



the spa™

AT TALKING STICK

Your relaxation is our reward.



The Spa at Talking Stick Resort—a 13,000 square foot, open-air spa located high on the 14th floor—is the ultimate in world-class rejuvenation. With private rooms offering guests unparalleled views of the Valley and floor-to-ceiling windows that can be opened during treatments, there's simply no better place to relax and refresh. Enjoy a relaxation and serenity lounge, spacious steam room and fully equipped fitness facility.

True to the heritage and traditions of the Salt River Pima-Maricopa Indian Community, The Spa at Talking Stick Resort features products made with culturally significant ingredients for use in our treatments and services.

Welcome to  **the spa**[™]
AT TALKING STICK



In the spirit of ancient healing rituals, an expert's touch will release stress and tension, rebalance and restore you to optimal well-being and reveal a full sensory experience that allows for complete relaxation. In each of our massage therapies, The Spa at Talking Stick Resort incorporates specially crafted aromatic oils for the body, soothing pillows for the eyes and warm wraps for the neck and shoulders to enhance relaxation.



SPECIALTY TREATMENTS

FAIRWAYS TO HEAVEN GOLF MASSAGE

This massage is customized to fit your needs as a golfer. The goal is to play without pain, add flexibility to your game, improve endurance and lead to a better score.

CRANIAL SACRAL THERAPY

Cranial Sacral Therapy is great for relieving stress and physical or existential pain, improving emotional health and restoring work-life balance. This is the perfect treatment to experience the healing power of energy work. Your therapist uses light but powerful hand placement along the body, allowing for deep relaxation.

ULTIMATE TRIO

This amazing treatment trio includes a facial, body polish and body firming care all in one.

REFLEXOLOGY

In this restorative massage, a therapist applies pressure to the reflex areas of the hands and feet through specific thumb and finger techniques that enhance the body's own healing. Quite simply, it is the perfect antidote to the stresses of the everyday.

REIKI

Healing energy techniques provide means to balance, promote healing, reduce stress and create a feeling of calm. This healing energy allows one to feel happy and healthy.

MASSAGE THERAPIES

SOAK

A prelude to a massage or body treatment. This is the perfect way to begin your relaxation as well as soak tension, aches and pains away. Choose from Soft & Supple, After Sport, Toxin Release or Luxury of Lavender.

SIMPLY SWEDISH

Customized to your preferences, the use of light, medium or moderate pressure enhances this Swedish-influenced massage for a renewed sense of calm and rejuvenation.

HEAD, SHOULDER & BACK MASSAGE

Head, shoulder and back massages soothe away tensions in your upper body, break down knots and improve your flexibility. It helps relieve headaches by stimulating the nerves on your scalp and the blood circulating within your head. You will feel relaxed and re-energized.

DEEP TISSUE THERAPEUTIC

Using the healing value of organic cream, this medium to deep tissue massage targets stressed muscles, unlocks tension and relieves pain. Those experiencing injuries, chronic pain or restricted range of motion are sure to benefit, as well.

AROMA-BOTANICA

Enchanting herbs and blooms, selected for their restorative qualities, are expertly crafted and blended to create a sensory ritual of soothing, aromatic massage energy. Choose oils that capture your heart, enlighten your mood and inspire your soul.

PRO SPORT

This sport-inspired massage helps prepare, restore and improve your body's optimal performance through a combination of arnica extract applications and a flourish of healing techniques. This treatment is not limited to athletes. Ideal as a pre or post-workout massage, we will customize this treatment to meet your specific needs.

FOUR WINDS

The synchronicity of two therapists will produce true massage euphoria and deep relaxation. Choreographed by the touch of four palms, your massage is designed to craft a sense of calm as our signature blend of oils brings one to a place of inner peace and tranquility.

RIVER WALK

Warm stones harvested from Arizona's Salt River are traced along tension lines to promote deep relaxation, soothe stress and relieve tired, achy muscles. This treatment uses a blend of oils that promotes deep peace in the body's muscles and joints to relieve soreness and tension.

TIME FOR TWO *(Couples)*

Experience and enjoy any of our massage offerings with that special someone in a luxurious and private spa suite designed specifically for couples.

DESERT LAVENDER

A signature massage with desert lavender and wild chaparral oil to ensure complete relaxation and relief from stress. Following your massage, warm tufts of raw Pima cotton will be used to lightly brush your body with feather-light strokes. This soft sensation soothes the central nervous system and leaves the skin silky soft.

PEACEFUL HEALING

Raw Pima cotton poultices are filled with steaming desert herbs to produce luxurious aromas that bring your mind to a state of rest. Rhythmic pressure is applied along energy pathways of the body, offering renewed feelings of vitality and balance, finished with a soothing massage of warm reviving oils. This treatment was traditionally used to heal the farmer, the hunter and the weary traveler.

SPECIAL DELIVERY *(Pregnancy)*

For expectant mothers, this prenatal massage offers relief from pressure and discomfort in the lower back, hips, shoulders, legs and feet while promoting circulation and wellness. This treatment features Mama Mio fit skin for life pregnancy essentials. (Note: This massage is not offered during your first trimester.)

ADD-ONS

(ADDS TIME
TO SERVICE)

- Reflexology
- Dry No More scalp massage & restorative hair treatment
- Oil No More scalp massage & restorative hair treatment
- Scalp massage
- Reiki

ADD-INS

(BLENDED
INTO SERVICE)

- Restorative hand paraffin
- Hand and foot sugar scrub
- Intense conditioning hair treatment
- Text/type tension relief
- Reiki blended into treatment



The Spa at Talking Stick Resort is dedicated to improving skin health by offering quality products and an educated, caring skin care specialist. Achieving results means more than restoring youthful skin. It means prevention, protection and connection. Honoring an eco-conscious approach to skin care, many of our facials are designed to cleanse, nourish and re-establish the balance of spirit and natural complexion. Understanding that blend of beauty and science will also bring amazing results for our guest, as The Spa offers you complete skin care confidence. After careful analysis, your skin care professional will recommend the perfect facial and an individualized follow-up regime.



FACIALS

OPULENCE

Soothing, relaxing and suitable for all skin types, this complex botanical infusion will make your skin look younger and more luminous. Uneven skin tones will be balanced and your skin will look and feel hydrated, radiant and fresh.

REJUVENATE

This hydration complex promotes natural collagen and elastin production to hydrate the skin. The result is increased firmness, reduced fine lines and wrinkles, improved facial contours and overall radiance.

COLLAGEN

With the infusion of collagen serum, you will see reduced fine lines and wrinkles, improved elasticity, texture, tone and clarity. Your skin will be pleasing, plump and bright.

AGE DEFYING INFUSION

The collaboration of Rejuvenate and Atoxylene work in sync to significantly reduce the appearance of fine lines and wrinkles, while firming and producing more defined facial contours.

The facials above use an O₂ Intraceutical system to deliver oxygen under pressure, which infuses specialized serums into the skin, resulting in instantly visible results.

REPAIR & PREVENT

This facial focuses on preventing and repairing the signs of aging, damage due to sun or free radicals and lack of regular skin care. Your complexion will be cleansed, exfoliated and hydrated, providing a healthy, youthful glow.

ACNE PURIFYING FACIAL

This facial is ideal for guests who want to improve clarity, minimize pores and reduce inflammation associated with breakouts. It is the first step to clear, clean and healthy skin.

SHEER RADIANCE-AGE ERASE MD FACIAL

This facial is for anyone who wants to reduce the appearance of fine lines and wrinkles. While enhancing radiance and luminosity, it reverses the visible effects of past damage or lack of skin care. It is the best MD skin care treatment available to spas without a medical advisor on staff. It also includes a relaxing medley of a warm facial mask with an arm and hand sugar scrub. It is 60 minutes of bliss that truly encompasses the spa experience.

MEN'S CONDITIONING FACIAL

This facial balances ease with effectiveness to produce noticeable results by paying attention to the care of a man's skin. This is a fitness routine for a man's complexion that will turn back the hands of time or at least slow them down.

BACIAL (BACK FACIAL)

This is skin care for the back. It is ideal for guests who want to improve clarity, minimize pores and reduce inflammation associated with breakouts. It is the first step to clear, clean, healthy skin.

TURN BACK TIME

Effective anti-aging meets technology to deliver visible results. Through micro-current, this facial focuses on lifting and toning underlying muscles of the face, especially cheeks, above the brows and the jaw line. Putting your best face forward is your reward. (This facial features the NuFACE facial toning system.)

SKIN SMOOTHING PEEL (Sensitive/Rosacea)

The skin-smoothing peel retextures the skin, soothes fine lines and wrinkles and leaves the complexion hydrated, soft and supple in just 30 minutes.

AGE ERASE MD PEEL

This is the perfect peel to reduce the appearance of fine lines and wrinkles. Enhance radiance and luminosity while reversing the visible effects of past damage or lack of skin care.

WRINKLE ERASE FACIAL

This facial is a collaboration of The Spa's top products and technology. It begins with an MD peel for the face, neck and décolleté. To be followed by a powerful infusion of atoxelene serum, The Spa's Botox in an ampule! Effective anti-aging now meets technology to promote muscle lift, tone and tighten by NuFACE. For enhancing collagen, reducing wrinkles, redness and healing, an LED red light is used. This facial includes a peel for the arms and hands and finishes with a smoothing moisture lotion.

FACIAL ENHANCEMENTS

Atoxelene (wrinkle repair) add-on

ADD-ONS • LED Treatment

ADD-INS

- Peel
- Face lift
- Eye and lip
- Hyaluronic Lip Mask
- Collagen Eye Mask
- Lip and Eye Mask





Body therapies can help your skin radiate health and lasting softness. A gentle balance of cleansing, replenishment and hydration restores your body's complexion to a younger, silkier condition. The Spa offers an array of body treatments that eliminate dryness and dullness.



TRADITIONAL BODY THERAPIES

SWEET MESQUITE & HONEY

Begin with a gentle polish of sweet mesquite, salts and grains designed to open the pores and allow your body to absorb their beneficial components. To protect and purify, a mask of jojoba butter and mesquite honey is applied to the body. You are then wrapped in soft muslin to allow the botanicals to be absorbed by your skin. The relaxation continues with a facial firming serum and a toning and lifting facial massage. Then you are massaged with our signature sweet mesquite body lotion that leaves your complexion vibrant and bright.

PRICKLY PEAR BLOSSOM

Enjoy a gentle polish of sugar drenched in jojoba, prickly pear extract and organic essential oils. Then relax in a swathe of satin rich jojoba butter. While wrapped in warm body butter, your neck and shoulders are gently massaged to release tension, resulting in total relaxation.

MISSION FIG

A luxurious body polish that combines a blend of dried fig in sugar and honey sloughs away lackluster skin. A custom moisturizing application with lush Shea butter leaves the body bright and silky for days to come. While you lie wrapped in a fig mask, your neck and shoulders are gently rubbed to release tension and clear your mind.



TANNING

SPRAY TAN DUO

This treatment begins with a body polish to prepare the body's complexion for a beautiful bronzed look. It offers a healthy glow without harmful sun exposure. Your sunless tan will last three to four days and is perfect for that special occasion. Please wear loose fitting dark clothing and avoid showering and perspiring for at least 24 hours. (Features South Seas Tanning)

SIMPLY TAN

Enjoy the healthy glow of a suntan without the harmful side effects of the sun's rays and experience the latest in spray tanning technology. The organic spray tan will leave skin naturally kissed by the sun.

Let our nail professionals sooth, shine and dazzle your fingers and toes. The Spa salon offers warm and cool neck wraps, signature hand and foot massages and a sense of luxurious decadence while you obtain that perfect polished look.



MANICURES & PEDICURES

PRICKLY PEAR BLOSSOM

Feet and hands are treated to a blossom soak, followed by a succulent exfoliant of sugar drenched in prickly pear extract and essential oils. For intense hydration, a warm mask of satin rich jojoba butter is applied prior to an ideal polish finish.

MISSION FIG

Treatment begins with a honey soak. It continues with a dried fig and sugar scrub to brighten the skin, followed with a lush shea butter wrap to soften prior to a perfect polish.

BAREFOOT IN THE DESERT

Treatment begins with a lime peel soak, followed with a sugar scrub blended with a hint of organic citrus. This pedicure treatment is sure to leave you feeling rejuvenated. For relaxing hydration, a lavender paraffin mask is applied. Once the paraffin is removed, you will enjoy a cool cucumber foot and leg massage to melt away tension and leg stress. Your pedicure is finished with the perfect polish.

SWEET MESQUITE & HONEY

Treatment starts with a nutrient botanical soak and continues with an exfoliation of sweet mesquite and honey. To protect and purify, a mask of jojoba butter and mesquite honey is applied prior to polishing.

LUCKY LEGS

This pedicure features a miraculous and powerful detoxification. Draw tiredness from your feet and replace it with essential minerals to sooth and heal stressed, achy feet. Whether in the gym or on the job, it is the perfect pedicure to keep you at your best.

SPORT PEDICURE

Whether in the gym, on the court, approaching the green or on the job, this pedicure is practical and powerful. Ease the stress of an active lifestyle with the perfect way to give your feet a pep talk.

GELL MANICURE

A beautiful chip-free, fuss-free, long-lasting manicure.

NAIL ENHANCEMENTS

- French finish
- Paraffin dip
- Callous clean up

**All manicures are approximately 40 minutes and pedicures approximately 50 minutes, excluding the Barefoot in the Desert Pedicure, which is a 60-minute treatment.*

SALON SERVICES

Please see the price list for hair and salon services.



SPA INFORMATION

HOURS OF OPERATION

Fitness 24-7 with room key
Spa Monday-Saturday 9am-6pm
Sunday 9am-5pm

AGE REQUIREMENT

Guests must be at least **18 years of age** in order to use the spa and locker room facilities. Minors are permitted in the salon for services but must be accompanied by an adult. Minors are not permitted to wait while a parent participates in a service.

RESERVATIONS

We encourage you to schedule your appointments at least 2 weeks in advance to make sure the preferred treatments and services are available. Reservations are accepted at The Spa at Talking Stick by phone at **480.850.4065**.

ARRIVAL

We recommend arriving 30 minutes prior to your first treatment to allow time for check in before beginning your spa experience.

SERVICE CHARGE

A 20% service charge will be added to your treatment price. Gratuities will be shared with our spa professionals, planners and attendants.

*Pricing and service offers are subject to change.

CANCELLATIONS

We request at least 24-hour advance notice to cancel appointments. Failure to do so will result in a charge for the full amount of your scheduled treatment.

SPA AREAS

Our spa environment is one of tranquility and relaxation. Please respect the privacy and quiet of other guests. No cell phones or electronic devices please.

DAILY SPA PASS

Resort guests who purchase a 45-minute spa service will receive complimentary access to the entire spa facility. Those who do not purchase a treatment can enjoy access for a \$15 per-day charge.

For non-resort guests, the purchase of a 45-minute spa service is required to gain unlimited access to the spa and fitness facilities on the day service is received.



For more information, please contact:

The Spa at Talking Stick
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Scottsdale, AZ 85256

Telephone 480.850.4065
talkingstickresort.com



TALKING STICK RESORT.

*Locally owned and caringly operated by the
Salt River Pima-Maricopa Indian Community.*