



## MASSAGE AND BODY THERAPIES

### **Custom**

*60 minutes, \$195*

This traditional massage is customizable to meet your specific needs. With pressure ranging from light to firm, it will soothe and relax the body improving circulation, relieving tension and easing muscle fatigue.

### **Motherhood**

*60 minutes, \$195*

A nurturing massage that focuses on the specific needs of expectant mothers. Applying techniques designed to reduce common discomforts, soothe the nervous system and improve overall well-being.

\*Massage services are not available during the first trimester of pregnancy.

### **Lymphatic**

*60 minutes, \$195*

The gentle strokes of enhanced lymphatic circulation immediately calms the nervous system, and de-stresses the body. The lymphatic system is the body's filtration mechanism that provides many critical functions. The lymphatic network manages the fluid levels in tissues, removes waste and toxins, and brings nutrients and antibodies to our cells.

### **Reflexology**

*60 minutes, \$195*

This ancient healing technique stimulates the energy pathways of the body through applied pressure to the feet and hands; promotes a sense of well-being and restores balance.

### **Cupping**

*60 minutes, \$205*

Cupping therapy is an ancient form of medicine in which therapeutic cups of different sizes are placed on the body, creating negative pressure and providing more space within the muscles, which may move blood and lymph fluid to the surface of the skin. The improved blood circulation may speed up healing, reduce pain and ease muscle soreness. This treatment is likely to cause discoloration as it pulls fluids to the surface of the skin.

### **Wild Lime Blossom**

*120 minutes, \$395*

Allow your mind and body to unwind as this experience begins with a luxurious, warmed wild lime oil massaged into the scalp, neck and shoulders. Melt into a deeper state of euphoria with an aromatic full body relaxation massage.

## BODY TREATMENTS

### **Signature Coconut Sumatra Body Ritual**

60 minutes, \$195

120 minutes, \$395

Silky smooth pure organic coconut oil is combined with the stimulating and cleansing properties of pink Himalayan salt to invigorate the senses while creating a healthy youthful glow in this full body exfoliation. The 60-minute experience is completed with an application of decadent coconut-vanilla lotion to hydrate the skin.

The 120 minute ritual includes a vegan organic body butter wrap that nourishes the skin while a soothing foot massage melts away any remaining tension. Enjoy a relaxing full body massage with the coconut-vanilla lotion.

### **Zentsational Softening Polish**

60 minutes, \$195

120 minutes, \$395

This nourishing blend of sugar, salt and organic shea butter gently exfoliates and hydrates your skin. Customize your aromatic journey with a choice between three inspiring ZENTS aromas. In the 60 minute treatment an application of luminous cashmere oil, combined with organic coconut and passionflower, leaves your skin moisturized and soft. Complete the 120 minute treatment with a relaxing full body massage.

\*60 minute treatment is available for expectant mothers.

## SPECIALTY TREATMENTS

### **Acupuncture**

60 minutes, \$205

Acupuncture is an ancient art that balances the body emotionally, physically and spiritually. Sterile, disposable needles are used to adjust the body's chi (energy). This energy opens the body's pathways to address chronic and acute problems to promote healing, relieve pain, encourage longevity and enhance your immune system.

### **Reiki**

60 minutes, \$195

Reiki, a universal life force, is an ancient Japanese technique that promotes healing, wellness and stress reduction. The Reiki provider utilizes light hand placements focusing the energy to the areas of the body that need healing. The subtle movement of energy promotes relaxation moving the body to its healing state.

### **Acussage**

120 minutes, \$405

Blending the benefits of acupuncture and massage, this service uses acupuncture to balance the meridians, and massage to relax the muscle. While the acupuncture focuses on the internal, the massage focuses on the external, promoting relaxation and putting the body in a state to enhance health and longevity.

### **Golden Lotus Balancing Ritual**

*120 minutes, \$405*

Rooted in traditional Chinese and Japanese herbal medicine, an herbal blend is chosen specifically to help balance the yin and yang energy. These finely ground, powerful healing herbs are applied to the body before being wrapped in a cocoon to enhance their absorption. Gentle and relaxing acupressure focuses on balancing the central channel and is designed to restore the body's natural energetic flow. Finally, a blend of herbal homeopathic cream is applied in a 30 minute full body massage to further balance the body, mind and spirit.

### **Soul Connect**

*120 minutes, \$405*

Connect with your higher self and lift your spirit by aligning your physical, emotional, and spiritual being. The journey begins by setting your intention with the help of divinity cards. Be guided into a meditation that will set the tone to connect you with your higher self. Experience an intuitively guided combination of chakra balancing, massage and energy work.

### **Nidra Sound Voyage**

*60 minutes, \$205*

Nidra in Sanskrit means "sleep". This energetic, power nap meditation is the equivalent to three hours of deep restorative sleep designed to reduce stress, improve energy and mood. Lay back and drop into the calming waves of singing bowls, and energy balancing as you are gently guided through conscious breath, body and awareness techniques.

## SKIN CARE

### **HydraFacial**

60 minutes, \$295

This multi-step treatment cleanses, exfoliates and extracts to get rid of impurities and dead skin cells while at the same time quenching skin with vital nutrients like antioxidants, peptides and hyaluronic acid. The amazing results are both instant and long lasting; perfect for all skin types.

*Benefits: hydrating, purifying, nourishing*

### **Masami Facial**

60 minutes, \$285

Beginning with a stimulating glycolic acid and dermaflash double exfoliation, followed by a luxury choice collagen treatment, this indulgent and hydrating facial combines the healing and anti-aging powers of precious minerals to reduce the appearance of fine lines by instantly firming while reducing inflammation, redness, and puffiness.

*Benefits: hydrating, anti-aging, anti-inflammatory*

### **Vita D Brightening Facial**

60 minutes, \$205

Following a glycolic exfoliation the infusion of topical Vitamin D and special proteins promotes new cell production, restores the skin's natural moisture barrier and provides protection against environmental and sun damage. This results driven facial also includes a marine-based mask that soothes and refreshes the skin while stimulating healthy skin formation.

*Benefits: anti-aging, protecting, brightening*

### **Emperor's Facial**

60 minutes, \$195

A classic gentleman's facial geared towards men's skin care needs. Relax as your skin is hydrated and balanced to its natural pH level; an optimum choice for sensitive skin. Benefits: hydrating, anti-inflammatory

*Benefits: hydrating, anti-inflammatory*

### **Sanctuary Jewel**

60 minutes, \$195

A classic hydrating facial that is great for all skin types. Relax as your skin is hydrated and balanced to its natural pH level; an optimum choice for sensitive skin.

*Benefits: hydrating, anti-inflammatory*

### **Men's Age Defying Facial**

60 minutes, \$195

The ultimate anti-aging facial for men, customized for instant results. This hydrating facial decongests blocked pores by removing dead skin layers, while fast-acting products calm redness, repair irritation caused by shaving and protect the skin from future damage.

*Benefits: exfoliating, decongesting, calming*

## *SPA / FACIAL TREATMENT ENHANCEMENTS*

Enrich your spa experience with the added benefit of one or more of the following enhancements

### **Hair Conditioning Mask \$30**

This exotic mask will nurture and repair over-stressed hair by strengthening its natural proteins, leaving your locks full, soft and silky.

### **Wild Lime Scalp Enhancement \$30**

Nourish your scalp with this aromatic warm wild lime oil full of essential fatty acids and vitamins; designed to promote lustrous shine.

### **Dermaflash \$30**

Inspired by dermaplaning, DERMAFLASH removes the oldest layer of dead skin cells, built-up debris and peach fuzz, instantly revealing smooth, radiant, camera-ready skin.

### **New You (NuFACE) \$40**

A micro current treatment stimulates and tightens the muscles of the face for an instant facelift, giving immediately visible results.

### **Brow Lift \$30**

See instant results with the use of the NuFACE micro current treatment specifically geared towards tightening the soft tissue around the eye, resulting in an instant brow lift.

### **Fit and Firm Mask**

This marine based mask instantly firms, plumps and smooths.

Eye \$20

Lip \$20

Neck \$30

Full face \$50

### **Collagen Enhancements**

Relax, rebalance, and rejuvenate with a natural collagen facemasks that have multiple benefits. Repair & hydrate, brighten & energize, reduce inflammation & discoloration, smooth under eyes & lips.

Eye \$30

Neck \$40

Décolleté \$50

Full face \$50

## NAIL SALON SERVICES

**Paraffin \$15**

**Alpha Hydroxy Mask \$15**

**Cooling Mask (pedi only) \$15**

**Nail Repair \$20**

**Gel Removal \$20**

**Gel Polish Add-On \$15**

**Glycolic Treatment (pedi only) \$20**

**French Add-On \$10**

### Pedicures

#### Express Pedicure

*30 minutes, \$70*

Refresh your feet with a foot soak, polish removal, a cuticle and heel touch-up, and nail shaping. Hydrating lotion is applied, followed by a hydrating mist to seal in moisture. Nails are then polished to perfection.

#### Sports Pedicure

*30 minutes, \$70*

Designed with our gentlemen in mind, begin with a foot soak, a cuticle and heel touch-up, and nail shaping. Hydrating lotion is applied followed by a hydrating mist to seal in moisture. This service includes a shining buff or matte finish to complete the look.

#### Deluxe Pedicure

*45 minutes, \$85*

Begin this service with a foot soak and polish removal. Refresh your feet with an exfoliation and nourishing enzyme scrub followed by a cuticle treatment, nail trimming and shaping. A hydrating massage and warm towels are used to seal in moisture, which is then followed by a moisturizing mist. Nails are then polished to perfection.

#### Royal Pedicure

*60 minutes, \$95*

The ultimate relaxation treatment! The feet are soaked to moisturize and soften; nails are shaped and cuticles trimmed. A deeply penetrating alpha hydroxy masque is applied to loosen dead skin cells, which is then followed by a natural sugar cane scrub. Vitamin-enriched balm is applied to the feet and legs along with a luxuriant body butter, which is massaged in with a warm stone. Warm towels seal in the hydration, followed by a hydrating mist. Nails are polished to perfection.

#### Foot & Leg Revitalizing Pedicure

*60 minutes, \$105*

The optimal choice for tired legs and feet! The ritual begins with an aromatic blended mineral soak followed by a light lemongrass exfoliating scrub. A luxurious blend of antioxidants combined in our nutrient oil for extra protection and hydration. A warming paraffin wrap and a refreshing Alpine arnica gel concludes your ritual leaving a feeling of revitalization. Also includes nail shaping, cuticle treatment and exfoliation. Nails are then polished to perfection.

#### Resurfacing Pedicure

*60 minutes, \$105*

Expect results! A gentle glycolic solution is applied to address dry, calloused skin, leaving the feet smooth and soft. Receive a hydrating foot soak, cuticle treatment, nail shaping and trimming. A glycolic resurfacing cream is then applied with the Clarisonic body brush to enhance the exfoliation. Complete this results-driven treatment with a hydrating body butter massage and warm towel wrap. Nails are polished to perfection.

## Manicures

### **Express Manicure**

30 minutes, \$65

Refresh your hands with polish removal, nail trimming and shaping, cuticle touch-up, and a hydrating lotion application. Nails are then polished to perfection.

### **Sports Manicure**

30 minutes, \$65

Designed with our gentlemen in mind, begin with a hand soak, nail trimming and shaping, and cuticle touch-up. Receive a hydrating lotion application followed by a shining buff or matte finish to complete the look.

### **Deluxe Manicure**

45 minutes, \$75

This service begins with a hand soak and polish removal. Cuticle treatment, and nail trimming and shaping is followed by a hydrating massage. Hands are conditioned with a warm paraffin wrap and sealed with moist towels. Nails are then polished to perfection.

### **Royal Manicure**

60 minutes, \$85

More than a manicure! Hands are soaked to moisturize and soften; polish is removed, nails shaped, and cuticles trimmed. A deeply penetrating alpha hydroxy masque is applied to loosen surface skin cells, followed by a natural sugar cane scrub. A vitamin-enriched balm is applied, along with a luxuriant body butter. Includes a warm stone massage on your arms and hands and warm towels too seal in the hydration. Nails are polished to perfection.

### **Gel Color Manicure**

60 minutes, \$95

Long lasting gel polish that is cured by LED lights; includes gel removal, cuticle clean up, nail shaping and hydration massage. Choose from a variety of gel colors.

### **Foot & Leg Revitalizing Ritual**

30 minutes, \$75

The optimal choice for tired legs and feet! The ritual begins with an aromatic blended mineral soak followed by a light lemongrass exfoliating scrub. A luxurious blend of antioxidants combined in our nutrient oil for extra protection and hydration. A warming paraffin wrap and a refreshing Alpine arnica gel concludes your ritual leaving a feeling of revitalization *\*Does not include pedicure.*

# HAIR SERVICES

## HAIRCUT & STYLE

- Special Occasion Hair Styling** from \$89
- Women's Cut & Styling** from \$69 to \$89
- Men's Cut & Styling** from \$49
- Children's Cut & Styling** (12 and under) from \$29
- Blow Dry & Styling** from \$49 to \$69
- Cut Only, No Style** \$49
- Add Blow Dry & Style** \$29
- Shampoo Only** \$20
- Bang Trim** \$15

## SPECIALTY SERVICES

- Keratin, Full Treatment** \$249
- Orbe deep conditioning** \$59
- Add Orbe to Haircut** \$39

## COLOR

- Partial Highlights** from \$119
- Full Highlights** from \$149
- Tint/Color** from \$79 to \$99

## WEDDINGS

- Bridal Hair, Consultation** from \$49
- Bridal Hair, Trial** from \$89
- Bridal Hair, Wedding Day** from \$129



## HOW TO SPA

Sanctuary Spa welcomes guests age 18 and older.

If you have a preference regarding the gender of your service provider, please let us know when making the reservations.

The treatment you select is for you. If your plans change, please notify us 24 hours in advance to avoid a full charge for the service.

Please check in at the spa reception desk 30 minutes early to prepare for treatment. We provide a private locker, slippers, robe and amenities. Bring workout wear and a swimsuit to enjoy our fitness center, movement studio, eucalyptus steam room, and pools. Do not bring jewelry and valuables; Sanctuary Spa is not responsible for any lost items.

Please turn off cellular phones while at the spa. Smoking is not permitted.

A 20% gratuity will be added to all spa services. Gratuity amount can be modified at your discretion.

## BE INSPIRED.



**SANCTUARY**  
CAMELBACK MOUNTAIN

A *Gurney's* RESORT & SPA