

Arizona Biltmore Spa
A Dedication to the Art of Wellness



The Arizona Biltmore Spa is more than just a relaxing destination. It is a journey of well-being that provides an escape from all aspects of daily life. Some treatments are drawn from the wisdom of ancient cultures—from medieval China to the native tribes of the Sonoran Desert.

Others reflect the contemporary approaches of the French, the Swedish and the Pacific Islanders. But every one relies on purely natural ingredients and elements to address your physical, mental and spiritual health.

Welcome to a whole world dedicated to your wellness.

“Give me the luxuries of life, and I will willingly do without the necessities.”

-Frank Lloyd Wright



**ARIZONA
BILTMORE.**

THE WALDORF ASTORIA COLLECTION™





Massage Therapies

From the balancing touch of timeless Asian techniques to the penetrating warmth of basalt stones, there are many elements of massage. Their focus is to bring balance to mind, body and spirit.

HANDS OF HEALING MASSAGE

A personalized massage that blends fluid Swedish movements with a collection of techniques tailored to every individual. This healing massage will relieve soreness and provide an overall sense of well-being. (50 or 80 minutes)

QUANTUM BIOFEEDBACK

Biofeedback has been scientifically proven to help reduce stress and hypertension. Quantum Biofeedback is a phenomenal advancement in stress reduction that can result in an improved sense of well-being, deep relaxation, pain reduction, greater mental clarity and improved physical performance. Included with each session is an NRG card that stores the frequencies for up to one year. Select from the following energy balancing sessions:

UNBLOCKING POTENTIAL

Release energy blockages, set your spirit free.

MOOD BOOST

Activate good feelings naturally.

IMMUNE SUPPORT

Stimulate your immune system for optimal well being.

PAIN MANAGEMENT

Frequencies programmed to neutralize pain.

BRAIN BOOSTS

Stimulate your mental energy.

Customized session designed for your specific needs.

(50 or 80 minutes)

DEEP TISSUE MASSAGE

A massage that focuses on deep muscle and connective tissue, this treatment allows the muscles to unwind and alleviates chronic tension. (50 or 80 minutes)

SPORTS MASSAGE

This full body massage is a great combination of many techniques, like trigger point therapy and stretching, and is designed to relieve aching joints and muscles brought on by strenuous or everyday fitness activities. A blend of therapeutic essential oils is featured in this service to promote healing and relieve tired muscles.

(50 or 80 minutes)

REFLEXOLOGY

An ancient Chinese therapeutic technique that uses pressure points to focus on the reflex zones of the feet, hands and ears. A truly relaxing treatment that restores balance to the body and mind. (50 minutes)

SONORAN STONE MASSAGE

The penetrating warmth of smooth basalt stones joins perfectly with gentle pressure to bring relief to tense muscles and sore joints. (50 or 80 minutes)

DREAM CATCHER AROMATHERAPY MASSAGE

An Arizona Biltmore signature treatment. This Native American-inspired massage assists you in releasing the cares of everyday life. Essential oils and heated stones are placed along the spine creating deep relaxation as you receive a thorough scalp, hand and foot massage. A full body massage completes this luxurious Spa experience. (80 minutes)

AYURVEDIC DOSHA BALANCING MASSAGE

This massage is performed with warm herbal-infused Ayurvedic essential oils. These dosha-specific oils are prepared in the traditional Ayurvedic manner, bringing balance to the body and mind. Warm heat packs for the hands and feet. Accompanied by the warm herbal oils aid in detoxification and nourish the nervous system. (80 minutes)

MATERNITY MASSAGE

A gentle massage designed for the expectant mother, this treatment focuses on the specific needs that accompany the joy of pregnancy. A delightful treatment for the mother-to-be. (50 minutes)

COUPLES MASSAGE

This massage uses the calming effects of our specially created aromatherapy blend of essential oils to release stress and relax the senses. The couple massage is performed in our outdoor massage cabanas-weather permitting. This service is also available to be performed in your guest room at an additional charge. (50 or 80 minutes)

FOUR HANDS MASSAGE

Quite possibly the ultimate Spa experience, this treatment utilizes two therapists simultaneously performing a choreographed massage. The rhythm of four hands brings a state of deep relaxation, allowing the mind to float away. (50 minutes)

SHIATSU

Japanese fore finger pressure and based on Chinese meridian system, this treatment uses pressure point techniques and stretches to open blockages in the body and create a relaxing, rejuvenating experience.

(Loose, comfortable clothing is required for this service.) (50 minutes)

SOOTHING BACK TREATMENT

This journey begins with an application of a warming mud to tight muscles while the therapist performs a detailed scalp, hand and foot massage. A precision back, neck and shoulder massage follows, removing tension areas that are prone to stress, creating the ultimate experience in relaxation. (50 minutes)



Spa Body Scrubs & Therapies

Various scrubs that exfoliate soften and smooth, leaving skin feeling alive and invigorated.

GENTLE JOJOBA BODY GLOW

A treatment designed to gently remove accumulation of dull surface cells to improve skin tone and texture, while leaving the skin silky soft and revitalized.

A lavish application of creamy scrub, rich in natural jojoba beads and extracts of sage and rosemary are massaged into the skin, followed by a luxurious application of a hydrating body cream. (50 minutes)

FIJI ISLAND SUGAR GLOW

This scrub begins with your choice of aromatic flavors of coconut, star fruit or passionflower mixed with raw sugar to exfoliate the driest of skin. A moisture application leaves skin with a warm, silky island glow. (50 minutes)

Spa Journey Body Therapies

Nourishing muds and minerals with aromatic herbs, botanicals and extracts nourish the skin and promote the healing process. Face, scalp and foot massages are featured in every body wrap.

DESERT HEAT THERAPY WRAP

This exceptional treatment delivers a rich formula of potent minerals like copper and zinc. A warm, bubbling application of Arizona Desert Mud is applied and the skin is instantly revived and energized. Includes loofah exfoliation and relaxing face and scalp massage. (80 minutes)

TRANQUIL LILY WRAP

A deeply soothing and moisturizing gel treatment formulated with a high concentration of aloe vera and green tea to aid in the reduction of sensitivities and dehydration of the skin. Includes relaxing face and scalp massages. (80 minutes)

HERBAL BODY PEEL AND TEA WRAP

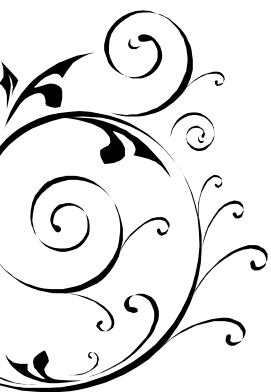
Wrap yourself in this unique herbal quilt. This customizable treatment leaves the skin beautifully soft and supple. Choose from our fresh herbs of sage (calming), rosemary (balancing) or lemon balm (energizing) to balance your mind, body and soul. A light moisture application will leave your skin hydrated and glowing. (50 minutes)

HEALING MUD WRAP

An ancient Indian ritual that consists of a generous application of organic black mud, which is a natural blend of botanicals, minerals and essential oils that soothe tired and aching muscles. Includes loofah exfoliation and relaxing face and scalp massage. Excellent for fighting fatigue and jet lag. (50 minutes)

DETOXIFYING SEAWEED WRAP

Luxuriate and detoxify in this neck-to-toe body wrap, while your skin absorbs and benefits from the rich array of minerals, vitamins, enzymes and essential oils abundant in this seaweed imported from the Brittany Coast of France. Results are spectacular and the skin is left toned, hydrated and silky smooth. Includes loofah exfoliation and relaxing face and scalp massage. (50 minutes)



Skin Care Treatments

Facials that remove the toxins and soften the edges. Treatments that restore moisture and nutrients. A spa facial not only promotes skin health and beauty, it is rejuvenating and relaxing experience.

BILTMORE CUSTOM FACIAL

Your skin is cleansed with a unique two-phase method that moisturizes and leaves the skin ideally prepared to absorb essential nutrients. The highly concentrated components in this facial are selected especially for your skin type. (50 minutes)

RASUAL FACIAL

This facial is specifically designed for oily or congested skin as it soothes irritated skin. It utilizes several different facial clay masks that draw out the impurities in the skin. This makes extractions come out with ease. (50 minutes)

ORANGE BLOSSOM LUMINOUS "C" FACIAL

A remarkable treatment with potency of 25% pure vitamin C, designed to refine, smooth, reduce fine lines and restore a radiant complexion. After enjoying a complete traditional facial, an ampoule is applied, followed by a peel-off vitamin "C" mask. Results are instant. Recommended prior to special occasions. (50 minutes)

OXYGEN INFUSION FACIAL

The application of therapeutic grade oxygen via hyperbaric infusion. This treatment stimulates the regeneration of new cells and the production of elastin and collagen while plumping the skin's surfaces to visibly reduce the appearance of fine lines and wrinkles. Choose from one of three unique, result-driven infusions.

REJUVENATION OXYGEN FACIAL

This treatment simultaneously infuses moisture, vitamins and antioxidants into the skin by cooling, calming topical hyperbaric oxygen resulting in luminous unparalleled hydration and visible age defying results. Your skin will feel instantly rejuvenated with improved firmness and a noticeable lift. (50 minutes)

OPULENCE BRIGHTENING INFUSION FACIAL

This infusion combines botanical brighteners and super concentrated Vitamin C which safely and naturally treats the cause of uneven skin tone while revealing new found luminosity and radiance. Every skin tone is notably improved after just one treatment and the benefits continue to accumulate after a series of treatments (50 minutes)

ULTIMATE INFUSION TREATMENT

This treatment has all the beauty of the Rejuvenation Oxygen Facial with the addition of a natural amino peptide complex to relax the dermis and significantly smooth the appearance of fine lines and reduce wrinkle depth. The ultimate treatment combines botanical skin brighteners and super concentrated Vitamin C to reveal radiance. This treatment includes the delicate neck and decollete area with a Botox Alternative infusion and includes a special infusion treatment for the hands. You will emerge radiant with renewed luminosity with this "ultimate" treatment. (80 minutes)

BOTOX ALTERNATIVE COMPANION

Designed to smooth the forehead, soften the eye contour and immediately plump and smooth the lips. This wonderful companion can be added to the Rejuvenation Oxygen Facial or the Opulence Brightening Infusion Facial.

ENZYME FACIAL TREATMENT

This facial is the ideal defense against the damaging influence of free radicals. A results-oriented treatment that is beneficial for all skin types and repairs sun damage with the help of enzyme proteins. Restorative ingredients combine to improve skin tone and texture. (50 minutes)

FITNESS FACIAL FOR MEN

Especially designed and formulated for gentlemen's skin, enjoy a full traditional facial followed by a professional mask rich in Escutox, an ingredient that firms the skin, lavender and chamomile that soothe and prevent razor burn and sensitivities.

ROSE QUARTZ FACIAL

Rose quartz has long been revered for its special healing powers as well as its beautifying and curative properties. This nutritive facial will improve moisture, increase vitality and soothe the skin. A facial massage using rose quartz stones enhances cell growth and promotes positive energy to the body, mind and soul. (80 minutes)

ANTI-AGING CAVIAR FACIAL

Reveal rejuvenated radiance with this scientifically proven facial treatment. This high performance, cutting edge treatment delivers the most advanced defense against aging. Your skin will cherish and benefit from the caviar and pearl, scientifically recognized as anti-aging extracts. After a luxurious, traditional facial is performed, a rich application of gel that consists of 100% pure caviar is massaged into the skin, followed by a lift-off mask, leaving the skin firm and youthful. This treatment also includes our Youth-Renew Caviar Hand and Foot Treatment. (80 minutes)

The Biltmore Additional Luxuries

DE-STRESS EYE TREATMENT

Excellent for smoothing fine lines in the fragile eye zone. Helps to decrease puffy eyelids and alleviate dark circles.

YOUTHFUL LIP TREATMENT

This powerful treatment visibly smoothes expression lines and wrinkles. Restores and redefines the lip contour: your lips are rendered smooth, firm, and youthful.

MINERAL MUD SOOTHING BACK TREATMENT

Relax with warm Arizona Desert Mud that soothes the spinal muscles and allows the central nervous system to let go. This is a wonderful way to balance energy and feel refreshed.



Spa Journey Manicure & Pedicures

All manicures and pedicures include exfoliation and cleansing, nail and cuticle care and your choice of nail polish or buffing. Relax and enjoy the experience of our exceptional products and expert care for your hands and feet.

Manicures

CHAMPAGNE MANICURE

This treatment includes a rare Pinot Noir grape foam mask also used in the production of exquisite champagne. It is rich in super antioxidants and has highly concentrated ingredients to care for your skin. It will leave your hands feeling and looking radiant.

(50 minutes)

CAVIAR MANICURE

With unsurpassed performance, this is the treatment not to be missed at the salon. A true treat for the hands, a luxurious array of ingredients is applied to the skin, all rich in fabulous anti-aging properties such as collagen, caviar and retinol to hydrate and diminish age spots and regenerate, leaving the skin more youthful. (50 minutes)

REFRESHING MANICURE

Restore your hands to their natural beauty. Begin with a gentle salt scrub, followed by a hydrating moisture application. Appropriate for guests who get manicures regularly.

(25 minutes)

HYDRATING MANICURE

Begins with an exfoliation using our coconut sugar scrub, rich in emollients to soften and hydrate the skin. A luxurious massage with lotion completes this hydration journey.

(50 minutes)

MEN'S HAND TREATMENT

This treatment, especially designed for men, relaxes, revives and restores overworked hands. Beyond the professional manicured finish, this service offers relaxation and hydration. (30 minutes)

NAIL SERVICES

French Polish Upgrade (15 minutes)

Nail Repair (15 minutes)

Buff and Polish (30 minutes)

Polish Change (15 minutes)

Gem Design

Sculptured Nails

Full Set (80 minutes)

Fill (50 minutes)

Pedicures

CHAMPAGNE PEDICURE

This treatment includes a rare Pinot Noir grape foam mask also used in the production of exquisite champagne. It is rich in super antioxidants and has highly concentrated ingredients to care for your skin. It will leave your feet feeling and looking radiant.

(50 minutes)

CAVIAR PEDICURE

With unsurpassed performance, this is the treatment not to be missed at the salon. A true treat for the feet, a luxurious array of ingredients is applied to the skin, all rich in fabulous anti-aging properties such as collagen, caviar, and retinol to hydrate and diminish age spots and regenerate, leaving the skin more youthful. (50 minutes)

FOOT REFRESH PEDICURE

Give your feet a whole new look. Start with a gentle exfoliation, followed by an herbal lotion application. Appropriate for guests who get pedicures regularly. (25 minutes)

HYDRATING STONE PEDICURE

Relax while warm, smooth stone are used to massage the calves and feet. This treatment includes an exfoliation using our aromatic sugar scrub rich in coconut oils. (50 minutes)

MEN'S FOOT TREATMENT

This treatment, especially designed for men, relaxes, revives and restores overworked feet. Beyond the professional pedicured finish, this service offers relaxation and hydration. (45 minutes)



For the Hair & Scalp

Enjoy our luxurious treatments to balance the scalp and treat the hair.

AROMATIC DEEP CONDITIONING

Customized for your individual needs, this luxurious treatment uses pure plant extracts to restore health and luster to your hair. A relaxing scalp massage, rich with essential oils, enhances shine. This service is performed in the salon and includes shampoo, but no blow dry/style. (50 minutes)

OTHER HAIR SERVICES

We provide a full variety of services designed for your hair care needs. Our highly qualified stylists are available for consultations, cuts, special occasion styles, coloring and highlights.

Spa Information

FACILITIES

The Biltmore Spa Complex, of over 22,000 square feet, is available for your enjoyment during your visit. Relax in the numerous outdoor retreat areas, as well as our rejuvenating Spa Whirlpool. Men's and women's locker and grooming facilities include private steam rooms, sauna complimentary fruit and tea. Use of all Spa facilities is included for all resort guests.

ARRIVAL AT SPA

In order to ensure the full enjoyment of your Spa experience, please arrive at the Spa 30 minutes prior to your first treatment. All treatments will end on time, regardless of how late they start, to ensure the next guest is not delayed. We recommend a warm shower or a visit to our steam room, sauna or whirlpool before your treatment for added benefit.

SPA ETIQUETTE

The tranquility of the Spa's environment is important to us all. We respectfully request that you leave your pager and cell phones turned off. The Spa is a smoke-free environment. Gratuities are not included in treatment prices.

RESERVATIONS AND CANCELLATION REQUIREMENTS

Reservations must be secured with a credit card. If you must cancel or change your spa appointment please let us know at least 24 hours ahead of time to avoid being charged the full amount for the scheduled treatments. Please see our price guide for all treatment prices. Prices are subject to change without notice.

AGE REQUIREMENT

Guests 17 years or younger may receive salon services but must be accompanied by an adult. The Spa welcomes guests 18 years and older for Spa services. The age requirement for usage of the fitness center is 16 or older.

MAKE-UP

Let our experts help you find the perfect look. We offer make-up consultation, application, lessons and special occasion make-up. Ask about our flawless airbrush make-up application, perfect for any special event.



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 at home or put it in the safe provided in your guest room.

FOR YOUR WELL-BEING

When scheduling any appointment, please inform us if you have high blood pressure, a heart condition, and allergies or are pregnant. We recommend that you refrain from consuming alcohol before, during or immediately after Spa treatments. To protect your health, our service providers reserve the right to cease treatment if excessive alcohol consumption is suspected. We invite pregnant women to enjoy the Spa but recommend they avoid treatments using deep pressure, aromatic oils and treatments utilizing high heat. For any other health concerns, please allow our knowledgeable staff to assist you in choosing treatments that are right for you.

PACKAGES

We offer Spa packages that range from the Create Your Own Journey package to our signature The Wright Combination package. Please see the price guide for a complete listing of available Spa packages. Gratuities are included in all Spa packages.

GIFT CERTIFICATES

Gift Certificates are an idea gift for any occasion-especially when it is used to pamper or spoil a loved one in the Spa. For more information, call 800.950.0086, ext 2 or visit the hotel reception desk. An automatic 18% gratuity is added to all gift certificates.

Arizona Biltmore Spa ♦ 2400 East Missouri Avenue ♦ Phoenix, AZ 85016
602-955-6600 ♦ www.arizonabiltmore.com



Spa Rates and Packages

Massage Therapies

HANDS OF HEALING MASSAGE

50 minutes	\$135-\$155
80 minutes	\$195-\$215

QUANTUM BIOFEEDBACK

50 minutes	\$135
80 minutes	\$195

DEEP TISSUE MASSAGE

50 minutes	\$150-\$170
80 minutes	\$210-\$230

SPORTS MASSAGE

50 minutes	\$140-\$160
80 minutes	\$200-\$220

SONORAN STONE MASSAGE

50 minutes	\$150-\$170
80 minutes	\$210-\$230

DREAM CATCHER AROMATHERAPY MASSAGE

80 minutes	\$210-\$230
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AYURVEDIC DOSHA BALANCING MASSAGE

80 minutes	\$200-\$220
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MATERNITY MASSAGE

50 minutes	\$135-\$155
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COUPLES SANDALWOOD MASSAGE IN-ROOM

50 minutes	\$185-\$205*
80 minutes	\$230-\$250*

*Price list is per person

COUPLES SANDALWOOD MASSAGE OUTDOOR

50 minutes	\$135-\$155*
80 minutes	\$195-\$215*

*Price list is per person

FOUR HANDS MASSAGE

50 minutes	\$280-\$300
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SHIATSU

50 minutes	\$140-\$160
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REFLEXOLOGY

50 minutes	\$140-\$160
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SOOTHING BACK TREATMENT

50 minutes	\$145-\$165
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Body Scrubs

GENTLE JOJOBA BODY GLOW

50 minutes	\$135-\$155
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FIJI ISLAND SUGAR GLOW

50 minutes	\$135-\$155
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BODY THERAPIES

DESERT HEAT THERAPY WRAP

80 minutes	\$195-\$215
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TRANQUIL LILY WRAP

80 minutes	\$195-\$215
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HERBAL BODY PEEL AND TEA WRAP

50 minutes	\$165-\$185
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HEALING MUD WRAP

50 minutes	\$165-\$185
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DETOXIFYING SEAWEED WRAP

50 minutes	\$165-\$185
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Skin Treatments

BILTMORE CUSTOM FACIAL

50 minutes	\$135-\$155
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RASUAL FACIAL

50 minutes	\$135-\$155
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ORANGE BLOSSOM LUMINOUS iCi FACIAL

50 minutes	\$135-\$155
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OXYGEN INFUSION FACIAL

50 minutes	\$185-\$205
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REJUVENATION OXYGEN FACIAL

50 minutes	\$185-\$205
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OPULENCE BRIGHTENING INFUSION FACIAL

50 minutes	\$185-\$205
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ULTIMATE INFUSION TREATMENT

50 minutes	\$330-\$350
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BOTOX ALTERNATIVE COMPANION

\$75

ENZYME FACIAL TREATMENT

50 minutes	\$135-\$155
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FITNESS FACIAL FOR MEN

50 minutes	\$135-\$155
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ROSE QUARTZ FACIAL

80 minutes	\$195-\$215
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ANTI-AGING CAVIAR FACIAL

80 minutes	\$205-\$225
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(Facial includes caviar hand & foot treatment)

The Biltmore Additional

Luxuries

DE-STRESS EYE TREATMENT

\$30

YOUTHFUL LIP TREATMENT

\$30

MINERAL MUD SOOTHING BACK TREATMENT

\$40

Manicures

CHAMPAGNE MANICURE

50 minutes	\$60-\$70
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CAVIAR MANICURE

50 minutes	\$70-\$80
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REFRESHING MANICURE

25 minutes	\$35-\$45
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HYDRATING MANICURE

50 minutes	\$65-\$75
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MEN'S HAND TREATMENT

25 minutes	\$45-\$55
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Pedicures

CHAMPAGNE PEDICURE

50 minutes	\$80-\$90
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CAVIAR PEDICURE

50 minutes	\$90-\$100
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FOOT REFRESH PEDICURE

25 minutes	\$50-\$60
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HYDRATING STONE PEDICURE

50 minutes	\$85-\$95
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MEN'S FOOT TREATMENT

40 minutes	\$65-\$75
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NAIL SERVICES

French Polish Upgrade	
15 minutes	\$10-\$20
Nail Repair, 15 minutes per nail	\$10-\$20
Buff and Polish, 30 minutes	\$35-\$45
Polish Change, 5 minutes	\$20-\$30
Gem Design per nail	\$5-\$15
Sculptured Nails, Full Set	
80 minutes	\$90-\$100
Fill, 50 minutes	\$60-\$70

Hair Services

Add on Blow Dry and Style	\$35 & up
Ladies Cut & Blow Dry	\$68 & up
Shampoo & Blow Dry	\$58 & up
Shampoo Set	\$62 & up
Bang Trim	\$27 & up
Gentlemen's Hair Cut	\$42 & up
Special Occasion Style	\$60 & up
One-Color Process	\$85 & up
Highlighting	\$110 & up
Aromatic Deep Conditioning	\$85 & up
Make-up Application	\$65 & up
Make-up Lesson	\$75 & up

Arizona Biltmore Spa Packages

THE WRIGHT COMBINATION

Dream Catcher Massage	
Biltmore Custom Facial	
Desert Heat Therapy Wrap	
Caviar Manicure and Pedicure	
Approximately 6 hours	
	from \$700-\$770

THE TALIESIN TRIO

Rose Quartz Facial	
50 minute Sonoran Stone Massage	
Healing Body Mud Treatment	
Approximately 3 hours	
	from \$510-\$570

THE BILTMORE BLOCK

50 minute Hands of Healing Massage	
Orange Blossom Facial	
Refreshing Manicure	
Foot Refresh Pedicure	
Approximately 3 hours	
	from \$385-\$435

Fitness Services

FITNESS PRESCRIPTION

Getting the same results with the same workout? Fitness Prescription is designed for a person in need of a new exercise program or for those looking to modify their current program. You will receive a personalized exercise program including strength training, cardiovascular and flexibility components.

90 minutes \$150

PERSONAL TRAINING

This session is designed for an individual who is working with a personal trainer and would like to continue working out while at the hotel. Each session is 60 minutes

1/2 hour session	\$65
1 session	\$85
3 sessions	\$210
5 sessions	\$350
10 sessions	\$550
1 session in-room	\$150

IN-ROOM TRAVELERS WORKOUT

Work out without leaving your room! Designed for the frequent travelers who don't want to skip their workout. Enjoy this workout in the comfort of your room using minimal equipment. Special attention will be given to stretching those road-weary muscles.

75 minutes \$125

WELLNESS ASSESSMENT

Do you have health habits? Take a look at your lifestyle by filling out our lifestyle questionnaire. Learn proven techniques for stress reduction. A body composition and nutrition consultation will be included to see if a lifestyle change is recommended.

50 minutes \$80

CORE CONDITIONING

This core body-conditioning workout provides exercise to increase trunk strength for total body stability. It contributes to improved balance and provides key components to efficient movement both during exercise and daily living.

45 minutes \$75

TREADMILL OR BIKE INTERVAL TRAINING

One of our personal trainers will create a cardiovascular training program specific to your needs. A systematic workout in your specific heart rate zones allows optimal fat burn.

50 minutes \$80

ASSISTED STRETCHING

Are your muscles tight from traveling or sitting in a meeting all day? Our fitness professional will work with you one-on-one to design your personalized stretching program.

20 minutes \$45

PRIVATE GUIDED HIKE

Hike to the beautiful summer of Piestewa Peak or Camelback Mountain. This scenic journey will take you 2.5 hours. This included guide, water and transportation to and from the hotel.

Per guest \$60

PRIVATE GUIDED MOUNTAIN BIKE TOUR

Join your guide mountain biking through the Phoenix Mountain Preserve. This tour lasts two to three hours.

Per guest \$75

PRIVATE YOGA

Learn how to combine posture, breathing and meditation to improve strength, flexibility and balance. Choose from Hatha, Sport or Restorative.

60 minutes \$105

80 minutes \$155

PRIVATE PILATES

The mat session emphasizes core strength, increased range of motion, better balance and stability while correcting posture.

60 minutes \$105

80 minutes \$155

Please also refer to our current fitness class schedule. We feature a variety of classes including Hydro Fit, Yoga and Tai Chi, as well as the popular sunrise power walk. Please call 7684 for more information.

