

the
Spa

TREATMENTS
& SERVICES

AN OASIS OF HEALING

The Spa at CIVANA recaptures the time-honored art of healing through water in our hydrotherapy thermal circuit of hot and cold pools, cool waterfall shower and beautiful sanarium offering humidity and heat from within. There are both physical and energetic benefits to ‘taking the waters’, an ancient tradition of healing, cleansing and rejuvenation. Every experience begins with this grounding ritual for your personalized spa respite.

AQUA VITALITY CIRCUIT

Located in the center of the spa is our ‘silent’ sanctuary – a hydrotherapy circuit designed to help you focus on inner peace and outer balance. This thermal experience will help loosen your muscles and promote relaxation. Our recommended circuit takes 30 minutes beginning with a refreshing shower. Next, take a journey through the waters of varying temperatures: a warm soak in our vitality pool followed by wading through hot and cold walking pool. Pause in our dry sanarium to balance yourself, and find inspiration in the bracing cold deluge shower. Then choose your path – to begin again or relax in one of our comfortable lounges. This is one of our most important healing rituals of ‘taking the waters’ while at the Spa.

WELLBEING THERAPIES

Immerse yourself in one of our wellbeing journeys to deepen your commitment to a restored sense of self. These signature experiences are a blend of multiple modalities, designed to give you a more comprehensive holistic experience.

DOWN TO EARTH AND SEA BODY DETOX

120 MIN / \$275

Includes: 60min body exfoliation and layered body wrap and 60min Deep Muscle Relief Massage

Essential oils are combined with the best raw materials from the earth and oceans in this ultra-restorative body therapy. Begin with a gentle full-body exfoliation which sloughs away dry skin. Choose from Organic seaweed or Arizona mud to envelop the body and detoxify deeply. After removal of the mud, receive a full body, replenishing massage with a shea butter infused essential oil blend that restores vitality to your skin and state of mind.

SENSORY IMMERSION

100 MIN / \$250

Includes: 25 min private sea salt soak, scalp massage, 25 min cool body wrap, 50min hot/cold algae remineralizing facial

Enjoy a head to toe reboot using the proven benefits of hot and cold contrast therapy. Start with a blissful sea salt soak to relax, followed by a cool body cocoon that quickly warms while helping to decrease stagnation and to promote healing. This treatment concludes with a custom facial utilizing hot and cold contrast to lift and tone, reduce puffiness and brighten the skin. The overall benefit of this unique experience is to boost immunity and promote increase cell and tissue oxygenation; Great as a jet-lag recovery.

ENERGY ALIGNING CHI SIGNATURE MASSAGE

90 MIN / \$230

Includes: Gentle body brush and sequenced 80 min massage using 10 different aromatherapy blends plus scalp indulgence and foot ritual.

Includes a gentle body exfoliation and sequenced 90 min massage using 10 different aromatherapy blends, including scalp indulgence and ayurvedic foot application. Allow the flow of vital energy to move throughout the body, releasing stagnation, while restoring what is known as Chi. A gentle skin exfoliation prepares the body for the application of ten warmed essential oil infused formulations applied to energy pathways in a specific sequence. Improve circulation and balance, soothe the nervous system for better breathing and immunity recovery and let go of what no longer serves you.

FACIAL SKINCARE

The Spa at CIVANA has partnered with expert skincare lines to bring you sustainable, substantive, and results-driven treatments. No matter what your current skincare regimen, we offer everything from a simple enhancement to a completely new, fresh home-care routine. It all starts with a skin analysis to determine opportunities for enhanced, optimal skin cell renewal. From there, your aesthetician will customize the perfect treatment and will follow this with a home-care regime to suit your goals and lifestyle.

CIVANA LIFESTYLE FACIAL

75 MIN / \$175

Experience a customized facial that begins with a detailed consultation to understand your goals and explore your skin personality. Cleansing opens this bespoke facial therapy featuring detoxifying lymphatic brushing, relaxing aromatherapy, and facial massage. Targeted active ingredients, from plant stem cells to peptides, work in synergy to produce radiant, renewed skin.

SONORAN SEA FACIAL

90 MIN / \$225

Be transported to a state of calm with this indulgent massage-focused ritual to melt away facial tension. Multi-layered massage lifts and tones the face while mimicking the rhythms of the ancient sea; Responsibly sourced rose quartz crystals, protective turquoise, and obsidian are woven throughout the treatment lending their energetic and chakra balancing properties. Suitable for all skin types but especially for those who suffer from tension in jaw, headaches, anxiety, and dehydrated skin.

MARINE OXYGEN RESULTS FACIAL

60 MIN / \$185 75 MIN / \$225

This nourishing marine-based, oxygen-rich facial restores your skin's vital balance. This results-driven facial is power-packed with DNA repairing enzymes, pharmaceutical grade liquid oxygen, hyaluronic acid, peptides, and Vitamin C esters. This brightening treatment will help hydrate, balance and smooth the skin to minimize the appearance of fine lines and wrinkles.

BIO-ENERGY LIFT™ FACIAL / Technology – Advanced

75 MIN / \$190

This luxurious treatment delivers instant rejuvenation by accelerating cellular respiration, bringing fatigued, over-stressed skin back to life. Skin becomes re-energized with our blend of a copper & amino acid complex, peptides, vitamins and minerals to firm, lift and revitalize the skin. Enhanced with the BT Microcurrent system, you will feel and see the amazing results.

DESERT SUNSET FACIAL

75 MIN / \$185

This deeply restorative facial is designed to help you unwind from your day and prepare the mind and body for rest and rejuvenation. Massage-focused, nourishing oils calm the nerves and quiet a hectic mind. Locally sourced, wild-crafted Prickly Pear seed oil and an overnight emulsion are some of the rich ingredients formulated to help gently increase cell turnover while healing and repairing skin cells.

MOISTURE DRENCH FACIAL

60 MIN / \$165

Experience dramatic results with this facial conditioning treatment designed to address inflammation, the primary cause of premature aging. An application of stem cell boosters that are clinically proven to improve the appearance of fine lines and wrinkles delivers improved radiance, smoothness and firmness to the skin.

RECOVERY MASSAGE 60 MIN / \$160 75 MIN / \$195 90 MIN / \$235

Our recovery massage, sometimes referred to as a 'medical massage,' incorporates trigger point therapy, myofascial release, stretching, and other techniques for recovery and maintenance of muscle health. This is a more engaging massage technique than a traditional treatment, providing relief from pain and impact on residual injury or lifestyle body impact.

MOTHER-TO-BE MASSAGE 60 MIN / \$150 75 MIN / \$185

Pre-natal massage provides essential relaxation and comfort for the expectant mother-to-be. A carefully designed massage focuses on soothing areas of tension, reducing stress, and balancing the body through all the changes of trimesters two and three.

DUO MASSAGE 60 MIN / \$310* 75 MIN / \$380* 90 MIN / \$460*

Share the experience of relaxation with a loved one in the same room.

**Price for two people.*

MASSAGE ENHANCEMENTS

CLEAR MY HEAD 15 MIN / \$35 30 MIN / \$50

Treat yourself to enhance your spa time with focus on your scalp, neck, shoulders after a long hike or fitness class.

EASE MY SOLES 30 MIN / \$90

Find relief with a foot ritual that includes a hydrating foot wrap and reflexology.

FLOW FREELY 30 MIN / \$50

Unlock your energy flow with a balancing ritual including our chakra reset oil, semi-precious healing stones and energy work to balance and move energy for a restorative experience.

IN-SUITE MASSAGE 60 MIN / \$100 PER HOUR

Call for availability.

SPA JOURNEYS FOR TWO

We believe that a shared spa experience provides the perfect opportunity to escape everyday life and enjoy wellness within your private respite for two. Our luxuriously expansive spa suites serve as your private oasis of calm in which to enjoy the spa services of your choice, at a pace that suits your schedule. We Invite you to make wonderful wellness memories the one you love.

SACRED TIME FOR TWO

ALLOW 2 HOURS / \$510*

Enjoy two hours in our spa suite, with a 30 min energizing foot ritual, personalized couples' custom massage experience and soothing soak in our private couples' bath.

**Price for two people. Additional suite time starts at \$100 per hour.*

TANDEM HOT STONE MASSAGE

60 MIN / \$310* 75 MIN / \$370* 90 MIN / \$440*

Includes: Deeply relaxing hot stone massage for two people

CUSTOMIZED SUITE CELEBRATION

Twice the indulgence. Share the experience of relaxation in one of our signature couples' suites. Includes our "twin heart centering ritual" that energetically clears your being and opens the power of the heart center. This sets the tone to receive side-by-side customized relaxation massages which will be a highlight of your stay.

Call Spa Concierge to design your private interlude and check availability and pricing.

ENERGY AND EASTERN THERAPIES

We believe that a shared spa experience provides the perfect opportunity to escape everyday life and enjoy wellness within your private respite for two. Our luxuriously expansive spa suites serve as your private oasis of calm in which to enjoy the spa services of your choice, at a pace that suits your schedule. We Invite you to make wonderful wellness memories the one you love.

THAI MASSAGE 60 MIN / \$160 75 MIN / \$195 90 MIN / \$235

Rooted in ayurvedic medical practice thousands of years ago, this highly effective bodywork balances energy while working on the body through assisted stretching techniques combined with palm/thumb pressure on energetic points to restore overall wellbeing. Rhythmic and meditative, treatment includes stretching, joint mobility, deep-tissue compression, mindfulness and energy work. May be done on mat or table, and guest will keep clothes on during service.

REIKI 60 MIN / \$160 75 MIN / \$195

Life force flows through us in energetic pathways. Reiki is a subtle modality that heals by transferring energy through the therapist's palms into stagnant areas in your body and charging them with positive energy. In this way, it clears, straightens and heals energy pathways, allowing your own life force to flow in a healthy, natural way. Light or no-touch treatment, you will feel energized and relaxed after a session with our experienced practitioners.

CRANIAL SACRAL THERAPY 60 MIN / \$155 75 MIN / \$190 90 MIN / \$230

Light touch and movement to the head, spine and specific areas of the body focus on relieving compression in the bones of the head, and spinal column to remove blockages from normal energy flow. Helps with easing a number of ailments, including headaches, neck/back and dental pain, hyper activity and many others.

CHAKRA ENERGY BALANCING 75 MIN / \$195

BODY AND WATER THERAPIES

Our skin is the largest organ in the body, serving as a protective barrier and expelling what no longer serves your body through sweat and oil. In developing the following treatments, we recognize the permeable nature of the skin and its many functions in order to curate treatments that promote head to toe wellness. Continuing to honor *salus per aquam*, we focus on unique body treatments unlike any other.

MINERAL SEA SALT BODY SCRUB

45 MIN / \$130

Featuring a fine-grain salt exfoliation will smooth, re-mineralize, and brighten your skin with an optional vichy contrast of alternating temperatures to boost the body's immune system and stimulate the sense.

SONORAN RAIN DANCE VICHY

45 MIN / \$130

This contrast therapy is a perfect way to feel refreshed and energized while gently relaxing your nervous system into balance. Feel your tension melt away as the warm therapeutic waters rain down to relax tight muscles, increase circulation and promote lymphatic drainage. Next, intermittent cold bursts awaken the senses, balance metabolism and boost immune system.

MARINE DETOX BODY WRAP

60 MIN / \$160

This is your total body booster that begins with a dry-mitt exfoliation, followed by warming marine body wrap that envelopes the body and calms the mind. A warm vichy shower washes over the body to deeply cleanse the skin. Enjoy a total body toner, followed by warm lotion application to leave you hydrated and refreshed.

AQUA SHIATSU THERAPY

60 MIN / \$195

This body work is done in our outdoor heated hydrotherapy pool; a passive form of hydrotherapy in 'body temperature' water that provides a gentle & constant touch. Heightened by combining elements of massage, muscle stretching and shiatsu through a series of rhythmic movements and continuous flow to provide a mind-body connection and a sense of security. Your body is fully supported, the therapist touch is so light that the sensation of the waters takes mainstage. This treatment promotes deep relaxation inducing a meditative state, quieting the mind, assisting with pain and stress management.

ON THIS JOURNEY TOGETHER

ALLOW 2.5 HOURS / \$690*

Includes: 75 min exfoliation and wrap, 15 min shower & tea, 60 min massage

After taking the waters in the vitality circuit, join your loved one for a celebratory experience of heartfelt connection. Share a side by side exfoliation followed by a hydrating wrap to refresh and renew together. Then complete your experience with a choice of a duo massage, or facial.

**Price for two people.*

ENHANCEMENTS

EXTRA TLC “TENDER LOVING CARE”

15 MIN INCREMENTS / \$40

Enjoy a little extra TLC to recover from running, indulge a little longer, or just because...

DETOX BOOSTER

30 MIN / \$90

Add a 30 min contrast therapy wrap to boost overall detoxification and energy...

WAXING

EYEBROW REDESIGN	\$45	BRAZILIAN	\$85
LIP OR CHIN	\$25	HALF BACK	\$70
HALF LEG	\$60	FULL BACK	\$95
FULL LEG	\$110	HALF ARM	\$40
FULL LEG AND BIKINI	\$150	FULL ARM	\$65
BIKINI	\$50	UNDERARM	\$45

SPA ETIQUETTE

We ask that you enjoy moments of quiet contemplation in our inner sanctuary areas such as the hydrotherapy circuit and the relaxation lounge. The sanctity of this oasis is treasured by all our guests. Please speak softly.

FREQUENTLY ASKED QUESTIONS

What if I have special health considerations?

Please notify your Treatment Advisor during the booking process if you have any medical/health that may need to be considered while designing your spa day.

Is there a minimum age?

The spa is designed primarily for guests 18 years of older.. However teen therapies are available to guests as young as 16 years old when accompanied by an adult. Therapists will also be matched with same-gender for your comfort and wellbeing.

What is the cancellation policy?

Unless otherwise noted, please notify us 24 hours prior to the start of the spa treatment to avoid a 100% cancellation fee. Late arrival may shorten your treatment time.

What should I bring to the spa?

Our thermal circuit area is a co-ed experience. Bathing suits are required for this experience area and the pool area.. Resort guests are encouraged to wear their room robes to the spa. Otherwise, lockers, robes and slippers are available for use during spa time. All personal care amenities are provided. We recommend that you do not bring any valuables to the spa.

Going au naturel in treatment...

Your comfort is the key to relaxation. Please use your discretion for massage. Undergarments are optional. For Thai massage, we ask that you wear loose fitting clothes. For body treatments, you will be provided disposable undergarment and draping will be minimal.

What can I expect?

Our spa philosophy centers on a relaxed pace. We ask that you arrive at least 45 minutes prior to the start of your service.

We encourage you to enjoy a hot shower followed by 20 minutes in our thermal circuit area. You may choose to finish with a steam prior to relaxing before your treatment. This recommended pre-treatment ritual aids in grounding and preparing your body by boosting circulation and overall relaxation.

We hear you

You know your body best. Give the staff and your therapist some feedback. Each treatment is designed for you. Since it is your treatment, it can be customized and personalized to your liking, so make sure to let the therapist know what you like and what you don't. This also goes for troubled areas as well as injuries.

Gratuity

Leaving a gratuity is completely at your discretion. For your convenience, a 20% auto gratuity is added, and may be adjusted at your request.

The Gift of Wellness

The certificate is an ideal gift for someone special. Please contact the spa concierge for details.

Take it Home

To continue your spa experience at home, most products used in our treatments are available at the Spa retail store.

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. The spa is mobile phone and smoke free zone.

For those who choose to enjoy an alcoholic beverage, we recommend you limit your consumption to 1-2 drinks. The effects of over consumption will interfere with your spa treatment, and we may determine your treatment cannot be performed.

