NEW SERVICES

ANTARA BALANCE MASSAGE
Bring harmony to the body with this CBD and arnica enhanced service that cares for tired muscles, soothes skin, and re-boots the mind. 100mg of CBD
50 minutes $160
80 minutes $205

ANTARA RESTORE MASSAGE
Access all the mind body benefits of CBD alongside an infusion of age-defying paracress plant extract in this restorative, hydrating massage. 100mg CBD
50 minutes $170
80 minutes $225

ANTARA RELIEF MASSAGE
Deliver soothing relief to the whole body and targeted attention to sore back, joints, hands, and feet with gently warming, tingling cayenne and arnica. This massage is combined with our Balance oil. 139mg CBD
50 minutes $180
80 minutes $225

BODY IN BALANCE RITUAL
Bring your system into its deepest state of harmony with this mind-body ritual that includes a foot soak, body polish, wrap, and full body massage. 165mg CBD
2 hours $315
**TREATMENTS**

**FACIAL TREATMENTS**
- Dr Dennis Gross 5th Avenue Ultimate Anti-Aging Facial, 80 min, $200
- Dr Dennis Gross Marine Hydrating Facial, 50 min, $165
- Custom Organic Facial, 50min, $155, 80min, $190
- Teen or Hydration Surge, 25min, $80

**MAKEUP**
- Occasion Makeup, 45min, $75+

**WAXING**
- Brow/Lip/Chin, 15min, $35 each

**HAIR**
- Blowout, 30min+, $55
- Chin Length, $55
- Shoulder Length, $65
- Waist Length, $75
  - Women’s Haircut, 50min, $85+
  - Hair Color, 1.5h, $115+
  - Partial Highlights, 2.5h, $175+
  - Full Highlights, 4.5h, $255+
  - Up Do’s, 60min, $80+
  - Bang Trim $5.00

**NAIL SERVICES**
- Classic Manicure, 30min, $45
- Signature Seasonal Manicure, 55min, $80
- Zents Manicure, 50min, $80
- Express Pedicure, 30min, $55
- Signature Seasonal Pedicure, 50min, $80
- Zents Pedicure, 50min, $80
- Lower Leg Revitalizer, 45min, $75
  - CND Manicure, 1h, $80

**SIGNATURE TREATMENTS**
- Spirit of Heritage, 2 hours, $285
- Spun Gold, 80min, $195
- Cactus Toning Wrap & Massage, 80min, $180
- Herbal Farm Press Massage, 80min, $210
- Choose from 3 blends:
  - Rejuvenating- An organic blend of invigorating herbs including Peppermint, Echinacea, Basil, Spearmint and Orange peel
  - Soreness relief- An organic blend of herbs including Feverfew, Lemon Balm, Echinacea, Basil, and Apples
  - Tranquility- An organic blend of herbs including Marshmallow Root, Burdock Root, Echinacea, and Catnip

**TRADITIONAL MASSAGES**
- Custom Therapeutic, 50min, $150; 80min, $195
- Himalayan Hot Stone, 80min, $195
- Aromatherapy Add Ons $10.00
- Choose from 3 Blends:
  - Balance Blend- promotes overall sense of relaxation, helps ease anxious feelings
  - Breathe Blend- maintains feelings of clear airways and easy breathing
  - Serenity Blend- promotes feelings of relaxation and restful sleep environment
- Pre-Natal (after 1st trimester), 50min, $150
- Scalp & Foot or Back, Neck & Shoulder Massage, 25min, $80

**BODY WRAPS**
- Chocolate Mole Wrap & Massage, 80min, $180
- Turquoise Gemstone Wrap & Massage, 80min, $180

**BODY EXFOLIATIONS**
- Lavender Salt Scrub, 25min, $80
- Whipped Honey Salt Scrub, 25min, $80
- Desert Bliss Sugar Scrub, 25min, $80

**ALTERNATIVE WELLNESS**
- Craniosacral Therapy, 50min, $145
  - A deeply relaxing form of bodywork focused primarily on the concept of primary respiration
- Spiritual Healing, 50min, $130
  - Uses subtle energy to rebalance, align, and normalize the flow of energy to one’s physical, etheric, emotional and mental bodies.
- Acupressure Foot Treatment, 25min, $80; 50min, $140
  - Relieves tension, helps promotes the natural function.
- Reiki, 50min, $130
  - Laying on of hands used for stress reduction and relaxation. Good for helping to move the flow of energy and help release emotional blocks.

**FOR MEN**
- Gentlemen's Refine and Rebalance Facial, 50min, $155
  - Cleansing, extractions, peel, hot towel wrap, mask and neck massage
- Gentlemen's Haircut, 45min, $50+
  - Includes shampoo/style
- Buff and Shine Manicure, 30min, $35
- My Aching Feet pedicure, 30min, $35
- Gentlemen's Pedicure 50 min, $80
TREATMENTS

SPIRIT OF HERITAGE
Start your journey towards balance and serenity with a foot soak in aromatic warm water. As your feet soak, we will apply a heated scented neck wrap to relax your shoulders. Enjoy this first part of the ritual with herbal tea or fruit infused water.
As we move into the second stage of the journey, your feet will be met with a 15 minute "sole revival" foot massage. Once your feet have been thoroughly restored, allow the rest of your body to disappear into the warmth and healing of our Himalayan Salt Stone massage. This 110-minute journey is sought to leave your senses fully awakened and spirit in balance. **$285**

SPUN GOLD
A relaxation massage that begins with gentle dry brushing of the skin. Hot stones are then placed upon the back, soothing sore muscles. Warm chamomile oil infused with flecks of gold is massaged into your skin, creating a sense of calm and peace. All this while crystals cleanse your chakras. **80 Minutes $195**

HERBAL FARMRESS MASSAGE
Restores well-being by combining steaming therapeutic organic herbs with targeted compression techniques. The steam releases essential plant oils, minerals and vitamins that are absorbed by the body to help guests feel renewed. Relaxes muscles, stimulates blood flow, and eases stiffness and soreness, with an aromatherapeutic effect that creates a deeply soothing experience.
Choose from three blends:
Rejuvenation - Basil, Spearmint, Echinacea, Augustifolia, Oat Straw Flower, Orange peel
Soreness Relief - Basil, Feverfew, Augustifolia, Lemon Balm, Apples
Tranquility - Marshmallow Root, Burdock Root, Nettle Leaf, Catnip
**80 Minutes $210**

CHOCOLATE MOLÉ MASSAGE
Clay combined with cacao powder and Chimayo red chile masks your body as hot stones keep you warm in your wrap. Enjoy being pampered with a scalp and foot massage as the mask works its magic. We then top it off with a 25-minute massage using chocolate infused oil.
**80 Minutes $180**

TURQUOISE GEMSTONE WRAP
Warm blue/green clay masks the body as warm pieces of turquoise rest upon you in your wrap. A scalp and foot massage followed by a 25-minute massage using our signature turquoise sage oil caps off the ultimate southwest relaxation experience.
**80 Minutes $180**

CACTUS TONING WRAP
Cactus is rich in emollients and antioxidants which makes it great for people with dry or irritated skin. A scalp and foot massage during the wrap is followed by a 25-minute massage using our warmagave oil.
**80 Minutes $180**

SALT & SUGAR SCRUBS
Salt scrubs are the more abrasive of the two. The minerals in the sea salt are natural purifiers, helping to remove toxins from the pores while promoting better circulation and tightening of the skin. Sugar scrubs being less abrasive are better for those with sensitive skin. The glycolic acid in sugar helps to protect the skin from harmful toxins and also acts as a moisturizer.
Both the salt and sugar scrubs are infused with oil, helping to leave your skin feeling silky smooth.
**25 Minutes $80**

ACUPRESSURE FOOT TREATMENT
Relieves tension, helps promote the natural function.
**25 Minutes $80**
**50 Minutes $140**

CUSTOM THERAPEUTIC MASSAGE
A full body massage that is customized to your specific needs. We use the pressure you want, multiple techniques to focus on areas of stress or concern. You create personalized spa massage experience that you and your therapist develop to bring you total wellness.
**50 Minutes $150**
**80 Minutes $195**

HIMALAYAN HOT STONE MASSAGE
Full body Himalayan Salt Stone massage integrates the philosophies of Oriental medicine, Swedish massage, thermal therapy, and salt therapies. This unique combination creates an array of benefits and allows the body to function in balance with increased sense of well-being.
**80 Minutes $195**

CRANIOSACRAL THERAPY
Using a light touch the therapist works with the physiology of the body. Shown to be effective with problems of pain and loss of function.
**50 Minutes $145**

REIKI
Laying on of hands used for stress reduction and relaxation. Good for helping to move the flow of energy and to help release emotional blocks.
**50 Minutes $130**

SPIRITUAL HEALING
Uses subtle energy to rebalance, align, and normalize the flow of energy to one’s physical, etheric, emotional, and mental bodies.
**50 Minutes $130**
CUSTOM ORGANIC FACIAL AND GENTLEMAN’S FACIAL
Esthetician evaluates skin and recommends treatment. Relaxing, cleansing, purifying. Cleansing, exfoliation, customized mask based on skin type, moisturizer. Extractions, if needed. Includes facial massage and neck and shoulder massage. 80 minute includes two masks.

50 Minutes $155
80 Minutes $190

DR DENNIS GROSS 5TH AVENUE
ULTIMATE ANTI-AGING FACIAL
The complexion-perfecting powerhouse is the most popular aesthetic treatment in Dr Gross’ 5th Avenue practice. This signature Alpha Beta Professional Peel immediately delivers smoother, more flawless skin and restores its youthful glow with one treatment. Fine lines, enlarged pores and discoloration are no match for this coveted treatment. Eye & serum treatments can be based on client concerns & needs. This facial includes an anti-aging, imperfection fighting light therapy treatment.

80 Minutes $200

DR DENNIS GROSS MARINE
HYDRATING FACIAL
Replenish hydration, with this ultra-hydrating facial that gives skin an instantly plumped, soother appearance. Includes Dr. Dennis Gross bestselling Alpha Beta Professional Peel.

50 Minutes $165
PACKAGES

TIME OUT
Take time for relaxing with a 50-minute Custom Therapeutic Massage and 50-minute Custom Organic Facial from Nidah’s wonderful menu of treatments.
2h, $285

SUITE RENEWAL
Enjoy a 50-minute Custom Therapeutic Massage and a 25-minute Scalp and Foot treatment.
90m, $215 per person

SUITE RESTORATION
Relax with a 25-minute scrub followed by an 80-minute Custom Therapeutic Massage.
2hr, $260 per person

NIDAH GETAWAY
Enjoy a Spun Gold Massage, Desert Spa manicure and a Signature Seasonal pedicure. Our Spun Gold Massage begins with a lymphatic dry brushing to exfoliate and increase circulation. Hot stones are used for a layout on the back; once stones are removed a Custom Therapeutic Massage is done on the whole body to relax. Chakra stones are placed with intention on the heart/stomach/throat and forehead. 24kt gold infused oil is used for the décolleté/shoulders and arms in a sweep to finish.
3½h, $335

SPA SAMPLER
Sample the best of the spa with a 50-minute Custom Therapeutic Massage, 50-minute Custom Organic Facial and a Classic Manicure.
2½h, $325

CEREMONIES FOR TWO
Nidah offers a Couple’s Treatment Suite for any two people who want to enjoy their treatments together. Tandem tables and an in-room shower enhance the relaxing effect of any spa treatment.

BRIDAL SPA PACKAGES
Get ready for your special day with treatments designed just for you. With so much time given to the planning and preparation of your big day, relax and let yourself be pampered by Nidah Spa staff. Whether a fun retreat with your Bridesmaids or full beauty services the day of, Nidah Spa professionals are ready.

Please view our updated Wedding Menu of services for pricing, service descriptions, and suggested booking timeframes.
BODY TREATMENTS

Stimulating Seaweed Body Buff
Scrubbed head to toe with anti-oxidants from our mineral rich Bladderwrack Seaweed combines with VOYA’s Signature Seaweed massage oils to offer a powerful organic way to better skin.  
50 min. $160

Peppermint & Seaweed Sugar Glow
This refreshing all over exfoliation treatment awakens the skin & body. Mix of organic peppermint leaf, seaweed & sugar all of which perform double action of gently removing dead skin cells.  
50 min. $160

Seaweed Leaf Wrap
Detoxifying therapy using real organic seaweed leaves to scrub and wrap your body. Beginning with a Bladderwrack Seaweed Body Buff, this treatment detoxifies, firms & softens the skin. The whole body is then covered in Laminaria Seaweed Leaves for instant results followed by massage to nourish the skin.  
80 min. $250

Organic Warm Spiced Mud Wrap
The seaweed used here is taken fresh from the ocean & its purifying elements are encapsulated in the rich Warm Spiced Mud Wrap. The extract is rich in potent anti-oxidants and minerals. Definitely for the results driven client, this wrap offers immediate & noticeable effects to the skin, including forming and toning the body. This is a serious detoxifier, metabolism stimulator, a natural anti-aging boost & will revive the senses.  
50 min. $165

MASSAGE TREATMENTS

Voyager Massage Journey
A complete top to toe relaxation journey, incorporating scalp massage, face massage, stretches & body massage that replicates the movement of the sea. The ultimate luxury treatment to relieve aches & pains tailored to individual needs. Includes an exfoliating body brushing.  
80 min. $220

Mindful Moments Sleep Ritual
Mindful Dreams is a relaxation treatment that offers luxury & comfort in an incomparable sleep encouraging experience. Be ready to have all stresses & strains melt away and experience the ultimate sensory boost to aid the perfect night’s sleep. Incorporating specially designed soothing products alongside sleep inducing cultural massage and meditation techniques. This well-being focused treatment evokes instant tranquility and fosters inner well-being, calmness and serenity.  
80 min. $220
Organic Precious Moments
VOYA’s Organic Precious Moments treatment is tailored specifically to Mom and Bump. The cocooning mask for bump and stretch mark minimizing oil will help support connective tissue and help prevent stretch marks. Your feet will be enveloped in Laminaria Seaweed Leaves designed to boost circulation and improve lymphatic drainage helping to lighten legs and reduce fluid retention. While the expert organic masks work their magic Mom will enjoy a beautifully relaxing face, hand and arm massage. The perfect combination to support the wonderful journey to motherhood.
50 min. $170

Organic Prenatal Voyager
The specially designed organic wellbeing ritual will promote feelings of relaxation and tranquility while hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you glowing, radiant and hydrated. Nourishing Mama Oil is used to gently ease away stress and tension with a head to toe to toe body, face and scalp massage, which will melt away all the aches and pains associated with pregnancy. Feel cocooned, supported and restored.
80 min. $210

FACIAL TREATMENTS

Organic Anti-Aging Facial
This treatment is suitable for all skin types, particularly for those in search of anti-aging results. The Anti-Aging Restorative Facial is designed using VOYA’S finest organic ingredients combined with anti-oxidant algae complexes with a restorative blend of aromatherapy oils. It’s this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is instantly firmed and tightened skin with a natural and more radiant glow.
80 min. $220

Marine Eye Treatment
Using organic Laminaria Digitata eye compresses which are hand harvested from the wild Atlantic Ocean, this is a unique treatment for refreshing and rejuvenating tired eyes. Combining both relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows. We also use specialised eye masks for those individuals who are specifically concerned with ageing around the eye area.
Stand-alone treatment 25 min. $65
Add-on treatment $30