

# WE CARE SPA

TREATMENTS & SERVICES



SPRING 2023



# MASTER TREATMENTS

## **System Recovery:**

**90 minutes - \$275**

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.

**Series of 3 - \$230 ea.**

## **Raindrop Therapy:**

**75 minutes - \$215**

Activate the power of botanical healing, combining nine therapeutic grade essential oils to eliminate viral and bacterial pathogens. The technique is meditative; oils are dropped in sequence along the spinal column then feathered out along neural pathways using the Tibetan Vita Flex technique.

## **Colon Hydrotherapy:**

**45 minutes - \$110**

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.

## **Digestive Release:**

**20 minutes - \$55**

Light abdominal pressure and manipulation to stimulate movement and release congestion, improving the release of your colonic while reducing bloating, gas, or cramps.

### **Nutritional Guidance:**

**60 minutes - \$185**

You have the potential to rebuild your life. Our goal is to help you connect the work you've done here with a tailored at-home plan so you can experience the unbridled joy of healthy living. In this session, we examine your habits, history, and the role nutrition plays in your daily life. With that information, we can determine benchmarks, expectations, and strategies to reach optimal energy, digestion, and immune health.

### **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. Red and near infra-red light over injuries or lesions improves wound and soft tissue healing, reduces inflammation and relieves both acute and chronic pain.

**Series of 2 \$125 ea. • Series of 4 \$115 ea. • Series of 6 \$100 ea.**

### **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.

**Series of 3 \$105 ea. • Series of 5 \$100 ea. • Series of 7 \$90 ea.**

### **Magnesium Detox:**

**60 minutes - \$195 • 90 minutes - \$275**

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, relieving and calming overactive nerves. An enlightening scalp and nurturing shoulder massage is performed with a warm hydrating lotion.

### **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.

### **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 & MINI 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.

### **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 and leaves it silky smooth and amazingly clean.

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

**Biofeedback Therapy:**

**60 minutes - \$200 • 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.

**Private Yoga:**

**60 minutes - \$130 • 90 minutes - \$180**

A healthy yoga practice creates healthy joints, flexible, strong muscles and a balanced mind, body, and spirit. Your instructor creates custom yoga sequences and practices that are tailored to each individuals' goals; whether it is to reduce pain, increase flexibility and strength, reduce stress, learn more about yogic philosophy, pranayama or yoga nidra. In the comfort of your guestroom, under the canopy of a hidden grove, or surrounded by the vast desert in the Yoga Shala.

**Soft Release Therapy:**

**60 minutes - \$275**

Soft Release Therapy is a gentle approach to myofascial release, stretch therapy, and nervous system healing to address chronic pain, physical/emotional trauma, and overall harmony in your body, heart, and spirit. Receive blissful hands-on healing techniques that unblock your energy body while enhancing the mind's interactions with bodily function.

*\*For your comfort, loose fitting clothing is recommended*

# MASSAGE

## **State of Wellness:**

**60 minutes - \$160 • 75 minutes - \$195 • 90 minutes - \$230**

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.

## **Deep Tissue:**

**60 minutes - \$195 • 90 minutes - \$260**

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 - \$195 • 90 minutes - \$260**

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, requires loose fitting clothing*

## **Lymphatic Stimulation:**

**60 minutes - \$150 • 90 minutes - \$175**

A simple variation of the technique used to treat lymphedema, our method is highly delicate, with a light rhythmic touch which stimulates the vessels under the skin and encourages lymphatic circulation and release.

### **Crystal Craniosacral:**

**45 minutes - \$150**

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. 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.

### **Cupping:**

**Add to State of Wellness, Deep Tissue - \$50**

The cupping method functions to stimulate and promote the free flow of qi and blood in the meridians. Using silicon cups, a partial vacuum is created, drawing underlying tissue unto the vessel. This kind of local congestion can drain excess fluid and toxins, loosen adhesions, lift connective tissue, and eliminate blood stagnation that may be causing pain from a deeper layer in the muscle.

### **CBD Oil:**

**Add to State of Wellness, Deep Tissue - \$50**

Perfect for arthritis, sore athletes, and anxiety sufferers. Our organic formula incorporates active ingredients and potent CBD blended together to soothe, uplift, ease pain and support the respiratory system.

# FACIAL TREATMENTS

## **Calm & Refresh:**

**60 minutes - \$160 • 90 minutes - \$230**

Relax and restore the skin's natural balance with deep cleansing, hydration, and customized corrective serums infused into the skin with UltraSonophoresis to treat primary skin concerns.

## **Superfood Facial:**

**60 minutes - \$160 • 90 minutes - \$230**

The absolute purest alternative for nourishing the face, provides your skin with vital hydration to enhance your natural beauty with a nutritional boost packed with antioxidants for smoother, plump skin. Superfoods and the raw organic ingredients rejuvenate by penetrating deep into the cellular level to hypercharge radiance and skin wellness.

## **The UltraPerformance:**

**60 minutes - \$195 • 90 minutes - \$265**

Rejuvenation meets results with carefully formulated peels customized to refine the surface of the skin, enhance luminosity, deeply cleanse, clarify, increase hydration and provide firmer more supple-looking skin. A performance mask is infused into the skin to boost results.

*\*Recommended to limit sun and sauna exposure for at 2 days after treatment.*

## **Palm Springs Peel:**

**30 minutes - \$125**

The epitome of natural resurfacing and a one-of-a-kind peel, grown locally in the desert. Formulated with the trifecta of acids (Lactic, Malic and Citric) purging dull skin cells and revealing skin that defies aging. Clinically proven to refine texture, reduce sun damage and minimize wrinkles, the peel delivers results via increased circulation of oxygen enriched blood that surges to the surface skin tissue.



# BODY TREATMENTS

## **We Care Euphoria:**

**120 minutes - \$315**

An immersive experience combining practices and treatments from our 36-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 shampoo and conditioning wash before a soothing vanilla lotion application.

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

**90 minutes - \$230**

Calendula flower and 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.

### **Mineralizing Mud:**

**60 minutes - \$175 • 90 minutes - \$245**

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.

### **Mayan Rejuvenation**

**90 minutes - \$245**

This scrub was inspired by the Mayan Civilization and their use of bark from the Mimosa tree, called Tepezcohuite. The bark is used with coconut butter 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.

### **Stay Grounded:**

**60 minutes - \$175 • 90 minutes - \$245**

A delightful and indulgent dose of java, this 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.

### **Chocolate-Vanilla Firming Scrub:**

**60 minutes - \$175 • 90 minutes - \$245**

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:****60 minutes - \$175 • 90 minutes - \$245**

Our most uplifting scrub, lemongrass is an incredible source of omegas and pure natural sea salt. This exfoliating, detoxifying and nourishing body scrub is formulated with rich African Shea, cocoa, and virgin coconut butters. These raw butters soften and leave the skin feeling hydrated, soft, and silky. Extra fine grain European Dead Sea Salts are used to create a gentle exfoliating polish that refines, smooths, and detoxifies the skin. This is a brisk Thai scrub – stimulating and exfoliating before a luxurious skin soak and lotion application.

**Sugar Date Polish:****60 minutes - \$175 • 90 minutes - \$245**

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.

**For Your Consideration:**

Foot Massage: \$75 +30 mins

Hand Massage: \$75 +30 mins

Scalp Therapy: \$75 +30 mins

# SPIRITUAL JOURNEYS

## **Reiki:**

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

The traditional Japanese technique uses your body's universal energy force. Reiki is a gentle and non-invasive yet powerful method of healing, often a treatment can feel like bathing in light and warmth, leaving your mind and body re-energized.

## **Shamanic Healing:**

**60 minutes - \$250 • 90 minutes - \$300 • Couples 90 minutes - \$400**

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.

## **The Reset:**

**60 minutes - \$250 • Series of 3 (60 minute) sessions - \$700**

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.

## **Numerology & Card Reading:**

**60 minutes - \$175 • 90 minutes - \$260 • Couples 90 minutes - \$485**

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.

### **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.

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

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 • Couples 90 minutes - \$400**

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.

### **Vibrational Sound Healing:**

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

Sound is not only heard through our ears but through every cell in our bodies. Sound is vibration, and vibration touch every part of our physical being. Through sound healing we are working to restore and rebalance the vibrational frequency in all the cells, tissues, and organs of the whole body, encouraging equilibrium and homeostasis.