

# The Spa at The Boulders

## The Boulders Signature Services:

### **Signature Massage** 50 min|\$225 or 80 min|\$315

Single, Couples, Prenatal

Sink into stillness- where personalized care meets desert tranquility

Indulge in a luxurious, fully customizable massage experience designed just for you.

Choose your ideal pressure—light, medium, or deep—and enhance your journey with your preferred aromatherapy scent. This tailored treatment melts tension and invites deep relaxation for both body and mind.

### **Signature Facial** 50 min|\$225 or 80 min|\$300

*Organic Radiance, Naturally Elevated*

Immerse yourself in a customized facial experience featuring award-winning Eminence Organic skincare. This indulgent treatment includes a double cleanse, exfoliation, and tailored masques rich in botanical antioxidants. A lifting facial massage melts away tension, while nutrient-rich serums and hydration leave your skin visibly radiant, restored, and renewed.

### **Forbidden Fruit Renewal** 80 min|\$295

Surrender to the exotic allure of Pure Fiji's Dragonfruit Body Ritual—a sensuous escape that awakens the senses and nourishes the skin. This indulgent treatment begins with a decadent sugar scrub, infused with the juicy, tropical essence of dragonfruit, to smooth and polish the body to a radiant glow. Warm, nutrient-rich oils are then massaged into the skin, melting away tension while deeply hydrating every curve. The experience finishes with a hydrating body veil that leaves you silky, luminous, and deliciously scented. Bold, intoxicating, and irresistibly soft—this is tropical temptation at its finest.

### **Watsu at The Boulders** 50 mins|\$255 or 80 mins|\$345

Singles & Pre-natal

*A Floating Sanctuary Beneath the Desert Sky*

Discover one of the most soul-soothing experiences in the valley. Performed in our private, heated outdoor pool surrounded by the iconic Boulders, this gentle aquatic therapy blends stretching, massage, and fluid movement to release tension and quiet the mind. Cradled in warm water beneath the open desert sky, you'll experience a profound sense of weightless serenity. More than therapy—Watsu is a meditative escape and a true desert treasure.



# Massages

## **Lomi Lomi Serenity Ritual** 50 min|\$225

Surrender to the flowing, wave-like strokes of this traditional Hawaiian massage, designed to melt tension and soothe the mind. Experience deep renewal and balance, leaving you refreshed—like the calming embrace of the ocean.

## **The Desert Nomad** 25 min|\$105 or 50 min|\$215

*Reflexology Ritual for the Weary Traveler*

Rooted in the calming stillness of the desert, this reflexology treatment applies focused pressure to key points, easing fatigue and restoring balance from the feet upward. Cooling collagen eye patches hydrate and brighten your gaze, while a choice of aromatherapy oils—calming lavender or uplifting citrus—enhances your personalized journey to deep relaxation and renewal.

## **Ashiatsu Deep Relief Massage** 80 min|\$325

*Effortless Depth, Ultimate Release*

Experience profound, fluid pressure with this ancient barefoot technique. Using broad, graceful strokes supported by ceiling bars, your therapist melts away deep tension while promoting circulation and soothing the nervous system. Perfect for those seeking deep, full-body release with elegance and ease—leaving you aligned, restored, and renewed.

## **Sacred Stretch Thai Massage** 50 min|\$230 or 80 min|\$320

*A Grounding Ritual of Movement, Balance & Deep Release*

Experience the ancient art of rhythmic pressure, gentle stretching, and mindful breathwork to restore balance and flexibility. This fully clothed, flowing treatment releases tension, awakens energy, and renews the body and mind. More than a massage, it's a deeply restorative ritual of realignment and rejuvenation.

## **The Boulders Hot Stone Massage** 75 min|\$295

Surrender to the soothing power of warm stones. Smooth, heated stones are expertly placed and gently glided across the body to melt away tension and restore balance. Combined with your choice of custom aromatherapy, this therapeutic treatment promotes deep muscle relaxation, enhances circulation, and calms the nervous system—leaving you in a state of pure desert serenity.

## **Cloud 9- Detox** 50 min|\$215

*Lymphatic Release*

A gentle, detoxifying massage that stimulates lymph flow to reduce puffiness, boost immunity, and reveal a radiant, sculpted glow. Perfect for post-travel recovery or a revitalizing reset—feel lighter, clearer, and beautifully rebalanced.



### **Tranquil Traveler Massage 50 min|\$215**

#### *Craniosacral Therapy*

A gentle, hands-on therapy that uses light touch to release tension in the head, neck, and spine. This deeply calming treatment helps ease headaches, reduce stress, improve sleep, and restore balance to the nervous system—leaving you refreshed and centered.

## **Couples Revivals**

### **Couples Suite- Signature Massage 50 min|\$470 or 80 min|\$650**

Share the spa experience side by side with your companion in one of our serene, private spa suites. Each massage is tailored to your individual needs by our expert therapists, with an optional Arnica upgrade for enhanced muscle relief. Extend your escape with additional suite time and enjoy your own outdoor Jacuzzi—ask us for details to personalize your perfect spa retreat together.

### **Couples Watsu Journey 50 min|\$520**

Drift together into deep relaxation with this unforgettable aquatic experience for two. Performed in our private, heated outdoor pool, Couples Watsu blends gentle stretching, rhythmic movement, and warm water to release tension and quiet the mind. As your therapists guide you in a graceful flow beneath the open desert sky, you and your partner will experience profound serenity, connection, and weightless bliss. A shared journey of stillness, surrender, and soulful renewal.

## **Body Treatments**

### **Desert Starfruit Glow 50 min|\$215**

Revive dry, desert-worn skin with this indulgent full-body exfoliation featuring Pure Fiji's raw cane sugar and nutrient-rich coconut oil. This 50-minute treatment gently buffs away dullness while deeply hydrating and softening the skin.

As the natural sugar crystals melt into the skin, exotic oils nourish and replenish, revealing a smooth, luminous glow from head to toe. Perfect for those seeking silky, radiant skin and a touch of tropical escape in the heart of the desert.

### **Signature Desert Rose Ritual 80 min|\$295**

Immerse yourself in pure desert luxury with the Desert Rose Ritual, an 80-minute indulgence that nourishes both skin and soul. This lavish body treatment blends the delicate essence of desert rose oils with the soothing touch of a cooling aloe mask, while rich jojoba oils and locally sourced prickly pear extracts deeply hydrate and rejuvenate your skin. Wrapped in the serene beauty of the Sonoran Desert, this experience melts away tension and leaves you radiant, refreshed, and utterly renewed.



# Mystique Healing Rituals

## **Shirodhara: The Crown of Serenity** 50 min|\$225

*An Ayurvedic Ritual for Deep Inner Harmony*

Surrender to a time-honored Ayurvedic ritual that calms the mind and nurtures the spirit. A warm stream of herb-infused oil gently flows over the third eye, melting away stress and inviting deep stillness. The oil is then massaged into the scalp and hair, followed by a soothing hand and foot massage. A radiant facial massage completes this serene journey—leaving you balanced, nourished, and deeply restored.

## **Desert Tranquility Acupuncture** 50 min|\$235

Reconnect and rebalance with gentle needlework targeting key meridian points to release stress and restore energy. Set against the tranquil Sonoran desert, this deeply calming treatment grounds the body and mind, leaving you centered, refreshed, and renewed.

## **Vibrational Sound Healing** 50 min|\$225

Experience profound relaxation and energetic alignment through the soothing vibrations of crystal and Himalayan sound bowls gently placed over the body. These harmonious tones resonate deep within, releasing tension, clearing energetic blockages, and restoring balance to your mind, body, and spirit. Surrender to the transformative power of sound and emerge feeling deeply centered, renewed, and vibrantly alive.

## **Reiki Energy Healing** 50 min|\$215

Experience deep relaxation and balance with Reiki, a Japanese technique that channels universal life energy to promote harmony within the body, mind, and spirit. Your practitioner uses light touch or hands just above the body to clear energy blockages, reduce stress, and restore natural flow — leaving you feeling renewed, centered, and at peace.





# Facials

## **Botanical Radiance Facial 50 min | \$215**

### *Illuminating Renewal*

Rejuvenate and protect your skin with this 50-minute antioxidant-rich treatment. Infused with potent Vitamin C and botanical extracts, it brightens, firms, and deeply hydrates, restoring vitality and a luminous glow. Extended to the décolletage, this facial leaves your complexion radiant, refreshed, and perfectly balanced for the desert sun.

## **Oasis Hydrafacial 50 min | \$295 or 80 min | \$405**

### *Filter-Perfect Radiance, Naturally*

Deeply cleanse, exfoliate, and nourish your skin with powerful peptides and antioxidants. This treatment instantly hydrates and smooths, revealing a radiant, clear, and camera-ready glow.

Additional Treatment Area's Include:

Hydra-Back Facial \$195

Hydra-Booty \$225

Hydra-Eye \$55

Hydra-Arm add on \$75

Hydra-Hand add on \$55

Hydra-Neck \$75

Hydra-Decolletage \$95

Hydra-Lip \$55

## **Desert Oxygen Renewal 50 min | \$270 or 80 min | \$345**

Infuse your skin with a powerful surge of pure oxygen and nutrient-rich serums designed to deeply hydrate, plump, and rejuvenate. This luxurious treatment revitalizes dull, dehydrated complexions, instantly brightening and smoothing for a radiant, lit-from-within glow that lasts. Perfect for restoring vitality and delivering a fresh, luminous complexion—even in the harshest desert conditions.

## **Hydra-Oxygen Duo 80 min | \$445**

### *The Ultimate Indulgence in Plumping, Tightening & Lifting*

Deeply hydrating and collagen-boosting, this luxurious facial uses pure oxygen and potent serums to plump, lift, and firm the skin. Perfect for tired or dehydrated complexions, it restores radiance, smooths texture, and leaves your skin refreshed, supple, and glowing.

## **Radiance Acu-Facial 50 min | \$355**

Indulge in the art of timeless beauty with this sensual fusion of ancient wisdom and modern skincare. Fine, virtually painless acupuncture needles are delicately placed to stimulate collagen, smooth fine lines, and awaken your skin's natural glow. As energy flows and facial muscles relax, tension melts away—revealing lifted, luminous, and visibly revitalized skin. Paired with soothing massage and radiant botanicals, this treatment is more than a facial—it's an invitation to indulge in ageless allure.



# Waxing

Brow Styling - \$35  
Lip - \$22  
Chin - \$22  
Full Face - \$60  
Nose/Ear - \$18  
Neck - \$25

Full Back - \$80  
Half Back - \$45  
Full Leg - \$85  
Half Leg - \$55  
Full Arm - \$55  
Half Arm - \$35

Bikini - \$55  
Brazilian - \$75  
Underarms - \$40  
Chest - \$80  
Abdomen - \$40  
Hands/Feet - \$22

## Gentleman's Rituals:

### **Gentleman's Detox Facial** 50 min | \$215

Refined skincare meets rugged renewal in this deep-cleansing facial designed for men. Charcoal-infused products draw out impurities, balance oil, and energize the skin. With bold, masculine aromas and targeted techniques, it combats congestion, razor irritation, and everyday stress—leaving your skin detoxified, recharged, and undeniably fresh.

### **Men's Body Buff** 50 min | \$215

Rev up your skin with a powerful full-body exfoliation using Pure Fiji's raw cane sugar scrub infused with earthy, masculine scents. This treatment sloughs away roughness, boosts circulation, and leaves your skin smooth, energized, and ready for anything. Rugged meets refined.

### **Peak Performance Massage** 50 min | \$255 or 80 min | \$305

Designed for the active man, this focused treatment combines deep tissue massage with therapeutic cupping to release tension, enhance mobility, and speed recovery. Perfect before or after intense workouts, it improves circulation, reduces soreness, and resets your body for peak performance.





# Desert Vitality

## *Fitness & Wellness*

### **The Boulders Intention Setting Ritual**

*A Sacred Ceremony of Clarity and Calm*

Step into a space of stillness and purpose with our Intention Setting Ritual, a gentle journey inward held within the serene embrace of our very own tipi. Guided by a skilled meditation leader, you'll be led through a calming meditation designed to center the mind and open the heart.

The ritual is beautifully accompanied by the sacred burning of sage, cleansing the energy and inviting clarity, peace, and renewed focus. This tranquil ceremony creates space to release what no longer serves and set meaningful intentions for your path ahead.

In the quietude of the desert, surrounded by nature's ancient wisdom, experience a moment of grounding and soulful renewal — a true sanctuary for mind, body, and spirit.

### **Sound Bath & Guided Meditation**

Step into stillness with a deeply immersive sound healing experience designed just for you. This private session combines guided meditation with the soothing vibrations of crystal singing bowls, chimes, and other harmonic instruments. As the sound waves wash over you, they help calm the nervous system, quiet the mind, and restore energetic balance. Ideal for stress relief, emotional release, and deep inner connection—this is a powerful journey into relaxation, clarity, and renewal.

### **Golf Fitness**

Sharpen your swing and strengthen your game in this dynamic, golf-specific fitness class led by expert trainer, Bart. Set against the stunning Sonoran Desert backdrop, this session focuses on improving mobility, core strength, balance, and rotational power—all essential elements for a more efficient and injury-free game. Whether you're prepping for the course or just looking to move like an athlete, this class blends performance training with mindful movement, tailored to golfers of all levels.

### **Boots & Hearts: Couples Line Dancing**

Kick up your heels and connect with your partner in this lively and lighthearted Southwestern-inspired line dancing class. Set to classic country tunes and modern favorites, this fun-filled experience brings rhythm, laughter, and just the right touch of romance. Whether you're seasoned dancers or two-steppers in training, you'll enjoy learning easy-to-follow moves in a relaxed, intimate setting. It's the perfect way to move together, laugh together, and make unforgettable desert memories—one step at a time.

In addition to these private services, we offer group fitness classes seven days a week, including a variety of movement and wellness experiences for all levels. Our monthly fitness class schedule can be found online. For those interested in a personal training session or a private Pilates class, please reach out to The Spa directly at 480-595-3500.