

For centuries, many travelers have been inspired to seek the energy and breathtaking beauty of the magnificent red rocks in Sedona. Among the peace and tranquility, visitors will discover the mystery of the four vortexes—**BELL ROCK, AIRPORT MESA, CATHEDRAL ROCK** and **BOYNTON CANYON**, powerful world-renowned energy sites which provide an ideal setting for meditation, introspection and exploration of spirituality.

Sedona Spa is nestled peacefully among the four vortexes, enhancing relaxation and producing an uplifting experience. Feel the spirit of Sedona at Sedona Spa where a diverse range of spa treatments will revive and rejuvenate. Come experience tranquility and discover Sedona.



SEDONA SPA





SEDONA SPA

SPA HOURS

MONDAY - SATURDAY 6 a.m. - 9 p.m.

SUNDAY 8 a.m. - 6 p.m.

1.928.282.5108

160 PORTAL LANE, SEDONA, ARIZONA 86336

DiamondResorts.com/Los-Abrigados-Resort-and-Spa

ADVANCE RESERVATIONS REQUIRED FOR ALL SPA SERVICES.

SPA RESERVATIONS

Advance reservations are required for all services. Contact the Spa by calling 1.928.282.5108. Reservations must be secured by credit card, a Los Abridados Resort & Spa suite number or a Spa membership number.

APPOINTMENT TIME

Services begin and end as scheduled. We ask that you arrive at least 15 minutes prior to your scheduled appointment time. You are welcome to arrive earlier or to stay later and enjoy the rest of our facilities.

CANCELLATIONS AND CHANGES

Cancellations must be made at least six (6) hours in advance to avoid a full charge for scheduled services or activities (48 hours notice is required to cancel or change spa packages).

FEES AND SERVICES

Prices and services are subject to change without notice. Gratuity is not included in Spa service prices. For additional information, please contact the Spa desk at 1.928.282.5108.

DISCOUNTS

Special discounts on services and certain activities apply exclusively to owners and Spa members.

LOCKER ROOMS

Towels and other amenities are provided. Separate men's and women's locker rooms feature eucalyptus steam room, sauna, whirlpool, showers and lockers.

ACTIVITIES

Please contact the Spa desk for information about our resort activities and to register for activities. Additional information about area attractions is available through the resort concierge.

FITNESS CLASSES

Sedona Spa offers more than 30 fitness classes weekly including Yoga, Pilates, ZUMBA, cardio, water aerobics, body sculpt, step and many more. Please contact the Spa desk for information about our fitness classes.

SPORTS COURTS AND EQUIPMENT

Sports courts and equipment are available to owners, Spa members and Los Abridados Resort & Spa guests. Call the Spa desk at 1.928.282.5108 for more information.

Massage Therapy

Massages are performed by an experienced staff of licensed massage therapists.

THERAPEUTIC MASSAGE

Services integrate a variety of massage techniques to meet individual needs and may include: Swedish, neuro-muscular, acupressure and range of motion. Massage promotes relaxation, relieves muscle tension and reduces the effects of stress. It can also be helpful for injury rehabilitation. Please communicate your needs to the therapist prior to your service.

30 MINUTES, 60 MINUTES OR 90 MINUTES

MASSAGE FOR TWO

Share the experience! Two therapists will provide each of you with a massage as you relax, or talk to your partner. Great for special occasions.

60 MINUTES OR 90 MINUTES

DEEP TISSUE MASSAGE

Slow strokes and deep finger pressure to release chronic patterns of tension relaxes deep layers of muscle tissue. Deep tissue massage releases toxins and gets oxygen and nutrients flowing.

60 MINUTES OR 90 MINUTES

SPORTS MASSAGE

A vigorous massage concentrating on muscle groups most involved in specific exercise or sports. Consult with a therapist about your needs and intensity of massage.

60 MINUTES OR 90 MINUTES

TABLE SHIATSU MASSAGE

An Asian style of massage including finger and palm pressure along the body "meridians" (energy channels of the body). Releasing blocks along these pathways can ease physical discomforts and rebalance the energy flow. Service is performed with client in loose-fitted clothing.

60 MINUTES OR 90 MINUTES

MATERNITY MASSAGE

A soothing and comforting massage designed specifically to aid the special needs of the mother-to-be.

60 MINUTES OR 90 MINUTES

REJUVENATING AROMATHERAPY MASSAGE

Our therapist will combine therapeutic massage with essential oils and essences. Experience deep relaxation of all of your senses.

30 MINUTES, 60 MINUTES OR 90 MINUTES

Specialized Bodywork

We offer bodywork services on the cutting edge of the holistic health field. Our licensed therapists have abundant knowledge and a wealth of training and experience to share with you.

Please consult with our Appointments Coordinator and reserve well in advance. We also strongly recommend that you enhance your bodywork with an additional 30 minute massage. This combination makes your treatment even more therapeutic and satisfying.

BELAVI FACELIFT MASSAGE

A stimulating massage to help sagging facial muscles and sun-damaged skin. Service includes luxurious creams, oils and a unique honeylift treatment with a combination of strokes and acupressure to hands, feet, scalp, neck and shoulders.

60 MINUTES OR 90 MINUTES

CRANIO-SACRAL THERAPY

Through light touch the therapist finds and alters cerebral and spinal imbalances that may cause sensory, motor or other dysfunction. Service is performed with client in loose-fitted clothing.

60 MINUTES

THE FELDENKRAIS METHOD

Learn gentle movements for transforming your posture and improving flexibility and physical efficiency in a private, hands-on functional integration lesson. Service is performed with client in loose-fitted clothing.

60 MINUTES OR 90 MINUTES

HOT STONE THERAPY

Smooth polished basalt lava stones are heated and incorporated into a massage to loosen tight muscles, relieve stress and ease tension (This treatment is not recommended for anyone with inflamed tissues, medical conditions where the use of heat is contra-indicated or who may be pregnant. Check with your health care practitioner before scheduling).

60 MINUTES OR 90 MINUTES

REIKI

Reiki is a powerful Japanese method for stress reduction and relaxation that promotes the body's ability to balance itself that consists of a light touch of the hands in a pattern to promote optimal energy balancing.

60 MINUTES

FOOT REFLEXOLOGY

Through the massaging of the feet, reflexology improves circulation, eliminates toxic by-products, reduces stress and provides an overall feeling of well-being.

30 MINUTES

LYMPHATIC MOVEMENT THERAPY

Gua Sha, a 2,000 year old traditional Chinese method in which a jade tool or water buffalo horn is rubbed over the body, is used to greatly improve blocked qi (energy) and circulation.

60 MINUTES OR 90 MINUTES

ORTHO-BIONOMY

This massage will gently stimulate the body's reflexes and break the cycle of pain. The result is seemingly effortless pain and tension relief, relaxation and a deep sense of well-being.

60 MINUTES OR 90 MINUTES

Nail Care

Artificial nail services are available. Speak with our Spa Receptionist for details. See the Sedona Spa Express Line for additional nail services.

DELUXE SPA MANICURE

A luxurious citrus-based manicure, including extensive treatment of nails and cuticles, hand exfoliant, arm and hand massage and polish. Your hands never looked better.

45 MINUTES

DELUXE SPA PEDICURE

An extensive, relaxing treatment of nails, cuticles and calluses including an invigorating foot and leg massage and polish.

60 MINUTES

NO DIP PARAFFIN TREATMENT

Hot paraffin wax for hands or feet leaves the skin feeling beautifully smooth. Ideal for relief of arthritis or other joint conditions.

15 MINUTES

Hair Care

Prices for hair services are subject to length and condition of hair. Services with The Salon at Sedona Spa may be booked through the Salon directly at 1.928.203.8988, or through the Spa desk at 1.928.282.5108. Please contact the Salon directly to book your wedding party or specialized services.

Full Body Skin Treatments

Our polishes, wraps and masques can be tailored to your skin type, home climate, activity level and more to assist in choosing the perfect products for you. Honey, mineral, seaweed or mud masques and wraps — each treatment is unique. Some products may depend upon seasonal availability.

SEDONA SUNRISE SCRUBS AND POLISHES

Our specialized herbal scrubs from our local bioregion will exfoliate the skin to cleanse, replenish, and soften your skin, leaving you feeling refreshed and your skin smooth and glowing. It's also a perfect beginning to one of our wraps.

30 MINUTES

SEDONA SUNSET DRY WRAPS

Treatment begins with a dry exfoliating brushing, stimulating the lymph and circulatory systems. Your therapist will gently apply a rich moisturizing lotion to your skin and wrap you with warm tea sheets, which have been infused in wild crafted herbs, leaving your skin fragrant, silky soft and wonderfully touchable. Your therapist will massage your feet, hands, neck, shoulders and scalp.

60 MINUTES

MASQUES

Use of the same products as a wrap, without the application of a heat pack, thus allowing for gentle absorption of herbs and nutrients into your skin.

60 MINUTES

THE ULTIMATE EXPERIENCE - SEDONA SOJOURN

A Sedona Spa Exclusive. The essence of Sedona Sojourn is created from organic oils and wild crafted botanicals from our bioregion. The herbs are seasonally chosen, ethically gathered, infused in organic oils and combined with rich, mineral pure desert salts. Our specialized scrub will exfoliate, cleanse, replenish and soften your skin, while our hydrating heat wrap allows the moisturizing and healing effects to penetrate, leaving the skin fragrant, silky soft and wonderfully touchable.

90 MINUTES

DESERT DREAM

A rejuvenating combination of one of our scrubs and one of our wraps or masques, will leave your skin silky smooth. A luxurious butter cream completes the treatment, penetrating deeply and leaving the skin hydrated. This is an excellent treatment to improve circulation and relieve tension.

90 MINUTES

Facial Skin Care

Facial skin is impacted by environmental factors which dehydrate and age the skin, leaving it dull and dry. Our oxygenating and mineral enriched marine and botanical facials have remarkable anti-pollution properties, protecting the skin, accelerating cellular renewal and restoring plumpness.

60 MINUTE ESSENTIAL FACIAL

Maintaining healthy skin is essential to good skin respiration. Wake up dull skin with a deep cleaning; hydrating and freshening of the skin with our anti-oxidant marine algae based formulas. Key marine and botanical ingredients will relax, fortify and combat cellular fatigue of the skin to help retain the appearance and fitness of healthy skin.

60 MINUTES

75 MINUTE OXYGENATING FACIAL

A breath of fresh air and packed with minerals, our seaweed extract serums facilitate the assimilation of oxygen to the skin by improving cellular respiration by allowing the skin to breathe again. This will leave your skin newly invigorated and your complexion radiant.

75 MINUTES

ANTI-AGING FACIAL

This 90 minute reinforcement of anti-aging antioxidants contains high levels of minerals and trace elements. The use of plant stem cells from marine and coastal plants, high in vitamin C and natural plant sterols, mimic the skins renewal properties to boost cell activity, visibly smoothing wrinkles.

90 MINUTES

GENTLEMAN'S FACIAL

Designed especially for men, this deep cleaning, hydrating and detoxifying facial with our antioxidant marine algae based formulas will leave masculine skin toned, refreshed and renewed.

60 MINUTES

SPECIALIZED EYE TREATMENT ADD-ON

Add this high performance eye treatment to diminish wrinkles, dark circles and puffiness while firming the skin.

AVAILABLE WITH FACIAL

LIP CARE TREATMENT ADD-ON

Add to your facial with our exfoliation and plumping duo to smooth the lips, replenish lipids and restore lip volume and radiance.

AVAILABLE WITH FACIAL

WAXING

Facial and body waxing allows up to 30 days without shaving, leaving skin with a softer, smoother feel. Hair must be at least 1/8 inch to be waxed. Underarm, chin, lip or brow 15 minutes; bikini, lower leg or forearm 30 minutes; upper leg (including bikini) 45 minutes; back or full leg (including bikini) 60 minutes.

CLEANSING BACK TREATMENT

Deep cleans, soothes and nourishes the skin. Removes ingrown hairs and soothes acne eruptions.

60 MINUTES

Spa Packages

FOUR VORTEX PACKAGE

Allow the powerful energy centers of the four vortices to strengthen your inner being, creating an uplifting experience of relaxation and balance. Package includes half bottle of Veuve Clicquot Champagne, gratuity and complimentary autographed copy of Scientific Vortex Information by renowned vortex expert Pete Sanders.

180 MINUTES

AIR - AIRPORT MESA FACIAL

Refresh and rejuvenate with a reparative facial including hydrating and nourishing serums. Uplift your spirits and unleash your inner smile.

EARTH - BELL ROCK REFLEXOLOGY

Reflexology refreshes and soothes those tender feet with a pressure point massage. Be at peace knowing that your feet are at their best.

FIRE - BOYNTON CANYON HOT STONE MASSAGE

Ancient healing ritual with heated basalt river rocks combined with long, relaxing Swedish massage strokes. Release aches and pains from the past and renew your full being for the future.

WATER - RED ROCK CROSSING SCRUB

Allow the power of water to refresh and purify the skin. A light exfoliation stimulates lymphatic and circulatory systems clearing toxins from the body. A luxurious application of rich shea butter cream is gently applied on the body providing protection from the effects of stress, pollution and aging.

Single Services include gratuity, complimentary Vortex Map and Vortex Information.

Sedona Spa Golf & Spa Packages

Seven Canyons, a Tom Weiskopf championship golf course, is touted as one of the most scenic golf courses in Arizona. Rated #5 in the state of Arizona by Golf Digest, the 18 hole, par 70 course of 6,746 yards is relatively short, but no pushover. The course winds around canyons, cliffs and trees providing focus and free from noise and disruption.

TEE TIME

Select your tee time and number of players. Price dependant on tee time and season. Includes golf cart. Club rental available.

CALL FOR SEASONAL RATES

GOLF AND MASSAGE PACKAGE FOR TWO

After 18 awe-inspiring holes of golf amidst the red rocks and cliffs, return to Sedona Spa for two 60 minute deep tissue and Swedish massages for deep muscle work combined with long, fluid stokes focusing on the entire body. Includes massage gratuity, fitness club and spa access and golf cart.

PER COUPLE - CALL FOR SEASONAL RATES

DELUXE GOLF AND SPA PACKAGE

He can enjoy a round of 18 holes on a breathtaking course while she receives a 60 minute aromatherapy massage followed by a nourishing 60 minute Sedona facial. Includes massage gratuity, fitness club and spa access and golf cart.

FOR TWO - CALL FOR SEASONAL RATES

ADD-ONS

Add on to any golf and Spa package: Reflexology, facials, scrubs, wraps or golf instruction at Seven Canyons.

PLEASE CALL FOR PRICING AND PACKAGES

Sedona Spa Express Line

Massage, nails and facials designed for those with no time to spare! Our 30 minute express manicures, pedicures, facials and massages are perfect when you just need a quick "fix-me-up." Great for gentlemen and youngsters too!

EXPRESS MANICURE

Nail tech treats cuticles and nails, shapes and finishes with a glossy buff or clear polish.

30 minutes

EXPRESS PEDICURE

Nail tech treats calluses, cuticles and nails, shapes and finishes with a glossy buff or clear polish.

30 minutes

EXPRESS MASSAGE

Relieve tension and stress with a focused massage on the back, neck and shoulders, or a specific problem area.

30 MINUTES

EXPRESS ESSENTIAL FACIAL

Hydrate and freshen your skin with our antioxidant marine algae based formulas. Key marine and botanical ingredients will relax, fortify and combat cellular fatigue of the skin.

30 MINUTES

Fitness & Wellness

Individualized Personal Training

FIRST SESSION

Initial 90 minute training session includes a complete fitness analysis, exercise plan and a full-body workout with a personal trainer. Fitness analysis includes weight, measurements, body composition and tests for cardio respiratory function, endurance and strength.

90 MINUTES

ONE-ON-ONE SESSION

A follow-up 60 minute session for those who have already undergone a First Session and need a "tune-up" on their fitness program.

60 MINUTES

TRY A TRIO*

Includes a First Session and two additional One-on-One Sessions. Ideal for anyone staying with us a week or longer.

*Three week expiration from time of purchase.

THREE SESSIONS

A PERFECT TEN*

Includes a First Session and nine additional One-on-One Sessions. This package is designed to keep you on track with your fitness goals. *Ten week expiration from time of purchase.

TEN SESSIONS

BUDDY TRAINING

Grab a friend to add additional motivation to your training during this 60 minute session. For each participant's health and safety, a First Session must be completed by each individual prior to Buddy Training.

60 MINUTES

TWELVE WEEK INTENSIVE PROGRAM

An aggressive twelve week personal training routine that complements Bill Phillip's Body for Life Challenge. Discuss details with our Fitness Supervisor.

FOLLOW-UP FITNESS

Optional fitness analysis to see proof of your results following your series of personal training sessions.

PILATES REFORMER TRAINING

A unique training system based on the teaching of Joseph Pilates that stresses the conditioning of "core" muscle groups. Available exclusively through private training in our Pilates Studio.

Tennis

USPTA AND INTERNATIONAL INSTRUCTORS

To reserve a court or book a tennis lesson or clinic, please contact the Spa desk at 1.928.282.5108. Complimentary racquets and balls are available. Discounts do not apply.

CARDIO TENNIS

3 PERSON MINIMUM

TENNIS FUNDAMENTALS

3 PERSON MINIMUM

ROUND ROBIN

3 PERSON MINIMUM

TENNIS CLINIC

3 PERSON MINIMUM

PRIVATE LESSONS

30 MINUTES OR 60 MINUTES

SEMI-PRIVATE LESSONS FOR TWO

30 MINUTES OR 60 MINUTES

HOST HITTING

Three set match with a pro.

IF YOU BEAT THE PRO THE SESSION IS FREE.

Mini Golf

CREEKSIDE FAMILY GOLF

An 18-hole professional miniature golf course located on the resort grounds. The Creekside Family Golf course was the home of the 2009 U.S. Open Tournament, a professional miniature golf event hosted by Los Abrigados Resort & Spa. Open daily-hours seasonal.

POSTED FEES APPLY

