

# The Spa

## AT THE BOULDERS

### MASSAGES

#### DESERT ZEN

50 MIN. \$205 | 80 MIN. \$290

Our signature Swedish inspired massage initiates a shift from busy to relaxed. Hot towel compresses are combined with light smooth massage techniques tailored to your specific needs. We finish with calming strokes and a gentle mist of citrus and jasmine.

#### ARNICA THERAPEUTIC

50 MIN. \$215 | 80 MIN. \$305

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

#### COUPLES SUITES

50 MIN. \$435 | 80 MIN. \$615

A Spa Experience designed to be shared with your companion side by side in one of our beautiful Spa suites.

Additional suite time can be added to enjoy your private Jacuzzi outdoors, please ask for further details.

The therapists will customize the massages towards each guest's specific needs.

\*Arnica upgrade is also available.

#### BOULDERS STONE

75 MIN. \$295

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. \$205 | 80 MIN. \$290

Relieves tension in focus areas including the lower back, feet and legs and is designed to uplift the mother-to-be.

Typically enjoyed in the second and third trimesters.

#### SOLE CONNECTION

50 MIN. \$205

Indulge your feet in a luxurious experience. Begin with a delightful sugar scrub, gently exfoliating and softening the skin.

Next, enjoy the soothing warmth of plush towels followed by pressure point massage on the soles to restore the flow of energy, while alleviating stress and reclaiming balance.

#### HAWAIIAN LOMI-LOMI

50 MIN. \$215 | 80 MIN. \$305

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. \$225

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.

### SPA PACKAGES

\*Available with an exclusive spa lunch menu. Please call the Spa Reservation Team for further details.

# ENHANCEMENTS

## AROMATHERAPY ENHANCEMENT

\$20

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

## SERENITY SCALP MASSAGE

25 MIN. \$80

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

## MAGNESIUM

\$25

The use of Magnesium provides an excellent partner to massage, improving rest and recovery and bringing relief to tired muscles.

# 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 or 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. \$285

This is a personalized herbal application and wrap. Balancing the body and mind. It begins with an 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. \$205

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. \$355

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.

# BODY TREATMENTS

## CITRUS SKIN SMOOTHER

50 MIN. \$205

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. \$225

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. \$285

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 creme.

# ADVANCED SKIN CARE

## ORGANIC SIGNATURE

50 MIN. \$205 | 80 MIN. \$290

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.

Also suited for men, using Charcoal and Black Seed gel, masque and oil.

## VITAMIN C

50 MIN. \$215 | 80 MIN. \$295

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

## RADIANCE RENEWAL

80 MIN. \$335

Our luxurious, most relaxing of all facials. Reveal a youthful, firm, smooth, plumped skin, using natural, radiance boosting and nourishing marine bio-technology ingredients. Expert skin wellness and youth restoring massage techniques deliver beautiful results using two separate masks, whilst enjoying soothing and detoxifying hand, leg and foot applications.

\*Enhance with EYE RADIANCE MASK \$45

A massage balm followed by a Vitamin C peel off mask that deeply penetrates the delicate eye area.

## ULTIMATE OXYGEN FACIAL

50 MIN. \$260 | 80 MIN. \$335

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. \$285 | 80 MIN. \$395

A dramatic resurfacing treatment includes a Vortex-infusion of antioxidants, peptides and hyaluronic acid.

Delivers results which are immediately visible.

\*Enhance with HYDRAPERKS Eyes \$55 | Lips \$55 | Neck \$75 | Decolletage \$95

## HYDRA-OXY FUSION THERAPY

80 MIN. \$435

An incredible crossover treatment that brings the best of both worlds from Hydrafacial and Intraceuticals Oxygen. The combination of deep exfoliation and hydration with medical grade oxygen molecules infused with concentrated vitamins, results in an unparalleled transformation. Leaves your skin smooth, plumped refreshed and glowing!

\*Enhance with any of our HYDRAPERKS.

# FACIAL ENHANCEMENTS

## INSTANT ULTRA EYE LIFT - \$35

Rapidly de-puffs eyes and diminishes dark circles.

## INSTANT ULTRA SMOOTH LIPS - \$35

Smooths, tightens and plumps leaving a soft silky sheen.

## DERMAFLASH - \$35

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

# Specialized Treatments

## THAI

50 MIN. \$225 | 80 MIN. \$315

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.

Slow rhythmic compressions and stretches along the body's energy lines help soften and relax your body to release the flow of energy.

## WATSU

50 MIN. \$245 | 80 MIN. \$335

In our private outdoor Watsu pool this is a highly specialized, water therapy treatment.

Gently float whilst supported by the therapist in waist deep, warm water. Guided with fluid movement, pressure point massage and stretching create a profound relaxation and promote well-being. This service is adapted specifically to the needs of each guest.

## ASHIATSU

80 MIN. \$315

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.

## ACUPUNCTURE

50 MIN. \$225

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 of the body.

This helps to promote the proper flow of qi to assist the body in healing.

## ACUSSAGE

80 MIN. \$315

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 muscle.

This way the healing comes from a deep, internal area as well as a more superficial healing with the muscle manipulation.



***\* 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).***

***\* Age restrictions apply to the entire Spa, including Pool and Fitness amenities.***

***\* Please arrive at least 30 minutes prior to the start of your treatment. Enjoy the beauty of the Organic Garden, take a moment to pause at the reflecting pond, wander through the natural Spa Garden or perhaps take a self-guided meditation at the Labyrinth.***

***\*The Spa is a tranquility zone. Please respect other guests experience enjoying the peace within our beautiful surrounding, refraining from talking on cell phones ensures an ambiance of serenity and relaxation.***

***\*Smoking is prohibited in the Spa, Spa Cafe, 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 for your provider.***

***Late arrivals will be limited in time so as not to impact other guests. We require a 24-hour change and cancellation policy to avoid fees.***