

## MASSAGE

### Swedish Massage

30 min. \$55 60 min. \$75 90 min. \$105

Relaxation massage-This classic massage incorporates long, fluid strokes using light pressure to enhance the body's natural functioning. Improves muscle tone, circulation and joint flexibility.

### Therapeutic Massage

30 min. \$65 60 min. \$90 90 min. \$120

A customized, therapeutic form of massage that releases chronic patterns of tension in the body through slow strokes and moderate to deep pressure. Increases flexibility, relieves sore, tight muscles and speeds up muscle recovery.

### Aromatherapy Support

Customize your massage for an additional \$10

#### Your Choice:

- Anti-Stress
- Arthritis Support
- Cold & Sinus
- Headache Relief
- Muscle Ease
- Detoxifying
- Relaxing
- Uplifting
- Immune Support

### Prenatal Massage

30 min. \$55 60 min. \$75 90 min. \$105

Specially designed for mothers-to-be, the massage promotes relaxation, increases circulation and provides comfort during this wondrous time of change. Relieves tension and alleviates swelling in the hands and feet while uplifting the spirit. Comfort and safety is assured with custom supportive pillows. Massage is not recommended during the first trimester of pregnancy.

### Saguaro Stone Massage

90 min. \$120

An ancient Native American art incorporating heated basalt stones to massage the body. Muscle tension is dissolved as healing warmth penetrates the body for an incredibly relaxing experience.

### Massage Together

Enjoy the relaxing experience of massage with a friend or loved one in a room designed especially for two. Each person may choose their own style of massage. Please request this type of massage when booking your appointment.



## SPA SPECIALTIES

### Reiki

60 min. \$70 90 min. \$90

Reiki "Universal Life Energy" is a safe, gentle, non-invasive treatment that allows the transfer of earth's energy from practitioner to receiver to enhance the body's natural ability to heal itself. Reiki utilizes specific techniques for restoring and balancing the natural life force energy within the body. Benefits of Reiki include increased energy, reduction in pain, deep relaxation and a general feeling of well-being. It is a holistic, natural, hands-on energy healing system that works on a deep and profound level, healing Body, Mind and Spirit.

### Craniosacral Therapy 60 min. \$80 90 min. \$115

A deeply relaxing, gentle therapy used to restore balance and provide alignment by supporting the body's natural self-correcting mechanism. Through subtle movements, restrictions in the body are released. This technique may be helpful for chronic headaches, back and neck problems, insomnia and hyperactivity.

### Reflexology 60 min. \$80 90 min. \$115

Through stimulating the reflex zones found on the feet that correspond to specific parts of the body, this treatment releases restrictions to enhance the flow of energy throughout the body. Reflexology promotes relaxation and assists the body's own healing mechanism.

### Myofascial Release 60 min. \$80 90 min. \$115

A specialized technique utilizing a gentle, hands on approach that softly stretches, softens, lengthens and realigns fascia with the goal of eliminating pain, increasing range of motion and enhancing the mind-body connection.

### Lomi Lomi 60 min. \$80 90 min. \$115

A Hawaiian massage utilizing long strokes, stretching and specific deep tissue work to relax and promote wellness. The Hawaiian meaning of Lomi Lomi is "Wiggly Wiggly", which represents the salmon and means "Returning to your source".

### Tui Na 60 min. \$80 90 min. \$115

An integral part of Traditional Chinese Medicine and a form of Asian bodywork most closely resembling conventional western massage. Tui Na combines techniques such as acupressure, grasping, kneading, rolling, rhythmic compression, traction, friction, vibration and shaking and is effective in treatment and prevention of both acute and chronic musculoskeletal conditions as well as many non-musculoskeletal conditions.

### Rain Drop Therapy 60 min. \$90

A series of essential oils with anti-fungal, anti-viral, anti-inflammatory and antibacterial properties are dropped along the spine and massaged into the back, legs and tops of the feet. The combination of essential oils, massage and moist heat promote structural and electrical alignment. Raindrop Therapy is designed to bring balance to the body and will help to align and clear the energy centers of the body without force or deep pressure.

## SPA ETIQUETTE

To ensure that our guests fully enjoy the peaceful sanctuary of Saguaro Day Spa, we respectfully request that all guests keep noise to a minimum in the spa treatment and relaxation areas. Please turn off all cellular phones and pagers. Thank you for your cooperation.

### About Us

Saguaro Day Spa's 6,000 square foot southwestern inspired sanctuary promotes a holistic retreat through relaxation, reflection and revitalization.

Allow your mind, body and soul to rejoice as you enjoy our customized spa services designed to promote self awareness and a healthy lifestyle.

### Arrival Time

Please arrive at least 45 minutes prior to your scheduled appointment time if utilizing the steam therapy or 15 minutes prior to your appointment time if you are not utilizing the steam therapy. This allows time to relax and enjoy our amenities. Locker and shower facilities are available for your convenience when adding steam therapy to your spa experience.

### Appointments & Cancellations

A VISA or MasterCard are necessary for reserving all appointments. Should a cancellation or date change of spa services be necessary, we kindly request your consideration of our minimum 24-hour cancellation notice. Your consideration and advance notice will allow you to avoid a cancellation fee.

### Gratuities

Our staff at Saguaro Day Spa is dedicated to exceeding your expectations and creating a memorable spa experience. Gratuities are graciously accepted for outstanding service. A gratuity may be given directly to a staff member or included with payment of service. Standard practice for gratuities for excellent service range from 18-20%. Please note gratuities are not included with gift cards.

### Gift Cards

Saguaro Gift Cards make an ideal gift for any occasion. For your convenience gift cards may be purchased via telephone. We request that you have a credit card ready when placing your order. Gift cards are non-refundable.

### Retail

Saguaro Day Spa brings the Southwest to Door County with our Pendleton products including blankets, shawls, totes, purses, coffee mugs and a variety of other items.

Our body and skin care lines allow you to continue your spa experience at home. These products are not returnable.

Spa Prices Are Subject To Change Without Notice.

Revised May 2011



Relax Reflect  
Revitalize Rejoice

### Our Mission Statement

*"Our mission at Saguaro Day Spa is to provide relaxing and revitalizing, customized spa services to local residents and visitors of Door County. Our respectful and nurturing atmosphere allows our guests to explore self-awareness, individuality, and a healthy lifestyle".*

## OPEN YEAR ROUND

3899 Old Highway Road  
Sturgeon Bay, WI 54235

Phone: (920) 743-5380

Visit Our Website At:

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

## AYURVEDA

Ayurveda is an ancient, yet timeless system of health care that originated in India over 5000 years ago. Ayurveda recognizes that the human body has a natural healing intelligence which is capable of constantly rejuvenating itself. However, when there is an imbalance or build up of toxicity in the body, the natural capacities of the mind and body become blocked. Ayurvedic treatments promote balance and gently remove toxicity from the system, thus restoring the mind and body's natural rejuvenating abilities.

### Indian Head Massage 30 minutes \$60

An ancient Ayurvedic massage treatment that utilizes essential oils to massage the head, face, neck, and shoulders. Helps relieve stress, anxiety and mental tension while cleansing and rebalancing the entire body.

### Ayurvedic Massage 60 minutes \$80

A therapeutic, Ayurvedic massage using products originating from ancient India. Following an Ayurvedic assessment, we combine all natural, dosha-specific products designed to stimulate the senses to promote self-awareness and balance. Close your eyes & breathe in the aroma while receiving a relaxing massage of the face, head, neck, shoulders, arms, hands and feet.

## SKIN CARE

Our staff will customize your facial with formulas to invigorate, stimulate & awaken your skin promoting oxygen-revitalizing effects.

|   |            |      |
|---|------------|------|
| Anti-Aging Facial                             | 60 Minutes | \$85 |
| Antioxidant Blueberry<br>& Coffee Bean Facial | 60 Minutes | \$85 |
| Pumpkin & Papaya<br>Enzyme Facial             | 60 Minutes | \$85 |
| Express Facial                                | 30 Minutes | \$55 |

## WAXING

|                        |      |          |      |
|------------------------|------|----------|------|
| Lip                    | \$15 | Toes     | \$15 |
| Chin                   | \$10 | Half Leg | \$50 |
| Eyebrow Design         | \$15 | Full Leg | \$65 |
| Eyebrow, Lip<br>& Chin | \$35 | Bikini   | \$40 |
| Underarm               | \$30 | Chest    | \$50 |
| Arm                    | \$40 | Back     | \$50 |

## BROW & LASH TINT

|           |      |
|-----------|------|
| Lash Tint | \$20 |
| Brow Tint | \$10 |

## BODY TREATMENTS

### MUDS & MASQUES

#### All Body Wraps Are 60 Minutes \$85

Refresh and rejuvenate with a light body exfoliation designed to enhance the body's powerful natural detoxification by opening the pores, eliminating toxins and increasing circulation. A warm mud or masque is applied and the body cocooned in a thermal blanket and steamed with hot towels. As you relax you're treated to a delicious face and scalp massage. Hot towels are used to gently remove the product and a rich shea butter is applied to the body to hydrate the skin.

#### Sedona & French Red Clay Mud Masque

Purges toxins leaving the skin soft and remineralized with a noticeable glow. Vitamin E, grapeseed, bladderwrack, Irish moss and sage essential oils are infused into Sedona French Red Clays which are rich in magnesium, vitamins A, B, B12, E, iron and amino acids.

#### Marine Algae Body Masque

High potency, fortifying antioxidant algae and essential oils seep into the undernourished skin, renewing its strength and vitality, leaving it soft and supple. Lavender essential oil, chamomile, marigold, lime and coneflower extracts are infused into a marine algae and kelp, designed to soothe and heal.

#### Milk and Honey Body Masque

Warm and inviting. Milk glycerides, honey, clover blossom and royal jelly are known to have essential nutrients, including vitamins A, B, C, D, K, more than 12 important minerals, 18 amino acids, collagen and lecithin to assist with hydration, protection, cleaning, softening and soothing the skin.

### EXFOLIATION

#### All Exfoliation Treatments Are 60 Minutes \$85

Aromatic exfoliating treatments for the body gently slough away dry, flaky skin and purge clogged pores of environmental toxins leaving the skin ultra soft, visibly healthy and radiant. Each treatment ends with a rich application of shea butter.

#### Mango Ginger Brown Sugar Scrub

Sweet and spicy tropical treat. Made with 100% organic brown sugar this powerful antioxidant scrub gently exfoliates while locking in vital moisture to keep skin healthy and visibly radiant.

#### Rosemary & Mint Salt Scrub

Enriched with natural oils of Avocado, Jojoba and Soybean to hydrate parched, weathered skin. Dead Sea Salts are added to this formula to gently and effectively exfoliate your delicate skin. Ginseng Extract and Balm Mint Extract are known for their revitalizing properties, and Watercress Extract is known to have a high content of Vitamin A. Rosemary and Spearmint will revive and refresh your skin with a cooling effect.

## HANDS & FEET

### Spa Manicure 45 minutes \$30

Designed to soften, moisturize and beautify your hands. Includes nail shaping, cuticle grooming and hydrating massage. The manicure is completed with your choice of polish.

### Saguaro Manicure 60 minutes \$40

Ease your tensions with this ultimate manicure. Includes nail shaping, cuticle grooming, hydrating paraffin treatment and relaxing massage. The manicure is completed with your choice of polish.

### Saguaro Hand Treatment 30 minutes \$30

This treatment features exfoliation of your hands, a hydrating paraffin treatment and a relaxing massage.

### Paraffin Hand Treatment 15 minutes \$15

*As you enjoy our pedicures and foot treatments, allow tension and stress to drift away while relaxing in our specialty chairs that warm and massage your body and pamper your feet in an aromatic hydrotherapy foot bath.*

### Spa Pedicure 60 minutes \$55

Relax as you enjoy exfoliation, nail and cuticle care, a foot masque and hydrating massage. The pedicure is completed with your choice of polish.

### Saguaro Pedicure 75 minutes \$65

The ultimate pedicure experience! Includes exfoliation, nail and cuticle care, a moisturizing masque, hydrating paraffin treatment and relaxing massage of your lower legs and feet. The pedicure is completed with your choice of polish.

### Saguaro Foot Treatment 60 minutes \$60

Mind and body relax as you enjoy this truly unique foot treatment. Includes exfoliation, hydrating foot masque, paraffin treatment and a lavish massage of your lower legs and feet.

### Coyote Running - Foot Treatment 30 minutes \$50

Refresh and revitalize your feet with this re-energizing foot treatment. Includes whirlpool foot soak, exfoliation and an invigorating massage of your lower legs and feet.

### French Polish with Manicures and Pedicures - Additional \$10

### Polish Change / Application - polish only. Does not include nail shaping and / or filing. \$15

## SPA PACKAGES

### The Saguaro 3 ½ hours \$175

60 Minute Swedish Massage  
Saguaro Pedicure  
Saguaro Manicure

### Indian Sunset 2 ½ hours \$190

60 Minute Swedish Massage  
Saguaro Foot Treatment  
Indian Head Massage

### Prickly Pear 3 ½ hours \$220

Your Choice of Body Masque or Body Polish/Scrub  
60 Minute Swedish Massage  
Saguaro Pedicure

### Coyote Moon 2 ½ hours \$185

Ayurvedic Massage  
30 Minute Swedish Massage  
Spa Pedicure

### Arizona Sands 3 ½ hours \$220

Anti-Aging Facial  
60 Minute Swedish Massage  
Saguaro Pedicure

## STEAM THERAPY

Since Ancient times, people of all cultures have used the healing power of steam to soothe their bodies and cleanse their minds. Steam treatments are most beneficial prior to massage and body treatments. Steam sessions should range in duration from 10 to 20 minutes.

- Steam Therapy treatments and use of our locker room and shower amenities accompany our spa packages.
  - Enhance your spa experience by adding a steam treatment to your service(s). Guests utilizing the steam therapy will be provided with a robe and sandals, and may access our shower and locker room amenities - an all inclusive steam/facility fee of \$15.
  - Enjoy a steam treatment - no additional services \$20.
- Please notify us when booking your appointment if you'd like to take advantage of this service.*

## YOGA

Saguaro Day Spa hosts yoga classes. Please visit our website at [SaguaroDaySpa.com](http://SaguaroDaySpa.com) for a complete class schedule and price list.

