

PRICING

MAKEUP

Occasion Makeup, 45m, \$75+

Application/Color Lesson, 5m, \$105

WAXING

Brow/Lip/Chin, 15m each, \$25-\$35 each

Bikini, 30m, \$55+

Legs Half/Full, 30m, \$80; 50m, \$105

Brazilian, 30m, \$80

HAIR

Shampoo/Blow Dry, 50m+

Chin Length, \$55

Shoulder Length, \$65

Waist Length, \$75

Blow Out, regular length, 30m, \$30

Blow Out, long length, 90m, \$75

Women's Haircut, 50m, \$80+

Hair Color, 60m, \$80+

Partial Highlights, 2h, \$145

Full Highlights, 4h, \$225

Up Do's, 60m, \$80+

NAIL

Classic Manicure, 30m, \$45

Desert Spa Manicure, 55m, \$80

Ultimate Moroccanoil Manicure, 50 m, \$70

Express Pedicure, 30m, \$55

Signature Seasonal Pedicure, 50m, \$80

Ultimate Moroccanoil Pedicure, 50m, \$80

Lower Leg Revitalizer, 45m, \$65

Men's Buff and Shine Manicure, 30m, \$35

Men's "My Aching Feet" pedicure, 30m, \$45

FOR MEN ONLY

Gentlemen's Refine and Rebalance Facial, 50M, \$135

Cleansing, extractions, peel, hot towel wrap, mask and neck massage

Back Wax*, 50m, \$80

Gentlemen's Haircut*, 45m, \$50

Includes shampoo/style

SIGNATURE TREATMENTS

Spun Gold, 80m, \$180

Native Herb Massage, 50m, \$145

Cactus Toning Wrap with an Agave Nectar Oil Massage, 80m, \$180

TRADITIONAL MESSAGES

Custom Relaxation, 50m, \$140; 80m, \$185

Custom Therapeutic, 50m, \$145; 80m, \$195

Therapeutic Massage with a Twist, 50m, \$145; 80m, \$195

Himalayan Hot Stone, 70m, \$195

Aromatherapy Massage, 50m, \$145; 80m, \$195

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), 50m, \$140

Scalp & Foot or Back, Neck & Shoulder Massage, 25m, \$80

BODY WRAPS

Chocolate Molé Wrap & Massage, 80m, \$180

Turquoise Gemstone Wrap Massage, 80m, \$180

Honey Chile Wrap & Massage, 80m, \$180

BODY EXFOLIATIONS

Lavender Salt Scrub, 25m, \$80

Whipped Honey Salt Scrub, 25m, \$80

Desert Bliss Sugar Scrub, 25m, \$80

FACIAL TREATMENTS

Arctic Berry Peel & Peptide Illuminating Facial, 50m, \$140

Age Corrective Facial with Natural Retinol Alternative, 50m, \$155

Custom Organic, 50m, \$140; 80m, \$180

Teen or Hydration Surge, 25m, \$80

ALTERNATIVE WELLNESS

Craniosacral Therapy, 50m, \$145

A deeply relaxing form of bodywork focused primarily on the concept of primary respiration

Polarity Therapy, 50m, \$135

Energy medicine based upon the universal principles of energy: attractions, repulsion, and neutrality.

Pranic Energy Healing, 50m, \$130

Uses subtle energy to rebalance align and normalize the flow of energy to one's physical, etheric, emotional and mental bodies.

Reflexology, 25m, \$80; 50m, \$135

Relieves tension, helps promotes the natural function.

Reiki, 50m, \$130

Stress reduction and relaxation, promotes healing

All services are subject to a 24-hour cancellation policy.
Cancellations and or no shows received under this period you will be charged at 50% of the cost of treatment.

TREATMENT DESCRIPTIONS

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.

NATIVE HERB MASSAGE

Sachets of 4 herbs, which include peppermint, lavender and Spearmint, are soaked in warm oil and used to massage the body. A refreshing, relaxing and hydrating treatment for the skin.

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.

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.

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 warm agave oil.

HONEY CHILE WRAP

The combination of honey and chile help to open up the pores which in turn soothes and moisturizes the skin, leaving you with a healthy glow. Enjoy the scalp and foot massage followed by a 25 minute massage using warm avocado oil.

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.

CUSTOM RELAXATION MASSAGE

A full body massage that incorporates smooth flowing strokes which penetrate the muscles under the skin, releasing tension in both body and mind. Great for those with emotional stress or anxiety as it helps to release endorphins and serotonin in the body.

CUSTOM THERAPUTIC MASSAGE

A full body massage for those who need a little extra focus on certain areas of the body. Using a variety of modalities our therapists can help release tension in the connective tissue thus relaxing muscles and decreasing pain.

HIMALAYAN SALT 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.

THERAPEUTIC MASSAGE WITH A TWIST

A full body massage that uses Himalayan hot stones or a hot pad to warm up the muscles of the back. Arnica oil is then used to penetrate and soothe the muscles.

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.

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.

POLARITY THERAPY

Light touch is used to stimulate the male and female, positive and negative currents of the body. Helps to restore balance to the body.

PACKAGES

TIME OUT

Take time for relaxing with a 50-minute Custom Relaxation Massage and 50-minute custom facial from Nidah's wonderful menu of treatments.

2h, \$260

SPA SAMPLER

Sample the best of the spa with a 50-minute Custom Relaxation Massage, 50-minute custom facial and a classic manicure.

2½h, \$320

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 and also are used for legs and arms. Once stones are removed a Custom Relaxation 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 décollete/ shoulders and arms in a sweep to finish.

3½h, \$320

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.

SUITE RENEWAL

Enjoy a 50-minute Custom Relaxation Massage and a 25-minute scalp and foot treatment.

90m, \$205 per person

SUITE RESTORATION

Relax with a 25-minute scrub followed by an 80-minute Custom Relaxation Massage.

2h, \$250 per person

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.

BRIDAL INDULGENCE

Your day begins with a body scrub, a 50-minute Custom Relaxation Massage, French Desert Spa manicure, Shampoo/Blowdry and makeup application.

4 ½h, \$400

BRIDESMAIDS RETREAT

For three or more

Enjoy a 50-minute Custom Relaxation Massage, a Desert Spa manicure and Signature Seasonal pedicure and Shampoo/ Blowdry.

4h, \$325 per person

May add a bottle of champagne, fruit and cheese at additional price.

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