

Las Sendas Spa Menu

Your Path to an Enriched
Mind, Body and Community

Massage Therapy

TRAILHEAD THERAPEUTIC MASSAGE

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

DEEP-TISSUE MASSAGE

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

AROMATHERAPY MASSAGE

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

SPORTS MASSAGE

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

REFLEXOLOGY

20 MINUTES \$55 50 MINUTES \$75

MATERNITY MASSAGE

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

HOT ROCK THERAPY

80 MINUTES \$110

Specialty Packages

"DAY AT THE SPA" \$230, Four hours

Our most complete experience at the spa!

- One Hour Therapeutic Massage
- One Hour Customized Facial
- One Hour Chocolate Body Wrap or Scrub
- Make-Up Touch Up
- Aromatherapy Steam Room
- Catered Spa Lunch on the Terrace

"REJUVENATE & RELAX" \$198, Two and a half hours

A great way to de-stress and detoxify your body!

- One Hour Customized Facial
- Half-Hour Massage
- One Hour Body Scrub
- Make-Up Touch Up
- Aromatherapy Steam Room

GENTLEMEN'S SPA DAY \$207, Three hours

Refresh while enjoying your Day of Special Treatment!

- One Hour Gentleman's Facial
- One Hour Deep-Cleansing Back Facial
- One Hour Deep-Tissue or Sports Massage
- Aromatherapy Steam Room

30 Minute Mini Facials

THE TRAILHEAD

A soothing treatment including a cleanse and a cream mask to specifically address your skin type. \$55

SAGUARO

The aqua tense facial gel, made from desert botanicals, will intensely hydrate and soothe your face leaving it feeling clean, soft and refreshed. \$55

One Hour Phylogen Rubber Mask Facials

SUNRISE POINT

An excellent way to begin a skin lightening process through a Botanical White treatment to help dissolve and disburse existing, un-wanted pigmentation. \$75

HEALTHY GLOW

The Acerola fruit yields the highest quality of Vitamin C. This facial fights against free radical damage and helps promote collagen synthesis and provides hydration. \$75

SECRET PATH

Help counterbalance the problems caused by oily skin. This treatment is particularly effective for addressing impurities and acne. Significantly reduces and normalizes the production rate of the sebaceous glands. \$75

RED MOUNTAIN

Calm and soothe your stressed skin with a Myrtilla Red treatment. This mask will encourage blood vessels to constrict therefore flushing irritated skin leaving the skin cells rejuvenated. \$75

GENTLEMEN'S FACIAL

A facial designed with a guy in mind! Customized to your specific skin needs, this treatment renews your skin with anti-oxidants and is left looking bright and rejuvenated. \$75

One Hour Collagen Mask Facials

Our collagen masks are specially formulated for your specific skin needs and help enhance the overall look of your skin by adding collagen.

WINDSONG

This treatment delivers high concentrations of Aloe Vera, a wondrous extract that is known to moisturize and hydrate the skin. It soothes irritated skin or skin damaged by excessive sun and wind exposure. \$80

SONORAN

This mask uses natural Alpha-Hydroxy Acids to break through the outer layer of dead skin cells. It smoothes wrinkles, clears and purifies acne-prone skin, helps to reduce skin pigmentation and clears away unwanted old and dull skin layers. \$80

THE LEGACY

A Sohakuhi collagen mask is a specialized treatment for unwanted skin pigmentation. Sohakuhi is the Japanese mulberry extract known to be the most effective tyrosinase inhibitor. This treatment works to fade age spots due to sun damage. \$90

THE PRESERVE

A truly luxurious treatment, with a purpose. A wonderful Vitamin C and Green Tea collagen fleece mask that provides an anti-aging effect just short of miraculous. This treatment reverses the degenerative process in the skin, deeply re-hydrates and provides the most powerful antioxidants to fight free radicals. \$90

CACHET

This facial relaxes the impression lines and smoothes fine lines without invasive operations while also renewing collagen and elastin fibers. Using caviar extract, skin is repaired faster and better while making your skin look truly amazing. This facial is great to have before a special event! \$90

Clinical Peels

ACNE TREATMENT

A safe and outstanding resurfacing modality has a dual benefit, reduces and treats all kinds of acne while resurfacing and smoothing the skin. \$65 Series of Four Treatments \$195

LIGHTENING TREATMENT

This mega-lightening treatment gently blends lactic acid and a cocktail of lightening and brightening agents to reduce brown spots and the redness caused by rosacea. \$65 Series of Six Treatments \$325

FOUR LAYER FACELIFT

An exceptional one hour treatment combines Glycolic Acid and Vitamin C with highly active enzymes to speed up cellular turnover to brighten, tighten and lighten in just one treatment. \$75

A Post-Treatment Kit (\$15 value) is included with all Chemical Peels.

Body Treatments

LAS SENDAS SALT SCRUB

A deep exfoliation to restore radiance by removing residue and impurities to reveal fresh, smooth skin. During this one hour service a blend of therapeutic Dead Sea mineral salts and jojoba, avocado and peach oils will be applied to treat the skin. \$85

Customize your salt scrub with your choice of aromatic, soothing complexes:

- ° Green Tea and Lime Leaf...soothe anxiety and improve circulation
- ° Mango and Mandarin...nourishes and softens skin with citrus oils
- ° Pomegranate and Cranberry...remove toxins with a fruity blend to relax

DESERT OASIS

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 through this sugar scrub that will leave the body feeling clean, smooth and moisturized. This unique hour long treatment benefits the skin as well as the mind and spirit. \$85

CHOCOLATE BODY WRAP

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. An hour and a half treatment. \$110

Or choose our one hour treatment, not including body polish. \$85

BACK FACIAL

A deep cleansing facial for the area that is unreachable for you! This treatment is ideal for anyone who suffers from regular back breakouts. A thorough cleansing, exfoliation and massage will clear current breakouts and help to prevent new ones.

A one hour treatment. \$80

Combination Treatments

Treat your skin to an overall exhilarating yet soothing experience. Allow your body to feel renewed with either of the following combination treatments.

PATH TO RELAXATION

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. \$125

PATH TO TRANQUILITY

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. \$110

PATH TO SERENITY

Combine a massage and body scrub for an enjoyable hour and a half. This amazing treatment will smooth your skin and muscles. \$110

Waxing Services

EYEBROW	\$14	CALIFORNIA BIKINI	\$32
UPPER LIP	\$10	FULL LEG & BIKINI	\$78+
FACIAL AREA	\$10-22	FULL LEG	\$60
UNDERARM	\$16	HALF LEG	\$36
FOREARM	\$20	BACK	\$42+
FULL ARM	\$30	CHEST	\$42+
BIKINI	\$26	FEET OR HANDS	\$10

Makeup & Tinting Services

50% of the service amount will be credited toward any makeup purchase

MAKEUP TOUCHUP \$10

CONSULTATION & APPLICATION

Learn the best colors for your skin & receive a full application. \$30

MAKEUP LESSON

Learn proper makeup techniques and have all your questions answered. \$45

EYELASH APPLICATION FULL \$25 HALF \$20

EYE BROW TINT

Give your eyebrows a natural look of thickness and dimension. \$10

EYE LASH TINT

Give your eyelashes a darker, defined look. Great for keeping the mascara look while swimming or working out. \$20

COMBINATION OF EYEBROWS & EYELASHES \$25

TRAILHEAD ATHLETIC CLUB MEMBERS

Receive a \$2 Discount on all Waxing & Tinting Services and a \$10 Discount on all Massage, Facial & Body Treatments