

SPA AIYANA

# SPA EXPERIENCE GUIDE

TO RELAX, REJUVENATE AND RENEW YOUR BODY AND MIND





Spa Aiyana's inspiration unfolds with each passing season, allowing us to provide our guests with uniquely cultivated products that showcase the "craft" of customized spa rituals.

The abundance of florals, herbs, and botanicals that dot the landscape of Carmel Valley Ranch is truly a gift! Our natural harvest is continuously cultivated and renewed, and we bring that to each and every guest experience offered at Spa Aiyana.

We invite you to take time out from your "play" to linger and explore, relax and unwind, savor all that Spa Aiyana may offer you.

## MASSAGE THERAPIES

### LAVENDER GARDEN SWEDISH

60 min | 90 min

Light or moderate, your pressure preference is tailored to your individual desire. This massage is performed in the classic Swedish style utilizing effleurage and kneading techniques for renewed energy.

### ARNICA THERAPEUTIC MASSAGE

60 min | 90 min

This deep tissue massage uses our signature arnica blend together with classic combinations of sports stretches and targeted muscle work. Body warming and muscle release restores mobility and vitality.

### HERBAL HOT ROCKS

60 min | 90 min

Warm Herbal oil applied to skin helps relax the body while smooth, hot basalt rocks are used to melt knotted muscles. Lengthening stretches and pressure point holds on the head and scalp melt away tension.

### SWEET LAVENDER POULTICE MASSAGE

60 min | 90 min

A warm steam-infused Lavender poultice coaxes your muscles into relaxation through a blend of hot presses and stretches. The treatment concludes with a luxurious full body massage using your custom-crafted oil blend.

### FLORAL MIST MASSAGE

60 min | 90 min

This luxurious twist on Swedish and Lomi-Lomi style massage uses our Jasmine and Orange Blossom oil to charm the senses and uplift the spirits. During the massage, a fine mist of Pure Flower Hydrosols fall onto the skin like a fragrant breath. Aromatic Hydrosols are blended with the oil, creating a natural lotion which hydrates and heals in the process.

### PURE BALANCE MASSAGE

90 min

Using seven luxurious oil blends that are vibrationally attuned to each of the seven vital energy centers in the body, feel lulled into a deep state of relaxation. A highly intuitive massage for the spa aficionado.

### MOTHER-TO-BE MASSAGE

60 min

A comforting maternity massage for those within the second and third trimester. This massage helps alleviate tension in high stress areas and gives relief to discomfort in the lower back, hips, shoulders, legs, and feet.

### LAVENDER GARDEN WITH REFLEXOLOGY

60 min

Mapping the pressure points of the face, hands, feet, and scalp, this restorative combination of Swedish and acupressure massage provides the perfect antidote to the stresses of the day.

### RANCH ALCHEMY MASSAGE

60 minutes | 90 minutes

Your custom massage is crafted to your mood and mode of play for the day. Choose an alchemy card and your therapist blends the perfect essential oils to complement the intention.

### COUPLES MASSAGE

60 min | 90 min

Share this hypnotic massage and luxuriate in our beautiful spa suite. We begin with a gentle dry brushing of the skin to prepare for a blend of nine precious essential oils designed to awaken the senses and uplift the spirit. Side-by-side massage is time well spent together.

## BODY THERAPIES

### ROSEMARY FOAMING BODY BUFF

45 min

For skin glowing with full natural radiance there is nothing better or more delicious! Using our ultra-fine, mineral-rich salts and a unique Jojoba Wax glaze, this is a luxurious herbal exfoliation.

\*May be booked as a stand alone service or as an add-on to any massage.

### ORANGE BLOSSOM & MARIGOLD BODY POLISH

60 min

Marigold Extract is healing and soothing to the skin. Indulge in a whipped cream scrub of Tangerine and Pomegranate oils laced with Jojoba wax for a gentle body polish. Skin literally glows following an application of butter cream scented with Sweet Orange.

### SHEA BUTTER BODY WRAP

60 min | 90 min

Foaming Rosemary foot polish gently buffs and refreshes tired feet and toes. A gentle full body exfoliation using Pure Cane Sugar drenched in skin healing Jojoba and Lavender oils is followed by a soothing wrap of our signature Lavender and whipped Shea body butter. Includes an energy point facial massage with vitamin-infused Orange Blossom serum.

### HERBAL VITALITY

90 min

Herbal vitality targets the respiratory, immune, and adrenal systems, for those in need of an energy boost. Hot stones bring heat deep into the muscles. The thermal effects of the stones vaporize aromatic oils and infuse the air. An Herbal salt scrub of Rosemary, Sweet Marjoram, and Mint purifies and prepares the body for our signature body lotion.

### ETERNAL BLOSSOM BODY ESSENCE

90 min

Skin receives gentle buffing with our Aiyana cream body polish, scented with Jasmine and Neroli oils. A whipped Shea Butter cream and Flower laden wrap with steamy, warm towels infuse nutrients into your skin. Fragrant Neroli serum and a hydrating Fruit mask hydrates and refines the face, while a warm Jasmine scalp massage helps hair shine with royal radiance.

### NEROLI GOLD

90 min

Gold, Frankincense, and Myrrh have long been regarded as sacred tools to heighten consciousness and beautify the body. This ritual begins with a sugar body polish drenched in plant oils and scented with Cardamom seeds and Vanilla. Resins of Frankincense and Myrrh are mixed with Shea and Coconut Butters, then applied during your deeply relaxing massage. A facial massage with Neroli serum and an application of gold shimmer to décolleté and arms provide the finale.

### NATURAL BODY BRONZER

30 min

This vitamin rich top to toe sunless tanning spray application is the safest way to look sun kissed rather than sun baked. Enjoy the beautiful glow and wear it well for a special occasion or for a jumpstart to your summer tanning.

## FACIALS & SKINCARE

### LUMINOSITY FACIAL

60 min

Ideal for those who desire luminous, hydrated, and firmer skin. Two custom applications for deep hydration and anti-aging repair skin imperfections and provide free-radical protection. Promotes collagen synthesis for a visibly radiant complexion.

### REVEAL FACIAL

90 min

An advanced formula including an unprecedented 30% Proxylane and Blueberry extract prevents further intrinsic aging and rebuilds the skin's support structure while enhancing elasticity and firmness.

### COASTAL CALM AND CLEANSE

60 min

Gentle cleansers, Vitamin C, and Phyto gels bind moisture to the skin and replenish nutrients for a smooth and hydrated skin tone. Cucumber and Thyme calm and soothe irritations and promote a fresh, evenly toned complexion.

### AHA GEL PEEL

30 min

Gentle Glycolic and Lactic acids with Peach and Apricot extracts work synergistically to smooth skin texture, help clear acne, and improve the appearance of skin discoloration.

### PURE EXOTIC FACIAL

60 min | 90 min

Organic C, Cocoa Bean and Blue Lotus inspires this harmonizing and restorative facial suitable for all skin types. Unique plants of the Amazon rain forest, organic Muru Muru, Capuacu, and Shea Butters restore youthful elasticity and hydrate skin with lasting moisture leaving skin feeling radiant and fresh.

### MEN'S ORGANIC CLEANSE AND TONE

60 min

Ingredients of Ginger, Lemon, and Tiger Grass provide active cleansing and improve skin firmness and elasticity. Exfoliation and a custom mask provide hydration. Includes a sleep-inducing facial massage.

### REBALANCING FACIAL

60 min | 90 min

An advanced, anti-acne facial is the perfect antidote for unbalanced, problematic skin (excellent for teens). The antiseptic effects of Ginger and Lemon boost the immune system and actively reduce redness caused by breakouts.

### OXYGEN INFUSION TECHNOLOGY

#### EXPRESS INFUSION

30 min

The Atoxylene Serum is designed specifically to refine the forehead, soften eye contours and immediately plump and smooth the lips. The skin instantly looks smoother and feels tighter and firmer.

#### OXYGEN INFUSION

60 min

Oxygen under pressure is applied directly to the skin's surface, to cool and calm the skin while restoring natural vitality and glow. Choose from: Rejuvenate, Brightening, or Clarity

#### ULTIMATE INFUSION

90 min | 120 min

The treatment that everyone's raving about! Rejuvenate Infusion and Atoxylene Infusion work together to significantly reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour. Includes special serums for the delicate neck, décolleté, and hands.

## NATURAL NAIL CARE

### HERB GARDEN

Manicure- 45 min | Pedicure- 60 min

Herbal infusions condition skin for optimal radiance while an Herb Garden scrub promotes collagen synthesis. Enjoy gentle acu-pressure massage techniques for relief of achy joints.

### LAVENDER HONEY

Manicure- 60 min | Pedicure- 60 min

Aroma-infused Honey provides powerful moisturizing benefits to dry, cracked skin. A gentle Lavender sugar polish and Lavender-infused honey mask heal and nourish skin thirsty for deep conditioning.

### MEN'S ALCHEMY

Manicure- 30 min | Pedicure- 45 min

A no fuss approach to hand and foot care. Following an invigorating soak and nail trim, skin is gently lathered with scrubbing grains and deep conditioning balms.

## FINISHES AND FIXES

### EYES & ENHANCEMENTS

Bright Eyes Opal Eye Treatment  
Eyelash and Eyebrow Tinting

### FACIAL AND BODY WAXING

Booked by time in 15 minute increments based upon area(s) desired.

### HAIR CARE AND STYLING SERVICES

By advance appointment only. Services include shampoo and style, hair design, and bridal updos.

### LAVENDER FIELDS HOT OIL

#### HAIR AND SCALP

30 min

A beautiful lavender oil treatment for the hair and scalp. This soothing, hypnotic scalp massage cleanses hair follicles, bringing healthy shine and luster to the hair.

## ABOUT SPA AIYANA

Spa Aiyana, nestled high among the coastal oaks, features eleven treatment rooms, including three luxurious couples suites. These three suites are available for private parties and are ideal for small group celebrations.

Our serene nail studio offers natural nail services with breathtaking views of the valley. Spa locker rooms and lounges feature indoor and outdoor seating, as well as steam rooms, showers, and a full complement of amenities.

### RESERVATIONS & APPOINTMENT CHANGES

We encourage you to book your spa experience in advance. We request eight hours advance notice to cancel or change a confirmed spa service. Changes made within the eight hours will be charged 50% of the full treatment price. No-shows will be charged in full.

### GRATUITIES

For your convenience, gratuities are provided to spa staff through a 20% service charge which is added to your treatment total.

### CHILL TIME

Our lounges are places of relaxation and respite and encourage you to immerse yourself in the tranquil environment. The use of cellular phones is strongly discouraged.

### AGE

All spa facilities are designed for adult use. Minimum age for facials is 16 years, and minimum age for massages is 18 years.

### GIFT GIVING

Our Aiyana Shop offers gift certificates in any denomination, as well as a wonderful array of spa products, active wear, lifestyle items and thoughtful gifts.



CARMEL VALLEY RANCH

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