

# 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 brush and foot massage help to restore flow and balance your mood.

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

## **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 stimulates movement and release congestion, improving the release of your colonic while reducing bloating, gas, or cramps.

## **Magnesium Detox:**

**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.

**Lymphatic Stimulation:****60 minutes - \$160 • 90 minutes - \$200**

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.

**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.

**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.

**Private Yoga:****60 minutes - \$130 • 90 minutes - \$180**

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 individual's 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.

# BODY TECHNOLOGY

## **Endermology:**

**35 minutes - \$160**

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 \$130 ea. • Series of 5 \$125 ea. • Series of 7 \$115 ea.**

## **BioFeedback:**

**60 minutes - \$200 • 90 minutes - \$250**

Zyto Biofeedback is a cutting-edge wellness technology that uses galvanic skin response to assess your body's energetic preferences. During this non-invasive treatment, a hand cradle is used to scan your body's bio-communication, providing valuable insights into stressors and areas needing balance. The real-time feedback allows you to understand organ and brain function, locked emotions, heavy metal exposure, and food aversions.

## **BioResonance:**

**60 minutes - \$200 • 90 minutes - \$250**

BioResonance is an advanced, non-invasive therapy that helps train your brain to function at its optimal level. Using real-time monitoring of brainwave activity and specific harmonic pitches, this treatment provides feedback to help regulate patterns linked to stress, anxiety, focus, and overall mental clarity. Deeper scans allow for an understanding of intolerances, mold exposure, heavy metal toxicity, and 85 different blood parameters. This session offers a personalized path to greater well-being and resilience, all while supporting the brain's ability to heal.

## **Hydration IV:**

**60 minutes - \$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.

### **The Myers' Cocktail IV:**

**60 minutes - \$475:**

Dip into Dr. Myers' signature and most potent blend of essential vitamins and minerals, a revitalizing elixir crafted to boost your energy, support immunity, replenish hydration, and promote further detoxification. Magnesium and calcium aid in the normal functioning of nerves and muscles, vitamin B complex aids in metabolism and conversion of food into energy, and a healthy dose of vitamin C supports your immune system and skin elasticity.

**The Mini-Myers': 60 minutes - \$375**

### **Radiance IV:**

**60 minutes - \$475:**

Crafted with a potent blend of premium B vitamins and methionine, this infusion delivers targeted nourishment directly into your system, promoting optimal metabolic function, strengthening your digestive system, and break down heavy metals and fat deposits.

### **LED Cell Rejuvenation:**

**45 minutes - \$135**

Magnetism, oxygen, and light created life. Reunite the elements to create harmony on a cellular level in this full-body red light LED 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 while regulating your resting pulse. Red and near infra-red light over injuries or lesions improves 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.**

### **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.

*\*For your comfort, a bathing suit is recommended*

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

# BODY SPECIALTIES

## **NEW - the holi (body):**

**90 minutes - \$300**

A resurfacing and nourishing treatment for the entire body, lactic acid washes away all remnants of dirt and pollution to deliver a balanced and luminous complexion. After a rinse, a lifting and firming balm melts into your skin and is sealed with a vitamin and antioxidant-rich serum to reduce the appearance of cellulite, stretch marks, scarring, and dryness. Wrapped on a heated amethyst mat, a high-potency topical strengthening hair-growth serum is applied in a scalp massage. Fueled with natural vitamins, minerals, oils, and plant extracts, which are always pure and never diluted, this experience is one of a kind.

## **NEW - Thermal Mud Wrap:**

**90 minutes - \$260**

An intensive treatment with thermal waters from Italy, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while the fucus and laminaria algae promote lipolytic action. Ideal to remove accumulated toxins and restore the skin's vitality.

## **NEW - Deep Body Renewal:**

**90 minutes - \$260**

A smoothing, renewing and regenerating treatment for restored tone, elasticity, and hydration. An ideal treatment for skin that needs moisture and elasticity, and for those who want to contrast stretchmarks. With a regenerating and revitalizing action, the skin is left soft, luminous, and compact.

## **NEW - Pro-Sleep Remedy:**

**60 minutes - \$175**

Discover our new professional body treatment purposely created to stimulate three different sensorial pathways, olfactive, tactile and hearing, to induce a state of deep rest and a balanced, regenerated mind. The ideal treatment if you suffer from insomnia, troublesome sleep, or jet lag.

# M A S S A G E

## **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.

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

## **NEW - St. Barth Massage:**

**90 minutes - \$260**

Enjoy personal relaxation: the focus of the full-body massage and sensational products by Ligne St Barth are tailored to individual needs. Coconut oil is used to care for dry skin, avocado oil to maintain the skin's elasticity, camphor & menthol oil and firming body gel ivy for revitalization, aloe vera gel for intensive moisturizing. A luxurious body lotion with your preferred fragrance rounds out the ninety minutes.

## **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.

## **Craniosacral Therapy:**

### **60 Minutes - \$160**

Discover deep relaxation and balance with this gentle, hands-on therapy designed to release tension, reduce stress, and restore harmony to your body. By using light touch to assess and encourage the natural rhythm of your craniosacral system—comprised of the bones, fluids, and tissues surrounding your brain and spinal cord—this treatment promotes self-healing and relieves discomfort. Perfect for those seeking relief from headaches, neck pain, or emotional stress, Craniosacral Therapy invites a profound sense of calm and renewal.

## **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 to soothe, uplift, ease pain and support the respiratory system.

# FACIAL TREATMENTS

## **NEW - Sublime Skin Ultra Glow & Lift Facial:**

**90 minutes - \$230**

The ultimate pro-aging facial treatment that combines both the Sublime Peel, face & eye masks, and Active Lift massage to combat thinning, dull skin and boost elasticity and density. With the Archi-lift™ technology as well as the option to address menopausal conditions, this treatment is the ultimate solution to every aging concern ensuring deep skin regeneration and renewed vitality.

## **NEW - Sublime Skin Ultra Glow Super Peel:**

**30 minutes - \$125**

This quick facial delivers immediate radiance and glow & provides an even complexion and improvement to hyperpigmentation.

## **NEW - Hydramemory Facial:**

**60 minutes - \$195**

This dynamic facial is for anyone seeking ultimate hydration, immediate glow, and vitality. Advanced massage techniques and the use of Cryo spoons reduce the appearance of fine lines, tone & cool the skin. The unique combination of lactic acid for immediate renewal and glow, powerful Hyaluronic Acid and Bio Active Prickly Pear for profound hydration, provides instant hydration and radiance for a healthy dewy skin.

## **NEW - Remedy Soothing Facial:**

**60 minutes - \$195**

An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, these facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defense.



### **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 raw organic ingredients rejuvenate by penetrating deep into the cellular level to hypercharge radiance and skin wellness.

### **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 skins 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.

### **NEW - the holi (facial):**

**60 minutes - \$200**

A treatment focused on delivering youth-illuminating, European active ingredients for a luxurious experience that will revitalize the skin. Unparalleled formulas quench the skin with natural ingredients that replenish moisture, protect against environmental stressors, and smooth signs of aging. From precious powders to pure oils, Agent Nateur's luxurious ingredients create healthy-looking skin that radiates from within.

# BODY TREATMENTS

## **We Care Euphoria:**

**120 minutes - \$315**

An immersive experience combining practices and treatments from our 38-year history. Indulge in a hydrating mineral bath, pulling toxins out from the body, before a full body lemongrass exfoliation. Then, a mineralizing mud body wrap is paired with a scalp massage. Finally, an aromatherapy massage leaves you euphoric!

## **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 Korean mitt. 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 flowers 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 while alleviating inflammation. Restful and sleep-inducing, the **Lavender Bomb** coaxes the nervous system to let go of stress and unwind.

## **Mayan Rejuvenation**

**90 minutes - \$230**

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, and firming. While wrapped, enjoy a warm coconut oil scalp massage.

### **Stay Grounded:**

**90 minutes - \$230**

A delightful and indulgent dose of java, this grounding scrub begins with an application of warm coconut and grapefruit oil. Coffee grounds are 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 and the scalp is massaged with warm coconut oil.

### **Mineralizing Mud:**

**90 minutes - \$230**

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.

### **Lemongrass Scrub:**

**60 minutes - \$170 • 90 minutes - \$230**

Our most uplifting scrub, lemongrass is an incredible source of omega 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 - \$170 • 90 minutes - \$230**

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.

# 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.

## **Breathwork:**

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

Breathwork is a practice that involves intentionally controlling your breath to improve your physical, mental, and emotional wellbeing. In this session, you will learn how to tap into the power of your breath to release physical and emotional blockages, enhance your creativity, and access deeper states of relaxation and inner peace.

## **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.

### **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.

### **Psych-K: Psychology of Change:**

**90 minutes - \$200**

A revolutionary approach to transform stress, change unhelpful thinking patterns, and make rapid and long-lasting change to your life. This modality is noninvasive and requires less sessions than traditional approaches which tend to work with the conscious mind. Psych-K works directly with the subconscious mind which is our auto-pilot thoughts, and behaviors.

### **Sacred Journey:**

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

In this experience, our 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.

### **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*