

# SIGNATURE SPA TREATMENTS

## **QUIET MIND** 90 minutes

Inspired by the Quiet Mind flower essence blend from Lotus Wei, the Quiet Mind treatment will assist guests in learning to turn off their mind and fully experience their massage. The flower essences in this blend include Bird of Paradise, Passion Flower and Lotus . These essences are combined in a spray mist and serum and are designed to support the guest in letting go of distraction and dissolving muscle tension. Guests will learn simple guided breathing techniques while the therapist attunes facial acupressure points. As the mind calms, the guest will experience a deeply-relaxing massage, without their mind interrupting.

## **SEDONA DREAMS** 90 minutes

This total body indulgence is a blend of spa treatments. It begins with a gentle exfoliation using an organic, all natural ginger-lime scrub. Aromatic coconut-argan oil is then applied to moisturize the skin and hot stones are used to melt away any back tension. As your mind drifts, you will receive a neck, shoulder and scalp massage leaving you in a dream-like state.

## **FEET IN THE CREEK** 60 minutes

This playful spa experience begins with the guest wading in the pristine waters of Oak Creek, opening their senses to the sounds, sights and smells of our gorgeous riparian location. While “earthing” barefoot in a chair creekside, the guest receives a head, neck and shoulder massage. “Earthing” is defined as placing one’s bare feet directly on the ground, which induces numerous favorable physiological changes. The treatment culminates with foot reflexology, using our signature L’Apothecary essence of flowers, aromas and Oak Creek! This treatment is an ideal group activity for two to four people.