

Amara Spa



AMARA

RESORT AND SPA

100 Amara Lane • Sedona, AZ 86336 • amararesort.com • [#Amararesort](https://twitter.com/Amararesort)

MASSAGE

RELAXATION

30 min \$80 | 60 min \$130
90 min \$190

Massage uniquely designed to create a sense of calm inner peace and serenity. Our talented therapist will personalize this treatment by using the best techniques for you, removing all stress and completely relaxing your mind, body, and spirit. *Bliss.*

THERAPEUTIC

30 min \$90 | 60 min \$150
90 min \$210

Your therapist will target chronic muscle tension by focusing on the deeper layers of muscles and connective tissue. Slower massage strokes and more specific direct deep pressure are applied to affect underlying muscles and structure of the body. Other movements such as; compression, slower motion, deeper pressure, kneading, stretching and an herbal massaging agent may be incorporated to assist in joint pain. *Release.*

SACRED STONES

60 min \$165 | 90 min \$240

Begin this sacred journey with heated smooth basalt stones, hand selected to melt away your tension. As your therapist expertly massages tired muscles, allow the heat from the basalt stones to travel through to deeper layers of tissue, so you can receive the benefits of a deep tissue massage without the extra added pressure. *Grounding.*

FOOTPRINTS

30 min \$80 | 60 min \$130

Your feet hold mini maps of reflex points that correspond to other parts of your body. Reflexology is an ancient healing system of applying direct pressure to these points on feet and hands, which will reduce tension and address your nervous system. *Uplifting.* 30 minute service focuses on feet only.

PERFECT BALANCE

60 min \$130

A combination that pairs 30 minutes of attention to your back, neck and shoulders with 30 minutes of reflexology on your feet. Perfectly targets stress areas common to most people. *Recharge.*

PEA IN A POD

60 min \$130

You will be cradled in a sense of peace and balance during this profound time. This tailor-made massage nurtures both mother and baby by improving circulation and lymph flow. Gentle pressure will reduce swelling and discomfort, especially in the lower back. *Precious.* Please indicate how far along you are in your pregnancy.

AMARA SIGNATURE SERVICES

GUIDED MEDITATION

30 min \$80

Begin your spa meditation with focused breathing guided by an expert therapist helping connect you to your inner self. The sounds and vibrations of heart chakra tuning forks are combined with Sedona sun-charged rose quartz crystals to facilitate a concentrated state of relaxation.

Rose quartz is known as “the love stone”. Its energetic hallmark is that of unconditional love which opens the heart chakra to all forms of love: self-love, family love, platonic love and romantic love. These crystals are best known for emotional healing and easing loneliness, heartache and aids forgiveness and self-forgiveness.

Infused oil is used from a local artesian distillery with the aromas of the Verde Valley.

As a parting gift, guests receive a rose quartz crystal and heart affirmation to continue the meditation beyond the walls of Amara Spa. *Calm*. Can be added to select services.

RAIN DANCE

60 min \$140

Integrating body, mind and spirit, this ceremonial massage uses our signature oils of lavender, rosemary, and sage luxuriously dropped down your spine. Ease into this harmonious dance as sprinkles of lavender oil both relax you and address fatigue. Rosemary oil trickles down next in this powerful service for deeper clearing and healing effects. Purifying and grounding qualities of sage are then delivered along with a rhythmic movement dancing you into tranquility. Conclude with a warm oil scalp massage. *Refresh*.

WINDS OF CHANGE

90 min \$200

Native rattles, smudging with sage, crystals and specially crafted oils, combined with compassionate healing hands, reconnect your being to your spirit nature. Our gifted healers use energy, to balance your chakras and connect you to the spirit of ancient healing ritual. The wind of a feather sweeps

away tension. This complete service includes a relaxing massage. *Transformation*.

MASSAGE ENHANCEMENT

Added onto any massage

WARM OIL SCALP MASSAGE

15 min \$30

BODY TREATMENTS

HIGH DESERT SUGAR SCRUB

60 min \$140 | 90 min \$200

Restore balance to your skin with organic sugar blended oils of lavender, orange, and pink grapefruit. This scrub provides an exceptional exfoliation that stimulates circulation and cell regeneration. A relaxing massage using our lightly scented whipped body butter finishes this service leaving your skin radiant. *Glow*. Extend your massage by reserving 90 minutes.

DETOX WRAP

60 min \$140 | 90 min \$200

Experience a spiritual cleansing with a sage misting, as found in Native American traditions. Thorough dry brushing will encourage lymphatic drainage and detoxification. An application of softly scented pink grapefruit clay soufflé will increase blood circulation and assist in detoxification. While wrapped enjoy a scalp massage and finish with hydrating body butter. *Renew*. Extend your massage by reserving 90 minutes.

FACIALS

CUSTOM

60 min \$135 | 90 min \$195

This highly effective and customized facial is designed for your particular skin care needs. Our experienced estheticians will consult with you and evaluate your skin type to determine the best treatment to suit your specific needs. This complete facial includes; cleansing, exfoliation, extractions, mask and a face, neck, shoulder and scalp massage. Your skin will be glowing. *Fresh*. For superior results extend to a 90 minute service by including the NuFace microcurrent lift.

NUFACE YOUTH RENEW

60 min \$145

Turn back the hands of time with this non-surgical facelift. NuFace is a clinically proven and FDA approved microcurrent device that works with your muscle memory to lift and tone your skin. Perfect for those wanting to diminish fine lines and wrinkles while increasing elasticity and improving facial contour. Evidence is seen after one treatment. Dramatic, long lasting results may be achieved using the NuFace device at home. *Redefine*.

PURIFYING

60 min \$135 | 90 min \$195

Intended for those with sluggish, congested skin, this clarifying treatment focuses on pore cleansing and balancing oil production. Your skin will be fortified with a powerful botanical infusion of antioxidants. *Restore*. For superior results, extend to a 90 minute service by including the NuFace microcurrent lift.

VITAMIN C GLOW

45 min \$105

This facial addresses aging skin at a cellular level, using pharmaceutical enzymes and Vitamin C to exfoliate your skin and accelerates cellular renewal. The double exfoliation improves elasticity, skin tone, and an antioxidant mask will leave your skin visibly radiant and rejuvenated. *Radiance*. No facial massage or extractions are performed in this service. Waxing and sun exposure are not recommended after this treatment.

MEN'S TUNE-UP

60 min \$135

Relax with a warm towel barber style wrap and move into a thorough pore cleansing and exfoliation treatment that addresses men's specific skin concerns such as; excess oil, clogged pores and razor burn. Plenty of time is allowed for a deeply relaxing face, neck, scalp and shoulder massage. A must for those looking to relieve stress, unwind and find solutions for skin issues. *Rewind*. Please refrain from shaving 4 hours prior to this service.

AMARA SIGNATURE FACIAL

MOON CHASING SUN

90 min \$200

The ultimate facial experience! This ritual will take you deeper into a state of bliss. Begin with aroma inhalation of your choosing, body compressions, and warm towels. This customized skin treatment includes a choreographed facial massage using cool and warm stones simultaneously to promote the purging of toxins and reduce swelling. While the anti-oxidant mask is fighting free-radicals, experience a highly concentrated scalp massage. Tension melts and your skin is glowing. *Tranquility*.

FACIAL ENHANCEMENTS

Added onto any facial

WOW BROW EYE TREATMENT

15 min \$30

Using NuFace Microcurrent

WARM OIL SCALP MASSAGE

15 min \$30

VITAMIN C RECHARGE

\$30

HAIR REMOVAL

Brow, Lip or Chin	\$25
Underarm	\$35
Half Arm	\$45
Bikini	\$55
Half Leg	\$55
Full Leg	\$85
Back	\$75

SPA PACKAGE

SIGNATURE PACKAGE

3 hrs \$360

Winds of Change Massage and
Moon Chasing Sun Facial

METAMORPHOSIS

3 hrs \$355

High Desert Sugar Scrub and 90
Minute Custom Facial with NuFace

WHOLE BODY DE-STRESS

3 hrs \$382

Detox wrap, Therapeutic massage,
Custom Facial

MAKE-UP

MAKE-UP CONSULTATION

30 min \$75

Ask our make-up artists any questions about our mineral based make-up. Your consultation includes color matching for the perfect foundation, plus the application of blush and lip color. *Dusted.*

FULL APPLICATION

60 min \$125

Using our mineral make-up, our trained professionals will create a complete day or evening look for you. *Reveal.*

BRIDAL PACKAGE

60 min \$250

60 minute consultation day prior and 60 minute application day of the wedding.

FREQUENTLY ASKED QUESTIONS

SHOULD I BOOK IN ADVANCE?

We highly recommend booking services 2 weeks in advance to ensure your preferred time and service will be available. You may request a male or female provider, however, we cannot guarantee the availability of a particular provider. Please inform us of any allergies, medical conditions, and injuries so that we may accommodate your needs. All services are based on availability and prices are subject to change. Please contact the Spa directly at 928.282.6088.

WHAT IS INCLUDED WITH MY SPA SERVICE?

We encourage you to enjoy our steam rooms, available from 8:30am until 6:00pm, located in both men's and ladies' locker room. Locker rooms include showers, lockers with robes, towels, sandals, and amenities. We are a boutique spa and do not have a pool situated in the Spa. Pool onsite is for resort guests only.

HOW DO I SPA?

Please arrive at least 20 minutes prior to your scheduled appointment time. This allows us to welcome you and introduce you to our Spa. Your appointment is reserved exclusively for you. In order to honor each guest's experience, late arrivals will only receive time remaining of their appointment. Do not bring jewelry, valuables or other items that may be easily forgotten. Amara Spa is not responsible for any lost items. Our Spa is an environment of tranquility and relaxation. The Relaxation room is designated as a quiet space, so for the comfort of our guests, we ask that all cell phones and electronics be turned off while in the Spa.

IS THERE AN AGE REQUIREMENT AT THE SPA?

Amara Spa is an adult environment therefore, children under the age of 18 are not permitted to utilize the Spa amenities. Young adults may schedule spa services, with a guardian present during the treatment.

WHAT HAPPENS IF I AM UNABLE TO KEEP MY APPOINTMENT?

We kindly request you give us 24 hour notice on any service cancellation or change. Failure to arrive for a scheduled treatment will result in a 100% charge of scheduled treatments.

ARE GRATUITES INCLUDED IN THE SERVICE PRICE?

Gratuities are not included in individual service pricing. We recommend a 20% gratuity which will be at your discretion.

HOW CAN I TAKE THE AMARA EXPERIENCE HOME WITH ME?

We offer a selection of items to continue your well-being at home. Many of the products used in our treatments are available along with an assortment of lifestyle apparel and gift items.

SPA RESERVATIONS 928.282.6088

HOTEL RESERVATIONS 480.747.9904

