

# SPA

## WELLBEING THERAPY

### SPIRIT OF THE DESERT

Inspired by our medicine wheel garden, warm Pima cotton poultices filled with herbs facilitate renewed feelings of vitality and balance. Rhythmic strokes with the herb-laced sachets, combined with a soothing massage of warm vibrational oils, are applied along energy pathways of the body. Absorb the healing power of the desert in this close-to-nature experience.

Cost 90 min / \$250

### CIVANA CALM

Magnesium is known as the great relaxer. Promoting a calming effect for the mind and body. Many people can experience magnesium deficiency due to prolonged stress. Wind-down, alleviate muscle pain and ease inflammation with a rhythmic magnesium salt scrub, paired with a botanical tonic to promote balance and well-being. Conclude this service with your choice of mini facial or mini body massage.

Cost 60 min / \$195

## MASSAGE THERAPY

### SWEDISH SOOTHING MASSAGE

Soften and soothe with light to medium pressure designed to improve circulation and wellbeing. If you need to be nurtured, slip into the solace of this traditional calming technique. Broad strokes and a fluid cadence quiet the nervous system, guiding the way to restoration and healing.

Cost 60 min / \$170  
90 min / \$240

### DEEP MUSCLE RELIEF MASSAGE

Profound release through flowing medium to deeper pressure, this massage helps release dense muscle pain and tension. Stubborn tissues carrying the weight of the world surrender to a state of freedom and ease. For those who enjoy a stronger touch, this will help unstick what's stuck and provide relief after long hours of work, play and life.

Cost 60 min / \$180  
90 min / \$250

 **Chopra Health Retreat Offerings:** signature Ayurvedic spa treatments featured at the Spa.

All spa services are subject to a service charge of 20%.

### SPORTS MASSAGE

When you need to tune up the machine that carries you through your active lifestyle, select this treatment that focuses on correcting overuse, strain, and deep muscle pain. Compression and stretching techniques further the healing work and help prevent injury. Maintaining your body's optimal performance allows you to move boldly through life.

Cost 60 min / \$180  
90 min / \$250

### PRE-NATAL NURTURE MASSAGE

Providing essential relaxation and comfort for the expectant mother-to-be. A strategically-designed massage that centers around soothing areas of tension, reducing stress, and balancing the body through all the changes of trimesters two and three. A happy, healthy mom for a happy, healthy baby.

Cost 60 min / \$170  
90 min / \$240

### HOT STONE MASSAGE

Match those hotspots of muscular tension with the melting relief of heated river rocks. Hands and stones glide over your body to improve circulation and release tightness. Nourishing oils will deeply hydrate while detoxifying the body and soothing the spirit.

Cost 60 min / \$190

### SPA REFLEXOLOGY

Rooted in ancient Chinese medicine, reflexology accesses self-healing by stimulating pressure points in the feet that correlate to specific organs and energetic pathways throughout the body. Open the floodgates for vitality and restoration, all by way of the feet.

Cost 60 min / \$180

**REVIVE TO THRIVE** 🧘

Embark on a journey toward deeper relaxation. In this treatment, you'll experience a combination of Ayurvedic techniques to relax and invigorate. We begin with a dry-glove exfoliation to jumpstart detoxification and stimulate your lymphatic system. Next, the body is covered in warm herbalized oil from scalp to toes with friction strokes that move the oil into the tissues to further dislodge toxins. Then muscle-specific strokes are used to promote relaxation. Finally, your therapist(s) will use Marma Point Therapy to stimulate and awaken energy in the body, calm the mind, and activate healing. The result: A feeling of calm, grounded energy to help you feel renewed.

Cost 60 min / 1 therapist / \$220

60 min / 2 therapists / \$400

## MASSAGE THERAPY ENHANCEMENTS

**CBD MASSAGE BOOSTER**

CBD-infused products soothingly applied to the neck and shoulders aid in deep relief of physical and emotional pain.

Cost \$30 / No Additional Time

**TUNING FORK**

Energy blocks opened? Check. Clearing of the chakras? Check. Cleansing the aura? Check. Acoustic therapy that uses the vibrational energy of specific pitches to emit healing sounds and waves.

Cost \$30 / No Additional Time

**SOUND BOWL HEALING**

Echoing sound waves reverberate throughout your body. Behind-the-scenes, your brain waves sync up with the sound waves, whisking your body away into a self-healing state.

Cost \$50 / No Additional Time

**WILD LIME REVITALIZING SCALP & HAIR TREATMENT**

For shinier, healthier hair, this brilliant oil treatment helps both the scalp and hair at once. This conditioning method is made with essential oils of lime, tangerine, pink grapefruit, and avocado. Help ease tension, relax, and nourish your scalp.

Cost \$40 / No Additional Time

🧘 **Chopra Health Retreat Offerings:** signature Ayurvedic spa treatments featured at the Spa.

All spa services are subject to a service charge of 20%.

## ENERGY & EASTERN THERAPY

**REIKI**

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. The power of a light or even absent touch becomes obvious when you emerge feeling light, calm, and centered.

Cost 60 min / \$180

**CRANIOSACRAL**

Light touch follows an energetic pathway along the head and down the spinal column., spiriting away energy blockages along the way. Although the experience is gentle in nature, guests report a profound impact on relieving headaches, pains in the jaw, neck, or back, and even on hyperactivity.

Cost 60 min / \$180

90 min / \$250

## SKIN CARE

### SIGNATURE SPA FACIAL

Employing the wisdom of listening first, acting second, your expert esthetician will then create the blueprints to fulfill your skincare aspirations. Among the results-focused, active, organic skincare lines that will be carefully curated for your experience, you can expect to be treated to products rich in properties like antioxidants, phytonutrients, peptides, liquid oxygen, stem cells, botanicals, and more. Rolling these into a ritual just for you, your signature skincare experience awaits.

Cost      60 min / \$190  
               90 min / \$260

### ESSENTIAL MARINE OXYGEN FACIAL

Life in balance, starting with your skin. This results-driven facial is power-packed with DNA repairing enzymes, pharmaceutical grade liquid oxygen, hyaluronic acid, peptides, and Vitamin C esters. marine-based and oxygen rich. Look forward to hydrated, balanced, smooth skin that helps erase the memory of fine lines and wrinkles.

Cost      60 min / \$190  
               90 min / \$260

### CIVANA LIFESTYLE FACIAL

Detoxifying lymphatic brushing, relaxing aromatherapy, and facial massage are among the staples of every session. From there? Targeted active ingredients, from plant stem cells to peptides, work in synergy with your custom needs to produce radiant, renewed skin.

Cost      60 min / \$190

### SONORAN SEA FACIAL

Float into a sea of calm. This indulgent massage- focused ritual melts away facial tension. Multi-layered massage lifts and tones the face while mimicking the rhythms of the ancient sea; Responsibly sourced rose quartz, chevron amethyst, and labradorite 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.

Cost      90 min / \$260

### PURE RADIANCE FACIAL

Glow your way with this 60-minute radiance-boosting facial featuring a customized aromatherapy blend and face mask, using fresh ingredients and traditional ayurvedic purifying herbs.

In this signature treatment, an ayurvedic kansa-wand facial massage soothes, tones, and releases tension from face muscles, neck, and shoulders while a balancing foot bowl massage deepens the feeling of complete relaxation. Ultra-nourishing and skin-renewing products made with concentrated plant extracts, sea algae, and other antioxidant-rich actives are then applied to the skin to refine, balance, oxygenate, protect, and restore a healthy radiant glow.

Want more? Choose our 90-minute option to enjoy a tension-melting hand, arm, and scalp massage to achieve ultimate whole-body relaxation.

Cost      60 min / \$220  
               90 min / \$270

## SKIN CARE ENHANCEMENTS

### EYE & LIP TREATMENT

Celebrate the loving looks and words you can share with the world through a FIX pen microcurrent to boost the eye and lip areas.

Cost      \$50 / No Additional Time

### GEMSTONE BALANCING

In a world of chaos, taking a moment to realign and center oneself can create powerful moments of healing and wellness. Allow the natural energies from semi-precious gemstones to balance your sub-tle body's energy. Your esthetician will pair your perfect stones to help melt away daily stresses and revitalize your spirit.

Cost      \$40 / No Additional Time

 **Chopra Health Retreat Offerings:** signature Ayurvedic spa treatments featured at the Spa.

All spa services are subject to a service charge of 20%.

TO BOOK SERVICES CALL 480.653.9001

CIVANA

# SALON

## MANICURE

### **SPA MANICURE**

Tidy those tips in an express service to clean, shape, and polish nails.

Cost 30 min / \$50

### **MINDFUL MANICURE**

Featuring Farm House Fresh and Dazzle Dry.

Cost 50 min / \$70

## PEDICURE

### **SPA PEDICURE**

Clean up, shaping, polish removal/change (express).

Cost 30 min / \$50

### **MINDFUL PEDICURE**

Featuring Farm House Fresh and Dazzle Dry.

Cost 50 min / \$70

## NAIL ENHANCEMENTS

### **CBD SALT SOAK ADDED TO ANY PEDICURE**

Cost \$20 / No Additional Time

### **FRENCH UPGRADE**

Cost \$10 / No Additional Time

All spa services are subject to a service charge of 20%.

TO BOOK SERVICES CALL 480.653.9001

CIVANA