



THE PHOENICIAN  
*spa*

## *Menu of Services*



THE PHOENICIAN  
A LUXURY COLLECTION RESORT, SCOTTSDALE  
6000 EAST CAMELBACK ROAD, SCOTTSDALE, AZ 85251 USA  
RESORT 480 941-8200 — SPA RESERVATIONS 480 423-2452

Create your own personal

## *Wellness Ritual*

Please allow yourself time to indulge in a complete spa experience. To improve the benefits of both your treatment and overall well-being, begin your visit with preparatory hot-and-cold contrast hydrotherapy, for a duration of 30 minutes or less. This program can be enjoyed within each gender-specific locker room:

*5-minute Sauna;  
dry heat for muscle recovery and pain relief*

*5-minute Steam;  
wet heat to flush toxins from the  
body and improve breathing*

*30-second Cold Shower;  
to stimulate circulation*

*5-minute Rest*

*10-minute Vitality Hot Tub;  
to boost the immune  
system and promote relaxation*

*30-second Cool Shower;  
to regulate body temperature*

*5- to 10-minute Rest before your spa treatment;  
enjoy infused water or tea*

Once your spa treatments are complete, it is important to rest for at least 20 minutes to receive the most benefit. Relax in our post-treatment lounge area or at the rooftop pool.

*Spa guests 18 years and older are welcome in all areas of the spa, including locker rooms, treatment center and rooftop pool. Salon services are available to younger guests when accompanied by an adult.*

# FEATURED OFFERINGS

## ENERGY BALANCING RITUAL

All spa treatments begin with this gentle balancing of the body's energetic pathways. This process harmonizes the physical, mental and spiritual self, allowing for a restorative feeling of equilibrium, openness and relaxation.

## ESSENTIAL OILS

Essential Oils are powerful plant extracts that naturally promote healing through positive emotions, physical wellness and spiritual awareness. Many of our treatments and product lines also include high-quality essential oils to create a state of well-being.

## THE PHOENIX RISING AROMA BLEND

The Phoenix Rising blend was designed exclusively for The Phoenician Spa using a combination of essential oils to bring warmth to your spa experience. While the featured amber and clove are comforting and hospitable, lemon and frankincense bring a sense of renewal and rejuvenation. Finally, rose and myrrh expand creativity and a sense of higher self. This exceptional elixir of oils works in perfect harmony, preparing us to rise, regenerate and create space for new experiences and blessings.



# CABANAS

The Phoenician Spa Rooftop Pool showcases eight private cabanas for daily rental. Featuring majestic views of Camelback Mountain and a number of delightful amenities, these signature offerings are the perfect accompaniment to a blissful day. Your cabana includes: bottled water, an overhead fan, refrigerator, chilled towels, luxury sunscreen kit, and choice of food and beverage selection.

**Spa Essential:** Rates vary based on season. Subject to availability and a maximum of four people. Available to book only with a spa treatment.



# SIGNATURE ELEMENTS OF WELLNESS

## SONORAN WELLNESS SCRUB, MASSAGE & WRAP

1 hour, 50 min

This complete balancing and rejuvenating experience will leave you in a state of pure joy. To begin, salt crystals are combined with desert sage and wild lavender for a smoothing body polish. Handcrafted rose stones are placed on the vital centers to enhance a full-body massage. While enveloped by healing aloe moisture that both nourishes and relaxes, an acupuncture facial massage and rejuvenating foot massage soothe and restore from head to toe.

## HIMALAYAN SALT STONE RITUAL

50 min or 80 min

This massage nourishes the body and relaxes the mind. Warm, hand-carved salt stones from the Himalayan Mountains massage the body to soothe away stress and tension. With 84 essential nutrients and minerals, the 100 percent pure salt will remineralize your skin to deliver an increased level of wellness. This provides deep relaxation, improved sleep, reduced inflammation and a sense of emotional peace.

## PHOENICIAN'S FINEST FACIAL

50 min or 80 min

Biologique Recherche offers a completely personalized facial experience exclusively designed to provide instant results based on your skin's needs. The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free. This facial uses cold methodology to maintain the active ingredients. Along with its soothing properties, cold has a draining, decongestant and firming effect for the skin. Using a specialized sequence of massage techniques and a highly effective personalized combination of active ingredients, the skin is instantly transformed.

**Spa Essential:** Excludes extractions

# *Massage Treatments*



# MASSAGE TREATMENTS

## ARTISAN

50 min or 80 min

Our experienced therapists are certified in a variety of massage techniques, allowing them to create an artful combination specific to your needs that helps alleviate pain, reduce tension and promote relaxation.

## COUPLES MASSAGE

50 min or 80 min

Artisan Massage for Two in our Couples Massage Treatment Room.

## HIMALAYAN SALT STONE RITUAL

50 min or 80 min

This massage nourishes the body and relaxes the mind. Warm, hand-carved salt stones from the Himalayan Mountains massage the body to soothe away stress and tension. With 84 essential nutrients and minerals, the 100 percent pure salt will remineralize your skin to deliver an increased level of wellness. This provides deep relaxation, improved sleep, reduced inflammation and a sense of emotional peace.



# MASSAGE TREATMENTS

## EXPECTANT MOTHER

50 min or 80 min

A gentle and nurturing treatment offering the perfect combination of Swedish massage and soothing touch for the mother-to-be.

**Spa Essential:** Massage available after completing the first 13 weeks of pregnancy.

## RELIEF MASSAGE

50 min or 80 min

Our signature Artisan Massage adds the benefits of CBD oil and CBD balm to deliver soothing relief for the entire body. The balm provides targeted attention to sore backs, joints, hands and feet with gently warming, tingling cayenne and arnica. Discover the power of this plant medicine and bring the body and mind to harmony with a strong dose of stress relief.

## BODY AND SOUL

80 min

Experience the unparalleled healing benefits of our signature relaxation massage. This treatment infuses organic lavender, sage and high potency, supercritical extract of arnica flower to target aches, pains and soft tissue damage. Steaming hot towels are incorporated throughout the service to assist in the anti-inflammatory and healing properties of the essential oils, all while calming the mind.

## FIRE & ICE MASSAGE

50 or 80 min

Combine the warmth of hot oil with the cooling relief of our ChillZen cream in a full-body massage that delivers pain relief and reduces inflammation. Arnica extract and clove oil treat areas of pain, while eucalyptus helps cleanse the body of toxins.

\*Avoid during pregnancy or while breastfeeding.

# MASSAGE TREATMENTS

## MASSAGE ENHANCEMENTS

No extra time needed

Aromatherapy

Natural Collagen Hydrogel Face Mask

Hand or Foot Hydration Therapy

Scalp Treatment

CBD Relief

## MASSAGE LONGER

Add 25 min

Back, Neck and Shoulders

Scalp Massage



# *Body Treatments*



# BODY TREATMENTS

## REJUVENATING SCRUBS

### PHOENIX RISING SCRUB & MASSAGE

80 min

Our warming signature scent is blended into a creamy body polish rich in magnesium. A full-body massage follows using a premium Shea Butter and coconut oil. Creates healthy energy levels, fosters better sleep, improves muscle function and overall well-being.

### MINERAL SALT GLOW

50 min

Earthy mineral salts combine with your personally selected aroma oil, matching your mood and needs for the day. This invigorating and detoxifying full body exfoliation is enhanced by your own intuitive sense of what is best for personal wellness.



# BODY TREATMENTS

## HYDRATING

### SONORAN WELLNESS SCRUB, MASSAGE & WRAP

1 hour, 50 min

This complete balancing and rejuvenating experience will leave you in a state of pure joy. To begin, salt crystals are combined with desert sage and wild lavender for a smoothing body polish. Handcrafted rose stones are placed on the vital centers to enhance a full-body massage. While enveloped by healing aloe moisture that both nourishes and relaxes, an acupuncture facial massage and rejuvenating foot massage soothe and restore from head to toe.

### MONSOON PARADISE BODY WRAP

80 min

Our heavenly body soufflé is designed to melt on your skin, enveloping you in a fragrant cloud of aromatherapy while the nourishing goodness sinks in. This soufflé of Shea butter and coconut oil provides a beautifully textured skin-treat for exquisite smoothness. The aromatherapy blend includes rose, jasmine, ylang ylang and sweet orange. Warmed soufflé is applied to the body and then sealed with a wrap. During this process, a detoxifying mud mask is applied to the feet to improve circulation, creating an energizing sensation.



# *Facial Treatments*



# FACIAL TREATMENTS

## ESSENTIAL

### THE PERSONAL REMEDY

50 min

This results-oriented treatment will address specific skin conditions. From hyperpigmentation, sensitivity, oily skin and premature aging, this personalized facial helps treat and correct individual concerns. Includes a customized exfoliation for the face, neck and décolleté to renew the skin, a deep-cleaning massage to promote circulation and hand-selected masque to balance and nourish.

### GENTLEMAN'S PERSONAL REMEDY

50 min

Using the highest quality, biodynamic and naturally occurring skin food to help you look and feel your best at any age, this facial features product created specifically for men and is personalized to your skin type to deep clean, smooth and hydrate.

**Spa Essential:** If shaving, do so a minimum of 2 hours prior to treatment.

## LUXURY

### PHOENICIAN'S FINEST FACIAL

50 min or 80 min

Biologique Recherche offers a completely personalized facial experience exclusively designed to provide instant results based on your skin's needs. The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free. This facial uses cold methodology to maintain the active ingredients. Along with its soothing properties, cold has a draining, decongestant and firming effect for the skin. Using a specialized sequence of massage techniques and a highly effective personalized combination of active ingredients, the skin is instantly transformed.

**Spa Essential:** Excludes extractions

# FACIAL TREATMENTS

## ADVANCED SKINCARE

### HYDRAFACIAL®

Achieve visibly transformative results, with the only hydra-dermabrasion treatment that simultaneously provides cleansing, exfoliation, extractions and hydration using proprietary serums filled with antioxidants, peptides and hyaluronic acid. This non-invasive, nonsurgical process delivers instant rejuvenation with no discomfort or downtime.

#### 50 min

Deeply cleanses, exfoliates, extracts and hydrates while addressing specific skin concerns.

#### 80 min

Includes the addition of facial lymphatic drainage and LED light therapy.



# FACIAL TREATMENTS

## NUFACE FACIAL SCULPTING AND TONING SYSTEM

50 min

Combining the power of NuFace microcurrent technology and polypeptides for an overall more youthful appearance, this treatment can create instant results such as a lifted and toned face, tighter skin, reduction of fine lines and wrinkles, reduction of puffiness, smaller pores, as well as clearer and hydrated skin.

# FACIAL ENHANCEMENTS

No extra time needed

- Natural Collagen Hydrogel Face Mask
- Eye Rescue – smoothing, brightening
- Lip Treatment - exfoliating, hydrating
- NuFace Technology Lift

*To extend the benefits of your facial and enjoy additional relaxation, consider a visit to Drybar for a blowout.*



# NAIL TREATMENTS

## DESERT BLISS

A soothing, aromatic exfoliation with crystal salt and raw sugar polishes away dead skin cells. Shaping of the nails along with detailed cuticle care and callus eliminator are included. A massage with our Shea butter body soufflé will soothe and renew hands or feet. Your choice of nail color or buffing provides the finishing touch.

50 min hand treatment

50 min foot treatment

**Spa Essential:** These nail treatments are designed for natural nails. Please advise at booking if you have acrylics or gel polish to ensure the proper service time

# NAIL ENHANCEMENTS

Shellac Polish - add 25 min

Paraffin Treatment



# *Signature Amenities*



# FITNESS/MOVEMENT

As a highly personalized wellness experience, the spa fitness program features Technogym equipment and is designed to enhance sports performance, mobility, strength, body sculpting and weight loss.

## PERSONAL TRAINING SESSION

Experienced personal trainers are available to guide you on the most effective and safe methods to achieve your fitness goals.

**30 min**

Maximum results with minimal time.

**60 min**

Includes assisted stretching at the end of your training session.

## THE MOVEMENT STUDIO

Choose from a variety of classes. Please refer to the daily fitness schedule here:

<https://www.thephoenician.com/spa-fitness-center/>

### Spa Essential:

For a self-guided, general workout, please visit The Phoenician Athletic Club. The 4,600+ square foot state-of-the-art Fitness Center located on the resort grounds features Matrix workout equipment and a movement studio with Fitness on Demand technology, providing access to hundreds of virtual classes via touch screen, from yoga to spin. Floor-to-ceiling windows offer dramatic views of Camelback Mountain, the resort and Valley beyond.





Based on a simple philosophy: Focus on one thing and be the best at it. For Drybar, that's blowouts.

## BLOWOUTS

**\$70/each**

Straight Up: Straight with a little bit of body

Manhattan: Sleek and smooth

Cosmo: Lots of loose curls

Mai Tai: Messy, beachy hair

Cosmo-Tai: A little Cosmo, a little Mai Tai

Dirty Martini: Tousled and Textured

Old Fashioned: Old Hollywood Waves

## OTHER SERVICES

Uptini (updo)	\$140
Drystyle	\$45
Shirley Temple (10 and under)	\$45
Add a braid to your blowout	+\$15

## RESERVATIONS

Please call 480-877-1010



# PLANNING A SPA VISIT

## ARRIVAL

Please arrive at least 15 minutes prior to your appointment time to begin your relaxation. Your spa reservation is held specifically for you and late arrivals may result in abbreviated service. Your service will end as scheduled as not to delay the next guest.

## ENVIRONMENT

The Phoenician Spa is an adult environment of tranquility and relaxation. We respect the rights of all guests to privacy and quiet. Mobile phones and cameras are not permitted in any treatment rooms, locker rooms or relaxation lounges. In all other areas, please keep phones on silent mode.

## MINIMUM AGE

Spa guests 18 years and older are welcome in all areas of the spa, including locker rooms, treatment center and rooftop pool. Identification may be required.

## ATTIRE

Most treatments are enjoyed without clothing. Our service providers are trained to drape you discreetly and to protect your privacy at all times. Swimwear is required at the rooftop pool. Upon arrival, you will receive a robe, slippers and locker for your personal belongings. Please leave valuables in your guestroom or at home.

## HEALTH

Please consume plenty of water during your spa visit and throughout your stay in the dry Arizona climate. Please notify our staff when making reservations if you have any special health considerations. Some medical conditions may require consulting with your physician prior to receiving spa treatments. Expectant mothers may enjoy many of the treatments offered after the first trimester; we advise you to avoid treatments using deep pressure or heat. Consuming alcoholic beverages is not recommended before or after a spa treatment. The Phoenician Spa is a smoke-free environment, including the rooftop pool.

## SERVICE CHARGE

Service providers and spa staff who assisted you during your visit will receive gratuities through the 20% service charge, which is added to the treatment total.

## \*CANCELLATIONS

All reserved services must be guaranteed with a valid credit card or guestroom confirmation number. A minimum 4-hour notice must be given to cancel or amend any reserved appointment. If you are not feeling well and less notice is given, the cancellation fee will be waived. Missed appointments without proper notice are subject to the full treatment price.

## GIFT CARDS

Spa gift cards are available for purchase in any denomination for the perfect celebration.

## GROUP INQUIRIES

Please contact the spa group coordinator for parties of 6 people or more.

## COMMITMENT TO CLEAN

The health and well-being of our guests and associates is of the utmost importance. For details on our enhanced COVID-19 protocols, please visit: <https://www.thephoenician.com/commitment-to-clean>.

