



# Sonoran Spa

WYNDHAM GRAND RESORT AND SPA  
245 E INA ROAD | TUCSON, AZ 85704

[WESTWARDLOOK.COM/SONORAN-SPA](https://www.westwardlook.com/sonoran-spa) | 520-917-2467

  @SONORANSPATUCSON

## SIGNATURE TREATMENT

### MONTHLY WELLNESS GARDEN SCRUB 80-MINUTES

With something always blooming in the desert, our Spa Wellness Garden offers a variety of plants and herbs to complement every season. Whether it's our citrus trees in the spring, Aloe Vera and mint in the summer or pomegranates in the fall, you'll find our fresh ingredients make the perfect body scrub. Ask a Spa Services Associate about enhancing your service with what's in season today. *(Pre-discounted)*

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## MASSAGE THERAPY & BODY WORK

Licensed massage therapists provide the healing power of touch combined with desert botanical oils for relief, recovery and rejuvenation. Couple's duet massages are available and priced per person.

### SONORAN SPA MASSAGE 50-MINUTES | 80-MINUTES

This massage is customized just for you. Your therapist will use relaxing oils coupled with their rhythmic and calming touch to focus on areas of concern to you; can be modified to be a maternity massage. Will combine deep tissue and Swedish massage to focus on areas of concern to you.

### DESERT STONE MASSAGE 80-MINUTES

Elements of Mother Nature are used to provide relief to tense muscles and relaxation to your body and soul, while heated basalt stones become extensions of healing hands. The stone's heat will penetrate deep into your muscles providing a truly unique desert healing therapy.

### SPORTS MASSAGE 50-MINUTES | 80-MINUTES

Designed for individuals wanting detailed deep bodywork on specific muscle groups. Deep tissue and stretching techniques make this a great treatment for athletes and weekend warriors.

### REFLEXOLOGY ADD-ON 25-MINUTES | 50-MINUTES

Reflexology is based on the theory that the feet are reflections of our entire body. This therapeutic treatment begins with a steamed towel cleanse of your feet. By massaging and working points of your feet, the flow of energy throughout your body is affected, promoting health and balance.

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## BODY TREATMENTS

These thoroughly therapeutic treatments feature the benefits of healing botanicals, many of which grow in our Spa Wellness Garden. Our 80-minute body treatments include a full body massage.

### HERBAL DETOXIFICATION WRAP 80-MINUTES

De-stress and detoxify with the help of wild herbs. An exfoliating body brush is followed by an application of detoxifying oil. Warm herbal steeped muslin sheets are wrapped around your body to promote absorption of the oils and herbs.

### SONORAN SPA WELLNESS GARDEN RITUAL 80-MINUTES

Our signature farm-to-body treatment delivers balance through an interactive sensory spa experience. You will start at our Sonoran Spa apothecary and select from our assortment of indigenous and traditional plants and herbs from the Sonoran Desert that for centuries have been used for medicinal purposes all over the world. Personalize this experience by selecting ingredients to be combined with your chosen herbs, creating the perfect body scrub just for you. This unique service will change the way you spa forever. Includes a full body massage.

*If you are going to partake in our Wellness Garden Services, we ask that you arrive at least 30 minutes prior to your scheduled start time.*

## SKIN CARE

Our skin care treatments offer an array of luscious fruit, vegetable and herbal skincare products handcrafted by Éminence Organic Skin Care.

### SONORAN SPA ORGANIC FACIAL 50-MINUTES

This signature facial offers a wide spectrum of cleansers, toniques, exfoliants, masques, serums, eye creams and moisturizers that you and your skin specialist will select to give you a customized facial.

### FOUNTAIN OF YOUTH 80-MINUTES

Natural antioxidants, minerals and phyto-hormones address the concerns of mature skin. Skin plumping nutrients produce a noticeable, radiant, glow. This active facial treatment includes a lip and eye treatment to promote youthful radiance.

### MEN'S ORGANIC FACIAL 50-MINUTES

Rich in organic ingredients, this deep cleansing and mild exfoliation facial includes massage for your face, neck, shoulders and hands. Do not shave within two hours of facial.

### TEEN FACIAL 50-MINUTES

It's never too early to start teenagers on a great skin care program. During this customized facial, our skin care specialist will share information about the importance of proper skin care and sun protection.

### ORGANIC BACK FACIAL 50-MINUTES

Designed to smooth and clarify, this treatment uses all the techniques of a European facial to leave your back ready to be bared with confidence.

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## SPA PACKAGES

These rejuvenating packages are designed to incorporate specific therapies that complement one another. Lunch may be added to any package for an additional charge.

### PERFECT BALANCE 100-MINUTES

For the person on the go, treat yourself to a Balancing Massage and Facial.

### DESERT DETOX 185-MINUTES

Your choice between one of our relaxing detoxifying body treatments, with an extended 25-minute massage or reflexology. Then, relax your tired feet with our Sonoran Spa Ultimate pedicure.

### SONORAN SPA CLASSIC 200-MINUTES

Treat yourself to our classic Sonoran Spa services; includes the Sonoran Spa Massage, Facial, Manicure and Pedicure.

### SOOTHE YOUR SOUL PRICE VARIES BASED ON SELECTED SERVICES

Combine any two full priced body treatments, facials, or massages in one day and receive a 10% discount.



## NAIL CARE

With aromatic soaks and botanical scrubs, our nail care services are designed to restore your hands and feet. For men and women, these treatments restore and pamper well-used hands and feet.

### SONORAN SPA MANICURE 50-MINUTES

### SONORAN SPA PEDICURE 50-MINUTES

Relax with an aromatic soak, followed by an exfoliation and massage. Your service comes complete with cuticle work, nail grooming and polish.

### SONORAN ULTIMATE PEDICURE 80-MINUTES

The ultimate relaxation for tired legs and feet. Enjoy a glass of bubbly while you relax in an herbal soak, followed by an exfoliation, mask, Paraffin dip and a hot rock massage on your legs. Your service will come complete with cuticle work, nail grooming and polish.



## OUR LABYRINTH

Stones from the Sonoran Desert form the path of our beautiful outdoor labyrinth, which was inspired by the Tohono O'odham symbol, "The Man in the Maze." Historically, labyrinths are known as sacred gateways, which enhance, balance, regenerate and confirm our unity with the cosmos. Blessed by an elder of the Tohono O'odham, this powerful labyrinth has been consecrated a sacred space in nature. The path of the labyrinth is often a metaphor for the path of life. Its many turns reflect the journey of life, which involves changes of direction, transition, uncertainty, and also discovery and achievement. Associated with ancient pilgrimage routes and rituals of self-discovery, the labyrinth offers a moving meditation that we invite you to experience.

## NAIL ENHANCEMENTS

Sometimes nails need extra care in addition to the selected service. Our additional services will leave your nails feeling polished to perfection.

### FRENCH POLISH

### GEL POLISH SOAK OFF

### PARAFFIN DIP 15-MINUTES

## HAIR REMOVAL

Our waxing experts use quick, effective, comfortable techniques to keep your skin silky, touchable and hair free.

### EYEBROW, UPPER LIP OR CHIN

### FULL FACE

### UNDERARMS

### ARM

### BACK

### BIKINI LINE

### HALF LEG

### FULL LEG WITH BIKINI LINE

## OUR SPA WELLNESS GARDEN

The Sonoran Spa Wellness Garden offers an introspective exploration of your personal well-being. Our botanical oasis provides an escape from your daily routine with an aromatic array of herbs and tranquility. Design a personal wellness experience amongst the butterflies and hummingbirds with your selection of fresh ingredients. Let us be your home away from home, where you can truly be yourself.

*If you are going to partake in our Wellness Garden Services, we ask that you arrive at least 30 minutes prior to your scheduled start time.*

### LOOK UP AND APPRECIATE LIFE



# HOW TO SPA

If you are going to the Spa for the first time, or are new to the Sonoran Spa, below are some answers to the frequently asked questions to help you know what to expect so you feel at ease. In today's fast paced, externally connected world, there are few places you can escape to disconnect, refresh and restore your soul. We invite you to *Step Outside of Yourself* at the Sonoran Spa.

## WHAT SHOULD I KNOW ABOUT BOOKING MY SPA APPOINTMENT?

We recommend scheduling your Spa service(s) in advance to ensure the widest selection of treatments and appointment times. This is also a good time to share any health concerns and conditions, so we can suggest the best services for you. Some medical conditions may require consulting with your physician prior to receiving Spa services. Also, we have both male and female massage therapists, please let us know if you have a gender preference.

## HOW CAN I MAXIMIZE MY SPA EXPERIENCE?

We suggest arriving 10-15 minutes prior to your scheduled treatment time to allow yourself time to check-in, utilize our relaxation areas, and fully enjoy your Sonoran Spa experience. Things happen in life that may prevent you from arriving on time. The Spa will always do it's best to accommodate you; however, your treatment will end on time so that the next guest is not inconvenienced and the full treatment price will apply.

## WHAT SHOULD I BRING TO THE SPA?

We will provide you with a cozy robe and sandals to wear during your Spa experience. You may disrobe to your comfort level for your service. Because we cannot be responsible for lost or damaged items, we have lockers for you to leave your personal belongings during your time at the Spa. We recommend that jewelry and other valuables be left in your guestroom or at home.

## WHAT IS THE CANCELLATION POLICY?

We respectfully ask that you give the Spa at least 24 hours notice if you must cancel an appointment. The full service(s) cost will be charged for any late cancellation or no show appointments.

## WHAT IS THE STANDARD TIPPING POLICY?

We recommend 20% of the price of the service provided, but the amount is left up to your discretion. However, for all packages, this service charge is included in the listed price.

## WHAT IS PROPER SPA ETIQUETTE?

With tranquility as our main concern, we ask that you please observe our no cell phone policy. We request that you turn off all cell phones before entering the Spa. All emergency calls can be directed through our front desk. Please understand this is for the quiet enjoyment and comfort of all our guests. In addition, please refrain from the use of all tobacco products.

## SHOULD I SHAVE BEFORE MY SERVICES?

Although this is a personal decision, we recommend allowing several hours between shaving and receiving any service that involves an exfoliation (body services, scrubs, gentlemen's facial) to decrease the risk of skin irritation or discomfort.

## WHAT ARE THE SPA HOURS?

We are open 365 days a year, but our hours vary seasonally. We suggest contacting Westward Look Wyndham Grand Resort and Spa at (520) 297-1151 or the Sonoran Spa directly at (520) 917-2467 for our most current hours of operation.

## MAY I PURCHASE GIFT CARDS FOR THE SPA?

Sonoran Spa Gift Cards are available for individual services, corporate gifts and incentives, specific dollar amounts, products or gifts. Gift cards must be presented at the time of redemption. Gift cards are not redeemable if lost or stolen and carry no cash value.

*Prices Subject to Change: We are constantly expanding our services to bring you the latest and greatest. Although we make every effort to keep our website and spa menu updated, please note that prices and services are subject to change at any time. We value our clients, but we do reserve the right to refuse service at any time, to anyone, for any reason.*

