

The Las Sendas Spa

AT THE TRAILHEAD ATHLETIC CLUB



Massage Therapy

TRAILHEAD THERAPEUTIC MASSAGE

A traditional massage for relaxation, reducing stress and fatigue and to promote a feeling of well-being. The therapist will primarily use Swedish massage techniques and add various styles of therapy to personalize your massage.

20 MINUTES \$50 50 MINUTES \$70 80 MINUTES \$100

DEEP-TISSUE MASSAGE

This massage will ease the tension deep within the muscle tissue to reduce muscle soreness and speed recovery of muscle strain through deep, slow compressions and strokes.

20 MINUTES \$55 50 MINUTES \$75 80 MINUTES \$105

AROMATHERAPY MASSAGE

A therapeutic massage combined with a custom blend and application of essential oils for your personal needs. Incorporating the sense of smell with soothing touch invigorates your senses, induces relaxation and restores balance within your whole being.

20 MINUTES \$55 50 MINUTES \$75 80 MINUTES \$105

SPORTS MASSAGE

Enhance your sport-specific training while relaxing and refreshing muscles. Through active range of motion stretching the body is able to reduce tension by releasing tightness therefore reducing muscle pain. Improvement of balance and flexibility and aiding muscular recovery time are benefits of this type of treatment.

20 MINUTES \$55 50 MINUTES \$75 80 MINUTES \$105

REFLEXOLOGY

This type of therapy is based on the theory that zones of the hands, ears and feet correspond to specific areas of the body. The use of pressure point stimulation assists circulation, promotes balance and releases tension.

20 MINUTES \$55 50 MINUTES \$75

MATERNITY MASSAGE

This is a soothing full-body massage for the mother-to-be, specifically addressing pregnancy discomforts. It aids in relaxation, benefits circulation and provides comfort during this time of change.

20 MINUTES \$50 50 MINUTES \$70 80 MINUTES \$100

REIKI

This ancient process of holding energy points has dramatic success in assisting in recovery from illness. For the well person, Reiki is a relaxing and rejuvenating experience. 50 MINUTES \$70

HOT ROCK THERAPY

This art of healing uses elements of Mother Nature to bring relief to tense muscles, sore joints, stressed emotions and a weary spirit. Smooth, heated basalt stones and chilled, soft marble are combined with massage and energy work for an exceptional spa experience to relax, restore and rejuvenate the mind and body. 80 MINUTES \$110

SPECIAL ADDITIONS

incorporated into your choice of massage treatments

HOT STONES OR COLD STONES: \$10 AROMATHERAPY: \$10

Body and Combination Treatments

LAS SENDAS SALT SCRUB.....\$85

This treatment provides deep exfoliation through the application of a blend of fossilized salts, herbs and essential oils. The salts are gathered from high desert and are rich in minerals. This one-of-a-kind body treatment incorporates a warm wrap for soothing and softening the skin prior to showering, then completed with an application of body svelte.

THE SIERRA.....\$85

An oxygenating treatment for your whole body. A light scrub deeply and gently cleanses the skin. The removal of dead skin cells leaves the skin smooth and very soft. Following a shower body wellness is applied.

DESERT OASIS.....\$85

An exhilarating experience for the skin to escape the dryness of the Arizona sun and take comfort in the soothing qualities of a tropical climate. This sugar scrub will leave the body feeling clean, smooth and moisturized. Enjoy a unique exfoliation treatment to benefit the skin as well as the mind and spirit.

CHOCOLATE BODY WRAP.....\$85

This chocolate wrap is as great as it smells, warming to your skin, then sealing in hydration and nutrients. Allow us to exfoliate your skin with our chocolate body polish and refine. Then finish off with our Cocoa body lotion. This treatment is full of anti-oxidants, polyphenols and minerals.

PATH TO RELAXATION.....\$125

The most complete, soothing treatment. This extraordinary two hour treatment allows you to have a one hour full body massage followed by a one hour facial; the feeling of relaxation is unavoidable following this session customized to your therapy needs.

PATH TO TRANQUILITY.....\$110

The ultimate indulgence! Combine a deep cleansing for your back and face while spending an hour and a half receiving a facial and back treatment.

PATH TO SERENITY.....\$110

Combine a massage and body scrub for an enjoyable hour and a half. This amazing treatment will smooth your skin and muscles.

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Facial Menu

THE TRAILHEAD (30 MINUTE).....	\$55
address your skin type with a cleanser, toner and cream mask to soothe your face	
SUNRISE POINT	\$75
dissolve and disburse unwanted pigmentation	
HEALTHY GLOW	\$75
promote collagen synthesis and provide hydration with vitamin C	
SECRET PATH	\$75
counterbalance problems and impurities of oily skin	
RED MOUNTAIN	\$75
calm and soothe stressed skin	
WINDSONG	\$80
moisturize, soothe and hydrate your skin with aloe vera	
SONORAN	\$80
smooth wrinkles, purify acne-prone skin and exfoliate using alpha hydroxy acids	
THE LEGACY	\$90
fade sun spots and unwanted pigmentation with sohakuhi, a Japanese mulberry extract	
THE PRESERVE	\$90
a luxurious treatments using vitamin C and green tea for an anti-aging effect and deep hydration	
CACHET	\$90
relax impression lines and smoothes fine lines without invasive operations while renewing collagen and elastin	
BACK FACIAL	\$80
A deep cleansing facial for the area that is unreachable for you! A thorough cleansing, exfoliation and massage for back breakouts	
EYE TREATMENT	
add collagen to the sensitive skin around your eyes to help reduce wrinkles and puffiness. \$25 Add-on to a Facial \$20	

Clinical Treatment Menu

GLYCOLIC TREATMENT	\$65
Excellent treatment for aging skin, for sun-damaged skin and for all levels of hyper-pigmentation. ½ hour	
ACNE TREATMENT.....	\$65
An effective approach to the treatment of all phases of acne with the application of a 20% salicylic acid solution. ½ hour	
Series of Four Treatments.....	\$195
LIGHTENING TREATMENT	\$65
This treatment uses a blend of alpha-hydroxy acid and lightening ingredients to break up melanin blocks in the deeper layers of the skin. ½ hour	
Series of Six Treatments	\$325
FOUR LAYER FACELIFT	\$75
A perfect balance of glycolic acid to exfoliate and Vitamin C to hydrate. 1 hour	
BRONZING	\$45
The ideal suntan. A beautiful, healthy look without the risk of damaging sun rays. The treatment includes cleansing, exfoliation then application of a moisture rich bronzing crème which will give your skin a golden glow. As part of the service, take home the bottle	

Make-Up Services with Jane Iredale Mineral Cosmetics

CONSULTATION & APPLICATION.....	\$30
AS AN ADD-ON TO A FACIAL	\$20
MAKEUP LESSON.....	\$45

Tinting Service Menu

EYE BROWS	\$10
EYE LASHES	\$20
BROWS & LASHES	\$25

Waxing Service Menu

EYEBROW	\$14
LIP	\$10
FACE	\$10-22
UNDERARM.....	\$16
FOREARM	\$20
FULL ARM	\$30
BIKINI	\$26
CALIFORNIAN BIKINI.....	\$32
FULL LEG AND BIKINI.....	\$78+
FULL LEG.....	\$60
HALF LEG	\$36
FEET.....	\$10
HANDS.....	\$10
BACK.....	\$42+
CHEST	\$42+

RESERVATIONS & CANCELLATIONS

To Inquire about Spa Services or
to Schedule an Appointment

Please call the TAC at
480.832.6900

If necessary, to change or cancel
an appointment, please give
a 24 hour notice.

Therapists and Aestheticians
are available
Monday thru Sunday
between the hours of
9:00a - 7:00p

Trailhead Athletic Club
Members
Receive a \$10 Discount on all Spa
Treatments for the
Body & Face and a
\$2 Discount on
Waxing and Tinting Services

Childcare service is available in the TAC Tree
House while you are a guest of the Spa. For 30
minute appointments the service is complimentary,
appointments lasting one to two hours
may use Tree House services for a fee of \$5 for one
child and \$3 per additional child.