



OMNI  TUCSON NATIONAL
GOLF RESORT & SPA

2727 W. Club Dr., Tucson, AZ 85742
520.575.7559 800.528.4856
www.omnihotels.com

the Spa

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GOLF RESORT & SPA



Salon Services

Haircare

Shampoo Blow Dry — 30 or 50 minutes	... \$40.00/\$52.00
Ladies' Cut and Blow Dry — 30 or 50 minutes	... \$56.00/\$66.00
Cut Only — 25 minutes \$33.00
Roller Set— 50 minutes \$40.00
Men's Cut — 30 minutes \$33.00
Children's Cut & Blow Dry — 30 minutes \$29.00
Bang Trim — 15 minutes \$14.00
Braid — 30-45 minutes \$46.00
Special Occasion Style — 50 minutes \$59.00
Permanents — 80 or 120 minutes	... \$80.00/\$100.00/\$120.00
Color-Permanent — 50 minutes \$57.00
Highlighting — <i>Varies</i> \$68.00-\$108.00
Individual Highlights — <i>Varies</i> \$8.00
Relaxer — 50 minutes \$80.00
Deep Conditioning Treatment — 10 minutes \$20.00
Comb Out — 15 minutes \$15.00
Consultation — 50 minutes \$44.00

Haircare Therapies

Aromatherapy Scalp Treatment

A rejuvenating and invigorating treatment that pampers you with a relaxing massage of the scalp and neck. Ultimate relaxation leaves your hair conditioned and lustrous. 50 Minutes

..... \$65.00

Intensive Moisturizing Treatment

Moisturizes and hydrates dry, parched hair. Excellent reparative treatment to help tame the frizzies and provides manageability for thick, coarse or flyaway hair.

30 Minutes

..... \$65.00

Nailcare

Polish Change

10 minutes hands and 15 minutes feet

..... \$16.00/\$18.00

Nail Refresher

Cuticle will be pushed back, nails cleaned and application of lotion with a polish change. 15 minutes

..... \$22.00

Spa Manicure

Basic manicure with relaxing products and polish (*French polish available*).

30 minutes

..... \$34.00/\$40.00

Hydrating Manicure

Basic manicure with Paraffin dip and polish.

45 minutes

..... \$50.00

Dragonfly Manicure

Basic manicure with lavender caviar beads, a hand to elbow scrub, a mask and finished with polish.

50 minutes

..... \$69.00

Shea Butter Manicure

Shea butter is a natural moisturizer. Combined with a manicure, a gentle exfoliation is followed by an application of products and concluded with polish.

30 minutes

..... \$49.00

Solar Manicure

Intensive therapy for dry skin. This sweet almond product will not only smell good but heal those dry parched hands. 30 minutes

..... \$49.00

Salon Services

Aspara Manicure

A remarkable refreshing manicure that uses natural sea plants extracts that possess a stress removing property. 30 minutes

..... \$49.00

Foot Refresher

Cleaning up of nails (limited) with only a light scrub to the foot, with a polish change. 25 minutes

..... \$39.00

Spa Pedicure

A basic pedicure with lavender products and polish. (*French polish available*)

50 minutes

..... \$50.00/\$57.00

Hydrating Pedicure

Basic pedicure with Paraffin dip and polish.

75 minutes

..... \$70.00

Dragonfly Pedicure

Basic pedicure with lavender bath salts, an ankle to knee scrub, a mask and finished with polish.

80 minutes

..... \$82.00

Shea Butter Pedicure

Shea butter is a natural moisturizer. Combined with a pedicure, a gentle exfoliation followed by an application of products and concluded with polish.

50 minutes

..... \$64.00

Solar Pedicure

Intensive therapy for dry skin. This sweet almond product will not only smell good but heal those dry parched heels.

30 minutes

..... \$64.00

Aspara Pedicure

A remarkable refreshing pedicure that uses natural sea plants extracts that possess a stress removing property.

50 minutes

..... \$64.00

Sculpted Nails — 50 minutes

..... \$66.00

Fill — 50 minutes

..... \$40.00

Full set of Gels — 80 minutes

..... \$80.00

Gel Fills — 50 minutes

..... \$50.00

Soak-Off — 30 minutes

..... \$26.00

Repair (per nail) — 5 minutes

..... \$8.00

Paraffin Dip (Hand or Foot) — 15 minutes

..... \$15.00/\$20.00

Make-Up

Make-up Application — 30-50 minutes

..... \$42.00

Make-up Lesson and Application — 50 minutes

..... \$62.00

Waxing

Lip, Brow, Cheek or Chin — 15 minutes

..... \$20.00

Under Arm — 15 minutes

..... \$27.00

Brow Design — 30 minutes

..... \$35.00

Full Face Wax — 30 minutes

..... \$40.00

Half Arm — 30 minutes

..... \$34.00

Half Leg — 30 minutes

..... \$47.00

Full Arm — 45 minutes

..... \$47.00

Thigh — 30 minutes

..... \$34.00

Stomach — 15 minutes

..... \$20.00

Full Leg — 50 minutes

..... \$64.00

Shoulders — 30 minutes

..... \$20.00

Back — 30-60 minutes

..... \$80.00

Back Patch Wax — 25 minutes

..... \$22.00

Bikini — 30 minutes

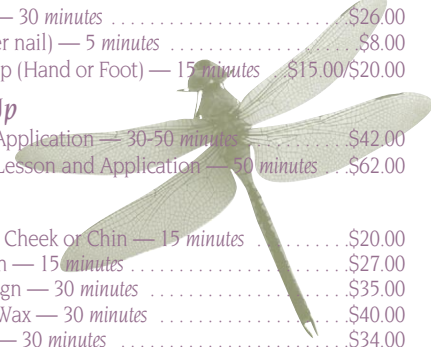
..... \$38.00

Bikini & Full Leg — 105 minutes

..... \$92.00

Bikini & Thigh — 65 minutes

..... \$64.00



Spa Packages

Spa lunch or Shampoo and blow dry can be added to package for additional cost.

The Dragonfly Package

Swedish massage, deep cleansing facial, spa manicure & pedicure & lunch at the spa.

Approximately 4 hours\$300.00

The Desert Rose

Swedish massage, deep cleansing facial & choice of either sugar or salt glow or herbal body wrap.

Approximately 2.5 hours\$265.00

Pure Heaven Package For Ladies

Aromatherapy massage, dead sea body mask, deep cleaning facial, spa pedicure and spa manicure & lunch in the spa. Approximately 5 hours\$425.00

Pure Heaven Package For Men

Deep tissue massage, salt or sugar treatment, men's facial, lunch in the spa, mens pedicure & mens manicure.

Approximately 4.5 hours\$380.00

Aromatherapy Package

Aromatherapy massage, aromatherapy facial and aromatherapy manicure and pedicure.

Approximately 3.5 hours\$295.00

The Classic

Deep cleansing facial & 80-minute swedish massage.

Approximately 2.5 hours\$245.00

Bridal Package

Hair consultation & facial (recommended the week prior to wedding), hair style, make-up application, manicure & pedicure. Approximately 5.5 hours\$333.00

Bridal Party Package

Manicure, pedicure, hair style and make-up application.

With a minimum of five people bride receives services free. Approximately 2.5 hours\$210.00

Groomsmen Package

Hair cut & Swedish massage.

Approximately 1.5 hours\$130.00

Couples Package

Duet Swedish massage and Duet Aspara essential oil wrap. Approximately 2 hours\$410.00

The Sunset/Sunrise Package

Packages include a Solar Manicure and Solar Pedicure and Spa Lunch.

- Includes a choice of the following 50-minute massages: Aromatherapy Deep Tissue Massage, Desert Stone Massage, or Trigger Point Massage.

- Choice of one of the following 50-minute Body Treatments: Dead Sea Body Mask, Dragonfly Body Mask, or Seaweed Body Mask.

- *Sunrise Package only:* Choice of one of the following treatments: Deep Cleansing Facial or Special Style. 4 or 5 Hours\$360.00/\$460.00

Fitness Services

Fitness Classes

The Spa offers a daily schedule of group classes including guided walks, stretch, tone, tai chi, aqua, Pilate's mat class, yoga, golf stretch classes and more. Reservations are required for all fitness classes. Please call the Spa for daily class schedules. *Varies*\$10.00

Personal Trainer or Personalized Training

One-on-one training with a certified fitness professional customized to your personal fitness needs. Can include cardiovascular endurance, muscular strength and/or flexibility, stress management, weight reduction or a personal class of choice. *Varies*\$60.00

3-Personal Training

Three 50-minute one-on-one sessions with a certified fitness professional customized to your personal fitness needs. Can include cardiovascular endurance, muscular strength and/or flexibility, stress management, weight reduction or a personal class of your choice.

Varies\$162.00

Take Home Trainer

A personalized exercise program designed for home customized to your specific goals. May be sport specific (golf, tennis, etc.) muscular strengthening, flexibility, or weight loss. One of our fitness professionals will provide step-by-step instruction to help you improve your current fitness regime or design a new one. Illustrations and instruction of exercises and stretches will be provided.

Varies\$90.00

Mindful Strengthening

Strengthen, stretch, and breathe. This mind and body strengthening routine uses your own body weight and very little else. A simple, but very effective exercise. Great to do at home or when traveling.

Varies\$60.00

Personal Stress Management

Designed to control unwanted stress in your life. Includes relaxation techniques, breathing exercises, and gentle stretches. A take-home workbook is provided.

Varies\$65.00

Personal Golf Conditioning Program

Program includes 3 one hour, one-on-one training sessions, a take home program of your favorite golf exercises and a pre-game warm up guide. This program will increase your swing consistence, increase your drive, improve posture and increase flexibility.

Varies\$170.00

Facial Therapies

The Business Facial

A great pick-me-up for those on the run. Includes cleansing, toning, vapor mist, exfoliation and hydrating moisturizer. 25 Minutes\$65.00

Deep Cleansing Facial

Classic European Facial includes cleansing, exfoliating, soothing massage and a customized finishing mask. This service benefits all skin types
50 Minutes\$100.00

Men's Facial

This deep cleansing treatment is specifically designed for the special skin care needs of men. Therapeutic and relaxing treatment leaves your skin toned and revived. Please shave 2 hours prior to your treatment.
50 Minutes\$100.00

Aromatherapy Facial

This floral experience lavishes the skin with natural flower extracts. Flower essential oils and pollen nourish the skin with natural floral products. The facial leaves the skin refreshed and moisturized. 50 minutes\$105.00

Anti-aging Facial

Helps to smooth out the appearance of fine lines and wrinkles, stimulates cells and firms tissue. Marine Spring water combines toning and the anti-free radical effects to help prevent surface aging. 80 Minutes\$135.00

Deluxe Hydractive Facial

Innovative facial treatment designed to provide the hydration necessary for mature skin. Exclusive freeze-dried marine vegetable fibers saturate upper epidermis, providing instant hydration and visible results after one treatment. 80 Minutes\$140.00

Eye Care Treatment

This treatment reduces puffiness, dark circles and fine lines. Can be done on its own or easily incorporated into any of our facials. 30 Minutes\$40.00

Lip Treatment

This treatment increases moisture and decrease wrinkles around the mouth area. This service can be added to any of our facials. 30 Minutes\$25.00

Back Facial

Dedicated to the beauty and purification of the back, this treatment draws impurities and thoroughly cleanses hard-to-reach areas. A customized mask is selected to complete this facial-like experience so the back can be bared with confidence.
50 minutes\$85.00

Body Treatments

Dragonfly Body Glow

Enjoy a Rain Shower body scrub with specially blended mixture of Buttermilk, cornmeal and essential oils. The treatment delights your senses and hydrates the body. It is recommended not to shave before this treatment.
25 Minutes\$65.00

Sunshine Sugar Scrub

Bring a little sunshine in to your life, by smoothing your skin with our honey, citrus, and sugar scrub. This treatment will help improve circulation and aids in healing the skin. To complete the treatment a refreshing Rain Shower is used to wash the sugar away. It is recommended for sensitive skin and advised not to shave before this treatment. 25 Minutes\$65.00

Sagebrush Salt Glow

Smooth the skin and calm the mind with our lavender-sage salt scrub. This natural detoxifying body scrub increases your immune system and exfoliates dry skin. To complete the treatment a Rain Shower is used to wash the salts away. It is recommended not to shave before this treatment. 25 Minutes\$65.00

Cactus Salt Glow

A natural blend of prickly pear juice and purifying salts smooths the skin and calms the mind. To complete the treatment a Rain Shower is used to wash the salts away. It is recommended not to shave before this treatment.
25 Minutes\$65.00



Wraps and Masks

Dragon Fly Body Mask

This pampering experience starts with a dry brush massage. It continues with an application of lemongrass and lavender clay and then comfortably wrapped in a warm cocoon. The mask will help decrease bumps and soothe the skins texture. 50 minutes\$115.00

Remineralizing Body Mask

Soothing wrap provides instant relief and helps restore moisture to dry skin. The treatment begins with an exfoliation of the skin and then the therapist will paint the nourishing remineralizing gel onto your body. The treatment is concluded with a warm shower and application of hydrating lotion. 80 Minutes\$150.00

Seaweed Body Mask

This treatment will cleanse your body of impurities using a customized blend of natural seaweed and various essential oils. A perfect way to replenish your energy and relieve stress. Upon completion of the mask a Seasonic is applied to the body to increase the elasticity of the skin. 50 Minutes\$115.00

Desert Rose Clay Mask

Purify the body with mineral rich mud from the earth. After the cocoon phase of the treatment the mud is showed off and a layer of honey is applied to the body. The guest will be escorted to the steam room where they can relax while the honey melts. 50 Minutes\$110.00

Dead Sea Body Mask

The Dead Sea Mud is a refining treatment that softens and beautifies the skin, adding health and energy. It aids cell replacement, reinforces the immunity system and helps in the treatment of muscular pain. 50 Minutes\$115.00

Shea Butter Wrap

Shea butter is mixed with lavender essential oil to help promote restful sleep and deep relaxation. The treatment starts with a dry brush to the body and then the butter will be applied with long massage strokes. After the application of butter to the entire body, the guest will be wrapped in a warm cocoon and given a head/foot massage. 50 Minutes\$105.00

Aspara Essential Oil Wrap

Aspara is a natural plant that grows by the seashores, which has remarkable stress removing properties. (the product is a natural headache reliever) This relaxing treatment begins with a gentle dry brush massage, followed by a light massage application of Aspara serum and massage cream. After the application of Aspara, the guest will be wrapped in a warm cocoon and given a head and foot massage. 50 Minutes\$105.00

Herbal Body Wrap

Warm muslin sheets steeped in wild herbs hug the body in a calming and relaxing state. The herbals naturally de-stress and detoxify the body. Followed by a cool shower. 25 Minutes\$65.00

Massage Therapies

Tension Reliever

Focusing on the area where we accumulate the most stress and tension. 25 Minutes\$65.00

Swedish Massage

Classic European massage that uses light to moderate touch over the full body. This massage improves circulation and promotes relaxation. 50 or 80 Minutes\$100.00/\$145.00

Deep Tissue Massage

A combination of moderate to deep pressure that uses a variety of techniques to release tight sore muscles. 50 or 80 Minutes\$100.00/\$160.00

Trigger Point Massage

A customized massage based on the guest's needs. A caring therapist applies pressure to release the toxins, relieve stress and stimulate circulation in troubled areas. 50 or 80 Minutes\$110.00/\$160.00

Aromatherapy Massage

This nurturing floral experience lavishes the skin with fragrant flower extracts. The natural floral essential oils are used to relax, energize, and soothe muscles and senses. Swedish Massage — 50 or 80 Minutes ...\$105.00/\$155.00
Deep Tissue Massage — 50 or 80 Minutes ..\$115.00/\$170.00

Desert Stone Massage

Smooth basalt lava stones, warmed to utilize their healing properties, are placed on key tension areas and integrated into a variety of massage techniques. 50 or 80 Minutes\$110.00/\$160.00

Te rretto Massage

The ultimate massage experience. Two therapist performing a choreographed session of various massage techniques. Walk out of the treatment with a feeling of "Bliss". 50 Minutes\$170.00

Prenatal Massage

Safe full-body massage with warm oils to relieve the aching muscles accompanied with pregnancy. 50 Minutes\$100.00

Reiki

A technique for stress reduction and relaxation that allows one to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life. A laying on of hands and uses guided life-force energy to affect change within the body. 50 or 80 minutes\$110.00/\$170.00

Duet

Share your experience with a friend with simultaneous massages in a specially designed treatment room. Swedish Massage — 50 or 80 Minutes ...\$185.00/\$280.00
Deep Tissue Massage — 50 or 80 Minutes ..\$205.00/\$300.00

In-Room Massage

All massage services available in the privacy of your guestroom (excluding Desert Stone Massage). 50 or 80 Minutes, additional service fee.\$50.00

Spa Facilities

Our spacious 13,000 square foot luxurious spa includes private men's and ladies' lounges and locker rooms, each with a dry sauna, wet steam room, and Jacuzzi whirlpool. We will provide you with a plush robe, spa slippers and towel. Personal amenities are also provided along with complimentary fruits and juices.

The Spa boasts a state of the art fitness center and a wide variety of fitness programs and classes.

Open daily from 6:00 a.m. to 8:00 p.m. Services begin at 8:00 a.m. and end at 7:00 p.m. For information and appointments, please call 520-877-2367. Resort guests may dial extension 2367.

Reservations

We recommend reserving your spa and salon services at least one week prior to your visit for the widest selection of treatments and appointment times. Please allow additional notice when booking for holidays and weekends. Spa and salon treatments may be guaranteed with a credit card.

Facility Use

Guests of the Omni Tucson National Resort may use the spa facilities at no additional charge. Non-resort guests may use the facility for a daily fee of \$25; however, the fee is waived with the purchase of a 50-minute spa service. Guests must be 16 years of age and older to use the facilities and services at the Spa.

Personal Possessions

We regret that we cannot be responsible for the loss or damage to personal articles, including clothing and accessories. We ask you to remove all jewelry before any service. We recommend leaving your jewelry at home or in the safe provided in your guestroom.

Maximizing Your Spa Experience

Please arrive at least 20 minutes prior to your first treatment (excluding Salon services). This will not only allow you time to check in but will also allow you time to enjoy the facility. The use of the steam, sauna, and whirlpool will relax your muscles so that you receive the full benefits of your service.

Arriving late for your scheduled service will deprive you of valuable treatment time. To avoid delaying the next guest, your treatment will end on time regardless of how late you begin.

Adult Environment

The Spa is an adult environment of relaxation and tranquility. Please respect all of our guests' right to privacy and quietude by turning off pagers and cellular phones when you enter the Spa. Age Requirement is 16.

Cancellation Policy

If you must cancel or reschedule your Spa or Salon service, please let us know 24 hours ahead of time to avoid being charged for a scheduled treatment. Groups of 10 or more booking services in the Spa require a two-week guarantee. The Spa strictly adheres to our cancellation policy.

Service Gratuity Charge

An 18% service charge will be automatically added to your Spa and Salon treatment prices. Package prices include the 18% service fee.

Gift Certificates

May we suggest our gift certificates as an ideal gift year round for any special occasion? Telephone and mail orders are available. For more information, please call the spa desk at 520-877-2367.

The Boutique

May we recommend a visit to our exclusive Dragonfly Boutique, which features fitness attire for men and women, specialty items, and our full line of exclusive spa products.

Membership

The Omni Tucson National Spa does have exclusive memberships for the spa and fitness center. All memberships are handled at extension 520-877-2302.