

A Spa Welcome

Welcome to the Spa at Sedona Rouge, a natural destination for relaxation, healing and wellness. Our therapists are expert healers with the freedom to customize genuine therapeutic services specifically for you. Emphasizing the sensual textures and exotic scents of Andalusia, Morocco and our magical Sedona desert setting, you are transported to a space of pure tranquility and limitless well-being.

Yoga daily 8am to 9am \$10/\$12

A spa service at Sedona Rouge entitles you to the use of our hot tubs, steam rooms, fitness room and swimming pool. We invite you to arrive early and stay late to enjoy all of our hotel & spa amenities.

Advance reservations are required for all spa services. Reservations may be made by phone at 928-340-5331 or be requested online at SedonaRouge.com.

Feedback and gratuities are always appreciated. A customary gratuity is similar to that given for fine dining-in the range of 15 - 20%.

As a courtesy to the next guest, all treatments end at the scheduled time. If you arrive late for your service, your treatment will be modified to fit the remaining time.

There is a 24 hour cancellation policy. Missed appointments are charged for the full price of the treatment.

Please check your robe pockets and locker for any valuables that you may have left. Sedona Rouge Hotel & Spa is not responsible for lost valuables.

Guests must be at least 16 years old for private massage and body treatments. Guests under 16 must be accompanied by a guardian for massages and body work. Guests under 16 may have a private facial treatment with their guardian's written consent. Guests under 16 years old must be accompanied by a guardian in locker rooms, steam rooms, hydro-tubs and the Tranquility Lounge.

Custom Massage and Bodywork

Our Massage and Bodywork treatments are customized to give you the utmost therapeutic benefit. Simply choose the type (s) of massage that you would like to experience from the descriptions below and our expert massage therapists will create a treatment uniquely for you!

60 Minute Custom Massage	\$120
90 Minute Custom Massage	\$180
120 Minute Custom Massage	\$225

Classic Swedish Oil Massage is great for stress reduction, relaxation, sleep inducement and improved circulation. Classic Swedish combines well with other custom services such as Deep Tissue Massage, Cranial Sacral, Reiki and Reflexology.

Cranial Sacral is a subtle form of body work that focuses on the flow of cerebral spinal fluid from the top of the head to the base of the spine. Done with a light touch, this modality has been effective in treating headaches, whiplash, TMJ and much more.

Deep Tissue Massage techniques are used on specific muscle groups that are chronically tense. The pressure is always adjusted to the client's comfort level. It is effective in improving nagging, painful areas.

Prenatal Massage is recommended at any stage of pregnancy. For the later stages, we have a special support system that allows you to lie face down and really relax. Special oils and techniques that are safe and nurturing are used to enhance this beneficial massage.

Reflexology is a specific type of work on the feet and legs. It is based on the theory that there are reflex points in the feet representing all areas of the body. By stimulating those points, the reflexive areas are relaxed or energized, balancing the body and mind.

Reiki is a Japanese form of energy work. This is a very quiet session performed with the hands above or lightly holding the energy centers of the body. The therapist works with your intentions and visualizations to bring healing energies into the physical body.

Sedona Stone Therapy is the use of warm, smooth basalt stones to enhance the massage. Applied with oil, the stones glide across the skin, warming and loosening the underlying tissues.

Specialty Bodywork

Cupping Massage works tissue deeply and softens muscles, loosens connective tissue restrictions, stimulates blood and lymph flow, stimulates collagen production, breaks up stagnant toxins and sedates the central nervous system. Cupping is profoundly relaxing and feels great.

60 minutes \$150; 90 minutes \$190

Myofascial Bodywork Fascia is a 3D web that forms a spiraling matrix throughout your body. Fascia exerts 2000 pounds of pressure on your body to a cellular level. A therapist expertly trained in Myofascial Bodywork can ease deep muscle pain and improve mobility by stimulating fascial healing.

60 minutes \$150; 90 minutes \$190

Lomi Lomi is an ancient healing art from Hawaii. Feel yourself embraced by the loving energy of the Islands through the rhythmic, flowing movements and compassionate touch of this unique massage tradition. It is a deeply relaxing and nurturing experience.

60 minutes \$150; 90 minutes \$190; 120 minutes \$250

Body Treatments

Land of Milk and Honey

The Land of Milk and Honey is the ultimate skin nourishing spa treatment with a tradition that dates back to Cleopatra. We begin with a gently exfoliating anti-oxidant orchard fruit scrub. Next, slip into the sensory delight of a rich emollient honey lotus milk bath. Finish with a massage with our special moisturizing body butter.
90 minutes \$190

Shea Butter Wrap

This service begins with a vigorous exfoliation using our sugar body polish. In a warm wrap, you are completely hydrated with our deliciously rich shea butter. You emerge radiant and silky smooth. Massage is included with the ninety minute service.
60 minutes \$130; 90 minutes (with massage) \$190

Sedona's Seven Sacred Pools

This treatment is a ritual that awakens and brings balance to each of the seven energy centers (chakras) in the body. The therapist applies an essential oil blend in a light massage fashion. Warm river stones awaken the power within. During the massage the oil blend combined with energy work will harmonize and balance the flow between all the chakras. This service will be customized to each individual's needs and desires.

60 minutes \$130; 90 minutes \$190

Hammam Spa Ritual

The Hammam is conducted in an atmosphere of half light, quiescence and devotion. This sensual ritual is based on the skin care practices of traditional Turkish bath houses. The treatment begins with a purifying cleanser, followed by a detoxifying scrub, and then a clay body mask. This is followed by a bath of rich aromatic bath salts and finished with a scented aromatherapy massage. This is the most comprehensive spa treatment available.

120 minutes \$250

Desert Renewal

This unique treatment allows you to experience the mystical landscape of ancient volcanoes, red rock towers shaped by eons of desert rain, and highly conscious healing plants that have helped shape Sedona. To begin, your body is cleansed with purifying volcanic ash. Then you are wrapped in a poultice of antioxidant, immune stimulant native wild-harvested herbs. A massage application of regenerative butter cream ends this service.

90 minutes \$190

For Couples

Couple's Massage

In a couple's massage, each person has their own therapist to perform customized bodywork while sharing the mood of relaxation with a friend or loved one.

60 minutes \$235 (per couple); 90 minutes \$350

Twin Flames

Twin Flames is a couples bathing and massage ritual conducted in a room flickering with candles and scented with rose petals, allowing a couple to experience the magic of giving and receiving. We begin with a massage tailored to enhance the dance of energies between the two. The therapists leave the room allowing the couple to finish with a romantic, candle-lit bath for two.

90 minutes \$365

Facials & Esthetic Services

Wildflower West Sun Damage Renewal

This pure, results oriented facial uses our local Sedona plants to transform photo-aged, sun damaged skin. This powerful facial includes a thorough cleansing, polish, extractions, as well as a deeply detoxifying, firming and natural peeling mask. To replenish and regenerate, the skin is then misted with desert flower waters and treated to a moisture treatment formulated to remove sun damage spots, like actinic keratosis.

60 minutes \$120; 90 minutes \$180 (includes hand treatment)

Sedona Rouge Signature Stone Facial

This unique facial is a wellness treatment. The benefits of warm stones include stimulating blood vessels, relaxing the face and mind while assisting in lymphatic drainage. Cool stones stimulate collagen, reduce inflammation and calm the skin. Warm stones are applied and massaged to the neck, shoulders, arms, hands, legs and feet. This facial is rejuvenating, hydrating, relaxing and pampering... pure bliss! The 2 hour session includes the back.

90 minutes \$180.00; 120 minutes \$225

Sedona Rouge Custom Facial

This results-oriented facial is meticulously customized to your skin's unique needs. Including professional cleansing, exfoliating, extractions, toning, brightening and hydrating, you will see and feel an immediate improvement in your skin's texture, clarity and vitality. The 90 minute includes a customized peel and a special pampering treatment of the hands and feet.

30 minutes \$65; 60 minutes \$120; 90 minutes \$180

Note: 30 minute facials do not include extractions

Facials & Esthetic Services

Anti-Aging Face and Body Treatment

Say "hello" to beautiful skin! Begin with a refreshing sugar scrub body exfoliation, which improves skin tone and texture. Next, a nourishing massage application with a vitamin and mineral rich body butter that rejuvenates the cells. The finishing touch, a customized Anti-Aging facial where complete relaxation, hydration and visible results are yours to experience and enjoy.

90 minutes \$190

Scientific Organics Brightening Custom Facial

This 100% natural, results-driven facial incorporates the latest scientific breakthroughs in organics as well as potent, proven botanicals and marine extracts to ensure visibly smoother, nourished and radiant skin.

30 minutes \$65; 60 minutes \$120

Rawceuticals "Walk in the Woods" Facial

Pure, active, cold pressed botanical extracts and cutting edge natural cosmeceuticals combine in this amazing facial to help moisturize, soothe, nourish, improve skin tone and texture, and fight the appearance of fine lines and wrinkles and will leave the skin glowing.

60 minutes \$120; 90 minutes \$180

Herbal Body Contouring Wrap

This service helps you reduce the appearance of cellulite, varicose veins, bloating and sagging skin by increasing fluid circulation, strengthening veins, regenerating weak cells and encouraging healthy fat metabolism. The service includes a dry brushing and herbal steam wrap. *Not available during pregnancy.*

60 minutes \$130: Add a Custom Mini Facial for only \$55

Facial Add-ons

Opal Anti-Aging Eye Treatment

The Opal uses soothing sonic vibrations to gently massage and apply the sonically optimized anti-aging serum. It helps you achieve younger-looking skin by helping skin appear healthier and improving skin texture, reducing the appearance of fine lines, dark circles and puffiness. **\$20**

Terrific Lash & Brow Tinting

Create long-lasting drama for your eyes with our quick, safe and easy lash and brow tinting service. The results will last four to six weeks.

Eyebrows \$20 Eyelashes \$20 Eyebrows & Eyelashes \$35

Professional Waxing

Eyebrow \$20 Lip or Chin \$20

Friends' Day Package 1 - Save \$40

Perfect for a group of friends coming for a spa day! Each member of your party will receive.

- One 60 Minute Custom Massage or Body Treatment
- One 60 Minute Custom Facial

Package Price is \$210 per person (gratuity not included). Two people must book this package to receive this special rate.

Cannot be combined with packages or specials

Friends' Day Package 2 - Save \$50

Perfect for a group of friends coming for a spa day! Each member of your party will receive.

- One 90 Minute Custom Massage or Body Treatment
- One 60 Minute Custom Facial

Package Price is \$260 per person (gratuity not included). Two people must book this package to receive this special rate.

Cannot be combined with packages or specials

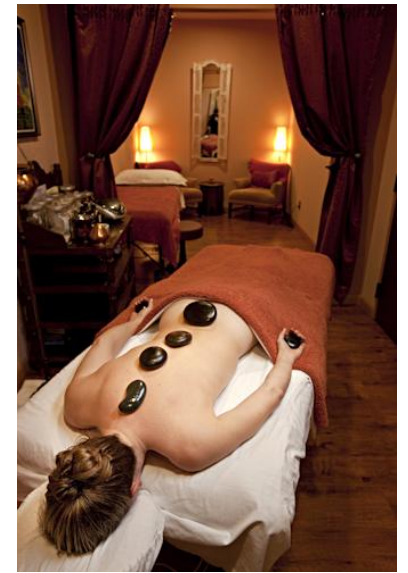
Friends' Day Package 3 - Save \$60

Perfect for a group of friends coming for a spa day! Each member of your party will receive.

- One 90 Minute Custom Massage or Body Treatment
- One 90 Minute Custom Facial

Package Price is \$310 per person (gratuity not included). Two people must book this package to receive this special rate.

Cannot be combined with packages or specials



**2250 W. SR 89A
Sedona, Arizona 86336**

928.340.5331

SedonaRouge.com

Ayurvedic Services

Abhyanga (Ayurvedic Warm Oil Massage)

The root of all healing in Ayurveda comes from this gentle, yet luxurious full body massage. The main goal in this treatment is to nourish and infuse the body with herbal and aromatherapy rich oils chosen specifically to balance and detoxify your body, mind and spirit. Rhythmic, gentle strokes are applied along with silent mantra to encourage sacred space within and without.

60 minutes \$145; 90 minutes \$195

Shirodhara

The most divine ancient therapy available. Experience pure bliss as warm herbal oil is gently poured between the eyebrows and across the forehead encouraging deep, transformative relaxation while allowing the mind to unravel and a meditative state to unfold. The hair and scalp are deeply nourished by herbal infused and balancing oils. Shirodhara is an excellent choice for those suffering from headaches, anxiety, stress, insomnia or depression.

60 minutes \$145; 30 minute add-on to Abhyanga \$75

Udvardana (Herbal Body Scrub and Wrap)

In this authentic ancient therapy, specially blended Ayurvedic herbs and oils are chosen to balance your specific needs. The herbal paste is then briskly massaged into the skin stimulating lymphatic flow and allowing the body to detox. You are then wrapped in a cocoon of herbal steamed sheets to allow the body to absorb the healing properties of the herbs. Perfect for all skin types, Udvardana alleviates heaviness, drowsiness, skin problems, cellulite and overall congestion. This treatment will leave you light, glowing and deeply relaxed.

90 minutes \$190

PLEASE NOTE:

AYURVEDIC SERVICES HAVE LIMITED AVAILABILITY AT THIS TIME.

Wellness & Intuitive Discoveries

Private Yoga

Yoga is the unification of body and mind with countless mental and physical benefits promoting an overall sense of well-being and peace.

Beginner: Focus on correct alignment of key yoga postures, breath awareness and introduction to unification of Mind.

Intermediate: Deepen the mind/body unification with coordination of breath and posture.

Advanced: Sequences, postures and meditation vary depending on the student's physical capacity, knowledge and intention of practice.

60 min. \$120; 90 minutes \$180

Meditation

Meditation is a vehicle to deeply know your inner self, manifest your greatest desires and learn your true potential. There are many types and experience levels of meditation techniques.

60 minutes \$170