



## welcome to ara

Experience balance, harmony, and relaxation with our transformative massage and skin care treatments or discover ancient healing traditions with our ara rituals. Personalize your manicure or pedicure with a selection of tantalizing aromas to stimulate your senses. Energize your body and soul with an invigorating scrub under our Vichy shower.

Take to the waters with our 'splash at ara' hydro-experience. The spa offers steam, sauna, Swiss shower, and hydro-pools to stimulate circulation and provide relief from muscle tension.

**\$30 daily usage fee to indulge in ara's hydro-experience. Fee waived if a spa service is received.**



## massage therapy

### **massage fusion** 50/80 min

Our talented therapists utilize a multitude of skills to create a customized massage experience that dissolves stress, tames tension, and re-energizes your body. Whether you're in need of some soul soothing or seek a deeper focus, we'll create a massage experience just for you.

### **aroma fusion** 50/80 min

Select from an array of botanical blends to create your own unique scent-sory experience.

### **hot rocks** 70 min

Heated stones used in your massage provide deeper, longer lasting relief from muscle tension.

### **dream weaver** 25 min

Find peace of mind with this deeply relaxing, meditative experience. A gentle stream of warmed oil flows over your forehead and nourishes your hair while you enjoy a soothing scalp massage. For extra bliss, add to any of our spa treatments.

### **lava shell** 50/80 min

An unforgettable heated massage experience! Beautiful Tiger clam shells are infused with mineral rich sea kelp to melt muscle tension. Lava shells can be added to any skin care treatment or nail service.

### **paraffin**

Enhance your skin care session with a warm paraffin immersion to soothe painful joints and leave skin soft and hydrated.

## splash at ara

Our steam, sauna, Swiss shower, and hydro-pool circuit stimulates circulation and provides deep muscle relaxation. Enjoy pre- or post-treatment.

**shower** rinse away the day's stress  
*3 min*

**steam** purify your mind and body  
*5-10 min*

**shock** take the plunge in the cold shower  
*1 min*

**sweat** feel the heat in the dry sauna  
*5-10 min*

**shiver** take a refreshing cold shower  
*1 min*

**submerge** relax in the whirlpool  
*10-15 min*

**shower** conclude with a warm shower

## body therapy

Our body scrubs and ara rituals are performed under an invigorating rain shower which cleanses your skin, stimulates your energy centers, and washes away stress and muscle tension.

**scrub bar** *25 min*

Grit 'n bare it for smooth, glowing skin! Choose a tempting scrub and we'll pair it with a delightful body wash and moisturizer.

## bamboo gingergrass

## lemon coffee blossom olive stone

## berry white peat

## ara rituals

**pure bliss** *80 min*

Inspired by Japanese bathing rituals, this five-part treatment utilizes minerals, flowers, and fruit essence to stimulate your body's energy centers and leave your skin fragrant and radiant. Be purified with a yuzu mimosa sea algae wash, deeply scrubbed with ohana bamboo gingergrass, polished with wild cherry blossom rice, misted with rose and plum, and hydrated with wild lime silk oil.

**turkish delight** *80 min*

Emerge illuminated and relaxed with this sensual, detoxifying body ritual based on skin care practices in Turkish bathhouses. Be cleansed with Moroccan mint tea salt, scrubbed with lemon coffee blossom olive stone, polished with jasmine rose clay, misted with orange quince, and enriched with tangerine fig butter crème.

**the big muddy** *50 min*

Our marine mud treatment restores your body with rich marine minerals, sea algae, and purified seawater. Be balanced with a synergistic essential oil blend, purified with a stimulating salt scrub, nourished with a marine mud mask, and moisturized with an antioxidant body cream.



## skin care

### **ara signature** 80 min

Our premier facial experience features an in-depth cleansing regimen, green papaya enzyme peel for uncovering a youthful glow, golden hydration mask to nourish the skin and lock in moisture, and an invigorating treatment for the hands and feet. The highlight of this exquisite skin care treatment is a relaxing face massage utilizing jade stones to instill harmony and balance.

### **about face** 50 min

Unsure of what your skin needs? Our skin care specialists will hand-tailor an appropriate course of treatment that tackles your most complex skin care challenges to reveal fresh, radiant skin.

### **age-defiance** 50 min

Seeking a syringe to fight the signs of aging? Opt for our 'beyond botox' skin care solution featuring ingredients with sophisticated age control technology to lift, refine, and rejuvenate complexions affected by environmental conditions and aging.

### **skin defense for men** 50 min

Our targeted treatment for men eases irritation, conditions, and protects the skin for a healthier complexion.

## upgrade your skin care

### **paraffin**

Enhance your skin care session with a warm paraffin immersion to soothe painful joints and leave skin soft and hydrated.

### **quick peel**

Brighten and refine the skin with pineapple and papaya enzymes.

### **hand renewal**

Enzyme peel, paraffin, and anti-aging hand cream repair and soften the hands.

### **neck & décolleté treatment**

Brighten uneven skin tone, repair sun damage, and nourish the skin for a healthy radiance.

## nail therapy

**spa pedicure** 50 min

**spa manicure** 40 min

Create a personalized nail treatment from an array of intoxicating scents to soak, scrub, and smooth your feet and hands.

**express pedi** 25 min

**express mani** 25 min

For those in need of a quick soak and polish change.

## french polish

### specialty pedicures

**the pedi-cure** 60 min

Our targeted, therapeutic pedicure soothes overworked feet with specialized ingredients to relieve and revive rough skin and calluses. This therapeutic pedicure does not include polish.

Upgrade to a polish change upon request.

**pure bliss pedicure** 60 min

Inspired by our pure bliss ara ritual, your energy is awakened with a citrus soak, bamboo scrub, and unique poultice massage to stimulate circulation while a plum blossom cream keeps your soles silky smooth.

**turkish delight pedicure** 60 min

Our detoxifying foot treatment based on the ara ritual namesake features a refreshing mint wash, stimulating coffee scrub, purifying clay mask, and soothing massage with a tangerine fig shea butter.

**lava shell pedicure** 60 min

After a refreshing aroma soak and scrub, your feet and legs are provided with some much 'kneaded' relief with the sole-soothing sensation of hot lava shells.

### paraffin

Enhance your manicure or pedicure with a warm paraffin immersion to soothe painful joints and leave skin soft and hydrated.

## hair removal

A variety of waxing services are available for both men and women.



## experiences

### focus

Indulge yourself in half the time without lacking luxury.

#### 50 minute total focus

25 min massage followed by a 25 min facial with simultaneous express mani

### indulge

Go ahead. You deserve it. Let our spa hosts assist you in creating your personal spa day or choose from our offerings below.

#### luxe allow 5 hours

ara ritual + ara signature skin care + spa manicure + spa pedicure + signature spa gift.

#### heaven allow 3.5 hours

scrub bar + 50 massage fusion + 50 skin care treatment\* + spa manicure + signature spa gift.

*\*ara signature and age defiance facials not included.*

#### bliss allow 2.5 hours

scrub bar + 50 aroma fusion + spa pedicure + signature spa gift.

### gather

Ideal for celebrations or a girlfriend getaway, ara is the perfect place to make it a spa day! Whether you choose to have a pedicure party, massage and facial duo, or splurge on a full day of treatments, our spa hosts can create a customized schedule of treatments to meet any budget.

## etiquette

### arrival

We suggest arriving 30-60 minutes prior to your treatment so that you may enjoy your experience in its entirety. Our locker room amenities include a hydro-pool, steam, sauna, and Swiss shower for you to enjoy prior to or after your spa treatments. Arriving late may limit your treatment time so that our next guest is not delayed.

### safety

When reserving your spa services please notify the spa receptionist if you have any medical conditions that may be affected by our services. These include allergies, high blood pressure, or physical ailments. Please tell us if you are pregnant so that we may provide you with the proper guidance, care, and comfort you need.

### comfort

For your comfort during your experience, we provide a robe, slippers, and a locker for your personal belongings. Our therapists use professional draping techniques to ensure your privacy at all times, only exposing the area to be worked upon. While most spa treatments are best enjoyed without clothing, every step is taken to ensure discretion.

### respect

We request that cell phones and personal communication devices be turned off while in the spa so that you and our guests may experience a relaxing spa environment.

### courtesy

If you must reschedule or cancel your services please notify us 12 hours prior to your scheduled appointment to avoid being charged the full value of your services. Spa packages require a 24 hour notice. Groups of 5 guests or more require 48 hours notice and 10 guests or more require a 5 day notice. A credit card number is required at the time of booking.

### satisfaction

For your convenience, a 20% service charge will be added to your final bill and may be adjusted to your satisfaction.

### giving

Be the one who gives the best gift at the next party or holiday gathering! Spa gift certificates are available in any dollar amount or for a specific service and may also be used toward retail purchases.

### usage

ara spa is an adult retreat reserved for guests 18 years of age or older. Guests under the age of 18 may take advantage of nail services while accompanied by an adult.



## ara fitness

Maintain your balance, energy, and strength in our state-of-the-art fitness studio equipped with cardio, strength equipment, and free weights.

### cardio

Precor Ellipticals  
Precor Recumbent Bike  
Precor Upright Bike  
Precor Treadmills

Precor cardiovascular experience equipment features fully-integrated, 12" personal televisions.

### strength

Full-body circuit training by Advantage Fitness to focus on upper and lower body.

### free weights

Free weights, in a range of 5 – 50 lbs., are provided for attention to specific muscles.

### usage

Guests must be 14 years of age or older to use fitness center. All guests under the age of 18 years must be supervised by an adult.

**open 24 hours with hotel key card.**

**located on the pool/spa level of hotel.**

**amenities include water, headphones, and towels.**



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