

SANCTUARY SPA

MASSAGE AND BODY THERAPIES

CUSTOM 60 min | \$195

This customizable traditional massage uses pressure ranging from light to firm. Soothe and relax the body while improving circulation, relieving tension and easing muscle fatigue.

MOTHERHOOD 60 min | \$195

A nurturing massage that focuses on the specific needs of expectant mothers. Applying techniques designed to reduce common discomforts, soothe the nervous system and improve overall well-being.

*Massage services are not available during the first trimester of pregnancy.

LYMPHATIC 60 min | \$195

De-stress the body and calm the nervous system with gentle strokes of enhanced lymphatic circulation. The lymphatic network manages the fluid levels in tissues, removes waste and toxins, and brings nutrients and antibodies to our cells.

REFLEXOLOGY 60 min | \$195

This ancient healing technique stimulates the energy pathways of the body through applied pressure to the feet and hands; promotes a sense of well-being and restores balance.

CUPPING 60 min | \$205

An ancient form of medicine where therapeutic cups of different sizes are placed on the body, creating negative pressure and providing more space within the muscles. It improves blood circulation, and may speed up healing, reduce pain and ease muscle soreness. This treatment is likely to cause discoloration as it pulls fluids to the surface of the skin.

ZEN SHIATSU 60 min | \$205

This dynamic hands-on healing method uses the power of touch, pressure and gentle stretching techniques. Stimulation of specific meridian lines along the body allow energy flow, to promote serenity and balance which result from this traditional Japanese massage.

WILD LIME BLOSSOM 120 min | \$395

Allow your mind and body to unwind as this experience begins with luxurious, warmed wild lime oil that is massaged into the scalp, neck and shoulders. Melt into a deeper state of euphoria with an aromatic full body relaxation massage.

THAI MASSAGE 120 min | \$425

One of the ancient healing arts of traditional Thai medicine, this treatment has been adapted to be performed on a massage table. This service begins with a refreshing, exfoliating bath for the feet and lower legs. Following the foot bath, this treatment incorporates the principles of yoga with massage and mindfulness by using stretching and slow, rhythmic compressions along the body's energy lines to induce relaxation and rejuvenation.

TOK SEN 120 min | \$425

Tok Sen is a soothing treatment that is very effective at encouraging a sense of calm. This service begins with a refreshing, exfoliating bath for the feet and lower legs. The fluidity of Thai massage is blended with vibration therapy for a rare and unique experience. This healing treatment from Thailand uses a tapping technique (Tok) that evens the flow of energy (Sen) that is both meditative and restorative.

LUK PRO KOPE 120 min | \$450

Meaning "to massage with medicinal herbs," this journey begins with a refreshing, exfoliating bath for the feet and lower legs. An herbal poultice with organically grown herbs are steamed, rolled and pressed along the energy pathways of the body. Coupled with Thai massage, the heated herbal compress soothes tired muscles, enhances circulation, improves joint mobility, and creates a sense of balance and harmony. Take home the healing as you are gifted the herbal poultice at the conclusion of your service.

SKINCARE

HYDRA FACIAL 60 min | \$295

This multi-step treatment cleanses, exfoliates and extracts to get rid of impurities and dead skin cells while simultaneously quenching skin with vital nutrients like antioxidants, peptides and hyaluronic acid. The amazing results are both instant and long lasting; perfect for all skin types.

Benefits: hydrating, purifying, nourishing

MASAMI FACIAL 60 min | \$285

A stimulating glycolic acid and dermaflash double exfoliation, followed by a luxurious collagen treatment, this indulgent and hydrating facial combines the healing and anti-aging powers of precious minerals to reduce the appearance of fine lines by instantly firming while reducing inflammation, redness and puffiness.

Benefits: hydrating, anti-aging, anti-inflammatory

VITA D BRIGHTENING FACIAL 60 min | \$205

A glycolic exfoliation uses topical Vitamin D and special proteins to promote new cell production, restores the skin's natural moisture barrier and provides protection against environmental and sun damage. A marine-based mask is also used to soothe and refresh the skin while stimulating healthy skin formation.

Benefits: anti-aging, protecting, brightening

EMPEROR'S FACIAL 60 min | \$195

A classic gentleman's facial geared towards men's skin care needs. Relax as your skin is hydrated and balanced to its natural pH level; an optimum choice for sensitive skin.

Benefits: hydrating, anti-inflammatory

SANCTUARY JEWEL 60 min | \$195

A classic hydrating facial that is great for all skin types. Relax as your skin is hydrated and balanced to its natural pH level; an optimum choice for sensitive skin.

Benefits: hydrating, anti-inflammatory

MEN'S AGE DEFYING FACIAL 120 min | \$205

The ultimate anti-aging facial for men, customized for instant results. This hydrating facial decongests clogged pores while calming redness, repairing irritation caused by shaving all while protecting the skin from future damage.

Benefits: exfoliating, decongesting, calming

MANICURE NAIL SERVICES

EXPRESS MANICURE 30 min | \$65

Refresh your hands with polish removal, nail trimming and shaping, cuticle touch-up, and a hydrating lotion application. Nails are then polished to perfection.

SPORTS MANICURE 30 min | \$65

Designed with our gentlemen in mind, the hand is soaked, then followed by nail trimming and shaping, and cuticle touch-up. A hydrating lotion is applied followed by a shining buff or matte finish to complete the routine.

DELUXE MANICURE 45 min | \$75

Begin with a hand soak and polish removal. Then a cuticle treatment, nail trimming and shaping. Followed by a hydrating massage where hands are conditioned with a warm paraffin wrap and sealed with moist towels. Complete with the perfect nail polish.

ROYAL MANICURE 60 min | \$85

A deeply penetrating alpha hydroxy masque is applied to loosen surface skin cells, followed by a natural sugar cane scrub, vitamin-enriched balm and a luxuriant body butter. Includes a warm stone massage on your arms and hands and warm towels to seal in the hydration. Nails are polished to perfection.

ZENTS CBD MANICURE 60 min | \$95

This nourishing and age defying shea butter spa manicure features a luxurious infusion of CBD, warm organic shea butter and age defying Paracress massaged onto the hands and arms. Cuticle treatment, and nail trimming and shaping is followed by the massage. This manicure is designed to promote healthy nails, beautiful skin, and to invite the deepest harmony within the body and mind. Nails are polished to perfection.

*Paracress is a botanical from South America that reduces muscle tension when applied topically on the skin.

GEL COLOR MANICURE 60 min | \$95

Long lasting gel polish that is cured by LED lights; includes gel removal, cuticle clean up, nail shaping and hydration massage. Choose from a variety of gel colors.

NAIL SERVICE ENHANCEMENTS

FRENCH ADD-ON	\$10
PARAFFIN	\$15
ALPHA HYDROXY MASK	\$15
COOLING MASK	\$15
GEL POLISH ADD-ON	\$15
GEL REMOVAL	\$20
NAIL REPAIR	\$20
GLYCOLIC TREATMENT	\$20

BOOK TREATMENT

SPECIALTY BODY TREATMENTS

SIGNATURE COCONUT SUMATRA BODY RITUAL 60/120 min | \$195/\$395

Silky pure organic coconut oil and cleansing properties of pink Himalayan salt invigorate the senses while creating a healthy youthful glow in this full body exfoliation. The 60-minute experience uses decadent coconut-vanilla lotion to hydrate the skin. The 120 minute ritual includes a soothing foot massage while using a vegan organic body butter wrap that nourishes the skin.

ZENSATIONAL SOFTENING POLISH 60/120 min | \$195/\$395

This nourishing blend of sugar, salt and organic shea butter gently exfoliates and hydrates your skin. Customize your aromatic journey with three inspiring ZENTS aromas. The 60 minute treatment uses luminous cashmere oil, combined with organic coconut and passionflower leaving your skin moisturized and soft. The 120 minute treatment has a relaxing full body massage.

*60 minute treatment is available for expecting mothers.

REIKI 60 min | \$205

Reiki is an ancient Japanese technique that promotes healing, wellness and stress reduction. Light hand placements are used to promote relaxation and move the body to a healing state.

ACUPUNCTURE 60 min | \$205

Acupuncture is an ancient art that balances the body emotionally, physically and spiritually. Sterile, disposable needles are used to adjust the body's chi (energy). This energy opens the body's pathways to address chronic and acute problems to relieve pain, encourage longevity and enhance your immune system.

ACUSSAGE 120 min | \$405

Blending the benefits of acupuncture and massage, this treatment helps balance the body's energy and relax muscles. The acupuncture focuses on the internal, while the massage focuses on the external. Promotes relaxation while enhancing health and longevity.

GOLDEN LOTUS BALANCING RITUAL 120 min | \$405

An herbal blend rooted in traditional Chinese and Japanese herbal medicine is chosen specifically to help balance the yin and yang energy, then wrapped in a cocoon to enhance absorption. Gentle and relaxing acupressure balances the central channel and restores the body's natural energetic flow. Concludes with a 30 minute full body massage using a blend of herbal homeopathic cream.

SOUL CONNECT 120 min | \$405

Lift your spirit by aligning your physical, emotional and spiritual being. The journey begins by setting your intention with the help of divinity cards followed by a meditation that will set the tone to connect you with your higher self. Experience an intuitively guided combination of chakra balancing, massage and energy work.

NIDRA SOUND VOYAGE 60 min | \$205

Nidra in Sanskrit means "sleep". This energetic, power nap meditation is the equivalent to three hours of deep restorative sleep designed to reduce stress, improve energy and mood. Lay back and drop into the calming waves of singing bowls, and energy balancing as you are gently guided through conscious breath, body and awareness techniques.

BOOK TREATMENT

FACIAL TREATMENT ENHANCEMENTS

HAIR CONDITIONING MASK \$30

This exotic mask will nurture and repair over-stressed hair by strengthening its natural proteins, leaving your locks full, soft and silky.

WILD LIME SCALP ENHANCEMENT \$30

Nourish your scalp with this aromatic warm wild lime oil full of essential fatty acids and vitamins; designed to promote lustrous shine.

DERMAFLASH \$30

Inspired by dermaplaning, DERMAFLASH removes the oldest layer of dead skin cells, instantly revealing smooth, radiant camera-ready skin.

NEW YOU (NUFACE) \$40

A microcurrent treatment stimulates and tightens the muscles of the face for an instant facelift, giving immediately visible results.

BROW LIFT \$30

See instant results with the use of the NuFACE micro current treatment which tightens the soft tissue around the eye, resulting in an instant brow lift.

FIT AND FIRM MASK

Eye or Lip / Neck / Full Face | \$20 / \$30 / \$50

This marine based mask instantly firms, plumps and smooths.

COLLAGEN ENHANCEMENTS

Eye / Neck / Décolleté / Full Face | \$20 / \$30 / \$50

Relax, rebalance, and rejuvenate with natural collagen facemasks that have multiple benefits. Repair & hydrate, brighten & energize, reduce inflammation & discoloration, smooth under eyes & lips.

BOOK TREATMENT

PEDICURE NAIL SERVICES

EXPRESS PEDICURE 30 min | \$70

Refresh your feet with a foot soak, polish removal, a cuticle and heel touch-up, and nail shaping. Nails are then polished to perfection after applying a hydrating lotion and mist.

SPORTS PEDICURE 30 min | \$70

Designed with our gentlemen in mind, the treatment begins with a refreshing foot soak, followed by a cuticle and heel touch-up and nail shaping. Hydrating lotion and mist is applied to seal in moisture along with a shining buff or matte finish to complete the look.

FOOT & LEG REVITALIZING RITUAL 30 min | \$75

The optimal choice for tired legs and feet! The ritual begins with an aromatic blended mineral soak followed by a light lemongrass exfoliating scrub. A luxurious blend of antioxidants combined in our nutrient oil offers extra protection and hydration. Conclude this revitalizing ritual with a warming paraffin wrap and refreshing Alpine arnica gel.

*Does not include pedicure.

DELUXE PEDICURE 45 min | \$85

After a foot soak and polish removal, refresh your feet with an exfoliation and nourishing enzyme scrub followed by a cuticle treatment, nail trimming and shaping. A hydrating massage and warm towels are used to seal in moisture, which is then followed by a moisturizing mist. Nails are then polished to perfection.

ROYAL PEDICURE 60 min | \$95

This ultimate relaxation treatment starts with getting your feet soaked, moisturized and having your nails and cuticles shaped and trimmed. A deeply penetrating alpha hydroxy masque is applied, followed by a natural sugar cane scrub. Vitamin-enriched balm and luxuriant body butter is massaged in with a warm stone and sealed with a warm towel to lock in hydration. After a spritz of hydrating mist, nails are polished to perfection.

ZENTS CBD PEDICURE 60 min | \$95

Soul to sole care is at the heart of this CBD and warm shea butter spa pedicure that brings the skin and body into harmony. The feet are soaked with a CBD, Epsom Salt and Arnica infused bath tuffalo to balance and soften; nails are shaped and cuticles trimmed. A soothing leg and foot massage with our CBD and age defying Paracress infused Balance Oil eases muscle tension and cares for the skin. Nails are then polished to perfection.

*Paracress is a botanical from South America that reduces muscle tension when applied topically on the skin.

FOOT & LEG REVITALIZING PEDICURE 60 min | \$105

The routine begins with an aromatic blended mineral soak followed by a light lemongrass exfoliating scrub. A luxurious blend of antioxidants combined in our nutrient oil is added for extra protection and hydration. This revitalizing treatment ends with a warm paraffin wrap and a refreshing Alpine arnica gel.

RESURFACING PEDICURE 60 min | \$105

A gentle glycolic solution is applied to dry, calloused skin, leaving the feet smooth and soft. After a hydrating foot soak, cuticle treatment, nail shaping and trimming, an exfoliating Clarisonic body brush is used with glycolic resurfacing cream. This results-driven treatment is completed with a hydrating body butter massage, warm towel wrap and the perfect nail polish.

HOW TO SPA

Sanctuary Spa welcomes guests age 18 and older.

If you have a preference regarding the gender of your service provider, please let us know when making the reservations.

The treatment you select is for you. If your plans change, please notify us 24 hours in advance to avoid a full charge for the service.

Please check in at the spa reception desk 30 minutes early to prepare for treatment. We provide a private locker, slippers, robe and amenities. Bring workout wear and a swimsuit to enjoy our fitness center, movement studio, eucalyptus steam room, and pools. Do not bring jewelry and valuables; Sanctuary Spa is not responsible for any lost items.

Please turn off cellular phones while at the spa. Smoking is not permitted.

A 20% gratuity will be added to all spa services. Gratuity amount can be modified at your discretion.

BOOK TREATMENT

KERATIN, FULL TREATMENT	\$249
ORIBE DEEP CONDITIONING	\$59
ADD ORIBE TO HAIRCUT	\$39