

SPA

MASSAGE THERAPIES

SWEDISH SOOTHING MESSAGE

Soften and soothe with light to medium pressure designed to improve circulation and wellbeing. If you need to be nurtured, slip into the solace of this traditional calming technique. Broad strokes and a fluid cadence quiet the nervous system, guiding the way to restoration and healing.

Cost 60 min / \$160
 90 min / \$230

DEEP MUSCLE RELIEF MESSAGE

Profound release through flowing medium to deeper pressure, this massage helps release dense muscle pain and tension. Stubborn tissues carrying the weight of the world surrender to a state of freedom and ease. For those who enjoy a stronger touch, this will help unstick what's stuck and provide relief after long hours of work, play and life.

Cost 60 min / \$170
 90 min / \$240

SPORTS MESSAGE

When you need to tune up the machine that carries you through your active lifestyle, select this treatment that focuses on correcting overuse, strain, and deep muscle pain. Compression and stretching techniques further the healing work and help prevent injury. Maintaining your body's optimal performance allows you to move boldly through life.

Cost 60 min / \$170
 90 min / \$240

PRE-NATAL NURTURE MESSAGE

Providing essential relaxation and comfort for the expectant mother-to-be. A strategically-designed massage that centers around soothing areas of tension, reducing stress, and balancing the body through all the changes of trimesters two and three. A happy, healthy mom for a happy, healthy baby.

Cost 60 min / \$160
 90 min / \$230

SPA REFLEXOLOGY

Rooted in ancient Chinese medicine, reflexology accesses self-healing by stimulating pressure points in the feet that correlate to specific organs and energetic pathways throughout the body. Open the floodgates for vitality and restoration, all by way of the feet.

Cost 60 min / \$170

REVIVE TO THRIVE 🧘

Embark on a journey toward deeper relaxation. In this treatment, you'll experience a combination of Ayurvedic techniques to relax and invigorate. We begin with a dry-glove exfoliation to jumpstart detoxification and stimulate your lymphatic system. Next, the body is covered in warm herbalized oil from scalp to toes with friction strokes that move the oil into the tissues to further dislodge toxins. Then muscle-specific strokes are used to promote relaxation. Finally, your therapist(s) will use Marma Point Therapy to stimulate and awaken energy in the body, calm the mind, and activate healing. The result: A feeling of calm, grounded energy to help you feel renewed.

Cost 60 min / 1 therapist / \$215
 60 min / 2 therapists / \$395

ENHANCEMENTS

CBD MESSAGE BOOSTER

CBD-infused products soothingly applied to the neck and shoulders aid in deep relief of physical and emotional pain.

Cost \$25 / No Additionl Time

🧘 Chopra Whole Health Retreat Offerings: signature Ayurvedic spa treatments featured at the Spa.

ENERGY & EASTERN THERAPIES

REIKI

Life force flows through us in energetic pathways. Reiki is a subtle modality that heals by transferring energy through the therapist's palms into stagnant areas in your body and charging them with positive energy. The power of a light or even absent touch becomes obvious when you emerge feeling light, calm, and centered.

Cost 60 min / \$170

CRANIAL SACRAL

Light touch follows a seemingly magical energetic pathway along the head and down the spinal column., spiriting away energy blockages along the way. Although the experience is gentle in nature, guests report a profound impact on relieving headaches, pains in the jaw, neck, or back, and even on hyperactivity.

Cost 60 min / \$170

90 min / \$240

SKIN CARE

SIGNATURE SPA FACIAL

Employing the wisdom of listening first, acting second, your expert esthetician will then create the blueprints to fulfill your skincare aspirations. Among the results-focused, active, organic skincare lines that will be carefully curated for your experience, you can expect to be treated to products rich in properties like anti-oxidants, phytonutrients, peptides, liquid oxygen, stem cells, botanicals, and more. Rolling these into a ritual just for you, your signature skincare experience awaits.

Cost 60 min / \$185

90 min / \$225

ESSENTIAL MARINE OXYGEN FACIAL

Life in balance, starting with your skin. This results-driven facial is power-packed with DNA repairing enzymes, pharmaceutical grade liquid oxygen, hyaluronic acid, peptides, and Vitamin C esters. marine-based and oxygen rich. Look forward to hydrated, balanced, smooth skin that helps erase the memory of fine lines and wrinkles.

Cost 60 min / \$185

90 min / \$225

CIVANA LIFESTYLE FACIAL

Detoxifying lymphatic brushing, relaxing aromatherapy, and facial massage are among the staples of every session. From there? Targeted active ingredients, from plant stem cells to peptides, work in synergy with your custom needs to produce radiant, renewed skin.

Cost 60 min / \$185

90 min / \$230

SONORAN SEA FACIAL

Float into a sea of calm. This indulgent massage- focused ritual melts away facial tension. Multi-layered massage lifts and tones the face while mimicking the rhythms of the ancient sea; Responsibly sourced rose quartz, chevron amethyst, and labradorite are woven throughout the treatment- lending their energetic and chakra balancing properties. Suitable for all skin types but especially for those who suffer from tension in jaw, headaches, anxiety, and dehydrated skin.

Cost 90 min / \$225

PURE RADIANCE FACIAL 🧘

Glow your way with this 60-minute radiance-boosting facial featuring a customized aromatherapy blend and face mask, using fresh ingredients and traditional ayurvedic purifying herbs.

In this signature treatment, an ayurvedic kansa-wand facial massage soothes, tones, and releases tension from face muscles, neck, and shoulders while a balancing foot bowl massage deepens the feeling of complete relaxation. Ultra-nourishing and skin-renewing products made with concentrated plant extracts, sea algae, and other antioxidant-rich actives are then applied to the skin to refine, balance, oxygenate, protect, and restore a healthy radiant glow.

Want more? Choose our 90-minute option to enjoy a tension-melting hand, arm, and scalp massage to achieve ultimate whole-body relaxation..

Cost 60 min / \$215

90 min / \$250

🧘 Chopra Whole Health Retreat Offerings: signature Ayurvedic spa treatments featured at the Spa.

SALON

MANICURE

REVIVE MANICURE

Tidy those tips in an express service to clean, shape, and polish nails.

Cost 30 min / \$39

MINDFUL MANICURE

Featuring Earl Grey Teatox mask.

Cost 50 min / \$69

PEDICURE

REVIVE PEDICURE

Clean up, shaping, polish removal/change (express).

Cost 30 min / \$39

MINDFUL PEDICURE

Featuring Earl Grey Teatox Mask.

Cost 50 min / \$69

NAIL ENHANCEMENTS

CBD SALT SOAK ADDED TO ANY PEDICURE

Cost \$15 / No Additional Time

FRENCH UPGRADE

Cost \$12 / No Additional Time