

SKINCARE

O2 OXYGENATING FACIAL BY IMAGE 50 min. | \$140

Unveil fresh, healthy skin with our effervescent oxygen infusing facial that's both gentle, and invigorating—visibly increasing radiance, clarity, and hydration. This treatment is ideal for every skin type.

ILLUMINATING FACIAL BY EMINENCE 80 min. | \$160

Complexion instantly appears revitalized, even luminous, with this Arctic Berry Enzyme facial for all skin types. This breakthrough peel and peptide illuminating system targets blemishes, uneven skin, and fine lines to reveal a new level of radiance to your skin.

ULTIMATE LIFTING FACIAL BY IMAGE 50 min. | \$150

Immediately reveal a healthier complexion with just one application of this revolutionary four layer treatment. A unique, nutrient rich blend of ingredients repairs your skin to brighten, tighten, and lift while strengthening and improving its ability to retain moisture. Suitable for all skin types, including sensitive skin.

AWAKENING FACIAL BY EMINENCE 50 min. | \$140

Dramatically replenish skin's moisture and restore the appearance of elasticity. Natural ingredients are used to treat loss of vitality, tone, and radiance. Skin instantly feels supple, firmer, and plumper. Suitable for use with all skin types.

STONE CROP ESSENTIAL FACIAL BY EMINENCE 50 min. | \$125

Discover a smoother, calmer, and firmer complexion. Stone Crop is a natural succulent used for centuries as a first-aid plant. Custom tailored to your skin type, sensitive skin is calmed, oily to dry skin is balanced, and signs of sun damage are lightened.

TRIPLE C & E FIRMING FACIAL BY EMINENCE 50 min. | \$125

Increase elasticity and diminish fine lines. Light aromatics of natural rosehip and organic fruit extracts soothe the senses while imparting incredible benefits to firm and refine your complexion. Protects and treats all skin types with a hydrating boost of vitamins and botanicals.

GENTLEMEN'S SKIN FITNESS BY EMINENCE 50 min. | \$125

Tailored for a man's unique skin care needs. A cocktail of citrus, rhubarb extract, leafy greens, and avocado oil delivers nutrients to the skin to improve skin health and a long lasting moisturizing effect. A tension relieving scalp massage banishes fatigue and stress leaving you revitalized, strengthened, and well-groomed.

VIBRANT SKIN FACIAL BY IMAGE 50 min. | \$125

Visibly reduce the appearance of wrinkles and fine lines with this intensely hydrating facial. Our comprehensive antioxidant treatment awakens your senses and energizes your skin with a vital boost of our nourishing Vitamin C complex. Skin is instantly firmed and tightened, skin texture is hydrated and plumped, and your complexion is soft with a natural radiant glow.

ENHANCE YOUR FACIAL WITH AN EYE OPENER \$25

For virtually every eye area concern: lines, wrinkles, puffiness, dark circles, and eyes lacking tone. Enrich your results with this enhancement included during your facial treatment.

MASSAGES

SYCAMORE SIGNATURE MASSAGE

80 min. Swedish | \$160 80 min. Deep Tissue | \$180

Revive your senses with a variety of therapeutic techniques to release all tension and stress. Aromatherapy coupled with warm towel compression completes this luxurious experience.

HOT SPRINGS STONE MASSAGE 75 min. | \$170

Using warm basalt stones and massage techniques, this blended treatment is a warm and relaxing experience to relieve muscle tension and mental fatigue.

DEEP TISSUE MASSAGE 50 min. | \$125 80 min. | \$160

For those who prefer a firm touch, deep tissue work includes slow, deliberate techniques using elbows, forearms, and knuckles to relieve muscle tightness.

DESTRESS MASSAGE

50 min. Swedish | \$135 50 min. Deep Tissue | \$150

Ease stress with this focused tension-releasing massage targeting the parts of your body which are mostly affected by strain—back, neck, shoulders, and scalp. Two powerful senses smell and touch, are joined through slow rhythmic massage and the healing blend of essential oils leaving you with restored physical and mental peace. Stress relief aromatherapy in a bottle is our gift to you to take home and begin a healthy change in your daily life.

MOTHER-TO-BE MASSAGE 50 min. | \$125

Focus on the changing needs of your body's overall wellness, designed to nurture the expectant mother after the first trimester. While cradled in comfort your tension and fatigue will dissolve.

INTEGRATIVE SWEDISH MASSAGE 50 min. | \$110 80 min. | \$145

Unwind, decompress, and relax to restore body and mind. Using purposeful massage techniques of light to medium pressure to embrace your specific needs by easing muscle tension and promoting relaxation.

HAND, FOOT, & SCALP MASSAGE 50 min. | \$100

Reduce tension and improve circulation with a spa trio focusing on massage of the hands, feet, and scalp while inducing deep relaxation to the entire body by releasing the flow of energy for the ultimate relaxation.

EXTEND THE BLISS MASSAGE 105 min. | \$195

Enhance your massage experience with this comprehensive Swedish massage. It's the ultimate restorative experience for anyone in need of stress relief, balance, and rest. You'll emerge with a healthier mind-body connection.

TRANQUILITY FOR TWO COUPLES MASSAGE

50 min. | \$120 per person 80 min. | \$155 per person

Slip into quietness together. Two therapists perform side-by-side Swedish massages designed to restore unity, connection, and collective calm.

MASSAGE ENHANCEMENT \$15

Add aromatherapy to any massage.

BODY TREATMENTS

HYDRATING PEAR SUGAR SCRUB 50 min. | \$120

Buff and polish skin to a renewed radiance. This luxurious body scrub for all skin types exfoliates skin and increases circulation. Finished off with emollient lotion, leaving skin healthy, silky, and smooth.

DETOX BODY BRUSHING & BLUEBERRY SCRUB 50 min. | \$120

Detox and invigorate your skin with a full body dry brush exfoliation and an organic blend of blueberry soy sugar scrub to polish skin and purify pores. A lavish application of ultra-hydrating apricot oil infused with an assortment of essential oils leaves skin feeling irresistibly soft and supple. The dry brush is our gift to you to continue your detoxifying treatment at home.

IT'S A WRAP & FREE MINI-FACIAL 75 min. | \$170

After skin is exfoliated with a dry brush, a warm soothing masque is applied to the body and you are cocooned in a thermal blanket to promote a true sense of well-being while providing nourishment to the skin. We complete the treatment with a free organic mini-facial. The dry brush is our gift to you to continue your treatment at home.

SPA ETIQUETTE

ARRIVAL

We request that you arrive 45 minutes prior to your scheduled appointment time if you would like to enjoy a complimentary 30 minute mineral hot spring soak before your treatment.

LATE ARRIVALS

Late arrivals will result in a shortened service.

CANCELLATION POLICY

Should you need to cancel or make a change to your appointment, please contact us at least 8 hours prior to your scheduled treatment time (24-hour cancellation notice for all Spa Packages) to avoid being charged in full.

PREGNANCY CONSIDERATIONS

Please notify our spa reservationists during the time of booking if you are pregnant. Please avoid deep tissue therapies and our thermal mineral springs.

MINIMUM AGE

Guests over the age of 14 are welcome. A signed consent form is required for all guests under the age of 18 and must be accompanied by a parent at the time of check-in.

HOURS

9:00AM-8:30PM daily

SPA PACKAGES

SYCAMORE RETREAT PACKAGE

Duo Retreat | \$230 per person Trio Retreat | \$340 per person
Available Monday-Friday

Feel tension unravel while you retreat into total relaxation in our therapeutic mineral springs. Tailor your perfect spa experience by combining two or three of our most soothing and gratifying treatments listed below.

- 50 min. Integrative Swedish Massage
- 50 min. Deep Tissue Massage
- Hydrating Pear Sugar Scrub
- Detox Body Brushing & Blueberry Scrub
- Stonecrop Essential Facial
- Gentleman's Organic Facial
- Vibrant Skin Facial
- Includes a 60 min Mineral Spring Soak

DAY AWAY PACKAGE

Monday-Thursday | \$150 per person Friday-Sunday | \$170 per person

Experience a day devoted to replenishing your mind and body. This popular package allows you to elevate your wellness to a new level. Rejuvenate with Yoga, Pilates or Tai Chi, immerse in healing waters, relax in our spa, then indulge in delightful cuisine.

- 60 min Healing Arts Class
- 60 min Mineral Spring Soak
- 50 min Spa Treatment (up to \$125)
- Brunch/Lunch at Gardens of Avila (\$20 value)

OASIS GROUP ESCAPE PACKAGE

\$160 per person | package applies to groups of four or more

Pamper yourself with friends with this group spa escape. Begin your relaxation under a waterfall flowing into a hot mineral water lagoon before indulging in one of our revitalizing spa treatments.

- 60 minute soak in the Oasis Mineral Springs Tub
- 50 minute Massage or Facial (up of \$125)
- Spa gift upon departure



COMPLIMENTARY SOAK

Every spa treatment includes a complimentary 30 minute private mineral hot spring soak prior to your treatment.