

afri





## 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  
aroma fusion  
hot rocks  
suite life

### skin care

ara signature  
about face  
fresh 'n clean  
sensitivity training  
age defiance  
skin defense for men

### ara rituals

pure bliss  
turkish delight  
the big muddy

### body scrubs

bamboo gingergrass  
lemon coffee blossom olive stone  
citrus lavender salt

### nail therapy

pure feet  
pure hands

### hair removal

a variety of waxing services are available for both men and women



## massage therapy

### **massage fusion** 60/90 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** 60/90 min

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

<b>fresh</b>	soothe. refresh. clean.
<b>oolong</b>	energy. reflection. balance.
<b>earth</b>	grounding. crisp. peaceful.
<b>sun</b>	warmth. comfort. calming.
<b>mandarin</b>	awakening. vibrant. inspiration.
<b>ore</b>	euphoric. stimulating. happiness.

### **hot rocks** 60/90 min

Heated stones incorporated during your massage not only feel good but provide deeper, longer lasting relief from muscle tension.

### **suite life** 60/90 min

Enjoy your massage experience in the comfort of your guest suite.

### **upgrade your massage**

Upgrade your massage with the luxury of a paraffin wrap. Warm, melted wax soothes painful joints and leaves skin soft and hydrated. Available for your hands, feet, or both.

## 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** *30 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**

**citrus lavender salt**

## ara rituals

**pure bliss** *90 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** *90 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** *60 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** *90 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** *60 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.

**fresh 'n clean** *60 min*

Fresh botanicals clarify and balance blemish prone or oily skin without harsh chemical ingredients allowing your skin to repair itself...naturally.

**sensitivity training** *60 min*

Say goodbye to redness and irritation and train your skin to behave itself with this specialized facial. Featuring gentle ingredients to soothe inflammation and calm the skin.

**age-defiance** *60 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 chronological aging.

**skin defense for men** *60 min*

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

## upgrade your skin care

**paraffin wrap**

Upgrade your skincare session with the luxury of a paraffin wrap. Warm, melted wax soothes painful joints and leaves skin soft and hydrated. Available for your hands, feet, or both.

**quick peel** *15 min*

Brighten and refine your skin with our advanced natural enzyme peel featuring papaya and pineapple that polish your skin to perfection.

**hand renewal** *25 min*

Our skin polishing enzyme peel is followed by a warm paraffin immersion and anti-aging hand cream to brighten, retexturize, and nourish your hands

## hand & foot therapy

Indulge yourself with a manicure or pedicure. This luxurious treatment includes a sophisticated soak, clipping, shaping, buffing, and polish. Make this relaxing treat even more special by asking for our signature pure spa, which adds a toning salt scrub, moisturizing paraffin wrap and relaxing foot massage.

### feet

**pure pedicure** 30 min

**pure spa pedicure** 50 min

Create a personalized pedicure from an array of intoxicating scents to stimulate your senses.

### hands

**pure manicure** 30 min

**pure spa manicure** 40 min

Surround yourself with a blend of sophisticated scents in a manicure designed by you.

**french polish** 15 min

**quick change** 15 min

## hair removal

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

## spa boutique

Keep the spa vibe going at home with an assortment of spa products from our boutique.

**b.kamins**

**astara**

**zents**

**get fresh**

**red flower**

**home scent solutions by  
alora ambiance**

**eye pillows by mette vangso,  
san francisco**

## experiences

### focus

Indulge yourself in half the time without lacking luxury.

**30 minute massage**

**30 minute facial**

**60 minute total focus**

*30 minute massage followed by a  
30 minute facial with simultaneous  
express manicure*

### indulge

Go ahead. You deserve it. Let our spa hosts assist you in creating your personal spa day or choose from our offerings. You'll be immersed in luxury as we indulge you from head to toe and provide you with a generous spa gift to continue the spa vibe.

**luxe** allow 5 hours

ara ritual + ara signature skin care +  
pure feet, pure hands therapy

**heaven** 3.5 hours

scrub bar + massage fusion +  
skin care treatment + pure hands therapy

**bliss** 2.5 hours

*scrub bar + aroma fusion + pure  
feet therapy*

### 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. We can even include a gift bag for you and your friends.



## 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 four hours prior to your scheduled appointment to avoid being charged the full value of your services. Spa packages require a 24 hour notice. A credit card number is required at the time of booking.

### satisfaction

Gratuities are not included in the service fee and may be given at your discretion. If you have enjoyed your services we recommend 20%. On our Total Focus, Indulge, and Gather experiences, a 20% gratuity will be included.

### 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 towards retail purchases.

### usage

Spa experiences are reserved for guests 18 years of age or older. Guests under the age of 18 who wish to partake in our spa services or the locker room amenities must be 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.**



## menu of services

### massage therapy

#### massage fusion

60 min \$85  
90 min \$125

#### aroma fusion

60 min \$90  
90 min \$135

#### hot rocks

60 min \$95  
90 min \$140

#### suite life

additional \$20

#### paraffin wrap upgrade

hands or feet \$15  
both \$25

### body therapy

#### splash at ara

\$30 – complimentary  
with spa treatment

#### scrub bar w/ vichy

30 min \$70

### ara rituals

#### pure bliss

90 min \$130

#### turkish delight

90 min \$130

#### the big muddy

60 min \$115

### skin care

#### about face

60 min \$90

#### ara signature

90 min \$130

#### fresh 'n clean

60 min \$90

#### sensitivity training

60 min \$90

#### age-defiance

60 min \$120

#### skin defense for men

60 min \$90

#### paraffin wrap upgrade

hand or feet \$15  
both \$25

#### quick peel upgrade

15 min \$25

#### hand renewal upgrade

25 min \$35

### nail therapy

#### pure pedicures

30 min \$40

#### pure spa pedicures

50 min \$65

#### pure manicures

30 min \$25

### pure spa manicures

40 min \$45

### french polish

additional \$5

### quick change

\$10

### paraffin wrap

hands or feet \$15  
both \$25

### hair removal

#### back

\$40

#### chest

\$55

#### half leg

\$35

#### full leg

\$60

#### half arm

\$25

#### chin, lip

\$15

#### eyebrow shaping

\$15+

#### underarm

\$30

#### bikini

\$55+

### experiences

#### focus massage

30 min \$50

#### focus facial

30 min \$55

#### total focus

60 min \$125

#### indulge

prices vary

#### gather

prices vary

Prices are subject to change

Sunday – Thursday 8 am – 8 pm  
Friday – Saturday 8 am – 10 pm

Call extension 7721 or visit us on the pool/spa level.



the spa at ameristar  
one ameristar boulevard  
st. charles, mo 63301  
t 636.949.7721  
araspa.sc@ameristar.com  
araatameristar.com

