



THE SPA  
Camelback Inn

5402 E. Lincoln Dr. • Scottsdale, Arizona 85253

480-596-7040 • 1-800-922-2635

[www.camelbackspa.com](http://www.camelbackspa.com)



THE SPA  
Camelback Inn

The Spa at Camelback Inn invites you to simply relax and enjoy the moments of balance and tranquility offered in our quiet haven. Take time to discover the magic of the Sonoran Desert while connecting with your inner self. Enjoy the simple pleasures of complete rejuvenation and relaxation.



WELCOME TO THE SPA AT CAMELBACK INN

#### SPA HOURS

6:15 a.m. – 7:30 p.m. Daily

#### DAILY SPA GUEST MEMBERSHIP

- The daily fee for a Camelback Inn guest is \$25
- For Camelback Inn guests receiving any 30 minute Spa or Salon service, the daily guest membership fee is waived.
- Non-Camelback Inn guests must purchase a one-hour minimum service, excluding the Salon and Cabanas.

*Daily guest membership includes unlimited use of whirlpools, cold plunge (Men's Spa), Turkish steam bath, solariums, Finnish saunas, Swiss shower (Men's Spa), relaxation lounges, private lockers, Spa wardrobe (bathrobes, slippers, T-shirt, shorts), heated outdoor lap pool, body and beauty amenities, all exercise classes and fitness room.*

#### AGE REQUIREMENT

The Spa is an adult-oriented atmosphere for ladies and gentlemen over 16 years of age.

#### CELL PHONES AND TOBACCO

To preserve our tranquil setting, cell phones and tobacco are prohibited.

#### SPA RESERVATIONS/CANCELLATIONS

General Information/Scheduling:  
(480) 596-7040 • 1 (800) 922-2635

Reservation Hours: 8 a.m. – 6 p.m.

Seasonal Hours may vary.

Reservations are subject to availability. We recommend that you schedule your Spa treatments at least five to six weeks in advance so that we can meet your scheduling requests. A credit card is required to guarantee services at the time of booking. A 24-hour cancellation notice is required to avoid full-price charge for services booked.

## HOW TO SPA

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### WHAT TO EXPECT

When you arrive at the Spa, you'll find that the gym, fitness classes, pool and Sprouts restaurant are co-ed, while the treatment rooms, baths, saunas and locker rooms are not. We will provide you with a locker for your belongings and give you a tour of the facility. To preserve our tranquil setting, cell phones and tobacco are prohibited. During your treatment, give yourself up to the experience. Don't feel obligated to make conversation with your therapist. However, do communicate any discomfort, special needs or questions.

### IS THERE AN AGE REQUIREMENT?

Yes. The Spa is an adult-oriented atmosphere for ladies and gentlemen over 16 years of age.

### HOW EARLY SHOULD I ARRIVE?

To enjoy the full value of your Spa experience, we suggest you arrive a minimum of 30 minutes prior to your first appointment to allow us time to familiarize you with our facility. To begin your relaxation, we also recommend use of our showers, steam rooms and saunas before your services. Avoid arriving late – your treatment will end on time so that our next guest isn't delayed, regardless of how late you start.

### WHAT SHOULD I WEAR?

We will provide you with a robe and slippers, which you can wear throughout the entire Spa. You will need to bring your own bathing suit and athletic shoes for the use of our facilities. Please don't wear your jewelry or watch.

## HOW TO SPA

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### MAY I REQUEST A MALE OR FEMALE THERAPIST?

Yes. All of our therapists are sensitive to guests feeling comfortable during treatments. Appropriate draping practices are always observed for your privacy. We suggest you wear only your robe and slippers. However, if you would feel more comfortable, you may also wear your undergarments.

### IS THE SPA FOR ME IF I'M PREGNANT?

Yes, even though you should avoid using deep heat, deep pressure and aromatherapy procedures. We would like to recommend the maternity massage.

### IS TIPPING APPROPRIATE?

Yes. A general guideline is 15 to 20 percent.

### IS THERE A RESTAURANT IN THE SPA?

Yes. Sprouts is a nationally acclaimed spa restaurant featured on the Food Network. Serving a variety of Arizona inspired heart-healthy dishes, the Spa chef focuses on bringing out the vibrant flavors of the Southwest. Sprouts is open for breakfast and lunch. Hours of operation vary seasonally.

### DOES THE SPA HAVE GIFT CERTIFICATES?

Yes. You may purchase gift certificates from the Spa front desk or at our online Spa shop at: [www.camelbackspa.com](http://www.camelbackspa.com).

## FACIALS

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### CAMELBACK SIGNATURE FACIAL

Refreshing blends of grapefruit, mandarin orange, cranberry and pomegranate make this the ultimate in aromatherapy. Along with therapeutic aromas of pure plant extracts is a detoxifying enzyme treatment followed by a mask customized to skin type. Relaxation is further enhanced by a gentle hot stone hand and foot massage. *60 min. — \$145*

### ANTI-OXIDANT PROFESSIONAL PEEL

This professional quality, patented peel uses a synergistic blend of alpha and beta hydroxy acids to instantly improve skin's firmness, vibrancy and radiance. Continued home maintenance will increase the youthful glow and hydration levels of your skin. Relaxation is further enhanced by a gentle hand and foot massage. *60 min. — \$135*

*\*Do not choose this service if you are allergic to Aspirin or are using products that contain Vitamin A, Retin-A, Renova, Differins, Avita or Accutane.*

*\*You may experience transitory stinging with this peel.*

### SONORAN ROSE

A deep pore cleansing with the rich, aromatic essence of rose relaxes, soothes and softens the skin. An application of glycolic acid removes surface build-up of dry skin on the face. Hands and feet are then massaged with a rose scented oil, leaving you fresh and radiant. This patented skincare line has stabilized oxygen in creams containing Vitamins A and E as excellent free-radical scavengers. *60 min. — \$135*

## FACIALS

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### DR. PERRICONE ANTI-AGING FACIAL

The patented alpha lipoic acid formulations used in this facial are clinically proven to improve skin tone and minimize the signs of aging. The alpha lipoic acid penetrates into the skin through a warm mask. After the skin is hydrated, cool beauty globes are used to tone and firm the skin. Relaxation is enhanced by a gentle hand and foot massage. *60 min. — \$145*

### SAVING FACE HYDRATING FACIAL

Features Kerstin Florian's natural antioxidant skin care line. This customized botanical facial maximizes your skins' performance, dramatically increasing moisture, resulting in clear, healthy and vibrant skin. This result oriented treatment includes a relaxing upper body massage as well as a hand treatment. *60 min. — \$145*

### DEFENSE ZONE FACIAL FOR MEN

Exfoliating microbeads instantly buff away dry skin, smoothing and clearing the way for an effortless shave. Vitamins and extracts hydrate the skin and restore a natural, moisturized feel to the face. Relaxation is further by a gentle hand and foot massage. *60 min. — \$135*

## BODY TREATMENTS

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### CAMELBACK SIGNATURE BODY WRAP

Experience a head-to-toe Vitamin C treatment for the skin. The body is polished and hydrated with the Spa's signature scrub. A citrus conditioner is massaged into the hair and scalp. The body is moisturized with a fresh aromatic oil. A plumping lip treatment and moisturizing sunscreen complete this treatment. *60 min. — \$155*

### DESERT RAIN LOOFAH

This deep cleansing treatment exfoliates and softens the skin, while improving circulation. The body is rubbed with sea salt and almond oil and a loofah mitt and body gel with desert botanicals cleans and smoothes the skin. This is followed by a gentle vichy shower and a moisturizer with a blend of prickly pear nectar, aloe vera gel and desert essential oils. This service will leave your skin glowing. *30 min. — \$75*

*\*Do not shave or wax 24-hours before treatment, or choose this service if allergic to iodine or shellfish.*

### PARA-JOBA BODY MOISTURIZER

Perfect for skin exposed to the desert sun or extreme weather conditions, this treatment incorporates a natural bristle body brush to exfoliate the skin and stimulate circulation. The skin is then cooled with a lavender spritz. Pure jojoba oil is applied, and the body is wrapped in warm paraffin sheets. This provides soothing relief for lower back pain or sore muscles. The paraffin is removed and shea butter cream is applied leaving skin smooth and glowing! *60 min. — \$135*

*\*Not recommended during pregnancy*

## BODY TREATMENTS

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### DESERT NECTAR HONEY WRAP

The skin is drenched with pure Arizona honey, buttermilk and oats. A fragrant conditioner is massaged into the hair, and the body is rinsed and treated with a rich hydrating cream. The face is gently cleansed with a state of the art Clarisonic facial brush. Natural orange blossom water, sweet lavender oil and a light cucumber mask leave the face baby soft. *60 min. — \$145*

### BINDI HERBAL BODY TREATMENT

Using a blend of herbs and oils from India, this Ayurvedic treatment brings the body into balance by providing nourishment to the skin, relaxation to the central nervous system and peace to the mind and soul. The body is gently exfoliated, and warm oil is applied. Together these techniques improve circulation, releasing energy blockages and transporting you to a new level of relaxation. *60 min. — \$135*

*\*Not recommended during pregnancy*

### ADOBE CLAY PURIFICATION WRAP

This Native American healing treatment exfoliates, nourishes and detoxifies. An aromatic conditioner is massaged into the hair, and adobe clay is applied to the body to relax muscles and draw out impurities. Southwestern inspired soap and a cactus fiber cloth are used during a shower to remove the clay, followed by an application of warmed juniper and sage oils. Relaxation in the sauna completes this purifying ritual. *60 min. — \$135*

*\*Not recommended during pregnancy*

*\*Do not choose this service if allergic to iodine or shellfish*

## MASSAGES

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### CAMELBACK SIGNATURE MASSAGE

This treatment combines aromatherapy, hot and cold stone massage, reflexology, and the detoxifying benefits of castor oil. Warm juniper sage oil is massaged into the neck and shoulders while semi-precious stones are placed on the Chakras for a restorative effect. Gentle pressure is applied to the reflex points on the feet to dissolve stress. A scalp massage follows and cold Aquamarine stones massage facial contours for lymphatic drainage. *60 min. — \$135*

*\*Not recommended during pregnancy or if sunburned.*

### SWEDISH BODY MASSAGE

Muscles are gently massaged with oils to improve circulation and flexibility, ease muscle aches and tension, and create relaxation. *60 min. — \$110*

### THERAPEUTIC MASSAGE

A deep tissue massage for detailed work on specific muscle groups. *60 min. — \$120*

### AROMATHERAPY MASSAGE

Pure essential oils are used to provide a calming, energizing or cleansing effect. *60 min. — \$115*

### MATERNITY MASSAGE

Enjoy a comforting and soothing experience designed to give relief to the special needs of the mother-to-be. *60 min. — \$110*

### SHIATSU

Acupressure applies pressure to specific points of the body to unblock "meridians", relieve fatigue and stimulate the body's natural self-curative abilities. *60 min. — \$120*

### NATIVE HOT STONE MASSAGE

This spa ritual is inspired by the Native American use of heated basalt stones to promote relaxation in the body. The massage dissolves muscle tension as healing warmth penetrates the body for an incredibly relaxing experience. *60 min. — \$125*

*\*Not recommended during pregnancy or if sunburned.*

## SALON SERVICES

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### HAIR SERVICES

#### SONORAN SCALP & MASSAGE TREATMENT

A scalp massage using special hair nutrients is followed by a shampoo. *20 min. — \$40*

Shampoo and Style . . . . .	.\$45
Men's Haircut . . . . .	.\$40
Haircut and Style . . . . .	.\$60
Deep Conditioning (with heat) . . . . .	.\$20
Comb Out . . . . .	.\$25
Up Do . . . . .	.\$45
Braid . . . . .	.\$25
Consultation . . . . .	.\$12
*Full Weave (entire head) . . . . .	.\$89
*Full Weave (long hair) . . . . .	.\$100
*T Weave (partial head) . . . . .	.\$65
*Color . . . . .	.\$65
*Semi-Permanent Conditioning Color . . . . .	.\$50

*\*Charges vary depending on hair length due to increased service time.*

### NAIL SERVICES

#### DOUBLE HAPPINESS MANICURE & PEDICURE

June Jacobs Spa Collection delivers the ultimate luxury experience with invigorating peppermint and rejuvenating ingredients. The treatment begins with a "facial" for the hands and feet, a revitalizing massage and gentle skin resurfacing that leaves hands and feet silky smooth and renewed. *75 min. — \$125*

Manicure (25 min.) . . . . .	.\$25
Camelback Signature Manicure . . . . .	.\$31
French Manicure . . . . .	.\$31
Nail Repair . . . . .	.\$12
Polish Change for Hands . . . . .	.\$12
Pedicure (50 min.) . . . . .	.\$55
Camelback Signature Pedicure . . . . .	.\$70
French Pedicure . . . . .	.\$61
Polish Change for Feet . . . . .	.\$25

## FITNESS SERVICES

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### EXERCISE PRESCRIPTION

At this private consultation with a fitness specialist, you will receive a personalized exercise program including flexibility, cardiovascular and strength training components. Designed for a person in need of an exercise program or those looking to modify their current program. *90 min.* — \$150

### PERSONAL TRAINING

Designed for the individual who is working with a personal trainer and would like to continue their workout while at the Spa.

*1 session (60 min.)* — \$65

*5 sessions* — \$300    *10 sessions* — \$550

### PILATES TRAINING METHOD

An instructor will teach you breathing control and correct postural alignment. This method develops toned, long muscles, strengthens back and abdominal muscles, and is excellent for all fitness levels.

*1 session (60 min.)* — \$80

*5 sessions* — \$350    *10 sessions* — \$650

### ASSISTED STRETCHING

Loosen up before a round of golf or after a hard workout! Designed to enhance your stretching experience and increase your range of motion. *30 min.* — \$45

*\*Please arrive warmed up.*

## ONE ON ONE FITNESS

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Let our fitness specialists guide you through programs for your specific interests. Each workout includes a take-home packet of related exercises. *60 min.* — \$80

### TRAVELER'S WORKOUT

Designed for the frequent traveler, this program will teach you how to execute a full strength training workout in your hotel room with minimal equipment. Special attention is placed on flexibility and stretching road-weary muscles.

### STRETCHING

Are your muscles tight from working out or sitting at the computer all day? Learn proper technique and a whole-body stretching routine.

### AQUATIC CONDITIONING

Getting bored with your current exercise routine? Learn exercises that can be done in the water. Water exercise is gentle and appropriate for people with compromised joints.

### CORE CONDITIONING

Flexibility testing for muscles associated with lower back discomfort and exercises designed to improve the strength and flexibility of your CORE (abdominals and lower back muscles) with the use of a therapy ball to improve posture and CORE strength.

## FITNESS CLASSES

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Please refer to our current exercise class schedule. We feature a variety of classes including Tai Chi, Yoga and Meditation, as well as the popular morning Powerwalk.

## SPA PACKAGES

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A Spa package from the Camelback Inn is the perfect gift of luxury and pampering for your spouse, a friend, a loved one or even yourself!

### CAMELBACK DAY PACKAGE

Enjoy a one-hour Swedish massage, a one-hour facial and your choice of two of the following: manicure, pedicure, or shampoo and style. 3 1/2 hours — \$320

### CAMELBACK ESSENTIAL PACKAGE

A one-hour Swedish massage and a one-hour facial. 2 hours — \$245

### CAMELBACK SPA SOOTHER PACKAGE

A one-hour Swedish massage and a Desert Rain Loofah treatment. 1 1/2 hours — \$185

### THE GENTLEMAN'S DELUXE PACKAGE

A Desert Rain Loofah, an Adobe Clay Purification Wrap and one-hour Swedish massage. 2 1/2 hours — \$300

## PRIVATE CABANAS

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For guests seeking a relaxing retreat from the desert sun, our private cabanas are available for daily rental from 7 a.m. to 7 p.m. Our cabanas are equipped with a ceiling fan, refrigerator, comfy chairs, ottomans and chaise lounges. Complimentary amenities include: bottled water, fresh fruit, iced aromatherapy towels and games. For reservations please call 480-596-7040.

### DELUXE CABANA PACKAGE — \$225

Maximum 4 people per cabana.

### REGULAR CABANA PACKAGE — \$125

Maximum 2 people per cabana.

*\*For Marriott Resort guests, pricing includes the daily Spa membership fee for those guests using the cabana. For non-Marriott Resort guests, pricing is in addition to the cost of a one-hour spa treatment for each guest in the cabana.*



THE SPA AT CAMELBACK INN.  
WHERE TIME STANDS STILL.