



the SPA **BY**  
ASTHA

## Elemental Nature Facial 115

If you've never had the pleasure of experiencing a facial, this service is the perfect place to start. Our signature facial utilizes the five elements of nature of which our bodies are composed: Infinity, Air, Water, Earth and Fire. These elements are always in flux due to our body's constant state of transition. This experience, based on ancient wisdom and quantum physics, analyzes your body's largest organ, the skin, and helps you find balance through refinement, massage and a masque that will restore your skin to its original radiance.

- Infinity & Air** Balances and nourishes dry, dehydrated & aging skin
- Water & Earth** Purifies normal to oily skin to clear blemishes & congestion
- Fire** Cools and soothes sensitive, irritated skin

## Outer Peace Acne Relief Treatment Facial 145

Healthy skin is your best defense. Go beyond an acne fix to acne freedom with a facial that not only treats acne symptoms, but also its causes, so skin stays clear. This facial incorporates Aveda's clinically proven Outer Peace products, and is proven to reduce blemishes in 92% of cases over just 4 weeks. Increase your outer peace with the multi-faceted approach to treating skin breakouts. This facial treatment will help to clear your skin without over-drying or irritation. With a special focus on skin exfoliation and redness reduction, the Outer Peace Acne Relief Treatment Facial will improve your skin's appearance and help correct as well as prevent future blemishes.



## Botanical Skin Resurfacing Facial 145

With a natural approach to Microdermabrasion and a great alternative to harsh chemical peels, Asha takes skin exfoliation to the next level. The hand-on approach used in the Botanical Skin Resurfacing Facial—and the power of tourmaline—smooths skin texture, reduces the appearance of fine lines, and diminishes pore size. While significantly increasing radiance and giving you glowing results comparable to Microdermabrasion, our Botanical Skin Resurfacing exfoliates with less irritation and inflammation.

## Big Night Out Facial 125

This facial is ideal when you need to look your very best—it quickly tightens pores and tones and lifts the skin while instantly reducing the appearance of dark circles and eye puffiness.

## Green Science Skin Renewing Treatment 145

This unique rejuvenating facial experience harnesses the powerful high-tech plant technology of Green Science and pairs it with high-touch skin therapy to renew, repair and regenerate your skin. This facial is clinically proven to lift and firm the skin, reduce fine lines and wrinkles and improve skin's smoothness, tone and clarity. It also significantly improves skin's barrier strength while reducing the appearance of age spots for a firmer, more youthful complexion and appearance.

## Enbrightenment Discoloration Treatment

Achieve luminous, even skin tone with this Asian-inspired facial designed to reduce visible signs of sun damage, elemental exposure, and hormonal influences. This facial improves clarity and diminishes dark spots and discoloration, thus leaving skin more luminous and youthful in appearance.

- with Outer Peace Exfoliating Treatment 150**
- with Tourmaline Charged Radiant Skin Refiner 150**
- with Perfecting Plant Peel 165**

## Pure Focus Facial

This abbreviated 30 minute facial is perfect for those who care about their skin but for whom time is of the essence. Discover your skin's potential as we spend 30 minutes focusing on corrective techniques. *Please note: due to the time allotted, this facial does not include extractions.*

Select your focus:

- Massage 75**
- Refinement 75**
- Masque 75**
- Perfecting Plant Peel 75**

# MASSAGE

the SPA <sup>BY</sup>  
**ASHA**

## Asha Massage

Our signature massage, customized with the Aveda aroma of your choice, is all about relaxation. Your therapist combines calming massage strokes, gentle rocking and compressions, and adds heat packs as needed to enhance this experience. Our signature massage restores balance and reduces tension while creating a sense of relaxed well-being. Time to quiet your mind and attend to yourself.

**Infinity & Air** Slow, warming and deep massage to help stressed, overworked muscles

**Water & Earth** Fast-paced, intense techniques to awaken sluggish muscles and stimulate circulation

**Fire** Cooling, rhythmic massage techniques to refresh mental irritability, and overheated, tense muscles.

**60 Minute Asha Massage** 105

**90 Minutes Asha Massage** 150

**120 Minutes Asha Massage** 185

## Couples Massage additional per couple 30

Create your own custom couples massage experience. Select any two massages and for an additional \$30 per couple, experience them together in our private spa room, side by side. Two therapists and two tables are used during this experience.

## Deep Tissue Upgrade additional 15

Is your body in need of more than just pure relaxation? Add deep tissue targeting to any massage for an additional \$15. Your skilled therapist may use fingertips, knuckles, elbows and forearms to loosen the fibers of the muscles and increase circulation. Our active composition and blue oil are incorporated to assist in relieving any discomfort in the deeper layers of muscle and connective tissue.

## Hydrotherm Massage 125

Discover a new dimension to the art of massage—warm, water-filled cushions cradle your body and rock you gently in response to your therapist's touch.

## Caribbean Massage 120

This massage soothes your body using products brought to us from the Island of Martinique. Enjoy the essence of the island aromas of amyris, bay, vetiver, bergamot, and lime and let your senses rejuvenate. Take your body on a trip to the Islands without leaving the spa.

## Neti Massage 75

Restore clarity and balance with this 30 minute experience. A comprehensive lymphatic and pressure point facial and scalp massage is paired with our PureEssence steam inhalation to help relieve sinus pressure and pain.



## Hot Fusion Stone Massage Therapy 155

Allow the sensation of hot, smooth river stones to melt away the stresses of everyday life. Hot stones are placed on the table in line with the chakra points along your back. As you lay on them, additional hot stones are used as instruments of deep tissue massage. This experience creates balance and relaxes the body by opening its energy channels, bringing you to a profound state of relaxation.

## Triple Moisture Massage 145

Layer upon layer of body-nourishing ingredients work together in this most luscious of treatments to take your skin to a whole new level of soft. Using our essential oil, composition and hydrating lotion, your body is moisturized from head to toe using a combination of acupressure, effleurage and deep tissue massage resulting in an extremely hydrated and relaxed body.

## Chakra Balancing Massage 120

An innovative massage that focuses on the 7 chakra energy centers within the body. Aveda's Chakra Balancing Blends are used to uplift, calm and enhance well-being. Experience a variety of massage techniques including deep tissue massage for the back and spinal muscles, chakra reflexology massage for the feet, and energy work for the chakras. Finish with a guided meditation to enhance the benefits of decreased muscular tension, increased energy and relief from stress.

## Foot Reflexology 50

This ancient Chinese healing art of Reflexology massages specific pressure points on the feet in order to re-establish the flow of energy throughout the body. The feet are a map of the body—specific pressure points in the feet can positively effect corresponding areas of the body. This 30 minute session will take you a long way towards better health and wellness.

# BODY



## **Aqua Polish** 120

Natural minerals, dead sea salts, and a personalized plant Pure-Fume steam tent exfoliate and refine your skin with the healing effects of marine elements, leaving you refreshed and glowing.

## **Asha Body Scrub** 110

This exfoliation treatment is the same as the Aqua Polish without the Steam Tent.

## **Aqua Massage** 190

This ultimate experience includes the above mentioned Aqua Polish with the addition of our signature 60 minute Asha Massage.

## **Caribbean Self Shower Treatment** 120

This detoxifying and nurturing hydrotherapy treatment creates inner calm and renews the body and senses through the healing touch and plant wisdom of the Caribbean. Using ingredients from the sea and the Island of Martinique, your body is first lavished in a special masque, then indulged in a scalp, face and body massage.

## **Elemental Nature Back Treatment** 130

Bring purity and balance to the hard-to-reach back, neck and shoulder area with this facial designed fro your back. This treatment focuses on cleansing and skin exfoliation using gentle back massage and herbal treatment masque therapy. Perfect for seasonal skin changes, a special occasion, or simply if you are having skin challenges on the back.

## **Caribbean Back Treatment** 110

This detoxifying and nurturing back treatment creates inner calm and renews the body and senses through the healing touch and plant wisdom of the Caribbean. This treatment for the back offers a special masque using natural ingredients from the sea.

## **Customized Body Masque** 120

This experience begins with a deep exfoliation to eliminate surface impurities. Select your choice of customized masque: the Herbal Science Remedy Formula, designed for those with sensitive skin, gently cleanses and reduces redness, while the Sea Science Remedy Formula improves problematic, stressed skin. Enjoy a calming steam tent that works to activate your custom masque. When the masque is removed, you are invited to shower to lock in moisture before a customized Personal Blends Hydrating Cream is applied.

## **Aroma Body Wrap** 120

This aromatic heat treatment and exfoliation will rid the body of everyday toxins like smoke, pollution and other harmful elements. After exfoliation, you are wrapped in the warmth of massage oil and linens, resulting in truly revitalized skin.

## **Self-Renewal Face and Body Treatment** 155

Integrate the health, balance and overall well-being of your entire body by focusing on the face, head and upper body. A complete skin-renewing and stress-relieving experience, this treatment incorporates cleansing, toning, aroma therapy and balancing techniques to encourage deep relaxation, enhance balance and promote well-being.

## **Himalayan Rejuvenation Treatment\*** 195

This purifying treatment is based in the science of Ayurveda Panchakarma, the ancient healing art of India. It is used as a detoxification once or twice a year between the changing of the major seasons when the body's immune system is working overtime. Nurture your entire being by connecting body and mind for a truly exceptional experience. Begin with a lymphatic and pressure point facial and scalp massage combined with inhalation therapy that uses essential oils to help open breathing. Then, a deep and dry exfoliation performed with exfoliation gloves will help prepare the skin for receiving the benefits of the massage oil. This exfoliation is followed by an energetic and vigorous Ayurveda style massage designed to warm the tissues and loosen toxic residue so the body can be detoxified during the steam bath. Next, a plant Pure-Fume steam bath, which utilizes a steam canopy, warms the body's temperature to encourage sweating and the removal of impurities. This exceptional treatment finishes with a plant-based concentrated oil poured onto a point on your forehead in a continuous stream. A truly distinctive spiritual, mind and body experience.

*\*Please note: This is not a traditional "relaxing" spa service but one meant for those looking for a truly unique spa experience or to "detoxify" the body. Please contact us with any questions prior to reserving to ensure your enjoyment of this experience.*



# BODY & MEN



## ENHANCEMENTS

### Eye Zone Treatment 20

Soothe the delicate eye area with a lymphatic and pressure point massage which reduces the appearance of fine lines, puffiness and dryness while relieving tired eyes.

### Ear Candling 45

A centuries-old practice used as a way of naturally cleansing the inside of the ears, removing pressure and inner blockages through a holistic, noninvasive process.

### Floating Facial 50

Relax on a warm, soft, water-filled pillow that allows your therapist to soothe hard-to-reach areas of the back, while providing stretching and light massage to the most physically stressed area of the body. The perfect addition to your facial, massage or foot reflexology.

### Perfecting Plant Peel 50

This amazing facial masque actively smooths and retexturizes skin with the instant exfoliation and radiance benefits of a 30% glycolic peel without the associated redness and irritation. The Perfecting Plant Peel warms skin, helping to open pores, and is perfect for all skin types.

### Shirodhara Relaxation 50

Relax your mind and body with a stream of botanical compound poured onto your forehead. An ideal way to finish your skin or body treatment.

## WAXING

The Asha waxing ritual incorporates essential oils and soothing compresses to give you the most comfort and best hair removal results. For best results, hair should be no longer than ¼ of an inch.

Eyebrow Design	40	Bikini	50
Eyebrow Maintenance	30	Barely There Bikini	60
Upper Lip	25	Brazilian for Her	75
Underarms	35	Brazilian for Him	95
Half Arm   Full Arm	45   55	Back	70
Half Leg   Full Leg	55   85	Chest	55

Additional body waxing services available.

*Please Note: If you are using Retin-A, Accutane, Glycolic Acid, AHA/BHA, any derivative of these products, or doctor prescribed skin care products; or undergoing Microdermabrasion, photo-facials, laser hair removal, or any other specialized treatments, please inform us prior to your waxing service. Also, please limit UV exposure to 24 hours before and after waxing.*



## MEN

### Gentleman's Facial 115

Soothe skin with a masculine facial designed specifically to address the needs of skin that undergoes daily shaving. Relax and restore skin with gentle cleansing and warm steam that softens facial skin and removes excess dirt and oil. Next, benefit from an exfoliating treatment, customized masque, and moisturizing protection that keep your unique skin in mind. Finish this extraordinary experience with a therapeutic neck and shoulder massage. *Please note: Shave no sooner than four hours prior to this experience.*

### Road Warrior Massage 115

Indulgent and exceptionally relaxing, our signature men's massage stimulates circulation and soothes tight muscles. Our talented therapists adapt their eclectic techniques to your particular needs and preferences. Tension dissolves, leaving only comfort and well-being behind. In the practice of Zen Buddhism, one aims to be in the moment—Bring yourself into this moment with this customized massage specifically geared for masculine balance.

### Asha Sport Massage 115

Our deep tissue sports massage is not just for athletes—it's also designed for those who simply enjoy an active lifestyle in their daily activities. The focus is on preventing injury and enhancing muscular performance. Massage and facilitated stretching are used to improve flexibility and increase range of motion.

# CELEBRATIONS



## WEDDING

On your wedding day, start the celebration in the privacy and comfort of your own hotel room as our talented team of LifeStylists creates your picture-perfect vision. Relax—you have us.

### **Bridal Hair & Makeup Trial** starting at 200

It is absolutely essential to schedule a Bridal Hair & Makeup Consultation and Trial prior to the actual day of your wedding. This session is a working session with the purpose of creating, designing and executing your desired look for your dream day. Consultation aids, such as pictures of wedding attire and your desired look as well as headpieces, veils or other hair accessories you might want to wear, should be brought with you to guarantee that your LifeStylist can accomplish your vision for the big day. Please come with a freshly cleansed face sans makeup to facilitate the process and our talented team of Aveda makeup professionals will create your ideal look. You are welcome to bring any favorite or required cosmetics you would like to use in this session, otherwise our Aveda cosmetics line will be used.

### **Wedding Day Hair & Makeup** starting at 200

This is the actual day of your big event! Ideally three to four hours before you walk down the aisle your Aveda LifeStylist will recreate the agreed-upon final look accomplished in your Bridal Makeup Consultation and Trial. Come prepared to relax as we pamper you and fashion your picture-perfect style. Know you look your absolute best on your dream day. *Please note: Wear a button down or zippered top on the day of your Wedding services to ensure preservation of your desired look.*

## PRIVATE SPA PARTIES

There are so many ways to celebrate—Experience PureDevotion together when you hold a private birthday, bachelorette, bridal or company celebration at The Spa by Asha.

A dedicated team of professionals will help you relax and renew while you enjoy valuable time with friends, family or colleagues in the privacy and tranquility of the Spa.

Each celebration is customized for you and your guests. We can accommodate small and large groups. Contact us to start planning your private event today.

## MOMMY TO BE

### **Hydrating Belly Treatment** 115

This facial for the belly soothes, hydrates and nourishes the skin while aiding in the prevention of stretch marks. Every element in this experience incorporates healthy botanicals to ensure a pure and natural experience for Mommy and Baby.

### **Got That Glow Facial** 125

Hormonal fluctuations during pregnancy can produce a variety of general imbalance symptoms in the skin including dullness, hormonal blemishes and hyper-pigmentation. In this soothing facial, nourishing vitamins and minerals are used to reduce skin's signs of pregnancy and restore natural balance.

### **Expectant Mother Massage** 115

Give special attention to yourself and your baby before that precious person arrives. This gentle treatment stimulates circulation, improves elasticity, and eases lower back pain and water retention. *Please note: Guests must have completed their first trimester in order to experience this service and should always consult with their doctors prior to receiving any massage.*

### **Prenatal Waxing**

We know it can be a challenge to groom when you're pregnant—Let us help you prepare for this special time. These services will leave you birthing-room-ready and save you time after baby arrives.

- Prenatal Bikini** 50
- Prenatal Barely There** 60
- Prenatal Brazilian** 75



# IN-ROOM SERVICES



Indulge in the luxury and privacy of transforming your own room into a Spa Haven. Your in-room service begins with a signature Purifying Shower Ritual which takes place while your therapist transforms your room into a serene and tranquil spa getaway. Every in-room massage treatment begins with this luxurious service and features our distinctive Aveda products.

Begin your treatment with a steamy shower and our rich, aromatic body cleanser. Next, exfoliate with a softening blend of sugar cane and jojoba oil; this will prepare your skin for the nourishing body crème and oil we use during your massage. Your skin will feel lush and renewed.

After your Shower Ritual, re-enter your room as a private spa haven, dimly lit with our signature Aveda candle that infuses an exotic, sweet, spicy scent. Your treatment continues with an aromatic skin toning and is followed by a sensory journey featuring essential oils that allow you to customize your service with the aroma that suits your mood. Lie down and relax on a warmed massage bed made with 300 thread count sheets as your massage begins.

Upon completion of your treatment, breathe in the aroma drifting through the room, wrap yourself in a plush spa robe, and enjoy your own private in-room Spa Haven without leaving your room.



## MASSAGE

### Asha Massage

60 Minute	125
90 Minute	170
120 Minute	205
Deep Tissue Upgrade	15

## COUPLES MASSAGE

### Asha Couples Massage

	per couple
60 Minute	250
90 Minute	340
120 Minute	410
Deep Tissue Upgrade	30

## IN ROOM TREATMENT HOURS

<b>Monday - Friday</b>	<b>9am-9pm</b>
<b>Saturday</b>	<b>8am-7pm</b>
<b>Sunday</b>	<b>10am-6pm</b>

After Hours Available Upon Request.  
Please Contact the Concierge.

If you would like to purchase any of our signature Aveda products, candles or spa robes, please contact the concierge. For your convenience, your selections will be delivered directly to your room.

# AVEDA

# SPA ETIQUETTE



**Cell Phones** | Please turn off your cell phones. The Spa is an oasis of peace and quiet. For your convenience there is a phone available at the front desk.

**Tranquility** | Be mindful of other guests' space. While you are certainly welcome to engage in quiet conversation, please refrain from loud talking. Our lounge is a place where many guests savor a much-needed private moment to read, meditate or simply to relax.

**Spa Arrival** | Your time with us is precious. Your treatments begin exactly at your appointment time. Please take full advantage of your visit by coming in 15 minutes before your appointment so you can change, enjoy our facility and relax in our beautiful lounge.

**Children** | We love kids, but the Spa is a place where Moms and Dads come to rest and recharge their batteries. So please, make baby-sitting arrangements in advance and come enjoy the Spa without your little ones. Spa services are offered to children, however a parental guardian must be present for any services provided to children under 16.

**What to Wear** | Wear what makes you feel comfortable. Many guests ask us if they should bring anything in particular, especially when they are having a massage. The answer is simple. We are fully equipped to satisfy the needs of every guest. You may want to be partially clothed or totally nude under the massage sheet—it's all up to you.

**Shaving** | Shaving is not recommended prior to a Body Treatment or Men's Facial. If you choose to shave, please shave at least 4 hours prior to your service.

**Health Problems and Comfort Level** | Please notify your Asha LifeStylist before booking treatments if you are pregnant, have allergies, high blood pressure or any other physical ailments or disabilities. This will prepare our staff in advance so we may provide the best possible treatment or therapy for you. When receiving your treatment, the technician will address your needs based on your personal assessment. They will speak to you about the temperature, pressure, music, product and sequence of service they are providing. You may also communicate to us how you are feeling during your service. If there is anything you would like us to address, please inform the technician. Heat treatments are not recommended for pregnant women and guests with heart conditions or high blood pressure. Drink plenty of water throughout the day, especially after Spa services. This helps replenish the body and assists in the removal of toxins.

**Cancellation Policy** | Please notify Asha 24 hours prior to your appointment time if you need to cancel or reschedule. If we do not receive a call, you will be charged 50% full payment for services not cancelled in the time allotted.

**Gratuities** | In appreciation of outstanding service, gratuities may be given at your discretion.

THE JAMES

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