

A woman with blonde hair is lying back in a hot tub, her eyes closed and a peaceful expression on her face. The hot tub is filled with water and has a white towel draped over the edge. In the foreground, there are some items on a tray, including a green apple and a red flower. The background features a large, rugged mountain peak under a clear blue sky.

SANCTUARY[®]
camelback mountain
resort and spa

Sanctuary on Camelback Mountain

See it...hear it...feel it...

This place is different.

Welcome to the Sanctuary Spa

See it...in the shadows of Camelback Mountain.

Hear it...in the water and the soft rustle of the great bamboo.

Feel it...in the care and skilled touch of the staff.

Know it...this place is different.

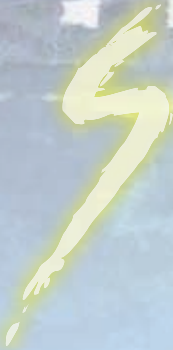
THE SANCTUARY SPA VISION STATEMENT:

Our vision at the Sanctuary Spa is to motivate life-change through exceptional experiences and advanced education.

THE SANCTUARY SPA CORE VALUES:

- *Be the best by providing the best*
- *Be knowledgeable and ready to pounce at the chance to serve; it is a gift to serve*
 - *Work hard with dedication, integrity, and enjoyment*
- *Learn to exceed the expectations of our guests and ourselves*
 - *Create a family environment with open communication*
 - *Continually improve our practices through discussion and nurturing the growth of ourselves, our colleagues, and our guests*
 - *Embrace and motivate change*

***Strong efforts make us endure.
Environment makes us stand out.
Our people make us exceptional.***



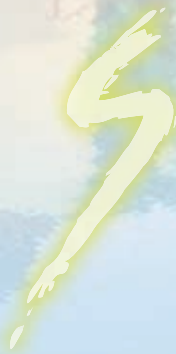
A guide to your first time at the Sanctuary Spa

Prior to contacting us to make your reservation we ask you to consider the following:

- What day would you like to visit us? Do you have a preference for morning, afternoon, or evening?
- What treatment or treatments are you considering? If you are not sure we will be glad to make suggestions according to your needs and preferences.
- Do you have any preferences, allergies, or needs that we should be aware of that will make your visit with us more comfortable?
- We suggest arriving at least thirty minutes prior to your appointment start time. This will allow you time to check in, change into your robe and slippers, sit in the steam room and the jacuzzi, and shower before your treatment start time.
- Bring as little as possible with you to the spa. We provide everything you will need including a robe, slippers, towels, and a multitude of amenities. No need to bring your watch or jewelry because no accessories are necessary with a robe.
- Take some time away from your PDAs, cell phones, and other “devices”. Leave them at home or in the car. Once you enter this tranquil environment you won’t even miss them while you are with us. If you need to be accessible to others during your time with us, feel free to give them our number and we would be glad to find you if they call.
- Most importantly, don’t ever be afraid to ask if you are unsure about anything. The entire Sanctuary team is here to make sure your visit exceeds every expectation but the best way for us to do that is to know how we can be of assistance.

SOME TREATMENT SUGGESTIONS FOR YOUR FIRST TIME WITH US

Sanctuary Signature Facial in 60 or 90 Minutes
Sanctuary Signature Body Ritual in 60 or 90 Minutes
Wild Lime Blossom Massage in 90 Minutes
Luk Pra Kope Experience in 120 Minutes
Royal Manicure & Pedicure in 120 Minutes



Day Packages & Signature Experiences

SATORI WELLNESS PROGRAM

Experience Satori Wellness Retreats: the ultimate retreat in destination resorts.
Your lifestyle will love you for it.

Take a nice deep breath...relax...and let this Sanctuary retreat enlighten you for a healthier new lifestyle. As your 4-day wellness journey begins, you'll meet with your certified personal trainer, who will introduce you to a unique, personalized health and fitness program that's exciting, effective and easy to maintain.

We'll choose from a variety of fitness styles and activities such as private Pilates, yoga, body sculpt, dance fusion, private hiking & biking tours, tennis and much more! Your retreat will be custom designed for you, amidst the breathtaking views and personalized service of our boutique resort nestled on Camelback Mountain. Your wellness retreat may include an automated weight management plan, new lifestyle journal, Sanctuary gift package, facial and body treatments, delicious meals prepared for you (including exquisitely nutritious recipes from our award-winning celebrity, Chef Beau MacMillan), and follow-up care and motivation from your personal trainer after you leave.

Our Fitness & Wellness Manager, Kara Thomas, will be delighted to assist you in beginning your journey. Call 480.607.2336 to book your Satori Wellness Retreat, or email: kthomas@sanctuaryaz.com.

DAY PACKAGES

Relaxation – half day \$300

- Savor the best of Sanctuary with a 60 minute massage and 60 minute facial

Rejuvenation – half day \$305

- Enhance a 60minute massage with a royal manicure and royal pedicure

Tranquility – full day \$605

- Enjoy your choice of a 60 minute body treatment, 60 minute massage and 60 minute facial, along with a royal manicure and pedicure

Motherhood – half day \$385

- Treat the mother-to-be to a 60 minute motherhood massage or motherhood watsu, a 60 minute facial and a royal pedicure. (Motherhood services are not available during the first trimester of pregnancy.)

SIGNATURE SPACES - Pricing dependent on services received

Couple's Suite

- A private retreat for enjoying treatments together, the Couple's Suite features a cozy fireplace and the tranquil Asian design that graces the entire spa...in a setting of quiet, rejuvenating intimacy.

In-Room

- Choose from a selection of massages available in the privacy of your own Casita or Casa.

Sanctum

- This is the perfect setting for a romantic retreat or a quiet place to get away. This stone-walled hide-away boasts a vitality pool and deluge shower. A private, shaded outdoor suite for one or two people, the sanctum is available seasonally for most of the services offered at the spa. Fees for treatments are additional.

Nail & Hair Treatments

NAIL SERVICES

- Royal Manicure – 60 minutes \$70
- Sport Manicure – 30 minutes \$40
- Resurfacing Pedicure – 60 minutes \$85
- Sport Pedicure – 30 minutes \$55
- Express Manicure – 30 minutes \$40
- Royal Pedicure – 60 minutes \$85
- Express Pedicure – 30 minutes \$55

NAIL ENHANCEMENTS

- Paraffin for feet – \$15
- Paraffin for hands – \$15
- Resurfacing – \$15

HAIR SERVICES

- Blow dry & style, child – starting at \$25
- Updo – starting at \$60
- Men's cut – starting at \$45
- Women's cut – starting at \$55
- Partial highlight – starting at \$90
- Blow dry & style, adult starting at \$45
- Cut only, no style – starting at \$45
- Child's cut – starting at \$25
- Full highlight – starting at \$125
- Tint/color – starting at \$65

MAKEUP SERVICES

- Makeup application – \$60
- Makeup lesson – \$85

Skin Care Offerings

FACIALS

Sanctuary Luxury Facial – 90 minutes \$245

- Pampering...relaxing...de-stressing. For all skin types

Skin Fit – 90 minutes \$245

- Results oriented... impactful, anti-aging. For all skin types

Sanctuary Jewel – 60 minutes \$150 / 90 minutes \$210

- Completely customized for all skin types

Emperor – 60 minutes \$150 / 90 minutes \$210

- Completely customized for men

Resurfacing – 30 minutes \$95

- Results oriented hydrating mini-facial

FACIAL ENHANCEMENTS

- Back treatment – 30 minutes \$90
- New you enhancement – \$30
- Opal eye – \$15
- Eyelash tint – \$35
- Foot treatment – \$30
- Eye repair – 30 minutes \$90
- Resurfacing – \$30
- Eyebrow tint – \$35
- Hand treatment – \$30

EYELASH EXTENSION

- Initial set – 120 minutes \$250
- Touch up – \$90

WAXING

- Arm – \$50
- Back – \$70
- Bikini – \$50
- Chin – \$20
- Face – \$50
- Underarm – \$30
- Full leg – \$90
- Half leg – \$50
- Eyebrow shaping – \$45
- Eyebrow – \$30
- Lip – \$20
- Shoulder – \$25

Massage & Alternative Therapies

MASSAGE

Swedish – 60 minutes \$150 / 90 minutes \$210

- A relaxing and soothing body massage. This traditional light to medium pressure massage will improve circulation, relieve tension and eliminate muscle fatigue.

Therapeutic/Sports – 60 minutes \$150 / 90 minutes \$210

- A massage customized to specific areas of muscle tension or to enhance your athletic performance by focusing on sport-specific muscles. Pressure can be adjusted to your body's unique needs.

Lymphatic – 60 minutes \$150 / 90 minutes \$210

- Lymphatic drainage massage incorporates very light, repetitive brushing strokes to boost the circulation of the lymphatic system and aid in the removal of toxins and excess water.

Motherhood – 60 minutes \$150 / 90 minutes \$210

- A gently pampering massage honoring new mothers and mothers-to-be. Designed to alleviate muscle tension and aches as well as relieve swelling and stress on weight-bearing joints. (Motherhood services are not available during the first trimester of pregnancy.)

Reflexology – 30 minutes \$90 / 60 minutes \$150

- This treatment uses specialized techniques to stimulate the flow of energy in your feet, for a massage that rebalances the body and promotes increased relaxation and relief from stress.

Hot Stone – 90 minutes \$210

- This massage treatment combines tension-releasing massage techniques with warm, smooth river stones as an extension of the therapist's hand. Deep heat allows you to experience profound relaxation and balance.

Scalp Massage – 30 minutes \$90

- An uplifting scalp & neck massage with wild lime blossom oil a nourishing hair treatment that's ideal for jet lag, restlessness and fatigue.

In-harmony – 60 minutes \$300

- For everyone who enjoys the luxury of massage, imagine the luxury of two massage therapists working in tandem. This choreographed massage utilizes Swedish techniques and long, continuous strokes and is a profoundly renewing, revitalizing and unique experience.

Massage 101 – 60 minutes \$150

- A creative, interactive and partner-building opportunity for couples to learn from the therapist how to massage their partner. You'll leave inspired with professional techniques to use at home.

MASSAGE ENHANCEMENTS

- Hand treatment – \$30
- Foot treatment – \$30
- Opal eye treatment – \$15

AQUATIC MASSAGE

- Lotus Flower Reflexology – 60 minutes \$150
- Watsu – 60 minutes \$170 / 90 minutes \$210
- Motherhood Watsu – 60 minutes \$170

ASIAN INSPIRED TREATMENTS

Wild Lime Blossom – 90 minutes \$210

- This zesty, aromatic scalp and full-body massage is the perfect remedy for jet lag and fatigue. A special recipe of hazelnut, avocado and macadamia oils is blended with wild lime blossom, sandalwood and ginger. The oil is warmed and vigorously applied to your scalp, neck and shoulders to stimulate circulation and nourish your hair. While the oil penetrates your hair, a full-body massage with Japanese Yuzu citrus extracts relieves mental exhaustion.

Shiatsu – 60 minutes \$170 / 90 minutes \$210

- Muscular tension and blocked energy are released by applying rhythmic thumb and palm pressure to points along the body's energy meridians. Serenity and balance result from this traditional Japanese massage.

Massage & Alternative Therapies (cont'd)

Table Thai – 90 minutes \$210

- This is an ancient, interactive style of massage that originated in Thailand. You'll be wearing loose fitting clothing while your therapist gently pulls, pushes and kneads your muscles in patterns of gentle rocking and rhythmic compressions.

Thai Foot – 30 minutes \$95 / 60 minutes \$170

- A blend of Chinese reflexology and traditional Thai massage techniques, this service is unique to Sanctuary Spa. Your therapist focuses on manipulating energy points to relax and soothe your calves and feet.

Reiki – 60 minutes \$170

- Reiki is the Japanese word for "universal life energy." Vital life force energy (rei) flows from the practitioner's hands, affecting the subtle body energy (ki or chi) of the recipient. This gentle yet powerful healing technique facilitates balance.

Luk Pra Kope – 120 minutes \$260

- Meaning "to massage with medicinal herbs," Luk Pra Kope begins with soaking your feet in a fresh lime and essential-oil bath. After your feet are cooled and exfoliated with fine, white Thai clay and fresh lime, a blend of steamy organically grown herbs is rolled, massaged and pressed into tight muscles and onto problem areas and energy pathways. Along with Thai massage, the heated compress soothes sore and aching muscles, enhances circulation, reduces joint stiffness and refreshes the skin.

BODY TREATMENTS

- Sanctuary Signature Body Ritual – 60 minutes \$150 / 90 minutes \$210
- Signature Detox Treatment – 60 minutes \$150 / 90 minutes \$210
- Espresso Mud – 60 minutes \$150 / 90 minutes \$210
- Bamboo Lemongrass Scrub – 60 minutes \$150 / 90 minutes \$210
- Rosemary Citron Salt Scrub – 60 minutes \$150 / 90 minutes \$210

ALTERNATIVE THERAPIES – *Advance Booking Required*

- Acupuncture – 60 minutes \$170 / 90 minutes \$245
- Astrology – 60 minutes \$165 / 90 minutes \$240
- Tarot – 60 minutes \$165 / 90 minutes \$240
- Numerology – 60 minutes \$165 / 90 minutes \$240
- Private Meditation – 60 minutes \$165 / 90 minutes \$240
- Guided Imagery Meditation – 60 minutes \$165 / 90 minutes \$240
- Labyrinth Meditation Walk – 60 minutes \$165 / 90 minutes \$240

Swim Instruction, Tennis & Recreation

SWIM INSTRUCTION WITH OLYMPIC GOLD MEDALIST MISTY HYMAN - *Advance Booking Required*

- Fitness Swimmer – 60 minutes \$125
- Competitive Swimmer – 60 minutes \$125
- Triathlon Swimmer – 60 minutes \$125

TENNIS

- Private lesson – 30 minutes \$50 / 60 minutes \$85 / 90 minutes \$125
- Semi-private lesson – 60 minutes \$50 per person / 90 minutes \$75 per person
- Functional Agility Training – 30 minutes \$80 / 60 minutes \$100
- Court rental – 60 minutes \$20
- Ball machine rental – 30 minutes \$20 / 60 minutes \$35
- Demo racket – per day \$10

Swim, Tennis & Recreation (cont'd)

RECREATION - Pricing varies dependent on number of participants

- Camelback Mountain Hike
- Guided Bike Tour
- Mountain Bike Rental

Fitness & Wellness

- Nutrition – 60 minutes \$165 / 90 minutes \$240
- Personal Training – 30 minutes \$80 / 60 minutes \$100
- Assisted Stretch – 30 minutes \$90 / 60 minutes \$125
- Assessment & Personal Program – 90 minutes \$195

ATHLETIC CONDITIONING - Advanced Booking Required

- Agility Training – to enhance your power, speed and agility through footwork based training
- Circuit Resistance Training – incorporate both muscular strength and endurance exercises with intervals of cardiovascular training using a variety of equipment
- Core Stabilization – increase muscular balance and strength through a sequence of body stabilization exercises while learning to engage core muscles
- Functional Stretch – develop mind-body awareness through various stretching techniques and functional movement patterns
- Assisted Stretch – identifies muscle imbalances and weaknesses while improving flexibility and circulation.
- Pilates Reformer for Athletes – improve strength flexibility, coordination, through core stabilization and resistance training on the pilates reformer apparatus
- Power Pilates Mat – increase endurance, agility, balance, control, core strength, range of motion and improved lung capacity, utilizing the pilates BOSU balance trainer method, flex bands, resistance circle and tubing
- Power Yoga – challenge your balance, and mental focus, while increasing energy, focus, strength and flexibility practicing power yoga poses

THERAPEUTIC EXERCISE - Advanced Booking Required

- Thai Yoga – a relaxing yoga session to improve circulation and flexibility, while you learn poses and stretches from an ancient technique oriented in Thailand.
- Pilates/Yoga for Back Care – exercises designed to help develop a strong, healthy and stress free back. This workout builds core stability, spinal alignment and mobility.
- Exercises for Arthritis and Osteoporosis – custom designed programs using the best exercises for osteoporosis program and the DSW exercises for arthritis, to help improve bone density and alleviate joint stiffness, increasing flexibility and circulation.
- Rejuvenation – breathe, stretch, and relax... learn specific relaxation and breathing techniques to release stress and increase flexibility. Allowing your muscles to melt into tranquility, while increasing oxygen flow.

www.sanctuaryaz.com

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