



AN INNOVATIVE FUSION OF
SPA AND WELLNESS.
INDULGENCE AND INSIGHT.
PLAY AND PURPOSE.

WELCOME TO WELL & BEING
AT THE FAIRMONT
SCOTTSDALE PRINCESS.



Well & Being offers a palette of uniquely rewarding and deeply personalized experiences in an amazing spa setting, which infuse life with a greater sense of vitality. From the irrepressible fun of laughing yoga, the tranquility of our rooftop pool, an enticing aromatherapy massage and the motivating kick start of a new evidence-based approach to nutrition and exercise, you'll always go home enlightened, empowered and ready to live your life more playfully and healthfully.

Here you will experience unparalleled service, unrivaled presence and attention to detail.

Enlightened, empowered, energized.
LIVE IT WELL.

“Your body is your most faithful friend, one of your most valuable resources, the sacred vessel that holds your spirit. I can think of few things more worthy of your devotion.”

– Tieraona Low Dog, MD





Welcome to Well & Being! Not only to this truly remarkable spa, but to the dynamic sense of health and joy, the well-being, that we expect you to find here.

When I was a little girl, my grandmother taught me that everything we do in life, from every thought we think to everything we eat, affects us. She was so right. True wellness comes from a complete sense of physical, mental and social well-being. That's why I've collaborated with Well & Being to create a wide selection of experiences that range from relaxing and playful to energizing and inspiring. While the paths are many and varied, all lead toward happier, healthier living.

At Well & Being, you'll choose experiences from our Five Pillars of Wellness: Spa & Beauty, Fitness, Nutrition, Healing Therapies and Sleep. I encourage you to let our team of experts craft a wellness experience that's right for you, right now. Because sometimes we need a stress-dissolving massage or an invigorating (and fun!) session of aerial hammock yoga. And other times we need a motivating kick-off to a nutrition and exercise regimen.

I look forward to taking this journey with you toward living more playfully and healthfully. At Well & Being, we can't wait to create a personalized blueprint for your success. And we can't wait to see you live it well.

All the best,

Tieraona Low Dog, MD

Chief Medical Director at Well & Being, Dr. Low Dog also served at the University of Arizona as a Clinical Associate Professor of Medicine and Fellowship Director at their Center for Integrative Medicine. Her many honors include the Martina de la Cruz medal for her work with indigenous medicines, Time magazine's "Innovator in Complementary and Alternative Medicine" and an appointment by President Bill Clinton to the White House Commission of Complementary and Alternative Medicine.



SPA AMENITIES

Take time out before and after your spa and wellness services for additional relaxation and play.

Experience everything our authentic desert oasis spa has to offer including:

- Open air rooftop adult pool with private cabanas
- Co-ed grotto waterfall for the ultimate natural water massage
- Healthy Spa Cuisine serviced atop the rooftop pool or inside our garden atrium

A complete assortment of spa amenities and a full array of heating and cooling experiences await you in the men's and women's private locker and lounging areas which include:

- Wet steam room
- Eucalyptus inhalation room
- Swedish dry sauna
- Hot therapeutic whirlpool
- Cold plunge pool
- Swiss shower

Unlimited use of our cardiovascular and strength training fitness equipment along with diverse group exercise classes are included with your spa or wellness booking for the day.

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REPRESENTS DR. TIERAONA LOW DOG'S RECOMMENDED EXPERIENCES WITHIN EACH CATEGORY.

SPA TREATMENTS & EXPERIENCES

MASSAGE THERAPIES & BODYWORK

The healing and rejuvenating power of touch has been known since ancient times. Modern science has proven that massage reduces muscle tension, lessens stress and anxiety, and provides pain relief. It works, whether you're in a "pamper me" mood or seeking relief from chronic pain or stress. Our massage therapists — masters of techniques rooted in the world's greatest healing traditions — provide an exceptional experience whether you are looking for stress-relief, relaxation or a specific corrective therapy.



WELL & BEING SIGNATURE JOURNEY MASSAGE

Ready to drift away into a dream-like state? This light to medium rhythmic massage, similar to a classic Swedish massage, will lull you into a deep state of relaxation, where you focus on the therapist's touch, enjoy the soft music, and delight in a delicious scalp massage using wild lime oils. You depart refreshed, reawakened and ready to reenter the world. **60/90-MINUTES**

AROMATHERAPY MASSAGE

Essential oils are potent plant extracts, treasured for their ability to relax, revitalize and heal the body through inhalation and skin absorption. During this service, your therapist uses pre-blended aromatherapy and herbal oils for a therapeutic effect on the body. This medium-pressure massage will leave your muscles relaxed and your senses awakened. Since essential oils penetrate into the bloodstream, the good feeling lasts for hours. Customize your service with our Aromatherapy Blending Bar experience (See Enhancement offerings. Additional time and fee apply).

60/90-MINUTES

COUPLES SUITE MASSAGE

Spend time together while enjoying your choice of side-by-side massages. Couples massage is an excellent way to share something you both love or spend quality time with your mom, daughter or best friend. **60/90-MINUTES**

DELUXE COUPLES SUITE MASSAGE

Enjoy the ultimate indulgence with that someone special in your life. Experience peaceful alone time together in our couples soaking tub with a customized bath followed by 90-minute massages - select from the variety of offerings available.

120-MINUTES

ALPINE ARNICA DEEP TISSUE MASSAGE

One of the most popular types of massage, deep tissue uses pressure to broaden the fibrous tissues of muscles, tendons and ligaments, breaking down adhesions and restoring mobility to the body. This treatment uses heat-driven muscle repair with a targeted application of arnica-rich gel and steamed towels to ease muscle pain and relax stiff joints in your back and spine. The final result is greater mobility without the soreness that sometimes follows a deep tissue treatment. **60/90-MINUTES**

PRENATAL MASSAGE

The body changes dramatically during pregnancy as the flow of hormones loosens ligaments and strains nerves. Science has shown that prenatal massage can reduce stress hormones, swollen joints and muscle pain while improving sleep. Our special table is built for the body of an expecting mother, allowing her to lie face down with full support. Given only by specially-trained therapists, this pampering experience is designed with the safety and comfort of mother and child in mind. Not recommended for guests during their first trimester. **60-MINUTES**

MAGNESIUM MASSAGE

This nourishing treatment delivers the power of magnesium to promote detoxification and replenish commonly deficient magnesium levels. Warm mineral compressions enhance this therapeutic massage. **60/90-MINUTES**



REFLEXOLOGY

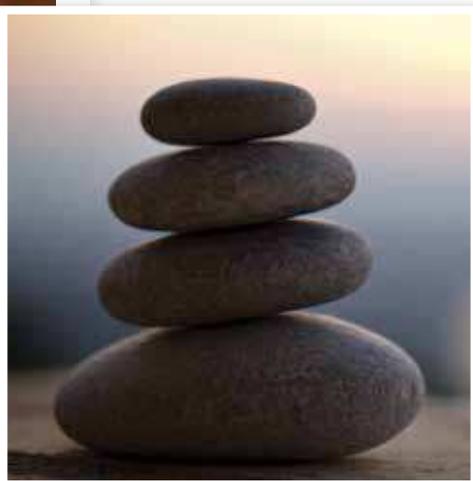
It's more than a fancy foot massage. Reflex points in the foot relate to specific organs and glands, and stimulating those points promotes health in the organs via the body's energetic pathways. Our specially trained reflexologists restore overall health to your body by massaging the feet and reflex points, leaving you relaxed, rejuvenated and balanced. Reflexology can be performed while clothed or underneath sheets — your choice. **60-MINUTES**

STONE MASSAGE

Hot stones have been used in massage since Native Americans warmed them in the fire to ease aching muscles. Today we use a hot water bath to heat stones made of basalt, a black volcanic rock that absorbs and retains heat. Experience the deep relaxation of the warmed stones when your therapist uses the stones as an extension of their hands to massage your bodies stresses away. **60/90-MINUTES**

THAI MASSAGE

The perfect massage for the sports enthusiast or more experienced spa-goer. Thai massage incorporates stretching and targets pressure point to allow your energy to flow. This experience takes place on a Thai floor mat. Skilled therapists literally use their whole body to move you into various yoga like positions, releasing muscles, increasing range of motion and leaving you relaxed and invigorated. **Please wear loose fitting clothing. 60/90-MINUTES**



HEALING THERAPIES

Our exclusive healing therapies feature a full range of massage modality options available for every need. Choose from one of the following healing therapy treatments below. **60/90-MINUTES**

- **Craniosacral Therapy** Light touch is used to shift and correct the rhythms of the craniosacral system, located around the head, neck and spine. Your body's internal resources are replenished through this gentle hands-on method. This treatment is helpful for headaches, minor neck and back pain, and relieving stress and tension.
- **Myofascial Release** This powerful treatment focuses on fascia, the tough connective tissue that surrounds, separates, and supports muscles throughout the body. In fact, unless the fascia is relaxed, muscle tissue may not fully benefit from a traditional massage. Your therapist locates areas that feel tight and immobile, and using focused pressure and gentle stretching, works to release the fascia, improving mobility and reducing pain and tension. This is particularly good for unlocking areas of chronic pain and injury. While this treatment can be more uncomfortable than a Swedish massage, the results are usually long-lasting.
- **Reiki** This Japanese healing tradition is a gentle hands-on technique that reduces stress, eases pain and facilitates healing. Reiki does not involve manipulation of the muscles or other soft tissue and may be performed fully clothed. It energizes and balances the body, mind and spirit, helping to relax and alleviate emotional stress.

ENHANCEMENTS

Let our skilled therapists help guide you in the most appropriate enhancement offering tailored to your needs. **30-MINUTES**

- Herbal Bath
- Additional Massage Time
- Aromatherapy Blending Bar
- Soothing Foot Scrub & Massage
- Invigorating Scalp Massage



SPA TREATMENTS & EXPERIENCES

BODY SCRUBS & WRAPS

Well & Being Spa is dedicated to helping the most radiant you emerge through body treatments that exfoliate, hydrate, re-mineralize and revive. We offer an assortment of muds, scrubs, wraps and hydrotherapy treatments, luxurious therapies aimed at improving your skin and clearing your mind. It's like a full-body facial — you'll feel better all over.



WELL & BEING CUSTOMIZED AROMATHERAPY BLENDING BAR SCRUB

Customize your experience! Let our therapist work with you and our unique “blending app” to create a completely unique blend of spa essential oils and produce your own personalized sugar scrub. This alchemist blend will then be used in a full body polish that will restore your skin and replenish your energy. **75/115-MINUTES**

As an enhancement, a customized body lotion or oil may also be created with our Blending Bar experience and used in any body treatment or pedicure service you desire. Personalized blends also make wonderful and unique take home gift.

HAVASUPAI FALLS REJUVENATION

In this ultimate Southwestern experience, the therapist uses desert salts from Utah infused with indigenous essential oils to give you a purifying scrub. Next, sink into a warm bath filled with herbal foaming salts. Afterwards, a massage with jojoba body butter prepares your skin for hot riverbed stones that release and soothe tired muscles. You're then cocooned in a warm wrap while the therapist streams warm herbal-infused oil over your forehead and into your hair. The service finishes with a soothing scalp massage. We recommend the oil stay on at least 30-minutes after the service, and ideally overnight. You'll need a long and thorough shampoo, so it's not recommended for those with events planned immediately afterwards. **120-MINUTES**

PURIFICATION RITUAL

This detoxification ritual begins with a vigorous exfoliation and mud wrap in Black Silt Clay containing extracts of Indian Sarsaparilla and coffee Arabica. A delicious way to increase circulation and minimize cellulite. Your face is then cleansed with an oat polish and nourished with a hydrating aloe & prickly pear mask. Finally, enjoy a vigorous scalp massage and hair conditioning treatment using avocado oil blended with the invigorating essences of lime blossom and sweet blood orange. A full-body massage with ultra-rich bergamot (the aromatic used in Earl Grey tea), citrus and aloe body lotion completes the ritual. **90-MINUTES**

WELL & BEING MOOR MUD WRAP

Relax while our therapists wrap you in purifying organic Moor Mud. These rich essential minerals and trace elements will detox & deep cleanse as they refine, soften and revitalize dull skin. Rehydrate with a full-body application of aloe rich body lotion for a completely rejuvenating experience. **60-MINUTES**



WELL & BEING RENEWAL

This Well & Being signature body treatment incorporates our essential oil blends to create a multi-sensory experience. First our customized “deep peace” oil blend is applied to enhance relaxation, followed by our customized “sore muscle” blend. Next you are softly dusted with herbal calendula and organic rice flour grains. These are buffed into the body to gently refresh and exfoliate your skin, then removed with hot towel compresses that make you say “ahhhh.” Finally, a rich body butter massage and natural lifting facial massage leave you looking and feeling renewed. **90-MINUTES**



DESERT SERENITY BODY WRAP

This full-body massage features native Arizona jojoba oil combined with essences of wild chaparral, sage, canyon pine and mountain arnica. You are lightly wrapped to allow your body to absorb the warm, fragrant oils. As you rest, warm oil streams over your forehead and into your hair, followed by a soothing scalp massage. We recommend the oil penetrate for at least 30-minutes after the service, and ideally overnight. You'll need a long and thorough shampoo, so it's not recommended for those with events planned immediately afterwards. **90-MINUTES**

HACIENDA RETREAT

Here's another foodie's delight, with a Mexican flavor. It begins with a yellow corn & lime body polish to exfoliate the skin. Then a richly hydrating mask of shea butter scented with lime zest, spearmint and lemon is smoothed onto your skin. You're gently cocooned, allowing the mask to penetrate deeply. While you relax, luxuriate in a light facial massage with desert rose moisturizer. The 90-minute version includes a 30-minute massage with our signature Mojito body butter. **60/90-MINUTES**

MOISTURE BOUND BODY WRAP

Restore and rehydrate skin with a three-step botanical approach. A candlewood and jojoba cream scrub exfoliates and refreshes, while adding moisture and nutrition. Rinse off in the shower, then enjoy a soothing application of organic aloe vera and prickly pear gel to soothe, hydrate and heal the skin. Next you are gently wrapped and receive a light acupressure facial lift with a repairing five-seed extract facial serum. Finally, an application of pomegranate oil interspersed with refreshing cucumber mist leaves you with protection from dehydration and damage. **60-MINUTES**

MAGNESIUM WELLNESS TREATMENT

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. This ultimate wellness treatment combines the benefits of dry brushing to promote lymphatic drainage, therapeutic massage and the power of magnesium to promote detoxification and replenish deficient magnesium levels. After an exfoliating and stimulating dry brush, the body is immersed in a mineral-infused soak to relax and replenish. A soothing massage follows with Mineral Wellness Lotion to nourish the skin as muscles relax and tension dissipates. Mineral soak enhances the 90-minute service only. **60/90-MINUTES**



BRIGHTER BODY SCRUB AND MASSAGE

Brighten your body from head to toe with this results-driven treatment. This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body buffing techniques to refine texture and brighten skin. Organic ginger oil blended with Multi-Vitamin Firming Crème rich in shea butter and nutrient rich algae is massaged onto the body with focus on the neck, back and shoulders. An express brightening facial completes this full body treatment. The 90-minute version of this service includes a Brightening Masque application for the décolleté. **60/90-MINUTES**

WELL & BEING BATHS

Choose one of three soothing hydrotherapy baths, depending on how you want to feel. Formulated with pure botanicals and mineral-rich salts, each bath is a deeply relaxing experience that makes your massage and body treatment go further. Choose from the following baths below. **30-MINUTES**

- **Magnesium & Kelp Bath** Seaweed and salts relieve muscle tension, renew energy, re-mineralize the body and support skin health.
- **Sage & Lavender Bath** A classic blend of healing essential oils eases stress and anxiety, soothes and repairs damaged skin and promotes sound sleep.
- **Ginger & Rosemary Bath** This refreshing, invigorating blend boosts immune and adrenal function while easing aching joints.



SPA TREATMENTS & EXPERIENCES

FACIALS & SKIN CARE SERVICES

Vibrant, radiant, even-toned skin is not only beautiful, it also suggests a healthy lifestyle and someone who cares about how they look. Well & Being offers a diverse and results-driven selection of skin care treatments and therapies personalized to each guest. Expert estheticians assess your specific skin care needs to create a fully customized service.



WELL & BEING FACIAL

This natural face lift from Naturopathica uses the latest advancements in green skin care technologies. A high-performance herbal enzyme resurfacing treatment includes a stimulating lymphatic “butterfly” massage technique. Ultrasonic and micro-current therapies naturally lift, firm and stimulate the skin for maximum absorption of nutrient-rich plant stem cells. **90-MINUTES**

DEEP CLEANSING FACIAL

This custom, high-performance deep cleansing facial combines results with a relaxing experience. Our experts will tailor your session to address your concerns from sensitive skin to breakouts to fine lines, using the best of nature’s remedies. **60-MINUTES**

MEN’S FITNESS FACIAL

Tailored to address the specific needs of men, this deep cleansing facial removes impurities with powerful natural enzymes. Potent antioxidants neutralize aging free-radicals, while soothing aloe combats the harsh effect of daily aggressors like shaving and environmental exposure. The result is refined, nourished and healthy skin. **60-MINUTES**

HYDRAFACIAL™

Beloved by celebrities and television producers, the HydraFacial is a high-tech solution for multiple skin issues. This results-oriented facial treatment uses skin-specific solutions and a patented tip (think microdermabrasion with fluids instead of aluminum oxide crystals) to accomplish deep cleansing. A gentle acid peel, painless extractions and infusion with anti-oxidants and hydrating hyaluronic acid leave your skin positively glowing. **30-MINUTES**

NATUROPATHICA REJUVENATING HYDRAFACIAL™

This is the ultimate in skin health and beauty. Using Naturopathica’s natural products before and after, this treatment includes the face and neck. The HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin using skin-specific solutions to bathe the skin in rich antioxidants and deeply hydrating hyaluronic acid. The HydraFacial’s Multi-Peptide Dermabuilder addresses fine lines and wrinkles. This treatment concludes with Red LED Light Therapy which plumps up aging skin, and Blue LED Light Therapy which zaps the bacteria that causes breakouts. **60-MINUTES**

TRANSFORMATION FACIAL

This facial therapy targets the signs of aging skin due to the loss of estrogen and helps restore balanced, healthy, glowing skin. Customized to meet your specific concerns such as acne breakouts, dry skin, rosacea or devitalized skin. The skin is gently exfoliated with a rejuvenating glycolic peel and then deeply nourished with Evening Primrose and Rosehip Seed Oils. An antioxidant-rich Vitamin C Complex helps restore your skin’s healthy glow. **60-MINUTES**



THE NOVOGLOW™ FACIAL

Achieve victory over aging skin with this professional treatment meant to restore and repair damaged skin cells as a result of harsh environmental factors faced in everyday life. The unique NovoSerum complex combines powerful growth stimulating factors with multiple anti-oxidants, neuro peptides, vitamins and collagen stimulants. Anti-bacterial and anti-inflammatory agents work in concert with moisturizers and emollients to promote visible skin tissue repair and regeneration and collagen formation giving skin more elasticity and brilliance. This results driven treatment is great for all skin types and perfect for men and women alike. The 90-minute version of this service includes additional facial, neck, décolleté and shoulder massage and incorporates micro current technology to help stimulate and tone skin.

60/90-MINUTES

VITAMIN BOOST FACIAL

Improve skin tone and texture for a look of natural radiance with essential minerals and vitamins C and E. This treatment delivers supercharged antioxidants, fights free radicals, helps to boost collagen, heal and improve overall skin health and reduce inflammation. Includes a gentle pearl polish, vitamin rich spirulina and CoQ10 ampoule for powerhouse nourishing. **60-MINUTES**

CORRECTING BRIGHTENING FACIAL

This treatment delivers brightening and clarity for immediate luminosity. With this results-driven facial, the hands, face, neck and décolleté are treated with effective formulas that even out skin texture and tone. Using a powerful blend of skin-illuminating botanicals and Acti-5 Brightening Complex, along with a multi-acid peel, a concentrated Vitamin C ampoule, and a unique cooling luminous rice masque, skin appears lighter, brighter and more refined. **60/90-MINUTES**

ENHANCEMENTS

Let our skilled estheticians help guide you in the most appropriate enhancement offering tailored to your skin needs.

- NuFace
- Reveal Skin Image™ Consultation
- Soothing Back Treatment
- Soothing Foot Scrub & Massage
- Moisturizing Lip Treatment



INTRACEUTICALS OXYGEN TREATMENTS

Breathe new life into your skin. Intraceuticals uses oxygen under pressure to deliver hyaluronic acid, vitamins, and powerful antioxidants resulting in an immediate boost to dull dehydrated skin. Allow our experts to help you select the best treatment for your skincare concerns.

- **Atoxelene Expression Line Treatment** This targeted treatment dramatically smooths the appearance of expression lines around the eyes, lips and forehead. The Atoxelene Treatment utilizes peptides, antioxidants, hyaluronic acid and botanicals to instantly firm, lift and plump the skin dramatically reducing fine lines and wrinkles. This treatment is ideal for expression lines and prematurely aging skin. **30-MINUTES**
- **Rejuvenate or Opulence Treatment** Rejuvenate – perfect for all skin types, this skin quenching treatment provides the ultimate in intense hydration with serum containing hyaluronic acid, vitamins and antioxidants that dramatically lift, tone and hydrate skin. Results are not only instant but continue to improve in the following days. Opulence – this treatment combines botanical skin brighteners and super concentrated vitamin C to brighten, balance and treat uneven skin tones for an instant luminous glow! **60-MINUTES**
- **Ultimate Oxygen Treatment** A “Red Carpet” favorite that celebrities love! The Ultimate Oxygen Facial combines our 60-minute Intracueticals facial with Atoxelene to instantly reduce the appearance of fine lines and wrinkles. **75-MINUTES**
- **Age Defying Oxygen/Hydration Facial** Combine the power of today’s most advanced spa technologies in one power age-defying facial. We combine the deep exfoliating process of HydraFacial along with the ultra hydrating infusion process of Intraceuticals into one powerful treatment. Not for sensitive skin. **60-MINUTES**

INTRACEUTICALS ENHANCEMENTS

May be added to any Intraceuticals Facial.

- Antioxidant+ Treatment
- Vitamin A+ Treatment
- Vitamin C+3 Treatment
- Collagen+ Treatment
- Neck/Décolleté Treatment (Additional 15-minutes)

INTRACEUTICALS ENHANCEMENTS

The results of the Intraceuticals Treatments are accumulative and continue to improve with repeated application. A series of six applications over six weeks is recommended to achieve optimum results. Five specific programs available. **60-MINUTES EACH**



SALON SERVICES

BEAUTY & STYLE

Separated from the rest of the spa facility, our high-energy salon offers the best in full service hair, makeup and waxing services from around the globe. Whether you're desiring a brand new look, exploring some much-needed beauty TLC or planning an updo and makeup for a special occasion, our skilled technicians are dedicated to delivering the most beautiful you.



MANICURE

WELL & BEING AGELESS MANICURE

Our signature three-step anti-aging hand-care regimen keeps hands conditioned and protected. After a softening hand soak, your technician applies an organic, virgin coconut oil polish scented with a blend of essential oils. Enjoy a soothing application of vitamin C and beta-carotene enriched Repairing Hand Serum, then drift away during the massage with Well & Being's Richest Shea Hand Balm focused on reflex points. You're more than perfectly groomed. You have a sense of overall relaxation.

60-MINUTES

AROMATHERAPY RITUAL MANICURE

In this luxurious service, you are enveloped in delicious aromatic vapors that penetrate the skin, stimulating the lymph and immune systems. Our signature blends of therapeutic oils applied to energy points on the hands and arms positively affect both body and mind. Your technician massages your hands with fragrant oils, then applies a warm soy wax, aiding absorption and leaving hands silky smooth.

60-MINUTES

THERAPEUTIC "MORE THAN A MANICURE"

Our therapeutic manicure focuses on the health and vitality of hands and arms. Following a gently foaming jojoba glaze exfoliation, a rich organic lavender balm is used in a meticulous massage of the muscles in the hands and forearms. Warm wraps of aromatic towels aid the absorption of the natural plant butters, leaving hands conditioned and protected. **60-MINUTES**

DESERT SEASONS MANICURE

The season often determines what our body wants, what's appropriate and what's available. We have taken fresh botanicals to create a seasonal palette of herbal treatment to soothe, refresh and repair the arms, hands and nails. Spring (Desert Chaparral), Summer (Aloe Vera), Fall (Prickly Pear), Winter (Juniper Berry). After a gentle polish with aloe and bamboo exfoliant, enjoy warm herbal concoctions massaged into your arms, leaving you blissfully relaxed. **45-MINUTES**

MEN'S FITNESS MANICURE

Our therapeutic manicure focuses on the health and vitality of your hands and arms. Following an invigorating jojoba glaze exfoliation, our signature salve is used in a meticulous massage of the muscles in hands and forearms. Warm wraps of aromatic towels aid the absorption of the natural plant nutrients that leave hands conditioned and protected. **45-MINUTES**



PEDICURE

WELL & BEING SOLE SERENITY PEDICURE

Your service begins with an aromatic leg and foot polish formulated with a blend of organic essential oils and botanical extracts (cypress, rosemary, geranium and calendula) designed to tone and strengthen the vascular tissue and heal and soften the skin. A mud mask with cosmetic grade clays refines skin texture and increases circulation. **75-MINUTES**

AROMATHERAPY PEDICURE

Aromatherapy is the art of using specialized blends of therapeutic-grade essential oils. It's amazing how anointing key energy points on the feet and legs can have such a positive effect on the body and mind. Enjoy a massage with fragrant oils, then lean back with delight as a warm soy wax is applied to aid absorption and leaving your legs and feet feeling silky smooth. **75-MINUTES**

DESERT SEASON PEDICURE

The season often determines what our body wants, what's appropriate and what's available. We have taken fresh botanicals to create a seasonal palette of herbal treatment to soothe, refresh and repair legs and feet. Spring (Desert Chaparral), Summer (Aloe Vera), Fall (Prickly Pear), Winter (Juniper Berry). After a gentle polish with aloe and bamboo exfoliant, enjoy warm herbal concoctions massaged into your legs, leaving you blissfully relaxed. **60-MINUTES**

MEN'S FITNESS PEDICURE

Your service begins with an aromatic leg and foot polish made with ancient desert salts and stimulating oils of rosemary and ginger, followed by a cooling gel mask enriched with magnesium oil. Your legs are wrapped while you enjoy a foot rub that focuses on reflex points on the soles of the feet, followed by an application of our signature Well & Being Fresh Ginger foot cream. **60-MINUTES**

THE LEG WORKS THERAPEUTIC PEDICURE

Our legs do so much for us, holding us up and carrying us through life. Now it's time to return the favor. Your service begins with an aromatic leg and foot polish formulated with organic, virgin coconut oil scented with our signature blend of essential oils. Your technician applies a cooling gel mask enriched with magnesium oil to your legs and gives you a foot rub designed to stimulate energy flow which leaves you feeling grounded and relaxed. The final flourish — a refreshing foot rubdown with our signature Well & Being fresh ginger foot cream **60-MINUTES**



WELL STYLED

A refreshingly simple concept; we wash, blow and style your hair, whether preparing for a big night out, work event or simply because you deserve to look gorgeous anytime. A shampoo, aromatherapy scalp massage and a glass of wine are included, along with your choice of styles. **45-MINUTES**

- IN STYLE - Round brush, fullness, full finished look
- SLEEK STYLE - Flat iron, straight, smooth
- LIFE STYLE - Smooth, soft bouncy curls
- WILD STYLE - Smooth, teased, bombshell
- EVENT STYLE - Elegant, French twist, bun
- WEDDING STYLE - Braided, pinned, breathtaking

HAIR CUT & STYLE ADDITIONAL SERVICES

- Bang Trim
- Shampoo & Haircut
- Shampoo, Haircut & Blow Dry
- Men's Shampoo, Cut & Style

HAIR COLOR

- Color Refresher, Shampoo & Blow Dry
- Single Process Color
- Full Highlights
- Partial Highlights
- Highlights & Color Combined
- Corrective Color

**All coloring services include shampoo and blow dry*

TINTING

- Eyelash Tint
- Eyebrow Tint

MAKEUP

- Makeup Application
- Makeup Lesson

BRIDAL SERVICES

- Wedding Hair Trial
- Wedding Day Hair



FITNESS ACTIVITIES

PERSONAL FITNESS TRAINING & ASSESSMENTS

Whether you are a beginner, just starting out on a new fitness regimen or a seasoned pro, Well & Being's robust class offerings and personal training are sure to tend to your every fitness need. From Pilates, Spinning, Step Aerobics, Zumba and Body Sculpting classes to Boot Camp, TRX, Krank Fusion and Rip Surfer classes, we offer something for everyone.



PERSONAL TRAINING PROGRAMS

A personal trainer will develop a customized workout plan for your activity level, body type and gym availability at home or on the road. Training may include some or all of the following: Reformer Pilates, mat Pilates, TRX, power walking, strength training, gym equipment overview and assisted stretching. **60-MINUTES**

THE FITNESS PRESCRIPTION: INDIVIDUALIZED FITNESS SOLUTION

Whether you want to take your athletic performance to the next level, build lean muscle, reduce body fat, improve your energy or optimize your health, the Fitness Prescription provides you with a personalized roadmap for achieving your goals. Let our highly skilled fitness team create a customized exercise program that will get you feeling fit and looking good. Your consultation with our exercise physiologist includes a fitness assessment and risk analysis. Your personal fitness goals are determined while taking into account exercise preferences and lifestyle to create a personalized fitness plan. This 90-minute service includes one diagnostic of your choice — listed below. Receive all three diagnostics in the 120-minute version of this service. **90/120-MINUTES**

DIAGNOSTICS

These technologically accurate assessments provide reliable and user friendly insight into your overall physical health.

- **The BodPod** BodPod is the world's most advanced body composition assessment. It measures the percentage of your total weight that is fat v. lean muscle tissue. Please wear tight fitting exercise clothing or a swimsuit. Skin tight clothing allows for the most accurate measurement of your body composition. Try to avoid food, drink or exercise for two hours before your appointment. Together with you, our fitness experts review the results of your BodPod and provide you with healthy recommendations in a confidential setting.
- **The Body Gem** This Resting Metabolic Rate (RMR) test measures how many calories your body burns a day. Whether your goals are weight loss or increasing lean muscle mass, this simple assessment provides you with valuable information. No special attire required.
- **The Fit Mate Pro** SubMaxV02 oxygen consumption assessment provides you with a personalized report detailing maximum oxygen uptake, anaerobic threshold predictions, individual training zones, cardiovascular stamina and strength. We recommend wearing fitness attire for this short duration cardiovascular workout.

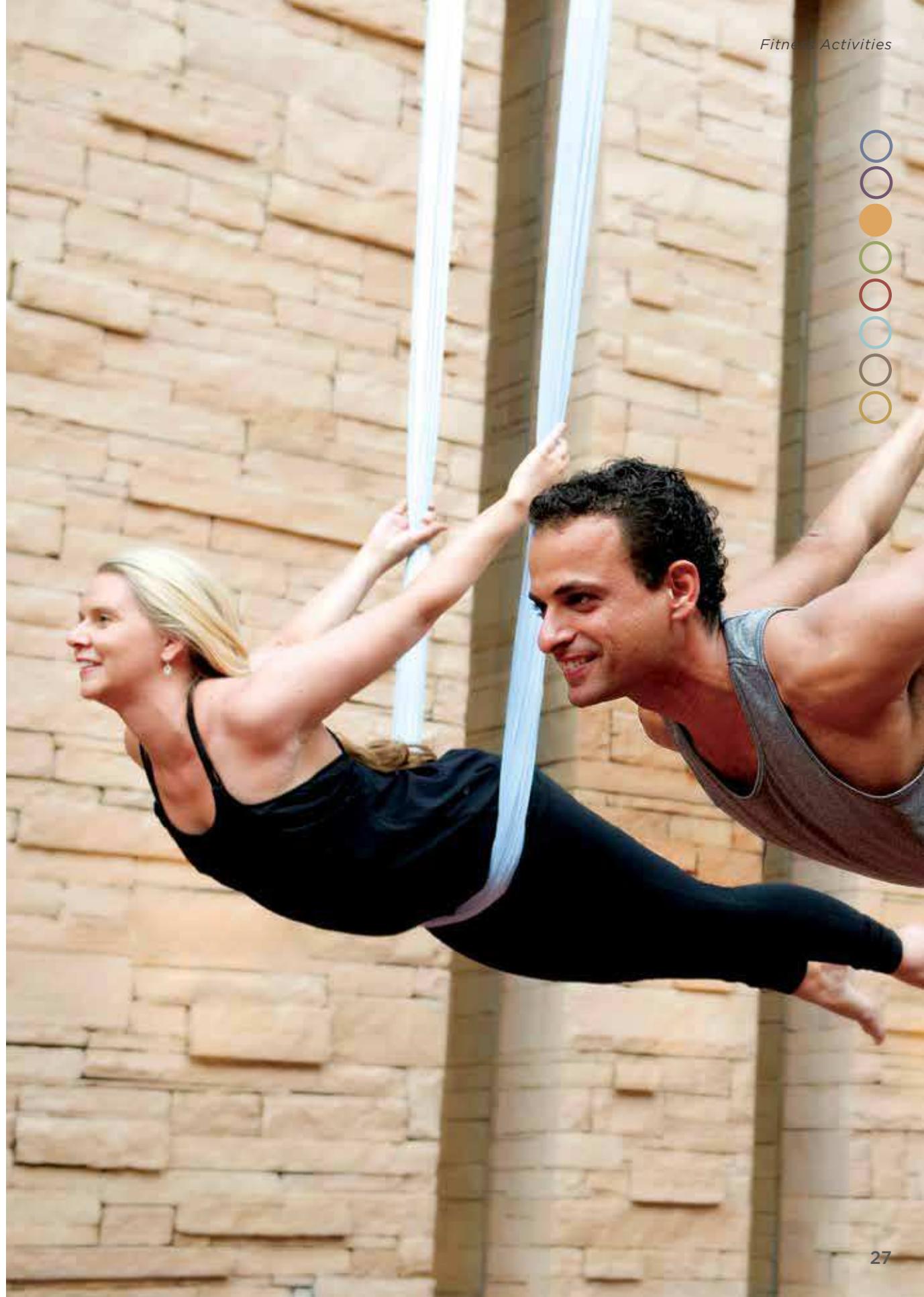
ASSISTED STRETCHING

This private session is facilitated by our certified personal trainers who guide you through a series of stretches based on your specific flexibility needs. Each session helps increase flexibility, correct muscular imbalances, prevent injury and aid in workout recovery while enjoying mental and physical relaxation. Wear loose fitting/ comfortable clothing. **30-MINUTES**

GROUP EXERCISE CLASSES

Well & Being provides an exceptional array of fitness classes available daily. Schedule of classes vary seasonally. View our current detailed schedule at www.scottsdaleprincess.com

Class choices include a wide variety of classes for all fitness levels, body types, and abilities. Some of our most unique classes include AERIAL YOGA, TRX, KRANK FUSION, and RIP SURFER, along with more traditional movement and group exercise classes like yoga, meditation, reformer and mat Pilates, and body sculpting.



NUTRITION

NUTRITIOUS & HEALTHY

Food and nutrition play an integral part in ensuring you can live life to its fullest with abundant energy. Using evidence-based approaches, our registered nutrition coaches work with you in a relaxed setting to help customize your eating plan in a highly personalized and results oriented manner.



NUTRITION FOR ACTIVE LIVING

Get a jump-start on a progressive lifestyle and plan your personalized Nutrition for Active Living consultation with Well & Being. Whether you are a fitness guru or just beginning your new active lifestyle, Nutrition for Active Living is a customized program helping you to become healthier, stronger, and ultimately happier! Our Wellness Coaches create a blueprint for your fitness and nutritional lifestyle in order to increase your energy and overall well-being. Included in this program are the following topics:

- Bod Pod Body Composition assessment
- Weight management discussion and strategies
- Pre and Post Workout Nutrition
- Grocery Store checklists
- How to read nutrition labels
- Recommended weekly workout schedule including strength and cardiovascular activity recommendations
- Basic nutrition guidance
- Goal setting for future success
- Supplement recommendations

Please note this consultation is not intended to address specific medically related issues/concerns.

NUTRITION CONSULTATION

Our nutrition coaches work with you to provide individualized nutrition recommendations, eating plan, counseling and goal setting. A variety of health or performance related topics customized to you will be covered and may include a selection of: optimal wellness, healthy eating, athletic performance, diabetes prevention, and heart, digestive and bone health, hormonal health, menopause and weight loss.

Depending on specific health needs, this service can be extended to 90-minutes which includes a customized week of menus, shopping lists and the Body Gem Resting Metabolic Rate (RMR) diagnostic test. **60/90-MINUTES**

HEALTHY SPA CUISINE

Well & Being proudly promotes a healthy and balanced lifestyle. We encourage you to partake in our Healthy Spa Cuisine menu as well - this menu was developed through the combined efforts of our Registered Dietitian and Executive Chef. Food offerings are available daily and can be ordered at the spa front desk. Please plan for a 30 minute preparation time when placing your order.



HEALTHY LIVING

HEALING THERAPIES

Rich healing traditions can be found in every culture throughout the world. Fortunately, many of these traditions have become well known outside of the geographical location where they originated due to their effectiveness in promoting health. Our highly trained licensed therapists excel in delivering these therapies in accordance with tradition.



ACUPUNCTURE

Our Licensed Acupuncturists provide an individualized assessment and evaluation of each person's health, stressors and lifestyle using a Traditional Chinese view, checking pulses and looking for imbalances in the flow of energy in the channels that run throughout the body. Using a series of fine needles to restore balance, and elevate the mind and spirit, acupuncture relieves pain, enhances sleep, alleviates anxiety and stress, and treats acute and chronic muscular and degenerative conditions.

60/90-MINUTES

30-MINUTE FOLLOW-UP APPOINTMENTS ONLY AVAILABLE UPON COMPLETION OF ANY 60/90 MINUTE SERVICE EXPERIENCE.

ACUPRESSURE

Acupressure uses finger pressure rather than fine needles on specific points along the body to reduce stress, tension and alleviate aches and pains. **30/60-MINUTES**

ACUPUNCTURE FACIAL

This Rejuvenating Acupuncture Facial promotes innate beauty and radiance, resulting in a more youthful look by reducing fine lines, wrinkles and puffiness on face and eyes as well as an increase in circulation and improved facial color. We suggest extending the benefits of this treatment by adding the 45-minute Rejuvenating Facial immediately following. **60/105 MINUTES**

CUPPING

In this traditional Chinese medical technique the therapist uses heat to create a vacuum in a cup, then quickly places it on the body using a gliding motion along the skin. The resulting suction moves energy, or Qi, to increase local circulation, relieve pain and promote healing. Cupping may be performed on the back and shoulders or along the thighs and upper buttocks to help reduce the appearance of cellulite. Cupping may cause faint bruising. **60-MINUTES**

THAI MASSAGE

The perfect massage for the sports enthusiast or more experienced spa-goer. Thai massage incorporates stretching and targets pressure point to allow your energy to flow. This experience takes place on a Thai floor mat. Skilled therapists literally use their whole body to move you into various yoga like positions, releasing muscles, increasing range of motion and leaving you relaxed and invigorated. **Please wear loose fitting clothing. 60/90-MINUTES**



HEALTHY SLEEP & RELAXATION

SLEEP WELL

Well & Being Spa invites you to sleep well with our innovative sleep-focused treatments and services. Allow our experts to guide you towards the best treatments and therapies to help improve alertness, mental clarity, muscle relaxation and circulation while reducing stress and anxiety.



SO SOUND® HEALING THERAPIES

Activate the body's natural deep relaxation response with So Sound®. Acoustic Resonance Therapy (ART). Immerse yourself in a healing oasis of sound and a gentle massage of music as you lie back and glide into a zero gravity So Sound® Lounger. Experience this journey into deep relaxation and emerge feeling rested.

- **Therapeutic Adult Nap** Wellness professionals ranging from Behavioral to Medical to Holistic experts all agree, a 30-minute nap can heal the body, mind and consciousness more than a “complete” restless night's sleep. Let us help you discover these benefits with a truly relaxing and stress relieving “adult nap”. Our practitioners will assist with setting you up in the zero gravity position in the So Sound® Lounger and provide the perfect music selection to induce total relaxation. Select from an offering of aromatic essential oils to be placed on key pulse points to further enhance this restful journey. We will gently awaken you and provide you with a take home sampling of the essential oil to recreate this experience at home.

30-MINUTES

- **Melodic Reflexology** Begin with stimulation of reflex points in the feet to promote health and regeneration throughout the body via energetic pathways. The effectiveness is increased by introducing melodic vibrations through our So Sound® Lounger allowing your body to relax more efficiently and providing you with a one-of-a-kind experience.

60-MINUTES

- **Harmonized Acupuncture** Stimulate the flow of Qi (life energy) and open the body and mind with a healing acupuncture and So Sound® Lounger session. After evaluating your body for imbalances and blockages, a series of fine needles are inserted at specific body points to stimulate, disperse and regulate the flow of Qi. Additional restorative benefits are enhanced by spending time in our So Sound Lounger immediately following your treatment.

90-MINUTES



EXPERT RECOMMENDATION

The So Sound® Lounger experience is an excellent way to enhance the therapeutic benefits of any spa, salon, or wellness service. Ask your coordinator for details.

DESERT SERENITY BODY WRAP

This full-body massage features native Arizona jojoba oil combined with essences of wild chaparral, sage, canyon pine and mountain arnica. You are lightly wrapped to allow your body to absorb the warm, fragrant oils. As you rest, warm herbal-infused oil streams over your forehead and into your hair, followed by a soothing scalp massage. After this treatment you'll need a thorough shampoo, so it's not recommended for those with events immediately afterwards.

90-MINUTES

SWEET DREAMS AROMATHERAPY WRAP

There is no better way to induce blissful sleep than through the use of therapeutic essential oils. Let the calming essences of lavender and ylang ylang work in tandem with this deeply moisturizing and warmly relaxing body wrap.

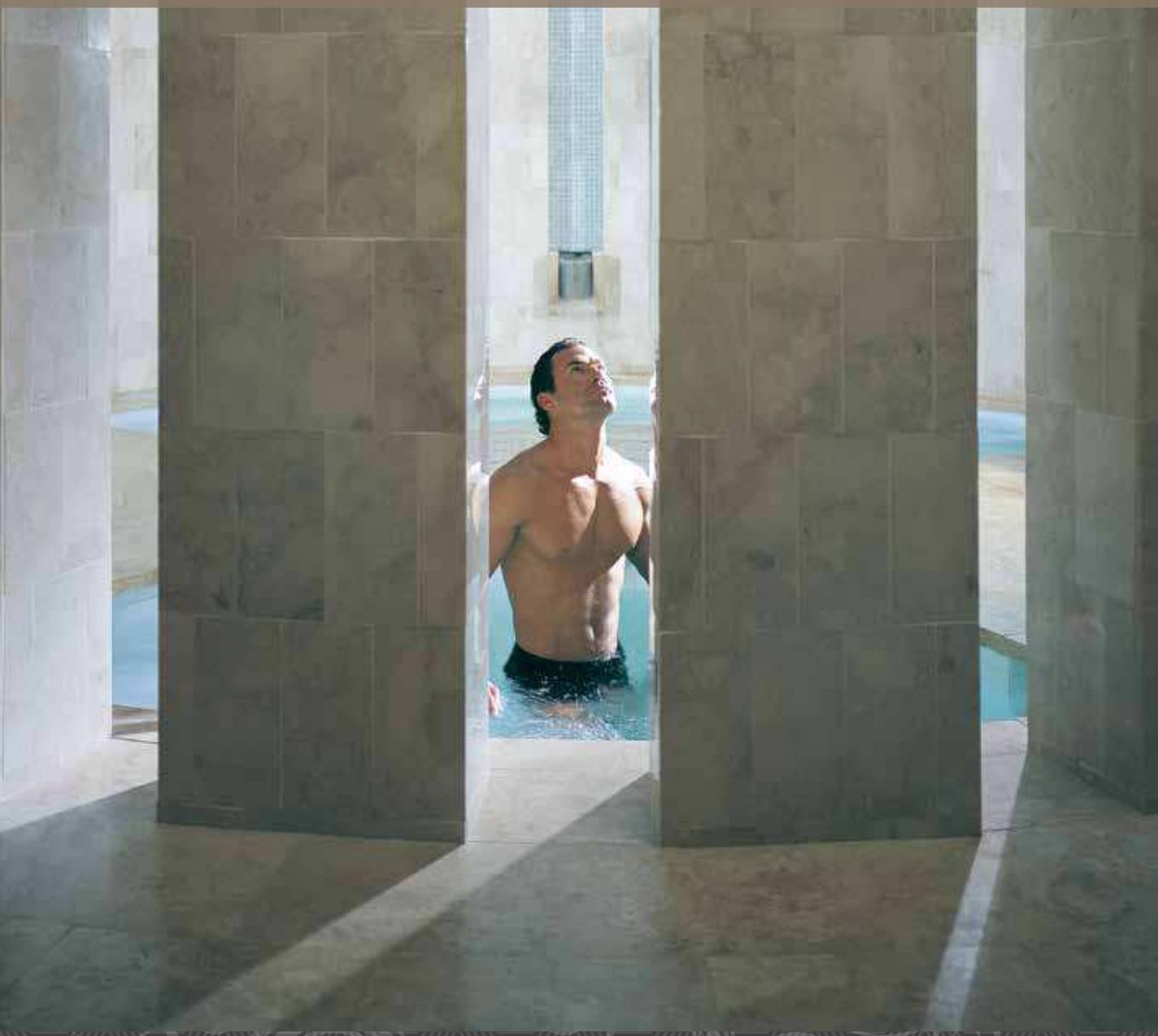
45-MINUTES



LIVE IT WELL - THE HEALTHY MALE

JUST FOR MEN

Living it Well every day is achievable. Well & Being has a wide variety of services, programs and therapies specifically targeted to the everyday wellness needs of men. Learn techniques to help you de-stress, enjoy therapeutic bodywork to help your internal “weekend warrior” repair itself or embark on a detailed and personalized fitness program tailored to your specific needs. We have all you need and our team of experts can support you on the path to optimal health.



THERAPEUTIC BODY WORK

- Well & Being Signature Journey Massage
- Aromatherapy Massage
- Alpine Arnica Deep Tissue Massage
- Stone Massage
- Thai Massage
- Magnesium Massage
- Acupuncture
- Acupressure

SCRUBS/WRAPS

- Hacienda Retreat
- Magnesium Wellness Treatment
- Brighter Body Scrub & Massage

HEALTHY SKIN

- Men's Fitness Facial
- Vitamin Boost Facial
- Intraceuticals Oxygen Facial

GROOMED TO PERFECTION

- Men's Fitness Manicure
- Men's Fitness Pedicure
- The Leg Works Therapeutic Pedicure

FIT FOR LIFE

- Personal Training Programs
- The Fitness Prescription: Individualized Fitness Solution
- Assisted Stretching
- Diagnostic Assessments:
 - The BodPod
 - The Body Gem
 - The Fit Mate Pro
- Nutrition For Active Living

WIND IT DOWN

- Therapeutic Adult Nap
- Melodic Reflexology
- Harmonized Acupuncture
- Sweet Dreams Aromatherapy Wrap



W&B - THE COLLECTION

A SPA AND LIFESTYLE BOUTIQUE

An amazing spa and lifestyle boutique awaits with a wide variety of healthy supplements, skincare, fun clothing and workout wear. If you saw it here, experienced it here, used it here, we have it here! We are happy to provide shipping on large items (fees vary). Come explore and let our retail specialists provide you with the perfect collection of take home items to continue the Well & Being experience at home. Forget something, run out of something fantastic? Just call us at 480-585-2732 and we can arrange to have it shipped to you.



Well & Being is proud to partner with some of the best known, well respected and authentic product companies available. Ensuring the efficacy of ingredients and always considerate of our global footprint, we know you will enjoy your Well & Being experience and encourage you to continue the lasting benefits at home.

Take advantage of our professional grade supplements - available only through licensed health care providers. We are happy to work with you to establish an on-going delivery program with supplements available to be sent to you after your Well & Being visit.

Who says getting fit can't be fashionable? Our Well & Being retail collection provides a beautiful array of clothing and attire sure to not only compliment your look but also delight you on your path to total wellness. Here you will find on trend, lifestyle driven mixes of resort casual, active wear and yoga/fitness collections.



COMMONLY ASKED QUESTIONS

ARRIVAL AND ETIQUETTE

We invite you to take advantage of our world class spa and fitness facilities for the entire day of your spa treatments — including a wide array and variety of exercise classes, cardiovascular and strength equipment facilities, indoor garden atrium, open air rooftop pool, co-ed grotto waterfall treatment and men's and women's lounge facilities complete with whirlpool, Swiss shower, cold plunge, inhalation, steam and dry sauna rooms. We recommend that you arrive 45 minutes before your first scheduled appointment. This gives us time to help familiarize you with the facilities and allows you to relax before your experiences begin. Please note all treatments end on time, regardless of start time. Please leave jewelry and other valuables in your room safe or the hotel safe.

ENVIRONMENT

Well & Being is an adult sanctuary. Guests must be 18 years or older. For your peace and privacy, cell phones and other electronic devices are not permitted.

HEALTH MATTERS

Please inform us of any health conditions at the time for booking (e.g. high blood pressure, heart condition, allergies, pregnancy). Our team will inquire about any health issues or concerns you may have, however, we encourage you to communicate any concerns when booking services so we can better customize your experience.

SPA CUISINE

A variety of health conscious, heart smart and nutritious food offerings are available daily from our spa cuisine menu. We encourage dining in our climate controlled atrium and/or open air rooftop pool. We encourage you to place your spa cuisine food selection upon check in. Please allow 30 minutes for your order to be delivered.

ATTIRE

You will receive a robe and sandals to wear between treatments, and a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments.

GIFT CERTIFICATES

Well & Being spa gift certificates are available for purchase for all spa, salon, wellness and packages. Please contact our spa receptionist for further information.

TAXES AND SERVICE CHARGES

For your convenience, taxes and service charge have been included in your experiences and packages. Rates are subject to change. Occasionally not all services may be available.

GRATUITIES

Additional gratuities for exceptional service can be added to your bill upon checkout.

PAYMENT FOR SERVICES

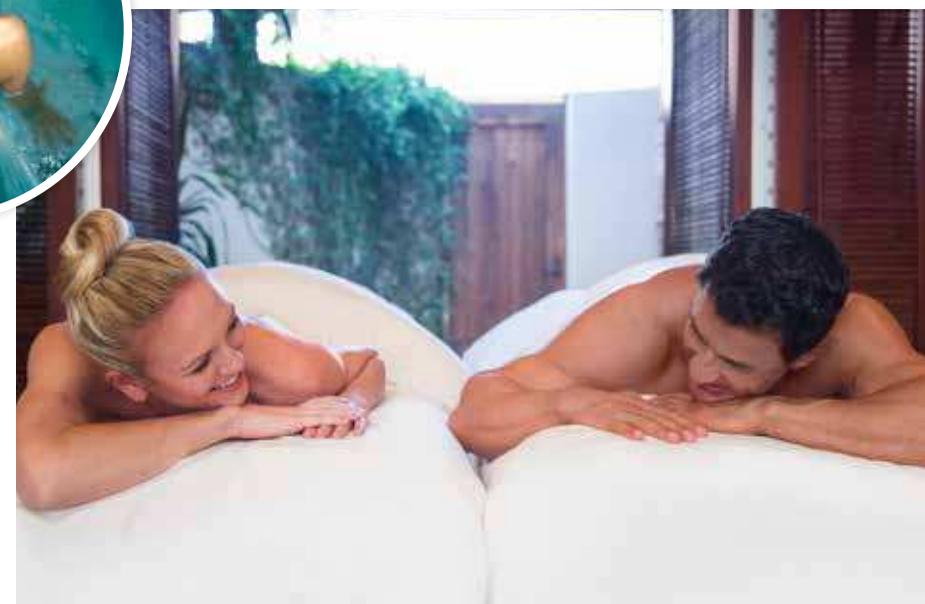
We require a valid credit card number to confirm all spa reservations. For your convenience, payment for spa services is verified upon check-in and reiterated to you by our team. Bills are settled upon conclusion of your treatment. Room signing privileges are available.

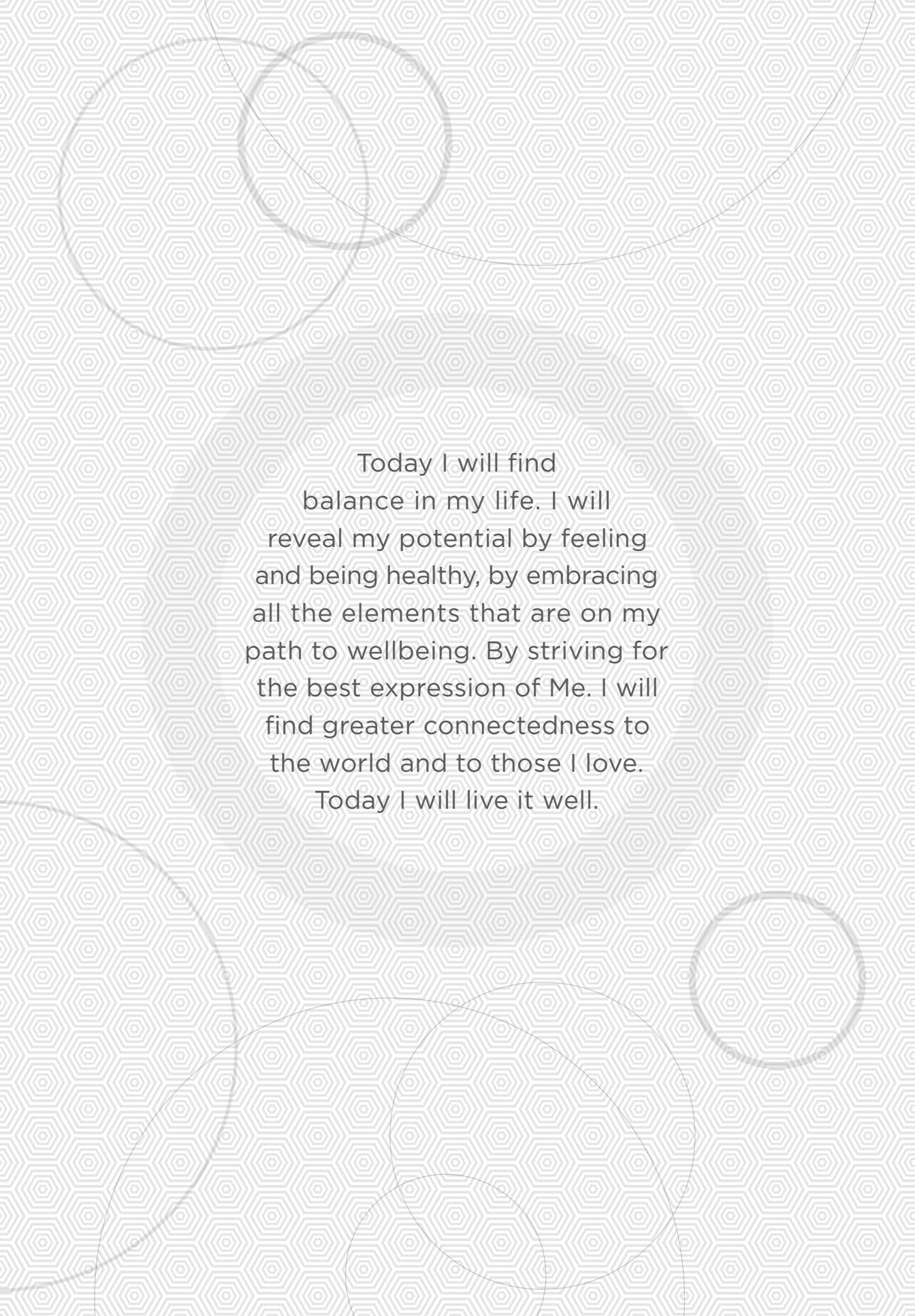
CANCELLATIONS

If you must reschedule or cancel any spa appointment, please notify the spa four hours in advance to avoid being charged for the service. Cancellation of a package requires 24 hours' notice. Missed appointments without proper notice are subject to a 100 percent charge for reserved services.

MEMBERSHIP

Live it Well every day of the year. Lifestyle Spa/Wellness memberships are available to compliment your budget and busy lifestyle. Reap the benefits of our Good Life Coaches in the surroundings of our beautiful world class environment with a Spa/Wellness membership. Inquire with any of our spa staff to obtain information to start your personal journey today!





Today I will find
balance in my life. I will
reveal my potential by feeling
and being healthy, by embracing
all the elements that are on my
path to wellbeing. By striving for
the best expression of Me. I will
find greater connectedness to
the world and to those I love.
Today I will live it well.