

Spa Hours

Monday through Saturday, 6 am to 9 pm
Sunday, 8 am to 6 pm

Spa Reservations

Advance reservations are required for all services. Contact the Spa at extension 7070, or call 928-282-5108. Reservations must be secured by credit card, a Los Abridados Resort suite number or Spa membership number. For most convenient service we recommend that you call Sedona Spa between 9 am and 5 pm to schedule your reservations.

Appointment Time

Services begin and end as scheduled. We ask that you arrive at least 15 minutes prior to your scheduled appointment time. You are welcome to arrive earlier or to stay later and enjoy the rest of our facilities.

Cancellations & Changes

Must be made at least six (6) hours in advance to avoid a charge for the full amount of scheduled services or activities. (48 hours notice is required to cancel or change Spa Packages.)

Fees and Services

Prices and services are subject to change without notice. Gratuity is not included in Spa Service prices. Current pricing is indicated on an insert in this brochure. For additional information, please contact the Spa desk at 928-282-5108.

Discounts

Special discounts on services and certain activities apply exclusively to Sedona Vacation Club Owners with Los Abridados Resort and Bell Rock Inn, and Sedona Spa members.

Locker Rooms

Towels and other amenities are provided. Separate men's and women's locker rooms feature eucalyptus steam room, sauna, whirlpool, showers and lockers. Sedona Spa signature products are available in each locker room for your enjoyment.

Activities

Please contact the Sedona Spa desk for information about our Resort Activities and to register for those activities. Additional information about area attractions is available through the Resort concierge.

Sports Courts & Equipment

Sports courts and equipment are available to owners, Spa members and Los Abridados guests. Reserve the tennis and basketball courts and pick up equipment at the Golf Starter Shack, ext. 7962, or the Spa desk, ext. 7070. Bocce ball, croquet, and horseshoes are available at the Family Golf starter shack.

Massage Therapy

Massages are performed by an experienced staff of licensed massage therapists.

Therapeutic Massage

Fabulous services that integrate a variety of massage techniques to meet the needs of each individual. The massage may include various techniques: Swedish, neuromuscular, acupressure, and range of motion. Massage promotes relaxation, relieves muscle tension and reduces the effects of stress. It can also be helpful for injury rehabilitation. Please communicate your needs to the therapist prior to your service. (30,60 or 90 minutes \$55, \$95/\$135)

Massage for Two

A room with two tables that allows you to *Share the Experience!* Two therapists will provide this great service as you relax, or talk to your partner. Popular for special occasions and as a surprise gift. (60 or 90 minutes \$180/\$260)

Deep Tissue Massage

This technique focuses on the deeper layers of muscle tissue, working through slow strokes and deep finger pressure applied across the muscles to release chronic patterns of tension. Stresses muscles block the flow of oxygen and nutrients, leading to inflammation and toxin build-up. Deep tissue massage release toxins and gets oxygen and nutrients flowing again. (60 or 90 minutes \$95/\$135)

Sports Massage

A vigorous massage concentrating on muscle groups most involved in specific exercise or sports. Consult with a therapist about your needs and intensity of massage. (60 or 90 minutes \$95/\$135)

Table Shiatsu Massage

An Oriental style of massage including finger and palm pressure along the body "meridians" (energy channels of the body). Releasing blocks along these pathways can ease physical discomforts and rebalance the energy flow. Service is performed with client in loose-fitting clothing. (60 or 90 minutes \$95/\$135)

Maternity Massage

A soothing and comforting massage designed specifically to aid the special needs of the mother-to-be. A specially designed "prego" pillow is used for the comfort of the client. (60 or 90 minutes \$95/\$135)

Rejuvenating Aromatherapy Massage

Awaken the senses with aromatherapy! Our therapist will combine therapeutic massage with the wonderful world of essential oils and essences. Experience deep relaxation of all of your senses. (30, 60 or 90 minutes \$55/\$95/\$135)

Specialized Bodywork

We offer bodywork services on the cutting edge of the holistic health field. Our licensed therapists have abundant knowledge and a wealth of training and experience to share with you. Your bodywork choice may be so unique that only one practitioner performs it. Please consult with our Appointments Coordinator and reserve well in advance.

Belavi Facelift Massage

Treat yourself to a stimulating massage to help sagging facial muscles and sun-damaged skin. Service includes luxurious creams, oils, warm moist towels, an herbal "rainshower mist" and a unique honeylift treatment. A combination of strokes and acupressure to hands, feet, scalp, neck and shoulders completes this massage. (60 minutes \$110)

Cranio-Sacral Therapy

Through light touch the therapist finds and alters cerebral and spinal imbalances that may cause sensory, motor or other dysfunction. Service is performed with client in loose-fitting clothing. (60 minutes \$95)

The Feldenkrais Method

Learn gentle movements for transforming your posture and improving flexibility and physical efficiency in an individual, hands-on functional integration lesson. Service is performed with client in loose-fitting clothing. (60 minutes \$95)

Hot Stone Therapy

Experience a luxurious and relaxing massage combined with deep heat therapy. Smooth polished basalt lava stones are heated and incorporated into a massage. The perfect treatment to loosen tight muscles, relieve stress and ease tension. *(This treatment is not recommended for anyone with inflamed tissues, medical conditions where the use of heat is contraindicated, or who may be pregnant. Check with your health care practitioner before scheduling.)* (60 or 90 minutes \$110/\$150)

Reiki

Reiki is a powerful Japanese method for stress reduction and relaxation that promotes the body's ability to balance itself. A light touch of the hands in a pattern that promotes optimal energy balancing. (60 minutes \$95)

Foot Reflexology

Reflexology is a therapy which compliments the entire body, assisting with the body's ability to self balance. Through massage of the feet, reflexology improves circulation, eliminates toxic by-products, reduces stress and provides an overall feeling of well-being. (30 minutes \$55)

***We also strongly recommend that you enhance your bodywork with an additional 30 minute massage. This combination makes your treatment even more therapeutic and satisfying.**

Lymphatic Movement Therapy

Give your lymphatic system an energizing workout! Your lymphatic system is four times larger than your blood system. Gua Sha, a traditional Chinese method in which a jade tool is rubbed over the body, is used to greatly improve clogged qi (energy) and circulation.

The Art of Gua Sha is a 2,000 year old Chinese method of promoting lymph, blood and chi circulation. Its effect is achieved by stroking the skin in a particular way with a tool made of jade or water buffalo horn. (60 or 90 minutes \$110/\$150).

Acupuncture

Presented by an experienced Licensed Acupuncturist, this ancient Chinese therapy helps restore balance in the body. The experience includes a painless insertion of sterile Filiform needles through the skin. The process increases the state of well being, healing and relaxation, and decreases stress and pain. A combination of acupuncture and massage creates a unique therapy method that multiplies all of the above and can be quite euphoric. Please discuss your individual needs with the acupuncturist to achieve maximum benefit, and arrive 30 minutes prior to treatment to complete a short health questionnaire.

Pure Acupuncture

Long drive? Jetlag? Relax, and let our acupuncturist rebalance your tired body. A gentle, painless therapy to relieve stress by restoring energy balance. Feel the effects of rejuvenation and enjoy your vacation more. (60 minutes \$95)

Acumassage

The combination of healing acupuncture and soothing therapeutic massage provides a powerful, natural tool for addressing chronic pain, athletic injury rehabilitation, enhancing energy levels, and improving circulation and body functions. Treatments are personalized to meet your individual needs. (90 minutes \$135)

Hot Stone Acupuncture

Our combination of gentle acupuncture and soothing, deep heat therapy with hot basalt lava stones will enhance the relaxation, reduce the stress and increase circulation throughout the body. This unique treatment combines the ancient healing of acupuncture with the luxurious treatment of hot stone massage to loosen tight muscles, reduce pain and balance the meridians for increased health and rejuvenation of the entire body system. (90 minutes \$160)

Acupressure for the Face With Acupuncture

An anti-aging rejuvenating treatment which aids in rebalancing the body, restoring energy and vitality. (60 minutes \$95)

Nail Care

Deluxe Spa Manicure

A luxurious citrus-based manicure, including extensive treatment of nails and cuticles, hand exfoliant, arm and hand massage and polish. Your hands never looked better. (45 minutes \$40)

Deluxe Spa Pedicure

An extensive, relaxing treatment of nails, cuticles and calluses, which includes an invigorating foot and leg massage and polish. Feels wonderful! (60 minutes \$60)

No Dip Paraffin Treatment

Hot paraffin wax dip for hands or feet leaves the skin feeling beautifully smooth. Ideal for those suffering with arthritis or other joint conditions. (15 minutes \$10)

*Artificial nail services are available.
Speak with our Appointments Coordinator
for details.*

**See the Sedona Spa Express Line for
additional nail services.*

Full Body Skin Treatments

Our polishes (scrubs) and wraps or masques can be tailored to your skin's special needs. You and your therapist will assess your skin type, home climate, activities and more to assist in choosing the perfect products for you. From our Sedona Sojourn herbal products, to salt, sugar scrubs (polishes) to honey, mineral or mud masques (or wraps) - each treatment is unique. Some products may depend upon seasonal availability.

Sedona Sunrise Scrubs and Polishes

Exfoliating the top layers of dry skin promotes new cell growth and increased circulation. Our specialized herbal scrubs from our local bioregion will exfoliate the skin to cleanse, replenish, and soften your skin, leaving you feeling refreshed and your skin smooth and glowing. It's also a perfect beginning to one of our wraps. (30 minutes \$70)

Sedona Sunset Dry Wraps

Treatment begins with a dry brushing, stimulating the lymph and circulatory systems as well as exfoliating and preparing the skin to receive wild crafted herbs infused in vitamin rich oils of jojoba, sesame and sunflower. You are gently wrapped with warm tea sheets which have been infused in

those same wild crafted herbs, leaving your skin fragrant, silky soft and wonderfully touchable. As the product works its magic upon your skin, your therapist will massage your feet, hands, neck, shoulders and scalp. (60 minutes \$110)

Masques

If a heat treatment is inappropriate, you can still enjoy all of the benefits of our wraps with a wonderful masque! We use the same products you would for a wrap, but let the effects work without the application of a heat pack, thus allowing for gentle absorption of herbs and nutrients into your skin. (60 minutes \$110)

The Ultimate Experience

Experience the Ultimate Full Body
Skin Experience
Sedona Sojourn

The essence of Sedona Sojourn is created from organic oils and wild crafted botanicals from our bioregion. Each batch is unique and hand made by a local herbalist. In the not so distant past, Native Americans in the Sedona Oak Creek and Verde Valley area prayerfully harvested high desert herbs to cleanse, exfoliate and nourish the skin. The herbs are seasonally chosen, ethically gathered, infused in organic oils and combined with rich, mineral pure desert salts. Our specialized scrub will exfoliate, cleanse, replenish, and soften your skin, while our hydrating heat wrap allows the moisturizing and healing effects to penetrate, leaving the skin fragrant, silky soft and wonderfully touchable. (90 minutes \$165)

*"My skin hasn't felt like this since
I was a baby!"*

Desert Dream

That's the comment usually heard from clients after the "Desert Dream" treatment.

A rejuvenating combination of one of our scrubs and one of our wraps (or masque) leaves the skin silky-smooth, improves circulation, relieves tension, and brings you into a state of stress-free bliss. (90 minutes \$165)

Facial Skin Care

Facial skin treatments are designed to keep your skin smooth, soft, and radiantly healthy. Each facial begins with communication between you and your experienced, licensed aesthetician. An assessment of your skin type, current treatment regimen, your home climate and other factors will assist the two of you in choosing the products and treatment type that's perfect for you.

60 Minute Facial

Designed to maintain healthy skin. Comprised of the essential steps for a glowing complexion, this facial will cleanse, tone and hydrate for a more youthful appearance. (\$95)

75 Minute Facial

For skin that needs a little more help. These facials are designed to treat specific issues and problems. Whether your skin needs extra hydration or deep pore cleansing, or if rosacea, acne or aging is present, there's a perfect facial for your skin's every need. (\$125)

90 Minute Facial

The Ultimate Facial! Cleansing and toning, treating your skin's specific needs, moisturizing and a wonderful seaweed masque filled with nutrients and anti-oxidants. This facial addresses it all, leaving your skin absolutely beautiful. (\$135)

Gentleman's Skin Treatment

A cleansing facial designed to leave masculine skin toned, refreshed and renewed. (60 minutes \$95)

Specialized Eye Treatment

Smooth away wrinkles and lines, tone eyelids and reduce the signs of fatigue and stress. A perfect add-on to any facial. (30 minutes \$45/\$30 with facial)

Waxing

Facial and body waxing allows up to 30 days without shaving, leaving skin with a softer, smoother feel. Hair must be at least 1/8 inch long to be waxed.

Underarm, Chin, Lip or Brow	15 minutes
Bikini, Lower Leg, or Forearm	30 minutes
Upper Leg (including Bikini)	45 minutes
Back or Full Leg (including bikini)	60 minutes
(from \$15 to \$75)	

Cleansing Back Treatment

Deep cleans, soothes and nourishes the skin of the back. (60 minutes, \$95)

Hair Care

Prices for hair services are subject to length and condition of hair. Services with **The Salon at Sedona Spa** may be booked through the Salon directly at 928-203-8988, or through the Spa desk at extension 7070. Please contact the Salon directly to book your wedding party or specialized services.

CREATE YOUR OWN SPA PACKAGE

Treat yourself to more relaxing and rejuvenating spa services. You can save by combining three hours of service into one spa package. (Hair excluded)

Services Available for Packages

Any 3 hours of service combinations. One example: 1 hour Massage, 1 hour Wrap, 30 minute Facial, 30 minute Pedicure.

Combine any three (3) services for a total of 3 hours, and we will include 17% gratuity.

Services must be scheduled in one day and paid in one sum.

Packages may not include hair services. These services may be booked separately dependent upon availability. No additional discounts apply

MAY WE SUGGEST:

	<small>Length of Service</small>
Massage, Facial, Body Wrap	3 hours
Massage, Facial, Pedicure, Manicure	3 hours
90 Minute Massage, Deluxe Facial, and Sedona Sojourn	4.5 hours

SEDONA SPA EXPRESS LINE

Massage, nails and facials designed for those with no time to spare!

TAKE THE "E" TRAIN

Our "Express" manicures, pedicures, facials and massages are perfect when you just need a quick "fix-me-up" and are great for introducing your youngster to the treats of the Spa. Gentlemen love them, too! All treatments feature our signature Sedona Spa products. All treatments are 30 minutes.*

*Some treatments may utilize products from other manufacturers, as needed.

Express Manicure

Your nail tech treats cuticles and nails, shapes and ends with a glossy buff or clear polish. (\$25)

Express Pedicure

Your nail tech treats calluses, cuticles and nails, shapes and ends with a glossy buff or clear polish. (\$35)

Express Massage

One of our massage therapists will focus on the back, neck and shoulders, or a specific problem area, to ease tension and alleviate stress. (\$55)

Express Facial

This 5-Step treatment will be administered by an expert aesthetician, utilizing our signature Sedona Spa products, featuring Southwest botanicals. During your treatment, experience a soothing hand massage. (\$60)

Fitness & Wellness

Individualized Personal Training

First Session

Initial 90 minute training session includes a complete analysis of your current fitness level in order to establish an exercise plan to meet your individual needs, *and* a full-body workout with a Personal Trainer. This is the safest way to begin a workout program. Fitness Analysis includes weight, measurements, body composition and tests for cardio respiratory function, endurance and strength. (\$80)

One-on-One Session

A follow-up 60-minute session for those who have already undergone a *First Session* and need a "tune-up" on their fitness program. (\$50)

Try A Trio*

Includes a *First Session* and two additional *One-on-One* sessions. Ideal for anyone staying with us a week or longer. *Three week expiration from time of purchase. (\$150)

A Perfect Ten*

Includes a *First Session* and nine additional *One-on-One* sessions. This package is designed to keep you on track with your fitness goals. *Ten week expiration from time of purchase. (\$390)

Buddy Training

Grab a friend to add additional motivation to your training during this 60-minute session. For each participant's health and safety, a *First Session* must be completed by each individual prior to *Buddy Training*.

Twelve Week Intensive Program

An aggressive twelve week Personal training routine that complements Bill Phillip's Body for Life Challenge. Discuss details with our Fitness Supervisor. (inquire)

Nutritional Consultation

Our Registered Dietician will analyze your current nutritional habits and guide you towards better health. (60 minutes/\$60)

Follow-Up Fitness

Optional Fitness Analysis to see proof of your results following your series of personal training sessions.

Stress Reduction Consultation

Feeling overwhelmed and tense? Let our experienced consultant map out a way to a more relaxed and happy life. Consultation is totally individualized and targets the areas of your lifestyle that may be causes of stress. (60 minutes/\$60)

Pilates Reformer Training

A unique training system based on the teaching of Joseph Pilates that stresses the conditioning of "core" muscle groups. Available exclusively through private training in our Pilates Studio. Please call for appointment and pricing.

Tennis

USPTA and International instructors

Private Lessons

30 minutes - \$35 / 60 minutes - \$60

Semi-Private Lessons Three person maximum. Great for doubles instruction.

90 minutes/\$75

Other Sessions

60 minute hitting-playing lessons \$50

Weekly Group Clinic

Group clinics are open to all levels.

Drills and play are adjusted to the level of the players during each clinic.

To reserve a court or book a tennis lesson or clinic, please contact the Spa desk at extension 7070. Complimentary racquets are available

Discounts do not apply (\$15 person/\$25 couple).

Mini-Golf

First Piggy Creekside Family Course

An 18-hole professional miniature golf course located on the resort grounds. The First Piggy Family Course is the home of the

First Piggy Open Tournament, a professional mini-golf event hosted by ILX Resorts in July. Open daily- seasonal hours.