

NIDAH

BODY RITUALS

SPIRIT OF HERITAGE

Begin your journey towards serenity with a relaxing copper bowl foot bath and a heated neck wrap. Move onto the massage table where your warmed feet will be met with a cooling foot oil massage, followed by a hair and scalp oil treatment. Allow the rest of your body to retreat into a healing 80 minute Custom Mindful Massage with warm Himalayan salt stones. You will be left with your senses fully awakened and spirit soaring.

1hr 45 minutes \$295

CHAKRA REBALANCING RITUAL

This Ayurvedic inspired ritual begins with the vibration of Tibetan chimes over your body and anointing specific energy points with a rare blue lotus, sandalwood and rose oil that assists in expanding awareness. A warm soothing oil blend is applied to the spine with a Kansa Wand made of 3 precious metals used along with the therapists hands to massage the back side of your body. Once you are face up you will be anointed at your chakra centers with one of the 3 balancing Ayurvedic oil blends of your choice. Gemstones are then placed on your 7 main chakras. A gentle scalp neck and face massage follows using Shankara's luxurious hair and scalp oil and Kansa wand. The rest of your body will be massaged ending at the feet with a unique 3 metal foot bowl massage. Get ready for an eastern inspired adventure of the senses.

80 min \$275

CUSTOM MINDFUL MASSAGE

Create a personalized spa massage experience orchestrated by you and your therapist. Multiple modalities and pressure ranges are applied to free up stressed muscles, release tension, and relax the mind.

50 minutes \$175 | 80 minutes \$225

MOTHER-TO-BE

Share a moment of serenity with your baby.

This massage will ease the discomforts that occur as your body changes during pregnancy. Scent-free products are offered, and your comfort is our priority.

80 minutes \$225

MASSAGE ENHANCEMENTS

HIMALAYAN SALT STONES

Enjoy the deep warmth and mineralization of Himalayan Salt Stones added into your massage.

\$40

HYDRATING WARM SCALP TREATMENT

Shankara hair and scalp oil is specifically designed to moisturize dry and damaged hair for shinier, healthier, and luxurious locks. The oil is safe to use on colored hair.

\$20

AROMATHERAPY

Select from curated seasonal blends to enhance your massage and facial experience.

\$20

CBD ENHANCEMENT

CBD products extracted from organic hemp flowers in the Colorado Rocky Mountains. This full spectrum CBD penetrates deep into tired muscles.

\$35

SEA SALT SCRUB

At Nidah Spa, you can enjoy the health-giving qualities of our Sea Salt scrub and massage. An exfoliating salt scrub massage also removes dead skin cells which reveals the supple soft skin beneath. This process encourages the regeneration of new skin cells.

30 minutes \$75

SKINCARE

All facials include a pore cleansing, exfoliation, soothing facial massage, customized serums, and masques. 80-minute facials will also include a hand and foot hydration treatment.

SHANKARA AYURVEDA INSPIRED FACIALS

Shankara is a botanically derived skincare line that utilizes ancient Indian recipes to enhance beauty and repair damaged skin cells. Made in the US, Shankara's unique facials will lead you on an exotic aroma journey.

KANSA WAND FACIAL

The 'Kaahn-sah' Wand is a skin-refining and firming facial using the Ayurvedic Kansa massage wand made from copper, tin, and zinc. These healing metals soothe, tone, and release stress from facial muscles, neck, and shoulders.

50 minutes \$175 | 80 minutes \$225

ROSE QUARTZ FACIAL

A deeply soothing and regenerative facial using rose quartz stones to massage the skin and provide an overall relaxed and nurtured treatment. Great for sensitive skin.

50 minutes \$175 | 80 minutes \$225

SIGNATURE DESERT GLOW FACIAL

A customized facial specifically designed to help your skin rediscover its natural healthy glow. Using a pampering blend of botanical ingredients, this facial exfoliates the skin, provides pore cleansing, and rejuvenates with a targeted treatment masque. The 80-minute facial also includes an LED light therapy treatment along with a moisturizing hand and foot treatment.

50 minutes \$175 | 80 minutes \$225

ADD-ONS

Brow Tinting 15 minutes \$30

Lash Tinting 30 minutes \$45

SPA ETIQUETTE

Please provide 24 hours notice to avoid charges for canceled services. We recommend arriving 20 minutes prior to your service to allow ample time to check-in, slip into a robe and slippers, and unwind in our relaxation lounge. Inform your therapist of any injuries, surgeries, or medical conditions as some treatments may be contraindicated. To respect a peaceful experience for everyone, the use of cell phone is not permitted in the spa. We recommend adding a 20% gratuity to your service. You may adjust gratuities as you wish.

NIDAH

SPA RESERVATIONS 505.995.4535
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