

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.

If you so wish, select treatments can be provided in your guest suite for a modest additional charge. 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

50 MIN | 80 MIN | 110 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

50 MIN | 80 MIN | 110 MIN

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

### HERBAL HOT ROCKS

50 MIN | 80 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

50 MIN | 80 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 our custom-crafted lavender oil blend.

### FLORAL MIST MASSAGE

50 MIN | 80 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 that hydrates and heals in the process.

### PURE BALANCE MASSAGE

80 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

50 MIN | 80 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

50 MIN | 80 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

50 MIN | 80 MIN | 110 MIN

Your custom massage, crafted to your mood and mode of play for the day. Your therapist blends the perfect essential oils based on your chosen alchemy card.

### COUPLES MASSAGE

50 MIN | 80 MIN | 110 MIN

Side-by-side massage is time well spent together. Share this hypnotic massage and luxuriate in our beautiful Couples Suite. A blend of nine precious essential oils will awaken the senses and uplift the spirit. To learn more about massage therapies available in our Couples Suite, please inquire with our Spa Concierge.



## BODY THERAPIES

### ROSEMARY FOAMING BODY BUFF

25 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.

### ORANGE BLOSSOM & MARIGOLD BODY POLISH

80 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

80 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

110 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 while 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

80 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

80 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.

### BEE BEAUTIFUL

80 MIN

This experience begins with a warm lavender oil application followed by a honey and calendula body buff. As the honey and calendula heal and moisturize, we wrap you in a warm cocoon wrap and offer a facial massage with our Royal Jelly Exfoliating Polish and Honey Aloe Purifying Mask. After removal of the face and body masks, finish with a luxurious Honey Shea Butter massage.

### 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 for a special occasion or for a jump-start to your summer tanning.

## FACIALS & SKINCARE

### AIYANA ULTIMATE

110 MIN

Experience the best of what the Aiyana Skincare department has to offer in this all around rejuvenation deluxe. 110 minutes of customized bliss that leaves your skin refreshed, firm and fully restored. Start with an organic enzyme peel to prepare your skin for the toning NuFACE microcurrent device that enhances elasticity and collagen production. Follow with the Intraceuticals anti-aging oxygen infusion to treat uneven skin while brightening ingredients work together with hyaluronic, vitamins and anti-oxidants to stimulate cell-renewal and diminish fine lines.

### ORGANIC FRUIT ENZYME PEEL

50 MIN | 80 MIN

This pure enzyme peel provides excellent cellular renewal for sun damaged, aged and dull looking skin. The activating yet soothing treatment cleanses and restores your skin to its natural balance. Organic fruit enzymes dissolve dead skin and cleanse pores, thereby stimulating the dermis to create more collagen and elastin without the harsh side effects of a chemical peel.

### SKIN ESSENTIALS

50 MIN | 80 MIN

This European style facial is ideal for those who desire luminous, hydrated, and firmer skin. Two custom applications for deep cellular hydration and anti-aging repair skin imperfections and provide free-radical protection. This treatment promotes collagen synthesis for a visibly radiant complexion.

### REVEAL FACIAL

50 MIN | 80 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.

### NUFACE® Lift & Tone

50 MIN

Known to be the “pilates for your skin” this facial work-out begins with a cleanse and deep exfoliation to remove the remnants of years past. De-aging begins with the low-level, soft wave therapy of the NuFACE microcurrent device. Roll back the hands of time and reveal firm, toned and rejuvenated skin. A 50-minute non-surgical face lift!

### MEN'S ORGANIC

50 MIN

A one-of-a-kind facial treatment designed especially for the challenges and conditions of a man's skin. Relaxes, tones and purifies. Our unique process utilizes a lactic peel with a deep cleanse producing powerful results for him. Includes a sleep-inducing facial massage.

### REBALANCING DEEP CLEANSE

50 MIN

An advanced, deep cleansing facial is the perfect antidote for unbalanced, problematic skin (excellent for teens). It utilizes all natural cranberry exfoliators to remove impurities and relieve pore congestion. Our gentle but very effective methods prevent skin from becoming inflamed, discolored or scarred.

### LAFACE FACIAL

50 MIN

With its superior ingredients derived from Vitamin C, this effective yet gentle facial addresses many skin concerns and is designed for sensitive, aging, dehydrated, oily or sun-damaged skin. The treatment features a facial massage followed by manual skin exfoliation to refine your skin's texture. Reinvigorate, energize, and leave your complexion free of impurities.

## OXYGEN INFUSIONS

### INTRACEUTICALS OXYGEN INFUSIONS

A revolutionary skincare treatment simultaneously infusing moisture, vitamins and anti-oxidants into the skin via cooling, calming topical hyperbaric oxygen. An excellent facial treatment before a special occasion, make-up application, or photography.

### RESTORE INFUSION

50 MIN

The skin quenching treatment infuses pure Hyaluronic, vitamins, and anti-oxidants that result in instant hydration and improved firmness. Green tea stimulates cell renewal while hydrating and diminishing fine lines. Skin looks younger, firmer, with a lift after one treatment.

### REJUVENATE INFUSION

80 MIN

Receive the benefits of the Rejuvenate Infusion with the addition of the Atoxylene natural amino peptide complex. Designed to smooth the forehead, soften eye contour and immediately plump the lips for a dramatic age-defying result. Revive delicate neck and décolleté areas along with a special infusion treatment for hands.

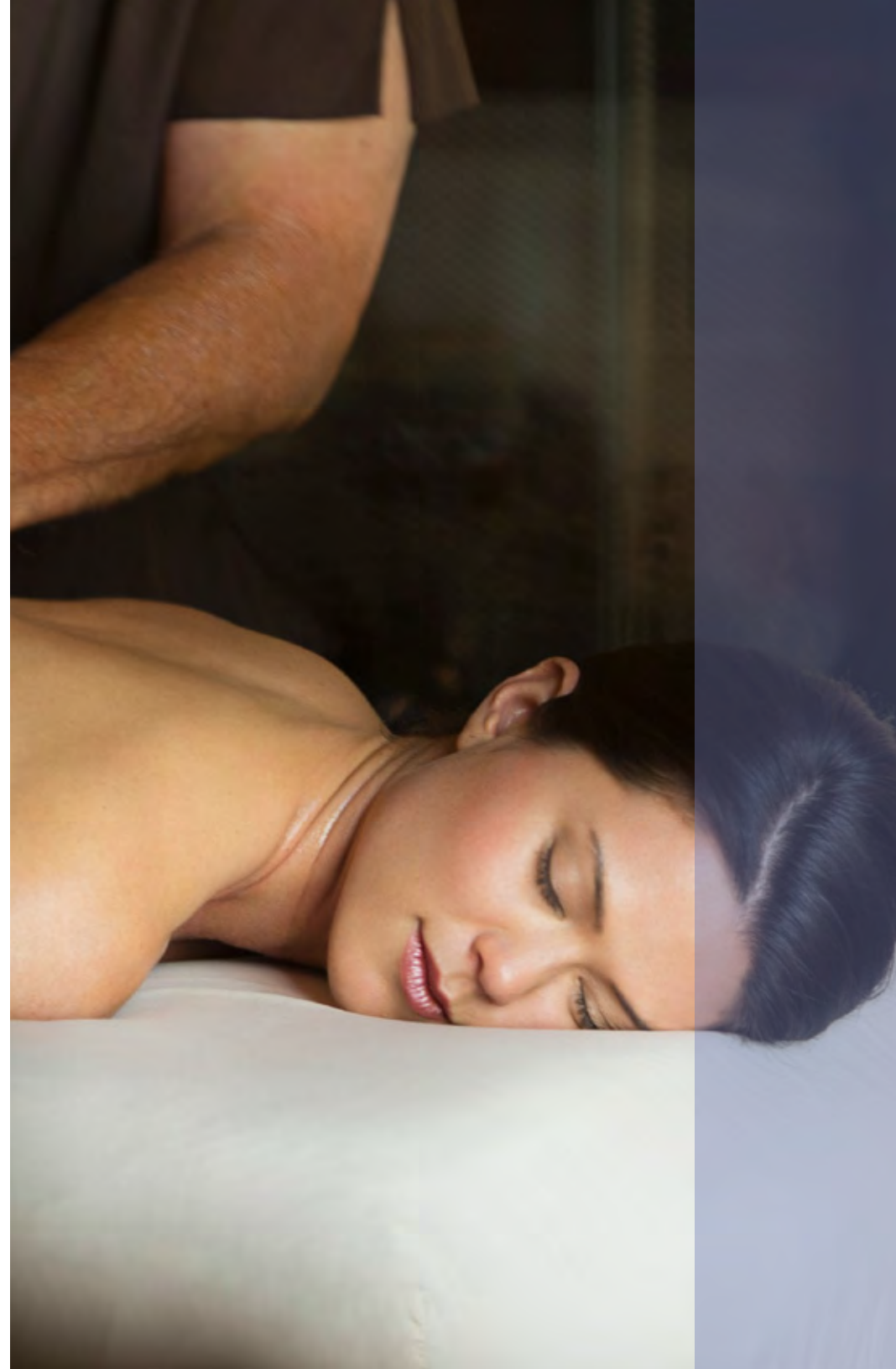
### CLARIFY INFUSION

50 MIN

The botanicals in this infusion will soothe and calm inflammation and redness from blemish prone and hormonally challenged skin. The hyperbaric oxygen will naturally reduce bacteria, leaving your skin clarified and refined.

### OXYGEN TREATMENT ENHANCEMENTS

Intraceuticals professional serums are available to add to any infusion. Choose from Antioxidant, Collagen, Vitamin C or Vitamin A boosters to further custom tailor your oxygen treatment. Please inquire with your Aesthetician.





## FINISHES AND FIXES

Enhance your Aiyana experience by adding to your massage therapy or skincare.

### CHILL TIME

15 MIN | 30 MIN

Having enjoyed your treatment, we offer you extended time in your spa suite to savor the moment. Please advise your therapist during the course of your treatment or at time of scheduling if you would like to extend your service.

### ENHANCEMENTS

#### Tinting

BROW OR LASH | COMBO

#### LAVENDER FIELDS HOT OIL HAIR AND SCALP MASSAGE

25 MIN

Soothing, hypnotic scalp massage with warm lavender oil bringing healthy shine and luster to your hair.

#### KIWI HYDRATING FACIAL MASK

25 MIN

Our vitamin rich peel-off mask will leave your skin dewy and fresh, with added tone and softness.

#### CVR LAVENDER FOOT MASSAGE

15 MIN

This soothing and relaxing foot massage can help bring balance to all body systems through the stimulation of energy points on the soles of the feet.

#### FACIAL AND BODY WAXING

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

UPPER LIP OR CHIN | BROW | UNDER ARM

BASIC BIKINI | BACK | FULL LEG | OTHER AREAS AVAILABLE



## NATURAL NAIL CARE

### HERB GARDEN

MANI 45 MIN | PEDI 60 MIN

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

### LAVENDER HONEY

MANI 60 MIN | PEDI 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

MANI 30 MIN | PEDI 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.

### EXPRESS MANI/PEDI

75 MIN

A precise file, buff and cuti-care followed by the polish of your choice for hands and feet. We proudly offer a full variety of the weekly polish, Vinylux, so that you can choose your perfect color. Shellac is also available.







## “BEE” OUR BRIDE

At The Ranch we strive to incorporate the land around us into everything we do. It's no different at Spa Aiyana, and as we searched for inspiration our eyes landed on those cute little buzzers that spend their lives creating new life. As such, we created our entire suite of bridal spa offerings around the idea of the humble honeybee.

### QUEEN BEE

Designed with a queen in mind. This package will leave you rejuvenated and put your best look forward as you walk down the aisle. Enjoy this treatment over two separate days.

45-MIN SHELLAC MANICURE

45-MIN AIYANA PEDICURE

50-MIN OXYGEN INFUSION FACIAL

WEDDING MAKE-UP INCLUSIVE OF TRIAL

WEDDING HAIR INCLUSIVE OF TRIAL

### THE HIVE

Bridal Shower re-defined. Join us with your bridal party and spend a day chatting, laughing and relaxing in one of our poolside cabanas. Champagne toasts, as always, come coupled with Carmel Valley sunshine. Your celebration the following day for each of your guests:

70-MIN AIYANA MANI AND PEDICURE

HALF-DAY POOLSIDE CABANA RENTAL

### {BEE}AUTIFUL BACHELORETTE

Kick-off your amazing wedding experience with a serene day of leisure with your girls, courtesy of Spa Aiyana. The Aiyana Suite, nestled in the VIP area of the spa, is perfect for a half day of treatments. Or enjoy your celebration poolside in one of our cabanas. Choose your venue and be ready to play!

50-MIN CUSTOMIZED MESSAGE OR FACIAL

LUNCHEON AND CHAMPAGNE TOAST

YOUR CHOICE OF A LAVENDER SCRUB OR NATURAL BODY BRONZER SPRAY TAN



## GROOMING BAR

Get camera-ready while hosting your groomsman. Let the barber take over. Bloody Marys included (naturally).

A CLASSY BLOODY MARY BAR WITH THREE HANDCRAFTED FAVORITES:  
RANCH SIGNATURE, MEDITERRANEAN OR SOUTH AMERICAN  
60-MIN CLASSIC HOT SHAVE  
30-MIN ARNICA MASSAGE

## HONEY & HEARTS

What a day! Reflect on the best day of your life and toast to your future together. Indulge and experience this handcrafted ritual side-by-side.

50-MIN COUPLES MASSAGE COMBINED WITH  
30-MIN CHILL TIME IN OUR AIYANA COUPLES SUITE  
HALF-DAY POOLSIDE CABANA RENTAL

## FINISHES & FIXES

Wedding Make-up inclusive of Trial  
Wedding Hair inclusive of Trial  
Bridesmaid Make-Up  
Bridesmaid Hair

## ADDITIONAL CONSIDERATIONS

The Aiyana shop provides exceptional wedding, bridal or favor gifts. Private consultations are available.

## 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 twelve hours advance notice to cancel or change a confirmed spa service. Changes made within the twelve 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. Please ask about blocking additional time to relax in your treatment suite. 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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