

# WE CARE SPA

## TREATMENTS & SERVICES



APRIL, 2022



# MASTER TREATMENTS

## **System Recovery:**

**90 minutes - \$265 • Series of 3 - \$230**

Harnessing the age-old healing properties of castor oil, this full body wrap reduces abdominal discomfort, such as bloating and inflammation while effectively activating liver and bowel detox. The benefits encompass more than just the digestive tract; the treatment strengthens your immune and lymphatic systems. As you relax on a heated amethyst mat, a dry brushing and foot massage help to restore flow and balance your mood.

## **Magnesium Detox:**

**60 minutes - \$125**

A remedy for the bundle of nerves within all of us, this wrap comprised of mineral magnesium and aloe paste is artfully applied, increasing trans-dermal absorption. An active service that imparts much needed remineralization, that encourages healthy bodily function and blood pressure, relieving and calming overactive nerves. An enlightening scalp and nurturing shoulder massage is performed with a warm hydrating lotion.

## **Colonics:**

**45 minutes**

Our colonic irrigates and exercises the colon as well as the intestinal tract by stimulating peristalsis, which is the breakdown and release of accumulated toxins and other waste including - bile, mucus, and debris that may be lodged in this important organ. Our colon hydrotherapists use a closed system to flush out the toxins. The treatment is painless and an important cornerstone of a productive cleanse.

**PLAN A: Includes six \$70 colonics**

**PLAN B: Includes four \$70 colonics**

**PLAN C: Includes two \$70 colonics**

**ADDITIONAL colonics \$95**

## **Digestive Release:**

**20 minutes - \$45**

Light abdominal massage to stimulate your colon and may increase the productivity of your colonic by 80%.

**Nutritional Guidance:****60 minutes - \$185**

This custom session takes a close look at your daily habits and specifically the role nutrition plays. Consult with a nutrition specialist to build strategies for optimal energy, immune function and/or athletic performance. Within this session, you will also identify structures of thought, map out realistic expectations, generate benchmarks of accountability, and gain access to resources that reinforce a healthy sense of self.

**Cell Rejuvenation:****45 minutes - \$135**

Magnetism, oxygen, and light created life. Reunite the elements to create harmony on a cellular level in this advanced session. BEMER therapy uses pulsed electromagnetic waves to stimulate the muscles and increase blood circulation. ActiveAir modifies the structure of the air around you so you may obtain oxygen more efficiently and regulate your resting pulse. Low level light therapy (LLLT) applies red and near infra-red light over injuries or lesions to improve wound and soft tissue healing, reduce inflammation and give relief for both acute and chronic pain.

**Series of 2 \$125 • Series of 4 \$115 • Series of 6 \$100****Endermology:****35 minutes - \$135**

The technique of endermology is a non-surgical massage treatment which is highly effective at reducing cellulite and tightening the skin. Mechanized rollers are applied to the skin, which stimulate the body's circulation and help boost lymphatic drainage. This mechanical lymphatic drainage technique reduces the build-up of fluids and toxins in the body, resulting in smoother and firmer skin.

**Series of 3 \$105 • Series of 5 \$100 • Series of 7 \$90****Raindrop Therapy:****75 minutes - \$140**

Synergistically combines 9 therapeutic grade essential oils to simultaneously eliminate viral and bacterial pathogens. The technique is meditative; oils are dropped in sequence (*like raindrops*) along the spinal column then feathered out along neural pathways using the Tibetan Vita Flex technique.

## **Intramuscular Vitamin Therapy:**

**10 minutes - \$125**

Intramuscular Vitamin Therapy works through the administration of vitamins and nutrients directly into the bloodstream via a shot by a certified practitioner. This delivery into the body bypasses the digestive system which provides increased cell absorption and 100% bioavailability of the vitamins. Choose from one of the following packages, or consider additional enhancements:

**AWAKEN:** Improve your energy and alertness and restore natural vigor, strength, and stamina. Pyridoxine (B6), Methylcobalamin (B12)

**IMMUNITY:** Prevent a cold, flu, or allergy flare-up with a boost of Vitamin C to your immune system. Methylcobalamin (B12), Ascorbic acid (Vitamin C), Dexpanthenol

**RADIANCE:** Kickstart your metabolism with a mix of B vitamins and amino acids. Lipo Plex, Methionine, Choline, Inositol, B12

**DETOXIFY:** Rejuvenate your body and cleanse your liver with this powerful antioxidant. Glutathione

**CELEBRATION:** Produce more “happy neurotransmitters”, improve energy, reduce stress, and provide immune support for an upcoming event. B-Complex, Magnesium, Taurine

### **Additional Enhancements:**

**\$35 per vitamin • \$250 for all 9**

B-12, Biotin, B-Complex, BCAA, Vitamin C, Vitamin D, Taurine, Glutathione, MIC

## **Intravenous Vitamin Therapy:**

**60-90 minutes**

Intravenous (IV) vitamin therapy administers vitamins and minerals directly into the bloodstream. All our vitamins are High Quality-Medical Grade solutions, and FDA approved. We work closely with your spa program to ensure optimum results:

**THE MEYERS COCKTAIL \$375 - \$475:** Each of the vitamins and minerals contained in the Myers’ cocktail are important in their own way. Magnesium and calcium aid in the normal functioning of nerves and muscles. The vitamin B complex aids in metabolism and conversion of food into energy. Vitamin C aids in the protection against cell damage.

**HYDRATION \$260:** This bag contains 1000ml of saline, combats issues related to dehydration, sickness, or extreme lifestyle. Extra fluid can be beneficial on the hottest days here in the desert, or simply before your departure.

**RADIANCE \$475:** Often called a “Skinny IV” this kick starts your metabolism by helping convert nutrients into energy and increasing red blood cell production.

**Biofeedback Therapy:****90 minutes - \$250**

This advanced scan examines the whole body by measuring the frequencies of the cells, tissues, and organs. Received frequencies that indicate sick or unhealthy cells appear on a visual representation of your body. After the scan, your results are analyzed, discussed, and a treatment plan can be formed.

**Micro-Bubble Immersion****30 minutes - \$75**

Enhance and accelerate your detox as you experience an all-natural and soothing micro-bubble soak in our beautiful garden setting. This warm soak is an all-natural 30-minute immersion in highly oxygenated water that improves the functioning of blood vessels and encourages the release of toxins. The negatively charged micro-bubbles penetrate the skin at the pore level attaching to the positively charged toxins and removing them. The skin then absorbs moisture at the pore level and leaves it silky smooth and amazingly clean.

**Series of 3 \$60 • Series of 5 \$50**

# MASSAGES

## **State of Wellness:**

**75 minutes - \$185**

Your well-being is our utmost priority, this carefully designed practice provides an overall feeling of calm and relief from daily stressors. Aromatherapy is gently introduced to prepare the senses and unwind the mind imparting light-to-medium pressure, mindfully delivered with meditative intentional strokes. Relaxation is produced via grounding techniques merged with Swedish effleurage, this massage may also help with insomnia, encourage endorphins and improved circulation.

## **Deep Tissue:**

**60 minutes - \$195 • 90 minutes - \$230**

Cross fiber friction, strong, kneading heavy pressure and several other firm techniques work both the superficial muscles, connective tissues and those muscle fibers that lie far beneath the surface. This approach has been proven helpful for people who suffer with chronic pain or are physically active, because the session restores balance, range of motion and reestablishes structural integrity.

## **Thai Massage:**

**60 minutes - \$150 • 90 minutes - \$185**

Improve flexibility and release muscular tension through the assisted stretching and acupressure techniques of traditional Thai Massage. This relaxing yet energizing bodywork therapy is performed over loose clothing to allow movement.

*\*Floor Thai available upon request*

## **Crystal Craniosacral Massage:**

**45 minutes - \$125**

The use of stones for healing and other various health practices have been around for as long as humanity has existed. We're combining the energetic properties of crystals with contemporary physiology to clear and balance your physical, spiritual, and emotional states. As you hold two quartz stones in your hands, your therapist uses a light touch to move the fascia and blood around your central nervous system. The therapist directs healing intent through the crystals to stimulate your body's energy systems.

**Reflexology:****60 Minutes - \$160**

This traditional massage therapy technique borrows from ancient medicine and has been practiced for centuries across the globe. The hands, feet and ears are the map to the body. Feet especially carry our entire weight with little to no daily maintenance. The reflex zones are linked to vital organs, circulatory and central nervous systems. Skillful, intentional pressure will be applied to these points, releasing tension, and causing discomfort to disappear. When we care for our hands & feet the entire body benefits.

**Lymphatic Stimulation:****60 minutes - \$110 • 90 minutes - \$150**

A simple variation of the technique used to treat lymphedema, our version is not a manual drainage, instead our variation is highly delicate, with a light rhythmic touch which stimulates the vessels under the skin and encourages lymphatic circulation and release. Profoundly relaxing.

**For Your Consideration | Other Massage Enhancements:**

Cupping Therapy: \$50

CBD Application: \$50

# BODY TREATMENTS

## **We Care Euphoria:**

**120 minutes - \$295**

An immersive experience combining practices and treatments from our 35-year history. Indulge in a full body lemongrass exfoliation before a hydrating mineral bath, pulling toxins out of the body. Then, a mineralizing mud body wrap is paired with a scalp massage. Finally, an aromatherapy massage leaves you euphoric!

## **The Body Silk:**

**90 minutes - \$230**

The treatment starts with a body mask consisting of Rhassoul Clay and organic coconut milk. This ancient healing clay is full of metallic elements that carry a negative charge, drawing out toxins from below the sebum layer of skin. The treatment is finished with a 30-minute massage using CBD.

## **The Body Splash:**

**50 minutes - \$220**

From an age-old Asian tradition that recognizes that a third of the body's toxins are eliminated through the skin, this full-body, warm water splash removes dead skin cells and opens pores with an exfoliating mitt so your skin can release toxic waste during your fast. Set in our tropical outdoor gazebos with scents of Desert Sage, this treatment also includes a vanilla wash, a shampoo and conditioning wash before a soothing vanilla lotion application.

## **The Body Bomb – Ginger or Lavender**

**90 minutes - \$230**

This herbal treatment combines several natural elements to pamper and nurture, such as a Calendula flower body polish, which is known to reduce inflammation and combat varicose veins. While wrapped, the “tea like” herbs gently permeate the full body, as a warm wrap embraces the body and a silky paste slough away impurities. Argan scalp oil is worked into the hair, producing soft, glistening, and shiny follicles. The **Ginger Bomb** awakens your senses and while alleviating inflammation. Restful and sleep-inducing, the **Lavender Bomb** coaxes the nervous system to let go of stress and unwind. Once you rinse, both treatments are finished with a relaxing 30-minute CBD massage.



**Chocolate-Vanilla Firming Scrub:** 60 minutes - \$140 • 90 minutes - \$175

Luxuriate in our most delicious treatment! Our chocolate scrub exfoliates your skin and provides anti-aging antioxidants with cellulite reducing properties. The rich oils found in cocoa beans are natural moisturizers that will smooth your skin. Our 90-min option includes a luxurious skin soak and extended lotion application.

**Lemongrass Scrub:** 90 minutes - \$175

Our most uplifting scrub, lemongrass is an incredible source of omegas and pure natural sea salt. This is a brisk Thai scrub – stimulating and exfoliating. Our 90 min option includes a luxurious skin soak and extended lotion application.

<b>Mayan Rejuvenation</b>	<b>90 minutes - \$230</b>
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This scrub was inspired by the Mayan Civilization because of their use of bark from the Mimosa tree, called Tepezcohuite. The bark is used with coconut and geranium oil as an exfoliant to bring a lovely glow to the skin. Tepezcohuite is known for its therapeutic properties which can aid in collagen building, eczema, psoriasis, scar tissue, helps firm the skin. While wrapped, enjoy a warm coconut oil scalp massage.

**Sugar Date Polish:** 60 minutes - \$140

Originating from Egypt, the dates we use for this incredible antioxidant scrub are locally grown here the Coachella Valley. Acting like solar energy collectors, dates absorb the sun's energy and convert it into a complex matrix of polyphenols, antioxidants, vitamins, minerals, and nutrients that sustain the body inside and out. This scrub will help to alleviate dry, rough skin and impart a luxurious silky texture and vibrant glow.

<b>Stay Grounded:</b>	<b>90 minutes - \$245</b>
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Fancy yourself a coffee aficionado? Drawn to the nutty roasted aroma and rich wheel of flavor? Try this delightful and indulgent dose of java, the grounding scrub begins with an application of warm coconut and grapefruit oil. Proprietary coffee is used to exfoliate the body, aiding in skin tightening, and cellulite breakdown. After the scrub, you are warmly wrapped which helps reduce any water retention. While wrapped your feet are exfoliated, the scalp is massaged with warm coconut oil, and your face is gently exfoliated.

**Mineralizing Mud:****75 minutes - \$165**

The healing power of Kaolin clay is a centuries-old tool for anyone looking to accelerate the detox and combat inflammation during their cleanse. This body wrap starts with dry brushing to exfoliate and open pores before Kaolin clay and minerals are brushed on, dried, and then removed leaving the skin with a fresh surface.

**Sea Results Body Wrap:****60 minutes - \$140 • 90 minutes - \$175**

After a dry brushing to remove dead skin and open pores, seaweed nutrients gently feed skin while Kaolin clay tightens and resurfaces the body. This is a nourishing mask for the body, full of antioxidants and minerals. The 90-minute option includes a sage lotion application.

**For Your Consideration | Other Massage Enhancements:**

CBD Application:	\$50
Foot Massage:	\$75 +30 mins
Hand Massage:	\$75 +30 mins
Scalp Therapy:	\$75 +30 mins

# SPIRITUAL JOURNEYS

**Psych-K: Psychology of Change:** 60 minutes - \$150 • 90 minutes - \$200

Remap your thoughts and beliefs to achieve your highest good. Learn how to dramatically reduce resistance to change in the subconscious and live to your best potential! This treatment takes place in your suite.

**Shamanic Healing & Reiki:** 60 minutes - \$250 • 90 minutes - \$300

We begin with a brief discussion for the focus of the session, followed by relaxing on the table as you experience deep peace using Reiki energy, sound from various instruments, drum, rattles, bowls etc. The body and spirit are deeply cleansed, balanced, and uplifted, this is powerful for clearing trauma and old energy to renew and refresh your life.

**Couples Session:** 90 minutes - \$400

This treatment provides the space to relax together with a shared intention for balancing and harmonizing. Begins with check in to find the focus for the session, and then relaxing to a Sound Healing and balancing of the body.

**The Reset:** 60 minutes - \$250

This hypnoanalysis approach, which combines psychology, hypnosis, and neurolinguistic programming will guide you through a deep exploration of self. This process allows you to get in touch with your passion and inner strength to manifest your intentions and desires.

This is a safe and powerful method for removing subconscious blockages to activate natural healing processes. The Reset brings clarity of purpose and readiness for action.

**Numerology & Card Reading:** 60 minutes - \$175 • 90 minutes - \$260

Like astrology, numerology is a Spiritual Law that can reveal your life purpose and destiny via your birthday and name. Using a combination of your birthdate, name, and the choices you make selecting from a grouping of Oracle Cards, we can determine your destiny. For a reading session she will work with your birthday unless the guest requests working with their name. The name does require a longer calculation time.

**Couples Session:** 60 minutes - \$325

**Series of 3 (60 minute) sessions - \$700**

Reconnecting with your Higher Self creates a state of inner balance, providing clarity of purpose. In this state of bliss, you discover endless possibilities and your power to execute them.

## Healing From Within:

**60 minutes - \$250**

Reclaim your natural state of wellness through a realignment of the body's vital energies. You will be guided through several modalities including breathwork, tapping, healing meditation, and energy healing.

## Hypnosis & NLP for Weight Management:

**60 minutes - \$250**

The subconscious mind is the control center for habits, decisions, and beliefs that lead you to emotional responses related to food. Your healer will guide you into the process of shifting your mindset, releasing the unhealthy impulses, and reprogramming for motivation to follow the lifestyle that promotes weight management.

## Crystal Healing:

**60 minutes - \$250 • 90 minutes - \$300**

Relax into a crystalline sound healing session. This treatment is a balancing of the energy centers with crystals that are placed on and around the body. To magnify the effect of deep relaxation and balancing, you will also receive a sound healing using various instruments.

### Couples Session:

**90 minutes - \$400**

This treatment provides the space to relax together with a shared intention for balancing and harmonizing. Begins with check in to find the focus for the session, and then relaxing to a Sound Healing and balancing of the body.

**Sacred Healing & Spiritual Journey: 60 minutes - \$250 • 90 minutes - \$300**

In this experience, the shaman guides you through doors and dimensions where right in front of you lie answers to your life. This powerfully conscious healing clears your past trauma and pain, as well as the energy you may have taken on from others. Your journey allows you to discover divine wisdom about how to improve your relationships, to know your direction in life and how to heal your body.

### Couples Session:

**90 minutes - \$400**