



ARIZONA GRAND  
RESORT®

*Fun. Friendly. Naturally Grand.®*

## CONTENTS

- 1 Custom Massages
- 2 Body Treatments
- 3 Éminence Custom Body Treatment
- 4 Facials
- 5 Scrubs
- 5 Healing Treatments
- 5 Life Coaching
- 5 Toe Reading
- 6 Spa Packages
- 7 Just For Kids
- 7 Teens
- 8 Salon Services



## CUSTOM MESSAGES

Aromatherapy Massage  
Therapeutic Massage  
Pregnancy Massage

Swedish Massage  
Reflexology  
Couples Massage

50-MINUTE MESSAGES

80-MINUTE MESSAGES

50-MINUTE COUPLES MESSAGES

80-MINUTE COUPLES MESSAGES

### **Organic Lavender Milk Body Massage**

Combining the fragrance of organic lavender milk with sweet soy oil and lavender beeswax, this soothing massage will moisturize your skin and invigorate your senses.

50 MINUTES

80 MINUTES

### **Lava Shell Massage**

Experience the next wave in heated massage. Tiger clam shells are heated and used on the body to relieve stress and tension.

80 MINUTES

### **Add-Ons**

Add the therapeutic touch of heat to your massage with a lava shell.

Add any 20 minute scrub to any 80 minute massage.

## IN-SUITE MASSAGE THERAPY

Aromatherapy Massage

80 MINUTES

Swedish Massage

80 MINUTES

Therapeutic Massage

80 MINUTES

Lavender Milk Massage

80 MINUTES



## BODY TREATMENTS

### **Desert Botanical Aroma Wrap**

A full body hydrotherapy that provides complete relaxation and deep body cleansing.

80 MINUTES

### **Sedona Mud Purification Treatment**

Native American healing therapy that detoxifies and purifies the body.

80 MINUTES

### **Blue Detoxification Body Wrap**

A clarifying mask of oil-absorbent clays is used to purify and revive tired skin. Lymphatic points are worked with a blend of essential oils designed to assist in the removal of excess fluids and toxins. 80 MINUTES

### **Oasis Aloe Body Wrap**

This replenishing treatment uses aloe, pure algae, comfrey and essential oils to restore and hydrate your skin.

80 MINUTES

### **The Desert Sage Body Mask**

Our signature treatment begins with dry exfoliation followed by application of a sage emollient. Sage has been used for centuries for its antioxidant, astringent and anti-inflammatory properties.

80 MINUTES

### **Marine Seaweed Body Wrap**

This treatment uses a concentrated blend of algae extracts to remineralize, detoxify and rebalance the skin.

80 MINUTES

### **Astara Body Peel**

This gentle yet powerful exfoliant is highly effective at giving you're body a glow like no other. A balanced blend of glycolic acid and lactic acid smooths, brightens and firms the skin.

80 MINUTES

## ÉMINENCE CUSTOM BODY TREATMENT

Your skin is as unique as you are. What is ideal for one individual may not be ideal for you. With our Éminence product line, we'll create a treatment that is perfect for you and your skin type. Our custom body treatments use one or more of the following products. **80 MINUTES**

**Eight Greens** - Ideal for dehydrated, fatigued, menopausal, oily, blemished, acne-prone or mature skin types.

**\*Herbal Cellulite Treatment** - Good for those with cellulite or skin with lack of elasticity.

**\*Hungarian Mud Treatment** - Perfect for all skin types. Especially effective for irritated acne-prone skin as well as skin lacking tone and those with fatigued complexion.

**Herbal Clay Treatment** - Ideal for individuals with sensitive skin or those suffering from Rosacea. Also ideal for irritated, oily or acne-prone skin.

**Pumpkin & Orange Masque** - Great for mature, dry, dehydrated and fatigued skin.

**Stone Crop** - Good for oily and mature skin or skin lacking in tone with uneven pigment.

**10 Grains** - Great for all skin types. This product may be added to most of the above products to create an exfoliating treatment, however, it is not recommended with Hungarian Mud or the Herbal Cellulite Treatment.

*\*Tingling sensation may occur during treatment and for up to 20 minutes after removal of product.*





## FACIALS

### Custom Facial

An in-depth consultation, cleansing, skin analysis, exfoliation, relaxing massage and customized masque followed by a hand and arm massage. **50 MINUTES**

### Éminence Facial Treatment

An all-natural microderm facial utilizing products selected for your individual skin type. **70 MINUTES**

### European Seaweed Facial

A gentle cleansing, a milk and honey mask followed by a soothing massage with seaweed serum rich in vitamin C, minerals and proteins. Treatment ends with a cooling and soothing fresh seaweed mask, resulting in healthy, radiant and refreshed skin. **50 MINUTES**

### Four Layer Facial

Experience layer upon layer of pure, fresh European seaweed. Enjoy a cool aqua green seaweed masque, followed by a warm mineral-rich thermal masque. The result is healthier, younger-looking skin that is nourished with visible moisture. **70 MINUTES**

### Rapid-X Texturizing Facial

A supple treatment uses Rapid-X and sr26 sebum reducing lotion with visible results after the first treatment. **50 MINUTES**

### Lip Treatment

This intense lip treatment is just what you've been looking for! With this add on service, your lips will come out looking softer, smoother and simply luscious.

### Eye Treatment

This all organic eye treatment can handle all of your eye concerns from crows' feet to dehydration, puffiness or dark circles under the eyes.

### Essential Back Facial

Complete cleansing and exfoliation of the back, shoulders and upper arms. **50 MINUTES**

### MD Skincare Facial

This treatment boasts immediate long-term benefits. A precise blend of alpha and beta hydroxy acids are applied to improve skin tone, texture and clarity. Moisturizing green tea extracts and antioxidants leave skin smoothed, balanced and protected. **50 MINUTES**

## SCRUBS

### Chardonnay Sugar

An exfoliating scrub of sugar and grape seeds is followed by a botanical-infused moisturizing treatment, leaving your skin feeling rejuvenated and soft to the touch. 50 MINUTES

### Citrus Lavender Salt

Hydrates the skin while salts and enzymatic papain gently exfoliate dry, dead surface cells leaving skin smooth, fresh and hydrated. 50 MINUTES

### Pure Fiji Sugar

Designed to naturally rejuvenate, relax and soothe, this treatment offers the sweet fragrance of coconut, pineapple and starfruit while your skin is exfoliated, cleansed, unclogged and restored. 50 MINUTES

### Add-Ons

Add any of these massages to any scrub: reflexology, aromatherapy, Swedish or therapeutic. 20 MINUTES

## HEALING TREATMENTS

### Energy Clearing Session

Relieve stress, worries and concerns as you relax and experience an unusual journey into yourself. This special experience helps clear your energy field and chakras (7 main energy centers in the body) where you may be holding stress or past pain.

80 MINUTES

## LIFE COACHING

Jean Alfieri is a certified herbalist, aromatherapist, nutritionist, yoga instructor and a gifted healer with over 10 years experience in holistic counseling for emotional, mental, physical and spiritual wellness. 60 MINUTE SESSION

## TOE READING

It's in your toes! Unlike the palm of your hands which remain the same throughout your life, toes change over one's lifetime, sometimes dramatically. A toe reading will reveal where you are at this point in time and provide insight on areas to focus.

50 MINUTES



## SPA PACKAGES

### The Grand Package

80 minute Aroma Body Wrap, 80 minute Massage, Four Layer Facial, Manicure and Pedicure, Shampoo and Style, Makeup and a light lunch.

7 HOURS

### The Hohokam

80 minute Aroma Body Wrap, Custom Facial, Pedicure, Shampoo and Style with a light lunch. 4 HOURS

### Happy Trail

Our most popular spa package. Indulge yourself with a relaxing 50 minute Custom Massage, Custom Facial, a full Manicure and Pedicure and a light lunch. 3.5 HOURS

### The Sedona

80 minute Sedona Mud Purification Treatment, Four Layer Facial and a light lunch for your enjoyment.

3 HOURS

### The Phoenix

Custom Facial, Manicure and Pedicure, Shampoo and Style, Makeup and a light lunch.

3.5 HOURS

### Organic Package

Lose yourself in the pure luxury of an Éminence body treatment, Éminence facial, Massage and a light, healthy lunch. 3.5 HOURS

### Teen Tagalong Package

In need of some mother/daughter bonding time? Our Teen Tagalong Package includes a teen facial, teen massage, manicure, pedicure and a light lunch! For Mom... try our signature Happy Trail Package (see Packages).

3.5 HOURS



## JUST FOR KIDS!

### **Pretty Princess Package**

Give your little princess the royal treatment with our Pretty Princess Manicure and Pedicure featuring glitter polish or gemstones, plus a glamorous hairstyle session. She'll also take home her very own jewel-toned tiara. Ages 6 to 11.

90 MINUTES

### **Pedicure Party**

Round up your pals for your very own Pedicure Party at Arizona Grand Spa. This special party is designed for three or more people (teens or adults) and includes: finger foods, magazines, music and pedicures (teens). For ages 7+ Please note: The Pedicure Party requires a 48 hour notice to set up.

## TEEN SERVICES

### **Teen Massage**

Young people who are active in sports or other physical recreation will want to try our Teen Massage. This is a Deep Tissue Massage including stretching that is designed to target the muscle groups associated with their sport or activity of choice. Ages 13 to 18. 45 MINUTES

### **Teen Skin Care Session**

Education is a central component of our Teen Skin Care Session. This full skin consultation will teach your teen about their skin type and how to care for their skin as well as tips on nutrition for good skin health. Session also includes standard cleansing and an exfoliating facial. Ages 12 to 17. 50 MINUTES

### **Teen Back Scrub**

Our Teen Back Scrub includes skin consultation, exfoliation, cleansing, extractions and mask application. The session also includes education on keeping skin clean and healthy as well as proper nutrition. Ages 13 to 18. 50 MINUTES

### **Teen Citrus Lavender Salt Scrub**

Hydrates the skin while salts and enzymatic papain gently exfoliate dry, dead surface cells leaving skin smooth, fresh and hydrated. 50 MINUTES

### **Teen Intro**

A hit with teens, our Teen Intro package includes a choice of two: 20 minute Facial, 20 minute Massage, a standard Manicure or Pedicure or Wax (bikini, lip or brow).

## SALON SERVICES

### HAIRCUTS, STYLING & COLOR

Prices vary according to hair length and thickness.

### HAIR CARE

Ladies' Cut with Style

Mens' Cut with Style

Blow Dry with Style

French Braid

Comb Out

Updo

### HAIR COLOR

Foil Weave

Corrective Hair Color

Permanent Hair Color

### CONDITIONING

Deep Conditioner (Under Dryer)

*Longer hair deserves special attention. Please ask for rates.*

### MISCELLANEOUS

Beard Trim

Makeup Application

Makeup Lesson

Bridal Consultation



### NAIL CARE

Spa Manicure 30 MINUTES

Oceanic Organic Pedicure  
60 MINUTES

Polish Change  
15 MINUTES

Paraffin Manicure  
45 MINUTES

Paraffin Pedicure  
1 HOUR 15 MINUTES

### PARAFFIN

Hands Feet

### WAXING

Brow, Lip or Chin  
10 - 15 MINUTES

Full Face  
25 MINUTES

Full Leg  
55 MINUTES

Half Leg  
25 MINUTES

Back  
25 MINUTES

Arm  
25 MINUTES

Underarm  
15 MINUTES

Bikini  
15 - 20 MINUTES

Foot  
15 MINUTES

## DESERT BLOOM MEMBERSHIP

It's about the pamper, the essence and the experience. The Desert Bloom Membership serves those with the mindset that health and wellness are one. Join us for a one-year journey at Arizona Grand Athletic Club & Spa, a 20,000 sq. ft. full-service facility.

### Athletic Club Membership

- Membership for two and its benefits

### Spa Treatments

- 12 Swedish Massages (50 minutes)
- 12 Custom Facials (50 minutes)

Choose from over 45 classes per week, a five-lane lap pool, Jacuzzi and steamroom, executive amenities, racquetball, free weights, cardio machines, Paramount exercise equipment, locker and towel service, social activities and access to the 60 mile South Mountain Preserve.

### Other Benefits

Restaurants and discounts on golf and Pro Shop.

## MEMBERSHIP FEE

The Desert Bloom Membership offers tremendous value for two at \$2,548 (combined value of goods and services over \$4,000).



For more information please call (602) 431-6484.

*(Restrictions apply. All spa services are transferable. No substitutions on treatments. Not valid after coupon expiration date.)*



## SPA TIPS

*To make your spa experience more enjoyable:*

- Arrive 20 minutes early to relax in the steam room or whirlpool and familiarize yourself with our facility.
- Notify us of medical/physical conditions, i.e. high blood pressure, pregnancy, allergies or skin conditions.
- Shower prior to any body treatment or use of pools.
- Refrain from shaving before body treatments. Gentlemen, shave 2 hours before facials.
- Wear comfortable, loose clothing for massages.
- Drink plenty of water before and after treatments.
- Leave valuables behind.

## RESERVATIONS/ CANCELLATIONS

- We recommend advance reservations for all spa/salon services.
- We ask that you arrive at least 20 minutes prior to your scheduled appointment.
- A 12-hour cancellation or reschedule notice is required in order to avoid being charged for any treatment, service or package.
- All spa/salon services and prices are subject to change and based on availability.

## SPA HOURS OF OPERATIONS

- Daily 9 a.m. to 8 p.m.
- Hours subject to change and vary due to holidays.

**Spa Phone (602) 431-6485** | *Ask us about our gift cards today.*

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