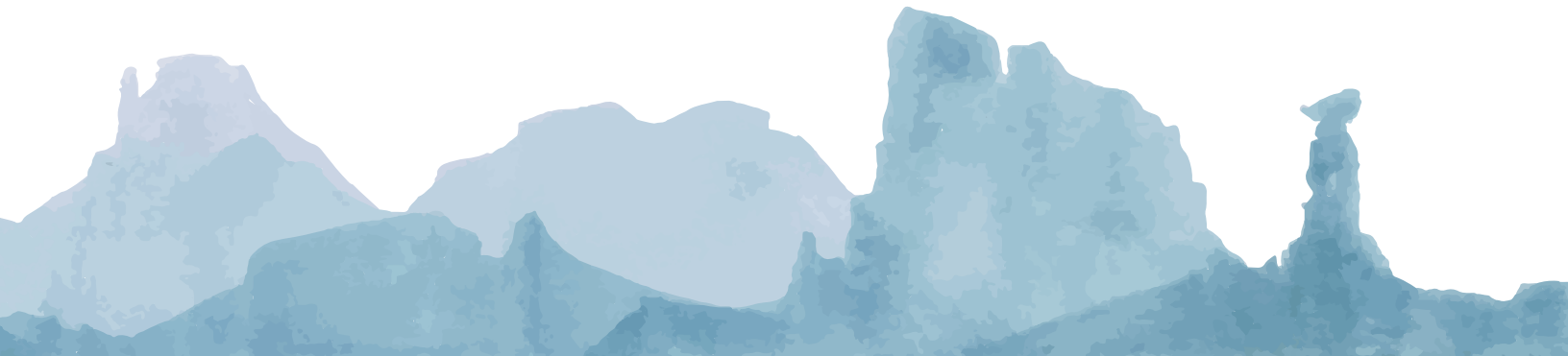




# *Spa Suites at Boynton Canyon*

SPA MENU





*All specialty experiences at the Spa Suites at Boynton Canyon are provided by the intuitive therapists of Mii amo in the privacy of your own treatment suite. Each treatment suite has its own lounge area, fireplace, terrace and private changing area.*

## *massage*

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Receive energy and relief through healing touch. Our therapists can bestow relaxation, release and align overall oneness of mind and body.

### Swedish Massage

Utilizing long, fluid strokes, this classic massage relieves muscle tension and improves circulation. This massage will gently guide you to relax and release stress.

60 min \$210

### Deep Tissue Massage

Deeply therapeutic, this custom massage targets chronic tension. Using a variety of techniques, your therapist helps bring relief to areas of pain and stiffness.

60 min \$230

### Neuromuscular Therapy

Neuromuscular massage is beneficial for injuries and chronic pain. Your therapist will warm targeted muscles and work deeply to release knots and adhesions. This is a dry massage, so no oil or lotion is used.

60 min \$230

### Myofascial

This treatment involves gentle pressure to myofascial connective tissue to eliminate pain and restore range of motion. This is a dry massage, so no oil or lotion is used.

60 min \$230

### Shiatsu

To balance energy flow through the meridians of the body, your therapist uses specialized acupressure techniques in combination with gentle stretching.

60 min \$210

Please wear loose-fitting, comfortable clothing.

### Head, Neck and Shoulder Massage

To improve circulation and ease tension, this therapeutic treatment offers a combination of acupressure, warm and cool compresses and specialized massage.

60 min \$210

## Cupping Massage

Discover the healing benefits of this ancient therapy. Specially designed cups create gentle suction to the skin to stimulate circulation, lymphatic flow, relieve pain and release tense muscles.

60 min \$230

**A separate waiver is required.**

## Prenatal Massage

Designed to nurture and support both mother and baby, this gentle massage focuses on the areas of the body affected most by pregnancy. Prenatal massage deepens a sense of calm and relaxation and helps improve sleep.

60 min \$210

**A separate waiver is required.**

## Vibrational Massage

Using blended oils that vibrate with the frequency of the seven energy centers of the body, the chakras are opened and revitalized.

60 min \$210

## Traditional Thai

This ancient technique is performed on a floor mat. Your therapist will stretch your body into yoga-like positions and apply deep, rhythmic pressure.

60 min \$230

**Please wear loose-fitting, comfortable clothing.**

## Table Thai

Like Traditional Thai Massage, your therapist gently guides the body into deep, passive stretches and yoga-like positions. Table Thai is offered on the comfort of a massage table.

60 min \$230

**Please wear loose-fitting, comfortable clothing.**

## Thai Reflexology

Reflexology is based on the theory that areas of the feet and hands correspond to specific organs and systems of the body. This Thai-inspired service focuses specifically on the hands and feet.

60 min \$210

**Please wear loose-fitting, comfortable clothing.**

## Intentional Aromatherapy Massage

This signature massage will introduce you to the core “family” of ten aromatherapy oils and blends. Select the intention of the oil blend that resonates and it will be mixed for you. This treatment will combine a dry body brush exfoliation with a light flowing massage and culminates with the calming of the mind and the release of the spirit.

60 min \$210



## *body treatments*

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Indulge your skin and senses with a luxurious treatment using nourishing products and a light soothing wrap.

### Prickly Pear Butter Wrap

This treatment utilizes the anti-aging properties of the prickly pear. It includes a body scrub, shower and hydrating body butter application with wrap.

**60 min \$210**

### Jojoba Butter Wrap

A sea salt exfoliation is followed by a jojoba and shea butter hydration. Then, a bodywrap allows the butters to absorb deeply, finally ending with a warm shower to rinse. This is a preferred wrap for pregnant women and guests sensitive to scent.

**60 min \$210**



## *skin care*

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Our expert estheticians tailor each treatment to enhance your skin, leaving you feeling rejuvenated and refreshed.

### **Mii amo Signature Facial**

To meet your skins specific needs, your esthetician will tailor this signature facial to:

#### **Hydrate**

Address dry and dehydrated skin and the cumulative effects of sun and environment damage.

#### **Clarify**

For acne prone or congested skin, remove pollutants locked in the skin and lift dead skin cells.

#### **Calm**

Soothe reactive skin—an ideal choice for rosacea, sensitive inflamed skin or conditions of excema.

#### **Rejuvenate**

A restorative facial for aging and problem skin.

60 min \$210

### **Lymphatic Facial**

This facial stimulates the lymphatic system while improving skin tone and texture.

60 min \$210

### **Journeyman's Facial**

This results-oriented service is specifically designed for men. This facial will cleanse, calm and clarify.

60 min \$210

### **Cupping Facial**

This facial provides tightening, lifting, toning and hydrating, leaving the skin brightened and plumped.

60 min \$230





## *specialty treatments*

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Your therapist will use their intuitive healing powers to refresh your mind, body and spirit in ways that are profound and personal.

### **Energy Intelligence**

Designed to explore the body's energy and its innate intelligence, energy work, massage, meditation and breath work may be used to customize this service and address personal challenges.

**60 min \$330**

### **Energy Clearing**

Your therapist will begin with an energy clearing essential oil ritual to identify what you would like to release. Through relaxation techniques, integrative body and energy work, you are guided to release old thoughts and energy patterns and create an opening for the new.

**60 min \$330**

### **Aura-Soma Consultation**

This color system from England is based on vibrant, alive plant color, essential oils and flower essences. Colors we are drawn to reveal our talents, gifts and life lessons. An in-depth reading based on your choice of colors allows you to understand yourself on a deeper level and supports your return to balance with your original potential.

**60 min \$330**

### **Intuitive Massage**

Through sensitive touch and meditative presence, your therapist assists you in reconnecting to your true self. Energy reading supports you to understand different aspects of your psyche, expanding your perception of energy, allowing a more authentic, joyous life.

**60 min \$330**

### **Harmony**

Through intuitive and psychic abilities, your therapist offers a variety of healing modalities such as customized guided meditation, psychic reading and energy work to support you becoming more conscious of your hidden gifts and restoring harmony and balance to your life.

**60 min \$330**

### **Soul Seeker**

A master therapist provides techniques to help support a heightened awareness, a new perspective, or reconnection with your inner self. The techniques used may include guided imagery, energy soul journeying, emotional release and breath work.

**60 minute \$330**



## *connection with the spirit*

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Open your heart and mind to gain insights into your present situations and future opportunities. These powerful sessions will provide you with a new sense of clarity and guide you on your Journey ahead.

### **Astrology**

Using the exact time and place of your birth, our professional astrologer interprets life patterns and tendencies and will offer you insights to those.

60 min \$295 | 90 min \$330

A 24-hour advance notice is required to book this service, and your astrologer will need your birthdate, birth place, and time of birth for preparation of your birth chart prior to your appointment.

### **Connection & Celebration Ceremony**

Observe, honor and commemorate a special day, occasion, an important event, new passages, transitions, a new connection, a remembrance or new beginnings. Your Ceremony is guided by one of Mii amo's very caring and intuitive Mindfulness Practitioners, who with you, will co-create and hold sacred, a personalized experience and space for individuals, couples, families, friends or groups. A Birthday, Engagement, Wedding, Pregnancy, Anniversary, Retirement, New Position, Career or Connection, Grieving or simply wanting a deeper connection are all perfect opportunities to celebrate.

60 minute \$210

### **Cranial Sacral**

Beautiful and serene, this very subtle work focuses on balancing the flow of cerebrospinal fluid from the top of the head and down the spine. It can be extremely beneficial for people who want to relax and alleviate stress in the body.

60 min \$210

Please wear loose-fitting, comfortable clothing.

### **Hypnosis**

Therapeutic hypnosis enhances physical and emotional well-being and is extremely effective for pain and stress relief, smoking cessation, weight loss, relaxation and increased confidence. Please indicate your focus for the session when booking.

60 minute \$330

### **Past Life Regression**

Using hypnosis to induce a deep, restful state, your therapist will guide you on an exploration of past life memories that may provide insights into current life issues.

60 minute \$330

## Interactive Aura Photography

Discover the incredible colors of your aura/energy field. Learn how becoming more aware of your energy can be valuable for creating balance in all areas in your life – physical, emotional and mental. Each session includes a comprehensive analysis showing your aura/energy field and the meaning of the colors in your aura, while explaining each of the seven chakras and how the energy flows within your body.

60 min \$210 | Shared 90 min \$295

## Reading of the Moment

An intuitive will guide you to a higher level of understanding of your life path. Reading may include Palm Reading, Tarot Card, Numerology or a Pendulum Reading.

60 min \$210 | Shared 90 min \$295

## Reiki

A Japanese healing technique that attunes the energy flow within the body and allows for natural healing processes to occur. It works on the body, mind, heart and soul. Reiki works with energy and is not a hands-on treatment. It will leave you feeling refreshed and clear-minded.

60 min \$210

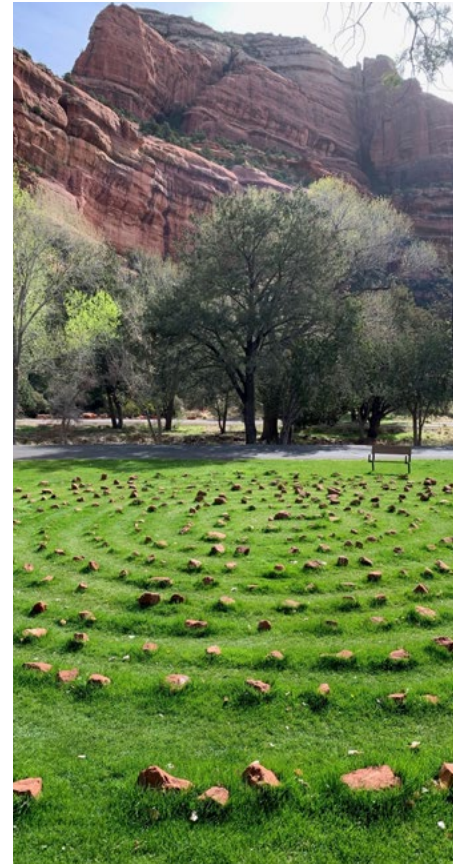
Please wear loose-fitting, comfortable clothing.

## Reiki Healing Attunement

This process opens a spiritual door through which powerful, higher-frequency Reiki energies are able to flow. The Reiki Healing Attunement can start a cleansing process that affects the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful.

60 min \$230

Please wear loose-fitting, comfortable clothing.



## *meditation*

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Turn your consciousness inward, then learn how to breathe into those spaces, achieving clarity, focus and a renewed conversation within your own self. It is a practice that will, with devotion and time, help you long after you return to daily life.

### Basics of Meditation

Breath, awareness and relaxation are taught to bring you into the present moment.

60 min \$210

### Red Rock Inspiration

This session includes a nature-inspired meditation, mindful walk and guidance to encourage focus and balance.

60 min \$210

### Medicine Wheel Meditation

Inspired by Native American medicine wheel practices, this guided meditation offers imagery relating to the four cardinal directions and the natural elements within each.

60 min \$210

### Chakra Meditation

This meditation emphasizes grounding, balancing and connecting your energy centers. This session addresses physical, mental, emotional and spiritual wellbeing.

60 min \$210

### Elements Meditation

This meditation will help you connect with the elements of nature. You will learn to feel supported by the earth, water, fire and air.

60 min \$210

### Labyrinth Walk Meditation\*

A meditative mind is easier for some to achieve through movement. You will be led on a meditative walk through our labyrinth.

60 min \$210

### Canyon Bathing Meditation

Canyon bathing is a gentle, meditative approach to being with nature that can heal our relationship with ourselves and establish a connection with the energy, timelessness, and wisdom of Boynton Canyon.

60 min \$210

\* Meet at the Labyrinth, located on your property map



## *wellbeing and fitness*

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Gain insights and practices to move with purpose towards your intentions for a better you.

### **Compassionate Communication**

During this session, you will learn supportive and nurturing communication methods, as well as enhanced techniques to speak with yourself and others with a more compassionate, open and responsible dialogue.

90 min \$300 | 120 min \$350 (2 people)

### **Releasing Stress**

After a thoughtful assessment of your current life stressors, your therapist will explore techniques and strategies to assist you in reducing the burden that stress can create. Visualization, movement, breath awareness, nutrition and the most current philosophies on managing stress may be utilized.

60 min \$210

### **Living with Change**

Are you in the midst of life changes or considering a change, have you had a loss, or transitioning in some aspect of your life, your location, or in your personal connections? In this session, you'll receive support and guidance to explore your current situation while gaining new perspectives and skills. Honoring both the challenges yet holding the potential for transition to become transformational.

90 minute \$300 | 120 minute \$350 (2 people)

### **Sound Healing**

Everything in our Universe is based on vibrations and energy, resonating with its own signature frequency. We truly are energy beings and the Crystal Singing Bowls work directly with this universal energy and channel it into the body to enliven our entire being.

Experience the power and expansive energy of Crystal Singing Bowls to connect, to release and embrace.

60 min \$230

### **Sacred Sleep**

Whether your challenge lies in falling asleep or staying asleep, not getting enough sleep or getting too much, this consultation will provide you with the knowledge and tools you need to develop a healthy relationship with sleep and begin to get the rest you want and need.

60 min \$210



## Nutrition for your Health

When challenged with various health or weight concerns, it's time to re-examine daily food choices. Receive specific nutritional and wellness advice on how to stay strong and balanced.

60 min \$210

## Personal Coaching: Yoga

Co-create a customized, private yoga session with one of our certified instructors and take your practice to the next level.

60 min \$210 | 90 min \$295

## Personal Coaching: Pilates Mat

Collaborate with one of our certified instructors to create a customized Pilates training session and elevate your practice.

60 min \$210 | 90 min \$295

## Personal Coaching: Strength & Fitness

Take your fitness to the next level with a personalized strength or cardio-based training session with one of our certified personal trainers.

60 min \$210 | 90 min \$295

## Integrative Coaching

If you seek to begin a new program or improve an existing one, our certified trainers will guide you through a personalized session.

60 min \$210 | 90 min \$295





## *spa specifics*

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Everything we do from the amenities and individual care offered, to the guidelines we ask you to respect have been designed to personalize your experience.

### Hours

The spa suites are open daily from:  
8:00am until 8:30pm

### Age Requirements

Spa Services are available for Guests 16 and older.

### Change and Cancellation Policy

If you must change or cancel your appointment, please notify us at least 24 hours in advance of the treatment time to avoid being charged. No-shows, changes and/or cancellations within 24 hours of the scheduled appointment time are charged 100% of the value of the service.

### Preparing For Your Experience

Please check in at the Welcome Desk at least 5 minutes prior to your appointment.

### What To Wear

For most spa treatments, it is customary to disrobe completely; however, you should undress to your level of comfort. Our therapists are trained to keep you properly draped throughout the treatment, respecting your privacy at all times.

For Traditional Thai, Table Thai, Thai Reflexology, Reiki, Reiki Healing, Shiatsu or Cranial Sacral wear loose-fitting clothing that allows for stretching.

### Pricing

Prices do not include tax, gratuity or service charge. For your convenience, a standard 20% gratuity can be added to your folio and charged to your room or credit card.

Also for your convenience, your charge will be settled as you are checking in for your service.

Spa menu and prices may change without notice. Shared services are available for select treatments and require an additional \$50 per person. Spa menu and pricing effective January 2021.



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