

BREATHE. RELAX. JUST BE.

Welcome to the Spa at Sedona Rouge, a natural destination for relaxation, healing and wellness. Our therapists are expert healers who will 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 tranquility and limitless well-being.

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.

Reservations may be made by phone at **928-340-5331** or 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.

To experience the most benefit from your spa services, please hydrate with at least 8 ounces of water prior to and following your massage, bodywork, or facial sessions.

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 under 16 must be accompanied by a guardian for massages and access to the locker rooms and facilities.

MASSAGE AND BODYWORK

HEALING FOREST SIGNATURE MASSAGE

Breathe deeply and experience the essence of Sedona's forest in this aromatic relaxation massage which features essential oils of Juniper, Sage, and Cypress.

60 minutes \$130 90 min. \$190 120 minutes \$240

DEEP TISSUE MASSAGE

Specialized techniques are applied to specific muscle groups to relieve chronically tense and painful areas. The pressure is always adjusted to ensure comfort and healing.

60 minutes \$130 90 minutes \$190

CLASSIC RELAXATION MASSAGE

Soothing Swedish massage for stress reduction, relaxation, sleep inducement and improved circulation.

60 minutes \$125 90 minutes \$185 120 minutes \$230

SEDONA STONE THERAPY MASSAGE

Warm, smooth basalt stones glide across the skin, warming and opening the underlying tissues to provide profound relaxation.

60 minutes \$130 90 minutes \$190 120 minutes \$240

REFLEXOLOGY RELIEF

Reflex points in the feet and lower legs correspond to organs and areas of the body. By stimulating those points, the reflexive areas are relaxed or energized, balancing body, mind and spirit.

60 minutes \$125 90 minutes \$185

MOTHER-TO-BE

With a blend of mother-and-baby safe oils and techniques this nurturing massage relieves body discomforts and promotes relaxation.

60 minutes \$125 90 minutes \$185

REIKI

This very quiet session is a Japanese form of energy work 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.

60 minutes \$125 90 minutes \$185

SPECIALTY BODYWORK

MYOFASCIAL BODYWORK

The fascial system interpenetrates and surrounds all organs, muscles, bones and nerve fibers, endowing the body with a functional structure, and providing an environment that enables all body systems to operate in an integrated manner. Trained therapists facilitate balance and relief from carpal tunnel, tennis elbow, rotator cuff issues, scoliosis, and areas of chronic pain.

60 minutes \$155 90 minutes \$199

CUPPING BODYWORK

Therapeutic massage is combined with the use of special cups placed on the skin to soften muscles, loosen connective tissue restrictions, stimulate blood and lymph flow, stimulate collagen production, break up stagnant toxins and sedate the central nervous system. Cupping is profoundly relaxing and feels great.

60 minutes \$155 90 minutes \$199

LOMI LOMI BODYWORK

Feel embraced by the loving energy of the Hawaiian Islands through the rhythmic, flowing movements and compassionate touch of this unique healing art form and massage tradition. It is a deeply relaxing and nurturing experience.

60 minutes \$155 90 minutes \$199 120 minutes \$260

CRANIAL SACRAL THERAPY

This subtle form of body work 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 effectively treats headaches, whiplash, TMJ, anxiety, insomnia, and chronic pain.

60 minutes \$135

GROUP YOGA CLASS

DAILY 8AM TO 9AM

Join us for our morning yoga class. Please meet in the hotel lobby 10 minutes early.

\$10 PER PERSON

BODY TREATMENTS

SHEA BUTTER WRAP

Our refreshing signature sugar body polish is followed by a deliciously rich warm shea butter wrap. Skin is hydrated for you to emerge radiant and silky smooth.

60 minutes \$130 90 minutes \$195

DESERT RENEWAL

Experience the essence of mystical landscape of ancient volcanoes, red rock towers shaped by eons of desert rain, and highly conscious healing plants that have helped shape Sedona. Your body is cleansed with purifying volcanic ash, followed by a heated poultice wrap of antioxidant, immune stimulant native wild-harvested herbs. A massage application of regenerative butter cream nourishes skin and the soul...you are renewed.

90 minutes \$195 120 minute \$255

SEDONA'S SEVEN SACRED POOLS

Inspired by the slide rock formations of Sedona, this treatment ritual awakens and brings balance to each of the seven energy centers (chakras) of the body. An essential oil blend is massaged into the body combined with energy work to harmonize and balance the flow between all of the chakras. Warm river stones awaken the power within for balance and peace.

60 minutes \$140 90 minutes \$195

LAND OF MILK AND HONEY

This ultimate skin nourishing spa ritual includes a bathing tradition that dates back to Cleopatra. A gentle anti-oxidant orchard fruit body scrub is followed by a rich emollient honey lotus bath soak. A luxurious "Flower of Life" body butter massage hydrates the skin and soothes the soul.

90 minutes \$195

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 \$255

TAILORED FOR TWO

BETTER TOGETHER

Two tables - two therapists - one incredible experience for you and a companion. Skillfully delivered side-by-side, these customized massages enhance your ability to connect with a shared state of relaxation and calm.

60 minutes \$250 (per couple); 90 minutes \$370

TWIN FLAMES

This couple's massage and bathing ritual takes place in a room flickering with candles and scented with rose petals, encouraging a couple to experience the magic of giving and receiving. A massage tailored to enhance the dance of energies between the two is followed by a private, candle-lit bath for two.

90 minutes \$375

FACIALS & ESTHETIC SERVICES

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 min. facial does not include extractions)

30 minutes \$70; 60 minutes \$125; 90 minutes \$185

SIGNATURE THERAPEUTIC 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 \$185; 120 minutes \$230

WILDFLOWER WEST SKIN RENEWAL

This pure, results oriented facial uses local Sedona plants to transform photo-aged, sun damaged skin. A thorough cleansing, polish, extractions, as well as a deeply detoxifying, firming and natural peeling mask will replenish and regenerate the skin. A desert flower mist and moisture treatment treats sun damage.

60 minutes \$125; 90 minutes \$185 (includes hand treatment)

FACIALS & ESTHETICS

FACE AND BODY FOUNTAIN OF YOUTH

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 \$195

SCIENTIFIC ORGANICS BRIGHT 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 \$70; 60 minutes \$125

"WALK IN THE WOODS" FACIAL

Your skin will glow with this nourishing facial. Pure, active, cold pressed botanical extracts and cutting edge natural cosmeceuticals combine to moisturize, soothe and improve skin tone and texture, and reduce the appearance of fine lines.

60 minutes \$125; 90 minutes \$185 (hand & foot treatment)

HERBAL BODY CONTOURING WRAP

This service helps to 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 \$135; Add a Custom Mini Facial for only \$60

FACIAL ENHANCEMENTS

BRIGHT EYES TREATMENT

A soothing eye mask hydrates to improve skin texture, reducing the appearance of fine lines, dark circles and puffiness. **\$20**

LASH AND 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

FRIEND'S DAY PACKAGE 1 (\$40 SAVINGS)

Perfect for a group of friends coming for a spa day!

Each member of your party will receive:

- One 60 Minute Massage or Shea Butter Wrap
- One 60 Minute Custom Facial

\$215 per person (gratuity not included)

Two people must book this package to receive this special rate.

**Cannot be combined with packages or specials
Does not include specialty bodywork**

FRIEND'S DAY PACKAGE 2 (\$50 SAVINGS)

Perfect for a group of friends coming for a spa day!

Each member of your party will receive:

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

\$270 per person (gratuity not included)

Two people must book this package to receive this special rate.

**Cannot be combined with packages or specials
Does not include specialty bodywork**

FRIEND'S DAY PACKAGE 3 (\$60 SAVINGS)

Perfect for a group of friends coming for a spa day!

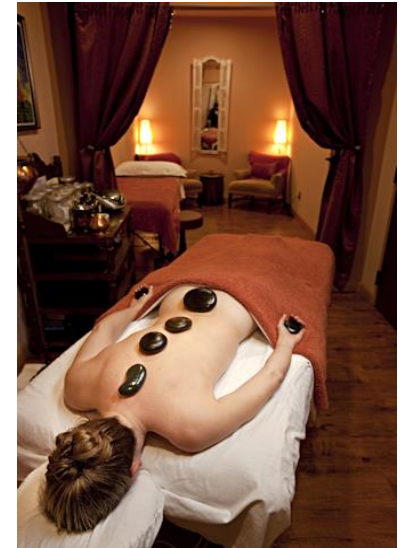
Each member of your party will receive:

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

\$325 per person (gratuity not included)

Two people must book this package to receive this special rate.

**Cannot be combined with packages or specials
Does not include specialty bodywork**



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SEDONAROUGE.COM