



Massage

Revive Massage:

This is one of our most popular treatments, and an excellent choice for the first time spa-goer. Traditional Swedish massage techniques are used with our signature blend massage oil or lotion from our very own Revive Herb Garden for a relaxing and stress-relieving massage. Prenatal is available after the first trimester. **50 min. \$159 / \$169 80 min. \$219 / \$229**

Therapeutic:

A more therapeutic and intense massage that uses deeper pressure to access the muscular layers and structures of the body, designed to work out knots and tension.

50 min. \$164 / \$174 80 min. \$224 / \$234

Desert Ridge:

Relax and let your cares float away as our experts provide a refreshing eucalyptus foot bath. Following, you will experience a luxurious massage using aromatherapy oil specifically chosen for you. Special attention is given to the feet during this ultimate Desert Ridge experience.

80 min. \$219 / \$229

Hot Stone:

An ancient Native American art that uses heated basalt stones to massage the body. Muscle tension is dissolved as healing warmth penetrates the body for an incredibly relaxing experience. **50 min. \$169 / \$179 80 min. \$229 / \$239**

Aromatherapy:

Experience the healing benefits of aromatherapy essences combined with traditional massage techniques. Your therapist will create a custom blend of organic, wild-crafted essential oils for a tailored aromatherapy experience. Address specific issues or astrological intentions.

50 min. \$164 / \$174 80 min. \$224 / \$234

Reflexology:

In this ancient eastern practice, thumb and finger pressure is applied to the hands and feet, which benefits all regions of the body and gives relief. **50 min. \$164 / \$174**

Shiatsu:

An acupressure massage technique, applying pressure to specific points of the body to stimulate and unblock meridians (pathways in the body through which life energy flows), relieve fatigue and enhance the body's natural self-curative abilities. Please wear comfortable, loose-fitting clothing. **50 min. \$164 / \$174 80 min. \$224 / \$234**



Couples:

Share your unique massage experience with someone special, side-by-side in our couple's treatment room. Each of you can choose a Revive, Therapeutic, Aromatherapy, Reflexology or Hot Stone massage as your individual treatment.

Price is per person based on specific treatments chosen.

Turquoise:

Begin with a loofah exfoliation to stimulate and refresh the skin. Next, a soothing and healing massage uses arnica, sage and wild spearmint to balance and restore the body. Conclude this healing treatment with an energy ritual using desert sage to cleanse the aura and turquoise gemstones to soothe and strengthen mind and emotions. **50 min. \$164 / \$174**

Bamboo

Known for its healing properties, this bamboo massage using Ginger Oil and heated bamboo sticks works to ensure healthy circulation, relief of muscle tension, and may aid in detoxification. Bamboo is known for its healing properties and symbolizes strength, youth and prosperity in Asia. **50 min. \$169 / \$179 80 min. \$224 / \$234**

Neroli Blossom Sensory Massage

Awaken the senses with the signature aroma of Neroli in this deeply relaxing yet uplifting experience featuring energy balancing, eucalyptus infused foot cleansing ritual with reflexology to clear the mind, a lymphatic dry brush technique followed by a Neroli blossom meditative massage. **80 min. \$229 / \$239**

Cupping Massage:

Traditional massage techniques are combined with the use of soft, flexible, silicon cups to create a negative pressure that helps to release muscle tension, increase blood flow, and bring excess fluid and toxins to the surface so they can be more easily flushed from the body. **50 min. \$169/\$179 80 min. \$229/\$239**