

Therapy

BodyWalking

Exclusive session 60 min \$145, 90 min \$190

As seen on BodyWalking is one of a kind bodywork. Incredibly, therapeutic deep bodywork. This is massage on healthy steroids. If you like deep transformation bodywork, experience the hypnotic, deep relaxation and Ischemic Compression Technology which allows the body to just let go. Designed by director Tod Miller.

On Tap Beverages

Sunrider Nutritionals

\$15-\$90

Nourish, cleanse, and balance your body.

Saguaro Spa Packages

Refresh

90min \$265

Therapeutic Massage & Prickly Pear Sugar Scrub

Relax (24 hour booking requested)

90min \$220

Deep heated steamed herbal awesomeness. This unique proprietary herbal poultice selected by Director Tod Miller for therapeutic results. Reduce inflammation, promote circulation, relieve joint pain and stiffness and while we are at it, lets tone the skin. The poultice is combined within a 90 minute therapeutic massage.

Rejuvenate

105min \$275

Therapeutic massage and Limon and Aloe Body Wrap

*Poolside massage + \$35

*After-hours massage: 7pm-10pm +\$35,

*10pm-6am +\$85

The Saguaro Spa

480 388 7107

info@TodMillerSaguaroSpa.com

The Saguaro Spa Cancellation Policy

Your treatment arrangements and selected appointment times are held exclusively for you. If you find it necessary to reschedule or cancel, we respectfully request a minimum notification of 24 hours. Cancellations, changes or missed appointments will be charged the full rate of the treatment when notification times are not met.

Live Free

Tod Miller, international health educator, Multi-time IronMan triathlete and founder of The BodyWalking Institute as seen on Shark Tank and The Doctor's offers one of a kind therapeutic health opportunities in the form of therapeutic massage, BodyWalking, Vascular massage, healthy skin care and other unique modalities designed to help you feel and look your best while performing with freedom of movement.

Therapeutic Cabana Rental

4 hrs \$155, 9:00am-1:00pm. 1:30pm-5:00pm

Reserve a private space by the Calm Pool for you and your guests. Various therapeutic treatments available, call for more details.

TOD MILLER'S SPA AND WELLNESS
AT THE



THESAGUARO.COM

4000 North Drinkwater Boulevard Scottsdale, AZ 85251

Therapy

Therapeutic Signature Massage

60 min \$140, 90 min \$185, 120 min \$230

Therapeutic Deep Tissue Bodywork

60 min \$140, 90 min \$185, 120 min \$230

Aromatherapy Massage

60 min \$155, 90 min \$205

Fascial Stretch Therapy

60 min \$140, 90 min \$185, 120 min \$230

Facilitated stretching is incredible. Non-invasive fascial stretch therapy, Thai bodywork, and sound healing creates a unique therapeutic session resulting in a soft tissue reboot. This is a Tod Miller recommended therapy.

Saguaro Hot Stone

60 min \$160, 90 min \$195

Get deep with the heat of the warm stone.

Sole to Sole Couple's Massage

60 min \$280, 90 min \$370

Awesome therapeutic couples massage is all about spending quality down time with your loved one. Come out feeling renewed and ready for the day with your partner.

Turquoise Sage Mountain Arnica Massage

60 min \$155

Added enhancement to reduce inflammation.

Add-Ons

The Good Foot (reflexology) 15min \$40

Orange Blossom Neck & Scalp Massage 15min \$40

Beyond

Mimosa Yoga Sundays*

\$30 includes 1 Mimosa, 6:45 am

Spend your Sunday morning with a 1 hour mindful practice of breath and body movement. Then relax poolside with a Vitamin C packed Mimosa.

Yoga: Private or Group*

\$145 Private Class (up to 3),

\$25 per person Group, 6:45 am, Saturday

Yoga with integrity. Slow detailed postures, resulting in stress relief and relaxed, lengthened muscles.

* For yoga services, pre-registration and 6 participant minimum are required.

Private Guided Hike

Hike to helicopter pad \$185,

Hike to summit \$260

Up to 4 troopers

Sherpa led private hike on the Cholla trail.

Complimentary shuttle provided, with water and sunscreen. Our head Sherpa guide brings her inspiration and knowledge of the Sonoran desert to you.

Wellness Day

\$590 a day

One, two, or three day packages include: one on one health intake and consultation with Tod, 90 minute therapeutic bodywork, private yoga, Sunrider nutritionals and LifeWave patches. Also included are a Sherpa led private hike or private coached SMART strength conditioning.

LifeWave

1 for \$25, 5 pack for \$45 and 30 for \$90

Nanotechnology in a patch for better restful sleep, increased energy, pain relief, and detox.

Foot Levelers

\$185-\$305

Custom orthotic footwear from high performance to chilled, relaxing flip flops.

Skin + Beyond

Signature Deep Cleansing Facial

60 min \$140

Enhanced, detailed therapeutic skin care.

Express Facial

30 min \$105

Get deep cleansing, toning, exfoliation and moisturizing all within 30 minutes. It will leave your face feeling refreshed and clean.

Desert Salt Glow Body Polish

60 min \$240

Therapeutic skin care and body work in one awesome treatment including essential oils. Utilizing dry brushing, exfoliating salt scrubs and ultra rich Jojoba and ultra rich cream.

Stonecrop Nourishing Body Treatment + Bodywork

90 min \$245

Ideal for sun exposed skin. Healthy healing takes place within this 90 min treatment of skin care and bodywork. Gentle exfoliating, nourishing and processing of botanicals assists with nourishing the skin. Throughout the session therapeutic bodywork is integrated.

Waxing

\$15-\$180

Brows to Bikini. High quality skin care wax is always used.