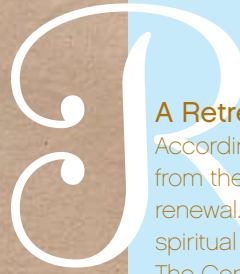




THE
CENTRE FOR
WELL-BEING

Rebirth Rejuvenate
Renewal

Spa Services Menu



A Retreat for Body, Mind and Spirit

According to ancient legend, the mythical phoenix rose from the ashes of its past to be reborn and celebrate renewal. This power of transformation, whether physical, spiritual or of the mind, is inherent to the philosophy of The Centre for Well-Being. Our spa rituals lead to inner calm, self-revelation and harmony with one's own natural rhythms. Like the mythical phoenix, one's body is a powerful change master – but it is the spirit that transforms.

Planning a Spa Visit

Massages, consultations, body and skincare treatments include use of all spa facilities. Enjoy full and unlimited access to our fitness studio and scheduled classes, private locker room facilities, spa wardrobe (robe and slippers) and vanity amenities, as well as whirlpools, steam rooms, saunas, Meditation Atrium and Waters Bar, featuring complimentary refreshments.

We invite you to arrive at least 30 minutes prior to your first scheduled spa appointment to utilize the facilities, shower and prepare for your treatment. As a courtesy to the next guest, your treatment will end on time, regardless of when it began. A four-hour cancellation notice is required to avoid being charged. Twenty-four hours notice is required for cancellation of all spa packages. We recommend scheduling your spa appointments a minimum of four weeks prior to your arrival. All services are guaranteed with a credit card or room confirmation number.

Use of the facilities without a treatment or consultation is available to resort guests for a daily fee.

Signature Experiences

Upon entering The Centre for Well-Being, be immersed in a welcoming haven where the rejuvenation and elevation of mind, body and spirit is paramount. Revel in signature experiences – thoughtfully and professionally crafted with the finest hand-selected products – that have solidified The Centre's international reputation as an unparalleled sanctuary for healing. At The Centre for Well-Being, our experienced and dedicated specialists guide our guests through expertise, inspiration and healing hands within an environment of caring and respect.

Desert Serenity Scrub, Wrap and Massage 110 min.

In this detoxifying and regenerating body treatment, an application of mineral-rich clay, Aloe Vera and essential oils follow a gentle exfoliation. After showering, enjoy a full body massage.

Barefoot in the Lemongrass 50 min.

Rejuvenate tired legs and feet with our signature Lemongrass treatment. An invigorating leg massage is followed by a refreshing salt exfoliation and massage of the feet. The stimulating, fragrant essence of Lemongrass increases circulation and re-energizes lower limbs.

Shea Butter Wrap with Honey Avocado Foot Therapy 50 min. or 80 min.

100% pure Shea Butter is lightly massaged over the body. While wrapped, a gentle foot exfoliation prepares you for a revitalizing foot masque. A soothing scalp, neck and foot massage complete the service.

Papaya Quench Wrap 80 min.

Nourishing and repairing, this organic de-aging masque renews the skin. After light dry-brushing, a vitamin-rich Papaya-Pineapple based masque soothes and rejuvenates skin. This masque is paraben-free and boasts Papain to diminish sensitivity and promote healing. While wrapped, enjoy a face and scalp massage. Finally, a light massage of matching lotion rehydrates and soothes.

Holistic Massage 80 min.

Break free from tradition and indulge in our most unique experience for reducing stress and tension, while restoring peace and clarity. This customized treatment will blend up to three of our most effective massage techniques.

Well-Being Stone Ritual 50 min. or 80 min.

For centuries, Native Americans have revered the healing energies of stones. This ritual honors the tradition and harnesses the power of warm basalt river stones and cool marble stones. Your therapist applies gentle pressure to bring relief to sore muscles and joints, melting stress away and taking you to a deep level of relaxation.

Table Thai™ 50 min. or 80 min.

A combination of palm pressure, range of motion and yoga-like stretches applied to the body through clothing, without oils. Please wear comfortable workout clothing.

Intracutaneous Infusion Facials 50 min. or 80 min.

A revolutionary skincare treatment simultaneously infusing moisture, vitamins and anti-oxidants into the skin via cooling, calming topical hyperbaric oxygen. Please refer to page 7 for a complete listing.



Denotes Signature Experience Service

(•) Denotes Pregnancy Safe Body Treatments

Well-Being Packages (pricing includes service charge)

The optimal way to experience all that The Centre for Well-Being has to offer, our exclusive day programs are designed to bring about all-encompassing bliss, balance and beauty. Rich aromatics, lavish balms and careful, skilled touch elicit renewed consciousness.

Escape, relax and let us attend to the details.

Bliss \$620

The ultimate spa indulgence. Experience the relaxing tones of a personal 50-minute body treatment; the rejuvenating rhythms of a healing 50-minute massage; and the restorative song of a nourishing 50-minute facial – all of your choice – combined with a luscious manicure and pedicure. Complemented by a scrumptious lunch, prepared by The Phoenician's culinary artisans.

Rejuvenate \$390

Shower yourself with the invigorating powers of a peaceful 50-minute massage or body treatment; complemented by a restorative 50-minute facial and a 50-minute pampering pedicure – all of your choice.

Phoenician Classic \$300

Celebrate with your choice of two heavenly 50-minute services – from stimulating facials, to soothing massages and renewing body treatments.

Mother-to-Be \$390 (+)

Care and comfort for the expecting mother. Includes a 50-minute pre-natal massage, a 50-minute personalized facial and a pedicure of your choice.

Men's Prerogative \$380

Maintain and enhance your gentlemanly aura with a 50-minute, stress-reducing massage and a 25-minute, scalp massage, followed by a 50-minute toning facial of your choice for an overall revitalizing experience.

Couples Massage 60min. \$350 90min. \$500

Ideal if you are looking to spend some time and share a divine experience with a friend or loved one. Enjoy a side-by-side Swedish or Therapeutic massage that is sure to give you a lasting memory.

About Face \$290

Put your best face forward with this replenishing and enriching experience. Find your inner glow with a 50-minute personalized facial, followed by a healing, 25-minute eye repair treatment and a soothing 25-minute lip treatment, designed to moisturize and rehydrate.

Glamour-to-Go \$335

Dress up your inner beauty with a complete, personalized styling. A luxurious manicure and pedicure is followed by a professional, comprehensive make-up lesson, a sparkling shampoo and fashionable blow-dry.

Out-on-the-Town \$140

Make it a night to remember for all with a stunning, head-turning evening hairstyle of your choice, complemented by the pure tones of a flawless mineral make-up application.

Soul Journey \$325

Bring peace and harmony to your inner being while giving flight to your spirit. Achieve personal serenity through an uplifting 50-minute Phoenix Energy Balancing treatment, followed by an intuitive Tarot Card reading or personalized meditation.

The Perfect Pair \$675

Relax and revel in the tranquility of a 60-minute couple's massage. Afterward, a pampering manicure and pedicure await her; and for him -- an energizing pedicure, along with a traditional shave and aromatherapy skin treatment.

Purifying and Refining Body Treatments

Skin is the body's largest organ, which is why it should be nurtured in this unique way. Designed of the finest quality, giving you the opportunity to experience the best from around the world. Select one of our exceptional wraps, each offering a variety of solutions for the body.

50 min. \$145 (Mon-Thurs) \$155 (Fri-Sun)

80 min. \$225 (Mon-Thurs) \$235 (Fri-Sun)

110 min. \$250 (Mon-Thurs) \$260 (Fri-Sun)

Papaya Quench Wrap 80 min. (•)

Nourishing and repairing, this organic de-aging masque renews the skin. After light dry-brushing, a vitamin-rich Papaya-Pineapple based masque soothes and rejuvenates skin. This masque is paraben-free and boasts Papain to diminish sensitivity and promote healing. While wrapped, enjoy a face and scalp massage. Finally, a light massage of matching lotion rehydrates and soothes.

Desert Serenity Scrub, Wrap and Massage 110 min.

A detoxifying and regenerating treatment. An application of mineral-rich clay, Aloe Vera and essential oils follow a gentle exfoliation. After showering, enjoy a full-body massage.

Thermal Moor Mud Wrap 80 min.

Our most detoxifying service, organic Hungarian Moor Mud is smoothed over to rejuvenate the body in this relaxing, warm wrap. After showering, a gentle full-body massage is combined with a detoxifying oil to complete the experience.

Shea Butter Wrap with Honey Avocado Foot Therapy

50 min. or 80 min. (•)

100% pure Shea Butter is lightly massaged over the body. While wrapped, a gentle foot exfoliation prepares you for a revitalizing foot masque. A soothing scalp, neck and foot massage complete the service. Excellent for dry skin.

Milk and Honey Sugar Glow 50 min. or 80 min. (•)

Raw cane Sugar and Coconut Milk infused with organic Honey exfoliate dull skin and cleanse pores. A drizzle of exotic oils and a light massage with Honey Body Butter softens the skin and reduces the appearance of cellulite. For the 80 minute service, add an exotic oil scalp massage to promote further relaxation.

Revitalizing Body Scrubs

Exfoliating leaves skin glowing, invigorated and hydrated. Begin your treatment by choosing one of our delightful exfoliants. A cleansing shower is followed by a light massage application once your scrub is complete.
50 min.

Gentle Exfoliation (•)

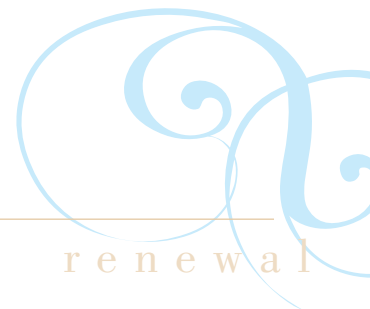
Jojoba Body Polish - Crushed Jojoba seeds and Agave nectar are combined in a rich emollient exfoliant with Lavender Jojoba oil as a finish.

Medium Exfoliation

Prickly Pear Sugar Scrub - A lavish blend of locally grown Prickly Pear fruit and Sugar infused with extracts of Green Tea and Aloe, is just the beginning of this indigenous treatment. An application of Prickly Pear whipped body butter completes this service.

Aggressive Exfoliation

Lavender and Sage - An invigorating scrub incorporating the serenity of Lavender and Sage to soothe the senses while renewing the skin.



Massage and Bodywork Therapies

Nowhere is the connection of body and soul more respected and revered than at The Centre for Well-Being. Our award-winning therapists are known for relieving stress and enhancing a deep relaxation of the body and mind. Whether seeking the pinnacle of relaxation, therapeutic relief and detoxification from the stresses of the outside world or the serene pleasure of inner harmony, the answer is here.

50 min. \$140 (Mon -Thurs) - \$150 (Fri -Sun)

80 min. \$220 (Mon-Thurs) - \$230 (Fri -Sun)

Aromatherapy 50 min. or 80 min.

The power of essential oils is applied in this light and gentle body treatment, transforming one into deep relaxation.

Swedish 50 min. or 80 min.

A relaxing, full-body massage using long sweeping strokes and light pressure kneading to improve muscle tone and stimulate circulation.

Therapeutic 50 min. or 80 min.

This is a medium-to-firm pressure, full-body massage, excellent for relieving tension, releasing tightness and reducing muscle pain.

Neuromuscular 50 min. or 80 min.

A massage designed for relief of chronic and acute pain caused by injury or over-worked muscles, targeted to specific areas of the body.

Craniosacral 50 min. or 80 min.

A sequence of feather-light, powerful holds along the spinal column and head that balance the craniosacral system, effective for headache, TMJ dysfunction, general pain and stress elimination.

Well-Being Stone Ritual 50 min. or 80 min.

Your therapist applies gentle pressure to bring relief to sore muscles and joints, melting stress away and taking you to a deep level of relaxation.

Holistic 80 min.

Break free from tradition and indulge in our most unique experience for reducing stress and tension, while restoring peace and clarity. This customized treatment will blend up to three of our most effective massage techniques.

Lymphatic 50 min. or 80 min.

This detoxifying treatment stimulates the lymph drainage system, aiding in the removal of toxins and activating the body's natural immune system.

Pre-Natal Massage 50 min.

This gentle and nurturing treatment offers the perfect combination of Swedish massage and soothing touch for the expectant mother.

Table Thai™ 50 min. or 80 min.

A combination of palm pressure, range of motion and yoga-like stretches applied to the body through clothing, without oils. Please wear comfortable workout clothing.

Clinical Sports Massage 50 min. or 80 min.

Improve performance with stretching, compression and range of motion techniques. This massage reduces muscle soreness, increases flexibility and speeds recovery. Please wear comfortable workout clothing.

Reflexology 25 min. or 50 min.

Pressure is applied to the feet releasing tension, reducing fatigue and improving physical balance to the entire body.

Acupuncture 50 min. \$190

A gentle, painless treatment increasing overall health, treating stress and relieving pain by restoring energy balance. Effective relief of jet lag, headaches, digestive disorders and insomnia.

Acussage™ 80 min. \$250

Combination of acupuncture and therapeutic massage to treat acute and chronic pain, enhance energy levels and regulate body functions. Treatments are personalized to meet your individual needs.

Shiatsu 50 min.

Japanese pressure point treatment designed to release tension and increase the circulation of energy. Please wear comfortable workout clothing.

The Phoenix Energy Balancing 50 min.

Experience the journey of The Phoenix through a combination of Reiki Balancing and chakra oils blended to regenerate your mind, body and spirit.

Couples Massage 60min. \$350 90min. \$500

This all-inclusive service includes gratuity. Ideal if you are looking to spend some time and share a divine experience with a friend or loved one. Enjoy a side-by-side Swedish or Therapeutic massage that is sure to give you a lasting memory.

Massage 101 for Couples 120 min. \$295

Learn how to give relaxing massages with a private lesson in techniques of Swedish Massage. Each session is customized to your specific needs and includes a bottle of Phoenician massage oil. Please wear comfortable clothing.

In-Room Massage \$175 - \$250 - \$380

60 min. or 90 min. or 120 min.

A \$20 additional fee is required before 7am and after 9pm.

Massage Enhancements

These 25-minute technique services can be booked individually or added to any of our Massage and Bodywork Therapies or Purifying Body Treatments.

À la Carte \$90

Enhancement to Therapy or Treatment \$70

Back, Neck and Shoulders

The back, neck and shoulders are common stress areas of the body. This soothing massage quickly relieves stress, tension and improves circulation.

Exotic Oil Scalp Therapy

Exotic and enriching Coconut and Macadamia oils are applied to the scalp. A pampering scalp and neck massage completes this indulgent treat for the hair and head.

Crowning Touch

A relaxing neck, face and scalp massage. Essential oils and warm towels are used to melt away ailments.

Hand and Foot

Feel tension leave your body and circulation improve while hands and feet are pampered.

Revitalizing Foot Therapies

Barefoot in the Lemongrass 50 min.

An invigorating leg massage is followed by a refreshing salt exfoliation and massage of the feet. The stimulating, fragrant essence of Lemongrass increases circulation and re-energizes lower limbs.

Thai Foot Massage 50 min.

Begin with refreshing warm Lemongrass-scented towels and an exfoliation using fresh Lime and Thai White Dirt. Lemongrass foot massage lotion and foot balm are used to stimulate the senses.

Facial Treatments

Revitalize and renew the skin and your state of mind. Our renowned aestheticians pamper the skin with treatments formulated of all-natural, paraben-free, anti-inflammatory products catered to your individual needs.

50 min. \$140 (Mon - Thurs) - \$150 (Fri - Sun)

Personalized Facial 50 min.

Your aesthetician will recommend a treatment based upon your skin analysis. Includes deep cleansing, exfoliation, extractions as needed, face, neck and shoulder massage or other recommended therapy. Men should shave two hours before a facial.

Luma Firm Lift and Glow Facial 50 min.

Formulated with the latest freeze dried technology, this treatment delivers a combination of skin repairing, firming and brightening agents for immediate absorbency within the skin. The skin emerges plumped, tight and smooth.

Phoenician Back Facial 50 min.

Designed to clarify and soften the area most difficult to reach. Includes a deep cleansing, exfoliation, extractions (if needed), followed by a hydrating and nourishing treatment. While masked, enjoy a scalp or foot treatment.

Caviar Dreams Anti-aging Facial

80 min. \$250 (Mon- Thurs) - \$260 (Fri-Sun)

A luxury like no other, this treatment combines the anti-aging properties of Caviar, Hibiscus, Pearl extract and a sumptuous facial stone massage to create a revolutionary anti-aging skincare treatment.

Botanical Radiance Facial

80 min. \$220 (Mon-Thurs) - \$230 (Fri-Sun)

A facial personalized to your skin, coupled with a NuFace microcurrent to lift the neck. Natural botanicals work to improve elasticity and firm the body's most delicate areas. A rich botanical wrap applied to the hands and arms completes the experience.

Reveal Your Brilliance

50 min. \$150 (Mon-Thurs) - \$160 (Fri-Sun)

A revolutionary Vitamin-C based facial that hydrates and tightens the skin with pharmaceutical grade Glycolic Acid and gentle enzymes to exfoliate even the most sensitive skin. Created to accelerate cellular renewal, your skin will be brighter, firmer and reveal its true youthful brilliance. Includes a post-treatment sample kit to extend results. Sun exposure is not recommended after treatment.

Facial Enhancements

Our 25-minute services target delicate and specific areas using advanced techniques and the finest ingredients. Services are designed to accommodate the individual, or to enhance any of our Facial Treatments.

À la Carte \$70 Enhancement to any Facial \$45

Eye Repair 25 min.

A collagen masque is followed by a soothing application of Ginkgo Biloba for a visibly refreshed look.

Smoothing Lip Treatment 25 min.

Azelaic acid lightens the skin while Shea Butter and Vitamin E nourish and hydrate. Collagen and Elastin rejuvenate and smooth fine lines for visible results.

Hair Removal

Eyebrow Shaping	\$30
Lip	\$20
Chin	\$20
Full Face	\$70
Underarms	\$35
Bikini	\$55
Half Leg	\$55
Full Leg	\$85
Back	\$80

Intraceuticals Infusions

A revolutionary skincare treatment simultaneously infusing moisture, vitamins and anti-oxidants into the skin via cooling, calming topical hyperbaric oxygen. An excellent facial treatment before a special occasion, make-up application, or photography. Extractions and massage are excluded from these services.

Rejuvenation Hydrating Infusion 50 min. \$200

An infusion of pure Hyaluronic Acid, vitamins, anti-oxidants and Green Tea stimulate cell renewal while hydrating and diminishing fine lines. Skin looks younger and firmer after one treatment. Suitable for all skin types.

Rejuvenation Anti-Aging Infusion 50 min. \$225

Receive the benefits of the Rejuvenation Hydrating Infusion with the addition of a natural Amino Peptide Complex. Designed to smooth the forehead, soften eye contour and immediately plump the lips.

Clarifying Infusion 50 min. \$200

The botanicals in this infusion will soothe and calm inflammation and redness from blemish prone and hormonally challenged skin. The hyperbaric oxygen will naturally reduce bacteria. The result after one treatment will be clarified and refined skin.

Opulence Brightening Infusion 50 min. \$200

Botanical brighteners and super concentrated Vitamin C balances uneven skin tone and leaves skin radiant

Ultimate Infusion 80 min. \$300

A combination of hydration, anti-aging and brightening serums safely and naturally treat the cause of uneven skin tone while dramatically brightening the skin. Revive delicate neck and décolleté areas along with a special infusion treatment for the hands.

NuFace Facial Toning System Facial Sculpting

50 min. \$140 (Mon-Thurs) - \$150 (Fri-Sun)

Combining the power of NuFace microcurrent technology and Polypeptides. The low level relaxing and soothing current will be massaged over your face to enhance the products and stimulate the muscles. Instant results can include a lifted and toned face, tighter skin, reduction of fine lines and wrinkles, reduction of puffiness, smaller pores, clearer and hydrated skin, and an overall more youthful appearance.

Quick Lift 25 min.

À la Carte \$70 Enhancement to any Facial \$45

Utilizing NuFace microcurrent technology this treatment will lift and tone facial muscles and reduce fine lines and wrinkles for an instantaneous youthful appearance.

Fitness Consultations

Rebirth, renewal, rejuvenation are the essential themes of The Centre for Well-Being, which is why we offer a comprehensive and diverse menu of fitness and wellness programs, each personalized to individual goals and desires. Our renowned staff combines extensive experience with the latest technology to optimize effort and achieve results. Featuring an array of classes, personalized training, premium cardiovascular, strength training and free-weight equipment.

Body Composition Analysis 25 min. \$50

The Lange skin fold caliper is used to determine your lean muscle-to-body fat ratio. Refrain from any exercise prior to this service. The seven-site test includes computer-analyzed data and graphs. Shorts and a loose athletic shirt are required.

Fitness Assessment and Training Consultation

110 min. \$150

Begin with a personalized health and fitness analysis which includes heart rate, blood pressure and body composition. Your results will then be incorporated into a personalized exercise program that includes pictures and directions.

One-On-One Personal Training 50 min. \$100

Series of 3, \$240 Series of 5, \$350 Series of 10, \$600

This service was developed to incorporate your health and fitness goals into a motivating workout session. Program design is not included.

Private Hike 100 min. \$125 (1-4 people)

(Group rates available upon request)

Join our experienced guides for a hike up Camelback Mountain. Bottled water is provided (hiking boots or athletic shoes are required). Sunscreen is suggested.

Home Exercise Program Design 80 min. \$150

Work with a fitness consultant to design a program you can do in the comfort of your own home. Exercise ball, resistance bands and literature are included.

Private Yoga 50 min. \$125 80 min. \$165 Duet \$160

Improve your quality of living by working with a yoga instructor to create a mind and body connection. Designed for all levels of experience. Styles of yoga are personalized to your ability and preferences.

Pilates Mat/Reformer 50 min. \$125 80 min. \$165

Series of 3, \$300 Series of 5, \$440 Series of 10, \$750

Restore muscular balance and improve flexibility while strengthening bones and joints. An excellent workout for developing muscle tone while correcting posture and alignment.

Circle of Intuitive Guides

The ability to harness the energy flowing in and around us all is elemental to achieving serenity of the spirit. Tap into the surrounding forces with the aid of our Intuitive Guides and find relief from stress, quiet the mind or simply indulge in the moment.

Personalized Meditation 50 min. \$140 80 min. \$175

Experience deep levels of relaxation, insight and enlightenment through a guided journey. Sessions are personalized to meet individual needs.

Duet Meditation 50 min. \$185 80 min. \$210

Share the wonderful gift of meditation with a loved one. Learn how to relax, create personal space and let go of tension.

Golf / Sports Guided Imagery

50 min. \$150 80 min. \$185

Increase your focus and improve the skills of your game while reducing stress. You will receive suggestions specifically tailored to your needs while being guided into a deep state of relaxation.

Astrology 80 min. \$175

Gain insight into your past, present and future using an astrological chart calculated from your birthdate, birth time and birthplace. The intensely symbolic language of astrology provides a powerful tool for self-understanding and personal development.

Hypnotherapy 80 min. \$185

This highly focused state of mind improves memory, concentration and reduces stress. Learn how to sleep better, increase weight loss, change negative patterns and enhance all aspects of your life. Regain personal empowerment while transforming limitations into positive results.

Perfect Balance 50 min. \$125

Incorporate two of our most popular services into one. Treat yourself to the combination of a 25-minute Tarot card reading and a 25-minute meditation session.

Tarot Reading 25 min. \$75 50 min. \$125

Benefit from the gift of intuition expertly blended with the ancient art of Tarot. Gain insight and direction to learn more about the true purpose of your life.

Wellness Services provided by The Phoenician's Naturopathic Physician

The story of The Phoenix is one of continual rebirth. The Centre for Well-Being has an innovative approach to the aging process. We are one of the first spas in the nation to offer optimal aging and wellness medicine, as well as a full range of naturopathic services.

Optimal Aging/Optimal Wellness Consultation

80 min. \$295

Based on symptoms, medical history and lifestyle, our Naturopathic Physician will determine what modifications would help you look and feel your best.

Recommendations are given.

The below service may be combined to further enhance your wellness consultation:

Nutritional Consultation 60 min. \$105

Meet with our Nutritionist to create a personalized plan of action to reach your dietary goals by educating and improving your understanding towards the effect that foods have on your body.

Naturopathic Consultation 80 min. \$295

These individualized consultations provide integrative medical advice including using lifestyle changes, homeopathy, nutrition and supplementation to address your health concerns on topics such as high cholesterol, weight loss, menopausal symptoms, and PMS.

Homeopathic Consultation 110 min. \$335

Homeopathy is an established form of integrative medicine. After a comprehensive review of your physical, emotional and mental health, your case is studied to determine what remedy could decrease your symptoms and bring you to a better state of health.

Salon Services featuring Salon Mila

Offering an array of services that pamper from head to toe, leaving one imbued with the sensation of radiant beauty. Change your look or get ready for a special event. Let our experienced, insightful stylists make you look your very best.

Phoenician Manicure or Pedicure

45 min. Manicure \$75 45 min. Pedicure \$90

The ultimate in indigenous hand and foot care. Start with a relaxing soak, followed by a luxurious Lemongrass sugar scrub. Enjoy a relaxation massage with a rich aromatic Lemongrass body crème, finishing with a personal paraffin sleeve. Includes cuticle care, pumicing, buffing and/or polish.

Ice Cream Manicure or Pedicure

45 min. Manicure \$75 45 min. Pedicure \$90

The ultimate feel-good treat is now available for the feet and hands. The Ice Cream Pedicure and Manicure begins with the choosing of a Me! Bath Ice Cream ball, which is available in a range of flavors. Let the delicious scent melt away any stress. For your Pedicure have your feet buffed and smoothed. Enjoy an exfoliation on Hands and Feet with a creamy Shower Sherbet, an intoxicating and exfoliating sugar scrub. Finally, relax and pamper your Hands, Feet and Legs with a soothing and decadent Body Icing massage. Enjoy one of our Haagen-Dazs ice cream flavors during your treatment. Includes cuticle care, buffing and/or polish.

Sports Manicure or Pedicure

45 min. Manicure \$75 45 min. Pedicure \$90

Repair, revitalize and restore overworked hands or feet. Begin with an herbal soak and moisturizing exfoliation to soften rough skin, followed by a hydrating massage. Conclude with a restorative cream for lasting results. Includes cuticle care, pumicing, buffing and/or polish.

Freshen-up Hands and Feet

25 min. Hands \$35 25 min. Feet \$40

Nails are perfectly filed and shaped, while a natural Sugar scrub gently exfoliates the skin. Complete your treatment with nail buffing or a choice of nail color. This service does not include cuticle work.

Luscious Lemon & Lavender Hand and Foot Treatment 50 min. \$99

Start with a relaxing soak, followed by a luxurious Lemongrass sugar scrub. A mineral mask is applied to the hands and feet to detoxify and draw out impurities while soothing dry skin. Soften soles with a combination of antioxidant botanical creams massaged into hands, legs and feet. Finish with a Lavender Paraffin application, penetrating moisture deep into skin, leaving you with a natural glow. Excludes cuticle care, buffing and/or polish.

Nail Services

Acrylic/Gel/Backscratchers Fullset	\$110
Acrylic/Gel/Backscratchers Fill	\$75
Back Fill	\$85
Silk Wraps	\$95

Additional Nail Services *(available with any nail service)*

French Polish	add \$10
Shellac Polish	add \$25
Shellac French Polish	add \$35
Mineral Mask	add \$15
Callus Reduction Serum	add \$15
Massage	add \$20
Paraffin Sleeve	add \$15
Nail Repair	add \$15
Nail Design	each \$10

Hair Treatments

Brazilian Blowout \$350+

The most innovative and effective professional hair-smoothing treatment. The condition of the hair will improve by creating a protective protein layer around the hair shaft to eliminate frizz and smooth the cuticle. The end result is smooth, healthy hair with radiant shine! Results will last up to 12 weeks.

Phytopolleine Scalp Treatment 30 min. \$80

Specially formulated to improve the scalp and spirit. Pure essential oils are therapeutically massaged into the scalp, restoring balance to the skin.

Miracle Moisturizing Hair Treatment 30 min. \$80

A personalized blend of protein and moisture conditions the hair, restoring elasticity and shine.

Mila's Restorative Hair Therapy \$125+

Our unique thermal treatment uses ionic crystals to penetrate moisture deep into the hair shaft. Once used with the flat iron, the heat leaves the hair with a silky, natural shine for up to six weeks.

*Additional rates apply for blow drying on any hair treatment and must be requested at time of booking.

Hair Care

Shampoo, Haircut and Blow Dry	from \$85+
Shampoo and Blow Dry	from \$65+
Evening/Updo Style	from \$75+
Single Process Color	from \$100+
Color Retouch	from \$70+
Color Enhancing Glaze	from \$65+
Toner Add-on	from \$55+
Partial Highlights/ Full	from \$90+ / \$120+
Partial Lowlights / Full	from \$85+ / \$120+
Permanent/Body Wave	from \$120+
Relaxer	from \$250+

*Additional rates apply for flat iron or curling iron and must be requested at time of booking.

Barber Services

Gentleman's Haircut	\$45
Moustache and Beard Trim	\$40
Moustache Trim	\$20
Shave Head	\$75
Traditional Shave	\$75
Royal Shave	\$99
Aromatherapy Skin Treatment	\$50

Children's Services

(10 years old or younger, and must be accompanied by an adult)

Haircut	from \$25+
Haircut and Style	from \$40+
Ice Cream Manicure	\$45
Ice Cream Pedicure	\$60
Little Phoenician fingers & toes polish Change	\$40

Kid's Royal Package \$140

Treat your little princess to a royal treat with our Ice Cream manicure, pedicure and glamorous hairstyle. She'll also take home a special Salon Mila gift. Enjoy one of our Haagen-Dazs ice cream flavors during your treat.

Additional Salon Services

Waxing of Lip or Chin Area	each \$20
Eyebrow Shaping	\$30
Brow or Lash Tint	each \$30
Facial Threading	Single Area \$30 Chin, Lip, and Side \$80

Make-up Artistry Lesson	\$95
Make-Up Application	\$65+
Artificial Eyelash Application	\$40
Eyelash Extensions Full/Fill	\$300/\$150

Bridal Make-Up	from \$95+
Bridal Hair Consultation	from \$75+
Bridal Hair Styling	from \$100+

*Bridal Packages available upon request.

In-Room Services additional \$50	(per person)
Before/After Hours additional \$50	(per person)

Commonly Asked Questions

What if I have special health considerations?

Please be sure to notify our spa staff at the time of booking reservations. Some medical conditions may require consulting with your physician prior to receiving spa services.

Can I request a male or female therapist for my spa treatments?

Absolutely. Please specify at the time of booking your spa reservations. Please keep in mind that our therapists are fully trained to keep any areas that are not involved in the services conservatively draped at all times during your treatment.

Are there spa services I can receive while pregnant?

Absolutely. You might want to consider our Mother-to-Be package for your day of relaxation. We recommend any of our facial or salon services. Massage and body treatments that are appropriate during pregnancy are noted with the (•) symbol. We advise you avoid any spa treatments using deep pressure or heat.

What should I wear to the spa?

You may come as you wish. Upon arrival you will be provided with a robe, slippers, and a locker for your personal belongings. If you are planning on using our fitness facility, please be sure to bring the appropriate workout attire and athletic shoes. The following treatments require workout attire or loose fitting clothing: Table Thai, Shiatsu, Jin Shin Jyutsu, Clinical Sports Massage and Massage 101 for Couples.

Do I have to disrobe entirely for a spa treatment?

As our guest, we would like you to remain comfortable for your entire visit. Although it is customary for guests to completely disrobe for their spa services, you may wear a swimsuit or undergarments if preferred. Please keep in mind that our therapists are fully trained to drape you discreetly and protect your privacy at all times.

Should I shave prior to my treatment?

Shaving is not necessary, but is recommended. We do encourage shaving at least 4 hours prior to your scheduled treatment.

Can I ask the therapist to adjust to my comfort level?

Absolutely. Whether it's the room temperature, the music volume or the massage pressure, please do not hesitate to ask. This is your time and we would like you to enjoy your experience to the fullest.

What is the standard tipping policy?

Gratuity is not included in individual service pricing and prices are subject to change without notice.

To provide a seamless experience for our guests, a 20% service charge, which is modifiable, will be added to your treatments. However, for all packages, this service charge is included in the listed price.

A Sanctuary of Caring and Respect

The Centre for Well-Being is an adult environment of tranquility and relaxation. We respect the right of all our guests to privacy and quiet by following these principles of spa courtesy:

- Refrain from using cellular phones
- Those 16 years of age and older are welcome in the spa
- Consuming alcoholic beverages are **not** recommended before or after treatment
- We recommend against bringing valuables to the spa

The Spa Boutique

Offering a selection of items to continue your well-being at home, including an extensive collection of premium skincare products from Pevonia Botanica. Many of the products used in our treatments are available for home use, including massage oils, body scrubs and lotions. We also invite you to shop our assortment of lifestyle apparel and gift items. For your added convenience and privacy, you may also shop by telephone at **800-843-2392**.



THE PHOENICIAN
A LUXURY COLLECTION RESORT

Scottsdale

THE CENTRE FOR WELL-BEING

Hours of Operation

Subject to seasonal changes.

Spa 7am to 7pm

Fitness Centre 6:30am to 7:30pm

Salon Mila 9am to 6pm

Spa Reservations 800-843-2392

or 480-423-2452

Salon Mila 480-423-2660

6000 East Camelback Road
Scottsdale, Arizona 85251 USA

Resort Direct 480-941-8200

Room Reservations 800-955-7352

Please visit our website to reserve
treatments and view seasonal offers.
www.thephoenician.com



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