



THE SPA  
AT ADERO

# FIND YOUR WAY

Harvesting the healing powers of desert herbs and minerals, our signature treatments tap into the essence of Mother Nature. Guiding you through endless desert discoveries that open the mind and spirit. Find your way to holistic wellness as you explore the possibilities of the desert's rare beauty, magic and harmony.

## Our Services:

- MASSAGE THERAPY
- BODY TREATMENTS
- FACIAL TREATMENTS
- MEN'S SERVICES
- ADVENTURE FOR THE SOUL







## MASSAGE THERAPY

The healing power of touch mingles with desert minerals to deliver the ultimate in relaxation, stress management and therapeutic benefits.

### Amethyst Awakening Massage

The beautiful gemstone amethyst is said to have a calming and spiritual quality. This soothing, full-body massage utilizes light to medium pressure to calm and relax the nervous system. Amethyst-infused oil is applied to release tension and stress in the body and mind, inviting a peaceful state of relaxation. The treatment concludes with a series of soothing and nurturing stillness holds to draw you into deep peace and relaxation.

50/80 MINUTES | **\$169/209**

### Blue Sage & Arnica Deep Tissue Massage

A powerful blend of pain-relieving arnica, relaxing lavender and healing sage is used for this therapeutic massage. Varying degrees of pressure are incorporated to target areas of discomfort and tension. A concentrated arnica salve is used to enhance muscle relief and soothe overworked, fatigued areas of the body.

50/80 MINUTES | **\$189/229**

## Spirit Stone Therapy

Special basalt stones are used in this ancient healing art to bring about total body wellness. Paired with beautiful bindi oil, the warm stones are heated and the LaStone ritual begins. Gentle placement of stones on and under the body provides warmth and pressure during this full body massage, soothing away tension.

80 MINUTES | **\$215**



### Myofascial Release Therapy

Special massage techniques are used to release tight fascia—a connective tissue covering muscles and vital organs throughout the body. This massage will help improve circulation and flexibility and decrease recovery time for tired, overworked muscles.

50/80 MINUTES | **\$169/209**

### Lymphatic Drainage

This massage technique helps break up the high protein fluid collected under the skin. The slow, controlled and gentle strokes will help alleviate a sluggish system of waste and reduce swelling to help the lymphatic system perform more efficiently.

50/80 MINUTES | **\$169/209**

### Cranial Sacral Therapy

Gentle, noninvasive bodywork releases tension and stress in the bones of the head, spinal column and sacrum.

50/80 MINUTES | **\$169/209**

### Couples Massage

Enjoy a massage for two in our lovely and relaxing couple's treatment room. Our therapists will work simultaneously to restore and relax your muscles.

50/80 MINUTES | **\$169/209 PER PERSON**





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## MASSAGE ENHANCEMENTS

### CBD Booster

Find deep relief and relaxation with the addition of CBD oil to your massage.

**\$25**

### Magnesium Foot Renewal

A refreshing scrub is applied to the feet followed by an application of cooling magnesium gel to invigorate tired muscles.

15 MINUTES | **\$25**

# BODY TREATMENTS

Nurture your body with invigorating treatments that soothe, purify and enrich for a complete wellness experience.

## Turquoise Rain Scrub

This refreshing, revitalizing treatment uses a native blue corn, aloe and turquoise-infused body polish. It leaves the skin delightfully soft and hydrated, while enlivening the spirit with essences of organic mint and cajeput. Turquoise, called "sky stone" by Native Americans, is said to be a master healer and a strong stone for toning and strengthening the entire body and regenerating tissue. The treatment concludes with a deeply hydrating application of body butter.

50 MINUTES | **\$169**



## Chaparral Custom Body Wrap

The ultimate personalization of your body treatment: choose from two different blends—one grounding, the other uplifting. A body polish of your selected blend, drenched in jojoba oil and extract of chaparral leaf, smooths the skin. Chaparral has been used by native healers for centuries to protect the skin from sun damage. It gives the unmistakable scent of the desert after a rainstorm.

80 MINUTES | **\$205**





### Violet Flame Body Ritual

Amethyst crystals—known to bring a sense of healing, grounding, balance, happiness and well-being to the body, mind and spirit—are the foundation of this decadent treatment. Amethyst amplifies spiritual awareness, connection and heightened intuition. This purification treatment begins with a gentle exfoliating sugar scrub, followed by a luxurious body wash and concludes with a profound double layering of hydration and shea butter. A soothing foot massage using amethyst stones will leave you feeling centered and serene.

80 MINUTES | **\$205**

### Rebalancing Body Treatment

This treatment uses exfoliation and lymphatic drainage massage to reduce toxins in your body by incorporating relaxing and immune-boosting herbs like rosemary and sage. The treatment includes a fresh vitamin-packed fruit smoothie from our juice bar to enjoy after your experience.

80 MINUTES | **\$205**

### Earth & Sky Detoxifying Body Renewal

This treatment begins with a dry-brush exfoliation to invigorate the skin. Then warm red clay is applied to draw impurities from the skin. A rich application of jojoba body butter follows to enrich the skin. The experience concludes with a sequence of essential oil "raindrops" placed along the spine to promote a deep sense of serenity and peace.

80 MINUTES | **\$205**

### Fire & Ice Soothing After-Sun Body Treatment

Cool off after a long day in the sun. Relax in a chilled aloe vera cocoon that soothes, moisturizes and repairs your skin. The treatment ends with a relaxing foot massage to promote deep relaxation.

80 MINUTES | **\$205**

# FACIALS

Put your best face forward with a series of rejuvenating and refreshing treatments, each entirely personalized to your unique skin type.



## Amethyst Awakening Facial

Completely customized and ideal for all skin types, this unique facial uses the energy of amethyst to enhance the skin. We start with our rose-quartz cleanser to refresh and soothe. Chilled amethyst rollers aid in oxygenating the skin. Blueberry, acai berry and plum antioxidants refresh and revitalize, while plant peptides awaken cells. The treatment concludes with an application of amethyst-infused moisturizer, leaving a vibrant and hydrated complexion.

50/80 MINUTES | **\$169/209**

## Stargazer Illuminating Facial

Using the Nu Face Trinity Device, this treatment activates collagen and elastin by increasing blood flow. Vitamin C brightens while aloe and bamboo help strengthen and hydrate. The use of a unique, anti-aging stem cell complex increases cell regeneration. Your skin will be as radiant as the moonlit night.

80 MINUTES | **\$215**

### Revitalizing Men's Facial

Completely customized for men's specific skincare needs, this relaxing treatment targets everything from sun damage and dehydration to razor irritation and clogged pores. Leave with clean, refreshed and hydrated skin.

50/80 MINUTES | **\$169/209**

### LED Light Therapy Facial

This treatment includes non-thermal LED light energy to trigger your body's natural cell processes to accelerate rejuvenation and repair of the skin. The treatment helps soothe acne, rosacea and inflammation, all while restoring your skin's radiance.

80 MINUTES | **\$199**

### Soothing Comfort Facial

Sensitive skin needs gentle care to keep irritation away. This treatment lightly exfoliates, hydrates and helps to heal even the most delicate skin conditions. Redness and inflammation are alleviated, leaving your skin comforted and smooth.

50/80 MINUTES | **\$169/209**

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## FACIAL ENHANCEMENTS

### NuFACE Skin Tightening

25 MINUTES | **\$75**

### Facial Waxing

PRICING VARIES BY AREA

### Dermaplaning

25 MINUTES | **\$55**

# ADVENTURE FOR THE SOUL

True wellness is achieved from the inside out. Transcend the ordinary with treatments intended to ease stress, restore clarity and challenge mental and physical boundaries. Setting the stage for a true adventure for the soul.

## Chakra Balancing Experience with Essential Oils

Restore a harmonious flow of energy across the 7 energy centers known as "chakras." The 7 chakras are Root, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown. As your guide moves through each chakra, synergistic essential oils are applied to heighten your senses. This serene journey can bring you the utmost peace and clarity.

80 MINUTES | **\$219**

## Guided Meditation

Bring calm and balance to your day, minimize stress and improve sleep.

30/60 MINUTES | **\$119/159**

Series of 3 or 6 sessions available at discounted pricing.

## Reiki

Reiki means "universal life energy." Reiki therapy targets the energy fields around the body. Energy can stagnate in the body where there has been injury or emotional pain. Your provider uses gentle hand movements to guide the flow of healthy energy through the body to reduce stress and promote deep healing and relaxation. You should emerge feeling restored.

80 MINUTES | **\$219**

Series of 3 or 6 sessions available at discounted pricing.



## Intent of Healing with Crystals

Crystal healing is a holistic and natural therapy that taps into the energetic power of crystals to address all aspects of health—physical, mental and spiritual. Crystals help unblock, balance and direct the body's energy where it is most needed, gently supporting the body to heal in a therapeutic way. The experience is tailored to you and the nature of your concern. You will feel a deep relaxation during your session. This type of relaxation promotes general well-being and is particularly useful when treating stress and anxiety. It can also ease tense muscles, which can help improve physical pain and sleeping problems.

80 MINUTES | **\$219**

## Vibrational Sound Healing with Reflexology

Sound healing is an ancient healing technique that uses tonal frequencies to bring the body into a state of vibrational balance and harmony. During your session, your guide uses a variety of instruments, such as singing bowls and tuning forks. The sound frequencies help to slow down brain waves to a deeply relaxing state. This balances and clears the mind and can lead to a renewed sense of purpose, well-being, calm and happiness.

80 MINUTES | **\$219**

## Desert Meditation Walk

A relaxing journey of self-discovery promoting inner peace and harmony. Achieve physical and mental relaxation. Accompanied by our practitioner, develop a different awareness of your surroundings, body and thoughts as you walk through our serene desert landscape.

60 MINUTES | **\$159**

## Intuitive Reading

Our practitioner connects with your higher self and spirit to bring you empowering information and insight.

30/60 MINUTES | **\$119/159**

Series of 3 or 6 sessions available at discounted pricing.

## Spiritual Guidance Coaching

Let our accredited spiritual coach help you discover your life purpose. Using a holistic approach to assist in understanding your subconscious mind, your spiritual coach will be able to guide you to better achieving your goals and setting a path to abundance, happiness and living intently.

30/60 MINUTES | **\$119/159**

Series of 3 or 6 sessions available at discounted pricing.

Cell phones and other electronic devices are not permitted in order to keep the spa area quiet and to protect your privacy. As our spa guest, you are welcome to the use of locker rooms, whirlpools, showers and steam rooms.



# SPA ETIQUETTE

## Arrival

We recommend arriving 30 minutes before your scheduled appointment. This allows time to familiarize yourself with the facility and relax before your spa experience.

## Attire

We provide robes, slippers and a locker for personal belongings. For your comfort, undergarments may be worn during treatments, but rest assured our therapists are highly trained in correct draping procedures for your complete privacy.

## Gratuities

For your convenience, a 20% service charge will be added to the treatment price. This is modifiable at your discretion should you choose to leave more or less.

## Cancellation Policy

In the event you must reschedule or cancel an appointment, please notify the spa at least 24 hours in advance to avoid being charged for the service. Failure to show for appointments will result in a 100% charge for the reserved services.

## Contraindications

Your health and safety are always our first priority. If you have a medical condition or specific allergies or take prescription medications, please let us know prior to your treatment time so we can check against our list of treatment contraindications.

# HEALTH & SAFETY GUIDELINES

The following is a summary of guidelines in place to ensure the health and well-being of our guests and associates:

- Daily health screenings of spa associates before every shift.
- Strict adherence of spa associates to use PPE, including gloves and masks.
- Complimentary PPE and sanitizing gel available for guests upon request.
- Plexiglass barrier at spa check-in desk.
- Touchless, digital treatment menus.
- Online appointment system for resort guests.
- Available appointment windows are staggered to aid in social distancing practices.
- Additional time scheduled in between treatments to allow for thorough cleaning and sanitation.
- Offering "no touch" treatments such as Guided Meditation, Reiki and LED light therapy.
- Featuring immune-boosting treatments such as Lymphatic Drainage massage, Earth and Sky Detoxifying Body Renewal and Rebalancing Body Treatment.
- Refreshments such as tea, fruit-infused water and other snacks are available upon request in single servings.
- Implementation of strict hourly cleaning and sanitation protocols of spa and locker room facilities.



