<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Massage</td>
<td>4</td>
</tr>
<tr>
<td>Facial</td>
<td>6</td>
</tr>
<tr>
<td>Facial Enhancements</td>
<td>8</td>
</tr>
<tr>
<td>Body</td>
<td>10</td>
</tr>
<tr>
<td>Luxuries</td>
<td>12</td>
</tr>
<tr>
<td>Packages</td>
<td>15</td>
</tr>
<tr>
<td>Express</td>
<td>16</td>
</tr>
<tr>
<td>Decorum</td>
<td>17</td>
</tr>
</tbody>
</table>
**Swedish Massage**  
75 minutes or 50 minutes  
A gentle tension relieving massage using light to moderate pressure to increase relaxation and improve circulation.

**Therapeutic Massage**  
75 minutes or 50 minutes  
A restorative massage using moderate to deep pressure and specific deep tissue techniques to aid in the release of chronic muscle tension and pain.

**Sports Massage**  
75 minutes or 50 minutes  
An athlete-focused treatment using various massage techniques and stretching to address muscle fatigue and aid in soft tissue recovery.

**Prenatal Massage**  
75 minutes or 50 minutes  
A nurturing treatment for the mother-to-be using light to moderate pressure and special positioning and bolstering. Because of the physical and hormonal changes that occur in the expectant mother, we do not recommend any massage during the first trimester.
Reflexology
75 minutes or 50 minutes
An ancient treatment to improve whole body wellness and relaxation using specific pressure on reflex points that correspond to respective areas of the body. A 50 minute treatment addresses the feet; a 75 minute addresses feet, hands and ears.

Native Hot Stone Massage
75 minutes
A relaxing thermal treatment using light to moderate pressure and heated basalt stones to soften and melt tight muscles.

Deep and Hot Stone Massage
75 minutes
An integrated massage combining the heat of hot stones and deep tissue techniques to relieve resistant muscle tension.
The Eminence Lines
Our facial treatments feature Eminence products: hand-made in Hungary, organic, and eco-friendly skin care. Treat your senses and skin with superior ingredients designed to deliver results.

Signature Facial
A customized treatment ideal for all skin types. Organic products are chosen to cleanse, gently exfoliate, and restore pH balance. Includes steam, extractions, hand and foot massage, and mask.

Gentleman’s Facial
A customized treatment designed to meet the needs of men’s skin. Organic products are chosen to cleanse, gently exfoliate, and restore pH balance to all skin types, including irritated skin caused by shaving. Includes steam, extractions, and a relaxing hand, scalp, and foot massage.

Alginate Facial
A cooling algae derived lift-off mask calms, soothes, and effectively reduces redness and skin sensitivity. Customized with a beneficial serum for optimal results. Includes hand and foot massage.

Hot and Cold Stone Facial
A healing and restorative treatment for all skin types. Customized with organic products chosen to cleanse, gently exfoliate, and restore pH balance. Incorporates hot and cold stone facial massage to tone the skin and increase circulation. Relax with warm placement stones and a hot stone neck and shoulder massage.
Vitamin C Vitality Facial
Combat the free radicals responsible for premature aging of the skin with the potent Vitamin C found in grapefruit and mandarin orange. Skin is hydrated, toned, and brightened with a vitamin packed gel formula. Includes a collagen boosting eye and lip treatment.

Antioxidant + Microcurrent Facial
A potent dose of plant derived vitamins and beneficial oils boosts collagen production, evens skin tone, and forms a protective defense against further free radical damage. Combined with low-level electrical microcurrent to improve the facial contour and minimize lines and wrinkles. Leave with a more youthful appearance.

Age Corrective Stem Cell Facial
A powerful blend of anti-aging plant stem cells and a natural retinol alternative plumps, firms, and rejuvenates skin to reduce the visible signs of aging. Combined with red light therapy to increase the amount of collagen and elastin fibers present in the skin. Skin instantly feels more firm and hydrated.

Signature Back Facial
A customized treatment designed to address the needs of back skin. Organic products are chosen to cleanse, exfoliate, and restore the pH balance to the skin of this sometimes neglected and hard to reach area. Includes steam, extractions, mask, and back massage.
**Eminence Peel**
A multi acid or enzyme pro peel refines and clarifies skin tone, and boosts collagen production. Pore size, fine lines, and hyperpigmentation may be reduced. For best results a series is recommended.

**Eye Renewal**
Nourish and smooth the delicate skin of the eye contour with healing plant derived stem cells and a natural retinol alternative. Skin is hydrated and appears firmer. Fine lines, redness, and puffiness are reduced.

**Lip Renewal**
Fruit enzymes refine the lip area to reduce dryness and fine lines. A hydrating and plumping combination of shea butter and plant oils boosts collagen production and repair. Finished with a vitamin rich lip balm for maximum shine.

**Microcurrent**
Low level electrical microcurrent recharges cells, resulting in a firm, toned, and youthful appearance. Incorporated into a facial treatment.

**Light Therapy**
A combination of red, amber, and infrared light therapy penetrates skin layers to increase the amount of collagen and elastin fibers present in the skin. Incorporated into a facial treatment.
Red Clay Sacred Ritual
Our signature desert ritual to revitalize body and mind with the scents of the Southwest. Your treatment begins with an invigorating and exfoliating desert salt body polish that softens and cleanses the skin. Warm red clay from Sedona is smoothed on and you are wrapped in a cocoon to encourage remineralization. Purifying smoke of white sage wafts throughout the room as you drift and relax. Enjoy the face, neck, and scalp massage given with restorative Desert Dew facial serum, a unique and protective blend of eleven plant extracts and desert essences, including lavender and chaparral. Finished with a full body application of cedarwood citrus lotion leaving your skin hydrated and soothed and your mind calmed.

Aloe Vera and Blue Corn Healer
Blue corn, an important crop of the Native American peoples of the Southwest, is blended with desert salt, healing aloe vera and jojoba oil, and used to purify and exfoliate the skin. A moisturizing lotion rich in plant extracts to combat environmental damage and stress is applied, and you are enveloped in a warming wrap. Finished with a relaxing face, neck, and scalp massage to soothe the mind as well as the body.

Desert Salt Body Polish
Renew skin’s suppleness with this invigorating polish. A customized blend of desert salts, desert-harvested jojoba oil, and native sage exfoliates to reveal soft and radiant skin. A quick skin pick-me-up, or a perfect treatment to add before a massage.
Sonoran Desert Rehydration
Native prickly pear extracts and the fruity scents of citrus and wild tansy are combined in this mood-lifting treatment that gently nourishes dry and sensitive skin. Start with a hydrating sugar and jojoba oil scrub infused with anti-inflammatory prickly pear. A deeply moisturizing formulation of shea butter, jojoba, avocado, and anti-oxidant grape seed oils is applied and you are wrapped to encourage absorption. Finished with a relaxing face, neck, and scalp massage, you are left feeling re-energized head to toe.

Heart Full Body Glaze
Nourish the 4th chakra, your heart, with this luxurious skin polish and warm wrap. Skin is cleansed with a gentle cane sugar and jojoba bead scrub infused with the essential oils of rose, geranium and sandalwood. A nourishing and anti-inflammatory rose and geranium lotion is smoothed on and you are wrapped in layers, while your face, neck, and scalp are given a relaxing massage. Your skin is left feeling supple and rejuvenated, your heart full.

Desert Herbal Cocoon Wrap
This tension relieving heat treatment begins with dry body brushing, an Ayurvedic technique designed to encourage lymph movement and improve circulation. Your skin is massaged with a healing sage and mountain arnica body oil to help soothe joint and muscle pain and ease discomfort. Finally your body is wrapped in hot linens steeped in herbal infusions to create a detoxifying cocoon. Relax with a face, neck, and scalp massage as stress and tension melt away.
Salon Services
Salon services are available for ladies, gentlemen and children. Individual services available on price list.

Deep Conditioning Treatment
Hydrate your hair with this moisturizing conditioner to replenish dry hair and reduce frizz.

Root to Tip Mask
Nourish your hair and scalp with our Moroccan Oil Intense Hydrating Mask to improve texture and elasticity while reducing breakage.

Signature Manicure
Hands soaked in warm water to soothe and soften cuticles. Nails are cleaned, trimmed and filed. Enjoy a hand and arm massage followed with a hot towel. Finished with your choice of polish.

Spa Manicure
Hands soaked in warm water to soothe and soften cuticles. Nails are cleaned, trimmed and filed. Indulge in a Eucalyptus Mint hydrating mask, wrapped with a hot towel. Followed by a hydrating hand cream, massage and your choice of polish.
Signature Pedicure
Begin with a relaxing Eucalyptus foot soak. Nails are cleaned, trimmed and filed. Legs and feet are exfoliated with a salt scrub followed with a soothing leg massage and hot towels. Finished with your choice of polish.

Spa Pedicure
Relax with a Eucalyptus foot soak. Nails are cleaned, trimmed and filed. Legs and feet are exfoliated with a salt scrub and a Eucalyptus Mint hydrating mask is applied and wrapped with hot towels. Finished with a body cream, massage and polish.

Hot Stone Pedicure
Relax with a eucalyptus foot soak. Nails are cleaned, trimmed and filed. Legs and feet are exfoliated with a Prickly Pear Scrub followed by hydrating and detoxifying Sedona Clay wrapped in hot towels. Enjoy a heated neck pillow, hand and arm massage and warm mitts. Finished with a Hot Stone Massage, prickly pear body cream and polish.
Lakeside Escape
Renew with a 50-minute Swedish massage to energize your muscles and stimulate circulation followed by a rejuvenating Signature Facial to deliver soothing moisture and protective nutrients to skin.

Lakeside Retreat
Pamper your body and your spirit with an indulgent 50-minute Swedish Massage, followed by a rejuvenating Signature Facial and a Signature Manicure.

Lakeside Luxury
The day is yours to relax and transform with a 50-minute Swedish Massage, a Signature Facial and an Herbal Body Wrap, followed by a Signature Manicure, Signature Pedicure and a healthy and delicious Spa Lunch.
Focus Massage
Focus on your area of concern. Soothe tired, achy and overused muscles.

Express Facial
Skin is cleansed, exfoliated and finished with a hydrating moisturizer.

Mini Manicure
Mini Manicure trims cuticles, shapes nails and finishes with the perfect polish of your choice.

Mini Pedicure
Mini Pedicure treats you to a soothing soak, cuticle trim, nail shape and polish of your choice.
Reservations
To ensure availability for your scheduling needs please make reservations in advance.

Arrival
Unwind and relax with a steam, sauna, or shower prior to your treatment. We recommend arriving at least 15 minutes prior to your scheduled appointment time. Late arrivals will deprive you of your valuable treatment time, therefore lessening the effect and your enjoyment.

Spa Attire
Guests are provided with spa robe, sandals and locker for personal belongings. We suggest bringing your swimming suit, workout attire, and closed toed shoes to enjoy our Serenity Pool, Jacuzzi, and fitness room. We recommend that jewelry not be worn during your service.

Cancellation Policy
Should you need to cancel an appointment, we will be pleased to assist you in rescheduling. To avoid full-rate charges, please provide us at least four hours notice for your cancellation.

Etiquette
To preserve the tranquil setting of the spa electronic devices and tobacco products are prohibited. As courtesy to other guests we ask that voices are kept to a minimum. The consumption of alcohol beverages is not recommend prior to any treatment.
Pricing Policies
Due to upgrade in services, and seasonality of ingredients, prices are subject to change. For your convenience a 20% service charge will be added to all Spa and Salon services upon completion.

Age Requirements
The minimum age to use the Health Club unaccompanied is 18. Guests 14 or older may use the Fitness Center with parental supervision. Spa services are available to guests 18 years and older. Salon services are available to guests of any age.
Hours of Operation
Hours of operation subject to change.

Lakeside Spa Fitness Facility
6:00 a.m.–8:00 p.m.

Lakeside Spa Treatment Hours
8:00 a.m.–6:30 p.m.

Lakeside Salon Hours
9:00 a.m.–5:00 p.m.