you are ready to walk out into the world for your next adventure.

### ENHANCEMENTS

#### AROMATHERAPY ENHANCEMENT

\$20

Your choice of a wide variety of blended oils to enhance your senses.

#### SERENITY SCALP MASSAGE

25 MIN. \$70

A warm oil deeply relaxing treatment that helps release tension, moisturize and bring a shine to the hair.

# AYURVEDIC ELEMENTS

All of our Ayurvedic treatments are personalized, utilizing oils specific for your 'dosha' body type. You will be asked by your therapist to complete an analysis of your dosha; Vata, Pitta, Kapha, to truly personalize the experience. All of these use Almond Oil as a base and are not suitable for pregnancy.

## BINDI BALANCING

80 MIN. \$265

This is a personalized herbal application and wrap. Balancing the body and mind. It begins with a herbal exfoliation to gently cleanse and invigorate circulation, followed by a warm herbal infused oil application selected to balance your dosha. Deep relaxation sets in with a warm cocoon wrap whilst a scalp and facial massage releases energy blockages and soothes your skin and mind.

## SHIRODHARA

50 MIN. \$185

This a harmonizing treatment for the hair, scalp and face. It begins with a soothing stream of warm oil flowing slowly onto your 'third eye' to ease the mind and encourage a relaxed state. The oil is lavishly massaged into your hair and scalp followed by a light massage of your hands and feet. Finally as you come full circle back to your head it finishes with a sublime facial massage.

## SPIRIT OF LIFE

110 MIN. \$335

Our signature treatment is a beautiful combination of the grounding Shirodhara and Bindi Balancing to give you a complete head to toe experience. Nourishing and moisturizing to the skin, calming the nervous system and mind, relaxing the muscles, creating the ultimate Ayurvedic ritual.

# SPECIALIZED TREATMENTS

## ACUPUNCTURE

50 MIN. \$205

In traditional Chinese medicine it can be a blockage of qi (energy) that causes pain, anxiety and illness. This is a medical treatment performed by licensed acupuncturists placing small needles in specific points on the body. This helps to promote the proper flow of qi to assist the body in healing.

## ACUSSAGE

80 MIN. \$290

Acussage is a combination of acupuncture and massage personalized for the symptoms the guest needs addressed. The acupuncture targets the energy of the internal organs while the massage relaxes the muscles. This way the healing comes from a deep, internal area as well as a more superficial healing with the muscle manipulation.

## THAI

50 MIN. \$205 | 80 MIN. \$295

Wear your comfortable fitness clothing and enjoy the deeply relaxing and rejuvenating traditional Thai treatment. This is offered on either floor mat or table. A cross between yoga, acupressure and zen shiatsu. Our skilled therapists use slow rhythmic compressions and stretches along the body's energy lines to soften and relax your body in order to release the flow of energy.

## WATSU

50 MIN. \$235 | 80 MIN. \$325

In our private outdoor Watsu this is a highly specialized, water therapy treatment. As you gently float supported by the therapist in waist deep, warm water, you are gently guided with fluid movement, pressure point massage and stretching to create profound relaxation and promote well being. This service is adapted to each guests needs.

## ASHIATSU

80 MIN. \$295

This massage is performed predominantly with the therapists feet. Ideal for guests who are looking for the deepest pressure on their backs. Compression is achieved by the therapist using specially mounted bars positioned above the massage table to maintain and balance their body weight. Delivering long gliding pressure movements, aided by gravity that is not possible with a regular therapeutic massage.

## BODY TREATMENTS

### CITRUS SKIN SMOOTHER

50 MIN. \$185

Enjoy a body polish with Citrus and Jasmine infused sugar, your skin is revitalized, followed by a Vichy shower and soothed with a delightful warm application of oil to soften and nourish the skin.

### ESSENTIAL ESCAPE WRAP

50 MIN. \$205

This personalized wrap starts with a dry brush, followed by an herbal mix with your choice of blended oil. You are wrapped and enjoy a soothing scalp massage, a Vichy shower and then finished with an application of healing and restoring cream. Relaxing, detoxifying, and hydrating.

### DESERT ROSE RADIANCE

80 MIN. \$265

A Jojoba and Desert Rose exfoliation is followed by a Vichy shower and soothing aloe mask particularly beneficial for dry skin. Wrapped to maintain warmth whilst the mask penetrates you, enjoy an uplifting facial massage with prickly pear and pomegranate finishing with a hydrating application of Desert Rose Shea Butter crème.

## ADVANCED SKIN CARE

### ORGANIC SIGNATURE

50 MIN. \$185 | 80 MIN. \$270

Custom facial personalized for the unique needs of your skin, this treatment is for all skin types and uses a range of organic products designed to deliver ingredients deep into the skin.

### VITAMIN C

50 MIN. \$195 | 80 MIN. \$280

A powerful anti-aging treatment utilizing Beyond Complex-C. An antioxidant mask which gives a wonderful toned, glowing skin.

### JADE STONE

50 MIN. \$195

This facial ritual uses the beneficial effects of gentle Jade stone massage for lymphatic drainage to create a healthy youthful appearance. Aromatherapy is combined to create a wonderful experience for your senses.

### ULTIMATE OXYGEN INFUSION

50 MIN. \$250 | 80 MIN. \$325

Therapeutic oxygen under hyperbaric pressure infuses a special serum while gently exfoliating the skin to add volume, improve skin tone and texture and reduce fine lines.

### HYDRAFACIAL

50 MIN. \$270 | 80 MIN. \$385

A dramatic resurfacing treatment includes a Vortex-infusion of antioxidants, peptides and hyaluronic acid. Delivers results which are immediately visible. Customize and use Hydra Perk Add-Ons for specific areas you wish to improve. See below.

## FACIAL ADD-ONS

### INSTANT ULTRA EYE LIFT - \$35

Rapidly de-puffs tired eyes and diminishes dark circles

### DERMAFLASH - \$35

Instantly exfoliates dead skin cells and removes facial hair safely and gently.

### INSTANT ULTRA SMOOTH LIPS - \$35

Smoothes, tightens and plumps leaving a soft silky sheen.

### HYDRAFACIAL PERKS

Available to combine with your Hydrafacial:  
Eyes \$55 | Lips \$55 | Neck \$75 | Décolletage \$95

*\* We highly recommend you book in advance to ensure your preferred time, service and provider are available.  
Please contact our spa reservation team 480-595-3500 (8AM to 6PM daily).*

*\*Please arrive at least 30 minutes prior to the start of your treatment. This allows us to welcome you and introduce you to our spa.  
Enjoy the beauty of the Organic garden and take a moment to pause at the reflecting pond, wander through the natural  
Spa garden and perhaps take a self guided meditation at the labyrinth.*

*\*The Spa is a tranquility zone. Please respect other guests enjoying the tranquility in our beautiful surroundings by  
refraining from talking on cell phones.*

*\*Smoking is prohibited in the Spa, Spa Café, patio or by the Spa Pool.*

*\*For your convenience a 20% gratuity charge will be added to the cost of your service at check in. Late arrivals will be  
limited in time so as not to impact other guests. We request a 24-hour cancellation policy.*

