

SPA

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 / \$195

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 / \$205

UPLIFT - AROMATHERAPY MASSAGE

A joy inducing massage: Scent has been scientifically proven to lift our mood. Incorporating grapefruit and jasmine, this joyful massage will leave you renewed and connected to your happy state of mind.

Cost 60 min / \$205

UNWIND - AROMATHERAPY MASSAGE

A sleep massage: Prepare your body for a deep state of rest. Using roman chamomile and blue tansy along with slow, long and gliding strokes to activate your parasympathetic nervous system. This calming massage promotes rest and relaxation and will aid in a restorative, healing night's sleep.

Cost 60 min / \$205

PRE-NATAL NURTURE MASSAGE

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

Cost 60 min / \$195

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

All spa services are subject to a service charge of 22%.

TO BOOK SERVICES CALL 480.653.9000

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 / \$240

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 / \$215

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 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 / \$265

BIODYNAMIC BODYWORK

Open, unwind, and heal through this highly personalized bodywork service. Utilizing a range of therapeutic methods including the ultimate in muscle recovery with the incorporation of RAD rollers, this service will activate the parasympathetic nervous system, release sore muscles, increase blood flow, and improve flexibility. No two biodynamic sessions are the same. In every session, we seek to awaken and follow the unique healing intelligence within each body.

Cost 60 min / \$240

MASSAGE THERAPY ENHANCEMENTS

CBD MASSAGE JOURNEY

Unwind your mind and drift into a state of profound peace with this immersive, 3-part CBD enhancement. Begin the Journey with a CBD tincture under the tongue, while enjoying a full body massage with arnica and ginger CBD infused body oil and muscle relief cream. This also includes a take-home tincture.

Cost \$75 / 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

WELLBEING THERAPY

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 gentle and rhythmic exfoliation, paired with a botanical tonic magnesium to promote balance and wellbeing. Conclude this service with a mini body massage.

Cost 60 min / \$225

SPIRIT OF THE DESERT

Absorb the healing power of the desert and tap into your intention in this 2-hour transformative journey. Begin with a guided meditation to help you focus on the present, with added sound bowls to ground and connect. Vibration touches every part of our being. Not only heard through our ears but felt in every cell in our body. To remind us of our wholeness. Your massage therapist will use steam-warmed poultices filled with delicate flowers and natural herbs to form a powerful herbal elixir. Experience this ancient art of gentle warm pressure to relieve muscle tension and renewed feelings of balance. Rhythmic strokes combined with a soothing massage of nutrient rich oils are applied to promote natural rebalancing of body, mind, and spirit.

Cost 120 min / \$435

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 / \$205

THAI MASSAGE

This age-old, dynamic bodywork is known for restoring mobility and flexibility to tight areas. Assisted stretching techniques combine with pressure on energetic points to restore overall wellbeing. Rhythmic and meditative, treatment includes stretching, joint mobility, and deep-tissue compression that coincide with energetic pathways in the body. *Please note, we ask that you wear loose fitting clothes for this treatment, as the provider will also be on the Thai table.

Cost 60 min / \$240

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 / \$205

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CIVANA

BODY & WATER THERAPY

SONORAN RAIN DANCE

Water is the very source of life – Our bodies are composed of mostly water, and we are innately drawn to it to cleanse, purify, and rejuvenate our mind, body, and soul. This treatment is designed to help reestablish your inner calm and enhance relaxation, while simultaneously increasing circulation, boosting immunity, and restoring homeostasis.

Cost 60 min / \$210

WATSU™

Dip into the warm water of a private outdoor pool and prepare to be swept away. Surrender fully to intuitive guidance of the water as your therapist gently sweeps your body through a dance-like series of floating movements. Gentle stretches and twists elevate the water's naturally restorative powers, helping to ease physical and emotional tension. Bathing suits required.

Cost 60 min / \$295

MARINE SUPERFOODS WRAP

Allow your worries to wash away with one of CIVANA's personalized body wraps. Each wrap is uniquely created; sourcing high-quality organic ingredients from land and sea to replenish, repair, and restore your mind, body, and soul. First, select an intention that best meets your desired replenishment and goal, and we'll handle the rest. Each treatment is rich in powerful antioxidants, anti-inflammatory agents, healing omegas, therapeutic essential oils, and nutrient-rich powerhouses to feed and nourish your skin. Your total body booster begins with a gentle dry brush exfoliation, followed by warming marine body wrap that envelops the body and calms the mind. A warm shower then washes over the body to deeply cleanse the skin. Ending with a warm nourishing application to leave you hydrated and refreshed.

Select your intention:

Antioxidant Boost – raw cacao, seabuckthorn, acerola cherry

Detox – rosemary, sage, cinnamon, thyme

Hydrating – rose, calendula, lavender, chamomile

Brightening – matcha green tea, honey, jasmine, grapefruit

Cost 60 min / \$240

MEDICINE GARDEN SCRUB

Hippocrates said, "Let food be thy medicine and medicine be thy food." Mankind has relied on the healing and nourishing benefits of herbs, plants, botanicals, and fruits for decades to restore our vitality, provide adequate nutrients, and prevent illness. CIVANA's traditional medicine wheel provides a source of inspiration and wellness throughout each of our full-body exfoliation treatments. Simply choose an intention that best meets your goals and then allow us to buff, brighten, and help restore that inner glow.

Select your intention:

Immune Boost – salt, eucalyptus, rosemary, peppermint, juniper

Warming Relaxation – salt, ginger, melissa, basil, petitgrain

Brightening – salt, jasmine, grapefruit, bergamot

Cost 60 min / \$230

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 / \$195

CIVANA RENEW FACIAL

Movement is the key to life. This signature treatment is designed for your inner body, your cellular body, where all the magic happens. Incorporating wellness rituals and techniques to encourage change within the tissues, increase lymphatic drainage, circulation, and elimination, while providing optimum marine and herbal nourishment to restore and renew. Lymphatic style cupping and gua sha techniques are used to release tension, create movement, enhance detoxification, and restore vitality to the skin. Sound meditation is woven throughout the treatment to improve the vibrational healing of each cell and remove blockages, while enhancing our relaxation response and innate ability to heal. This all-encompassing treatment helps to align, balance, and restore homeostasis to your mind, body, and soul.

Cost 120 min / \$435

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CIVANA

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 / \$220

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 60 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 / \$230

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.

Cost 60 min / \$265

TENSION RELEASE FACIAL

Go below the surface of the skin to engage the muscles in the face and neck in this naturally rejuvenating facial. This innovative protocol includes a release of the facial muscles and fascia to create a natural lift and provide greater symmetry. A sedentary lifestyle, prolonged stress, anxiety, physical trauma, and injury can all lead to a thickening and stiffening of fascia. Releasing this chronic tissue tension can help to soften the appearance of fine lines, aid in restoring vital nutrients, and increase hydration and oxygen to the tissues. This facial incorporates the use of myofascial release tools to melt away the tension in face and body.

Cost 60 min / \$255

SKIN CARE ENHANCEMENTS**CBD FACIAL JOURNEY**

Unwind your mind and drift into a state of profound peace with this immersive, 3-part CBD enhancement. Begin the Journey with a CBD tincture under the tongue, while enjoying a curated facial incorporating CBD oil infused with chamomile and rose, and a luxurious foot treatment using CBD relief cream. This also includes a take-home tincture.

Cost \$75 / No Additional Time

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 subtle 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

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CIVANA

SALON

MANICURE

MINDFUL MANICURE

Featuring Farm House Fresh and Dazzle Dry.

Cost 50 min / \$75

PEDICURE

MINDFUL PEDICURE

Featuring Farm House Fresh and Dazzle Dry.

Cost 50 min / \$75

NAIL ENHANCEMENTS

CBD SALT SOAK ADDED TO ANY PEDICURE

Cost \$10 / No Additional Time

FRENCH UPGRADE

Cost \$10 / No Additional Time

GEL POLISH REMOVAL

Cost 15 min / \$15

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