

# The Day Spa at The Lodge

## Facials and Skin Care

50 minutes, \$95

*All facials include extractions, steam and masks.*

### **Hydrating Maple/ Post-Sport Facial**

A rejuvenating and deeply hydrating facial designed to treat all skin types and especially extremely dry or damaged skin from exposure to sun or wind. Results are a more revitalized, hydrated, smoother and healthier-looking complexion. Ideal after a golf game, this treatment aids in repairing and protecting skin from environmental elements such as windburn and over-exposure to extreme sun or cold.

### **Beyond Botox Anti-Aging Facial**

A sophisticated, results-oriented, anti-aging treatment that helps rejuvenate, refine and lift fatigued and sallow complexions. A powerful blend of anti-oxidants and vitamins combat free radicals that attack collagen and elastin and cause skin to age. This treatment also reduces the appearance of wrinkles, firms skin, and helps gradually fade and blend discolorations including sunspots, age spots and freckles. Designed to brighten the complexion and enhance luminosity.

### **Rosacea/Calming Facial**

This treatment was specifically developed for individuals with rosacea, highly sensitive skin conditions. Redness and irritation are soothed with specialized ingredients that gently cleanse, cool and calm skin while maintaining hydration. The treatment will visibly reduce redness and inflammation without aggravating the skin.

### **Men's Executive Facial**

A specialized treatment for men designed to soothe razor irritation and maintain hydration, while protecting and restoring skin. A blend of vitamins and anti-oxidants are diffused into the inner layers of the skin resulting in a revitalized complexion.

### **Acne Facial**

A gentle treatment to help clear blackheads and blemishes. This hydrating treatment controls bacteria and excess oil production, while helping to improve the texture and appearance of the skin. Appropriate for problematic skin types, as well as occasional breakouts in both adults and teens.

### **Customized Facial**

A pampering and hydrating treatment tailored to individual skin needs combining skin analysis, deep cleansing and exfoliation. A blend of moisturizers hydrates the skin, leaving it absolutely glowing.

### **Glycolic Facial**

This specialized facial was developed to remove dead skin cells, diminish fine lines and wrinkles and increase the rate of cellular renewal. Essential vitamins, minerals and nutrients help fortify and revive dull, tired-looking skin, as well as sun and environmentally damaged skin. It clears uneven skin tones, thereby allowing better absorption of hydrating products. This treatment is not recommended for rosacea conditions.

### **Massage**

50 minutes, \$95 / 80 minutes, \$142 / 110 minutes \$190

### **Classic Swedish Massage**

Using a variety of soothing Swedish therapeutic techniques adapted to your needs and preferences, this treatment increases circulation, bringing fresh oxygen to body tissues, relieves tension in muscles and reduces muscle soreness.

### **Aromatherapy Massage**

Combining the sense of smell with touch, we use essential oils to enhance the benefits of your massage.

### **Sports / Targeted Massage**

Focusing on the muscle groups most overused by your particular sport, this treatment warms and softens muscles, helping to prevent the chance of injury and increasing your range of motion.

### **Pre-Natal Massage**

Ideal for promoting relaxation, reducing swelling, and relief from back pain.

### **Deep Tissue**

Designed to release and reorganize the outer myofascial system, this massage is extremely effective at releasing body tension, increasing range of motion and reducing stress. 50 minutes, \$110./ 80 minutes, \$165.

### **Hot Stones Massage**

A Tucson original! We use smooth, heated basalt stones that are carefully placed at key points on the body. The direct heat relaxes the muscles and sedates the nervous system. Then oil is smoothed gently onto the body and more stones are worked along the body by the therapist's hands relieving tense muscles, sore joints and stressed emotions, leaving you feeling relaxed and balanced. 80 minutes, \$142.

### **Head, Neck and Shoulders Massage**

You'll feel better all over with this specially focused treatment for your stiff neck and tight shoulders. These typically knotted areas get relief when tensions are released and comfort is restored. 50 minutes, \$95.

### **Couples Massage (In Suite only)**

Two therapists will provide a Classic Swedish or Aromatherapy Massage for each of you in the privacy of your suite. Advance notice of 24 hours is recommended. 50 minutes, \$190./ 80 minutes, \$284.

## **Body Treatments**

### **Hydrating Maple Scrub**

This exfoliating treatment contains natural antioxidant vitamins and essential mineral salts to provide your skin with vital nutrients, improving hydration and microcirculation. Our Maple Body lotion, renowned for its anti-aging properties and long lasting hydration is then applied leaving skin smooth, soft and healthy. 50 minutes, \$95./ 80 minutes (includes 50 minute massage), \$142.

Lavender, Aloe, Tea Tree and Eucalyptus are applied to help heal dry, damaged skin. After you are wrapped up for 20 minutes, Rosehip and Aloe rehydrating lotion is applied to nourish the skin. Especially good for sunburns. 50 minutes, \$95./ 80 minutes (includes 50 minute massage), \$142.

### **The Best**

Start with an exfoliating salt glow to get rid of dry skin. Then apply the healing essentials of the Aloe Wrap to your fresh skin, and finish with a 50 minute massage. You will truly look and feel your best! 110 minutes, \$190.

### **Sonoran Sage Detoxifying Body Ritual**

This treatment begins with a full body exfoliation, followed with the Sonoran Body Clay Mask. This mineral rich clay is combined with creosote, desert lavender and sage, and organically grown comfrey and calendula creating a formula that detoxifies, nourishes, and smoothes the skin. It will leave the skin revitalized and stimulated. While wrapped in the clay, your feet and scalp are massaged. Finish with a Sage Infused Oil Massage. 100 minutes, \$190.

\*\*\*\*\*

### **The Ultimate Lodge Evening**

Create an unforgettable experience with your special someone. Start with two 50-minute massages. Then rediscover the grand ritual of The Bath, delicately scented with healing essential oils, while enjoying champagne and chocolate-covered strawberries. One of our delectable four-course dinners follows to make this the Ultimate of Evenings.

Perfect for honeymoons, anniversaries, birthdays or just a great surprise. Advanced notice of 24-hours is needed for this in-suite experience.

All inclusive evening, \$399.

\*\*\*\*\*

### **Nail Treatments**

Using botanical scrubs and aromatic soaks, our nail care services will restore your hands and feet to their naturally soft and supple state.

### **Essential Manicure**

This manicure includes shaping of the nails, cuticle treatment, a hand and arm massage, followed by a warm towel wrap.

### **Essential Pedicure**

Step into a warm footbath, receive expert nail and cuticle care, callous smoothing and a soft exfoliating scrub to polish away dry skin. A foot and leg massage is followed by a warm towel wrap.

60 minutes, \$58. Add a French Polish application, \$10.

### **Executive Pedicure**

Let us take care of your feet without all the fuss. This service includes a soak, trimming and filing of the nails and cuticles, smoothing of the calluses and a lotion application. 25 minutes, \$40.

### **Spa Pedicure**

The ultimate treatment starts with a warm footbath, shaping of the nails and cuticles, followed by a hydrating, exfoliating scrub. After smoothing your calluses, a hydrating mask is applied. The treatment ends with a foot and leg massage and a warm towel wrap. 75 minutes, \$90.

### **Warm Paraffin Therapy**

A great addition to any of our manicures and pedicures. This treatment helps relieve arthritis pain, increases circulation and leaves skin soft and hydrated.

Hands, \$15./ Feet, \$20.

### **Nail Enhancements**

Add length or strength to your nails.

Full Set of Silk Wraps, \$90.

Full Set of Overlays, \$65.

Fills, \$50

Repairs (first three), \$10

Polish Change for the Hands, \$15./ for the Feet, \$20.

### **Aesthetics**

#### **Waxing Services**

Brow, \$24.

Lip, \$18.

Chin, \$18.

Bikini, \$35.  
Back or Chest, \$80.  
Half Legs, \$50.  
Full Legs, \$80.  
Full Arms, \$50  
Underarms, \$20.  
Brazilian, \$80.  
Back and Chest, \$140.

### Tinting Services

Brow, \$25.  
Lash, \$35.  
Both, \$55.

\*\*\*\*\*

Gratuities for the therapists and technicians are not included in the price of your spa services. In appreciation of outstanding services, gratuities may be given to the therapists at your discretion.

### Spa Hours and Guidelines

The spa is open from 9:00am until 8:00pm, seven days a week. Advance reservations for all treatments must be made by calling the Day Spa at ext. 314 or by calling the Concierge Desk at ext. 0.

If you must reschedule or cancel an appointment, as a courtesy to other guests and our therapists and technicians, please advise us four hours in advance to avoid being charged for the scheduled service.

Massage is NOT a good idea for the following:

- onset of a cold or flu
- presence of a fever
- any contagious illness or skin conditions
- less than 3-months pregnant

If you have any questions or concerns, please call ext. 314

### Suggestions

It is recommended that once in the treatment room, you completely disrobe for your Spa service. Our therapists are fully trained in proper draping techniques.

If you wish to wear the robe provided in your room to your treatment, please feel comfortable doing so.

Please use the restroom before your treatment.

Do not wear makeup or jewelry to your treatment.

Arrive 30 minutes or so prior to your appointment if you wish to use the Steam Room, Jacuzzi or shower.

Shaving your legs is not recommended prior to a Salt Glow.

We reserve the right to refuse service to anyone.

Prices and treatments subject to change without notice.

6200 N. Clubhouse Lane, Tucson, AZ 85750

520.577.1400

800.828.5701

For the Day Spa, Ext. 314

Direct Line 520.577.4044

[www.thelodgeatventanacanyon.com](http://www.thelodgeatventanacanyon.com)

