

Therapy

BodyWalking

60 min \$150 • 90 min \$195

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

Vitalign Hemp H2O

\$9

Nourish, cleanse, & balance your body.

Saguaro Spa Packages

Refresh

90 min \$265

Therapeutic Massage & Prickly Pear Sugar Scrub

Relax (24 hour booking requested)

90 min \$265

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

Rejuvenate

90min \$275

Therapeutic massage with Limón & Aloe Body Wrap

*Poolside Massage: +\$35

*After Spa Hours: 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, 9am–1pm. 1–5pm

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 & WELLNESS AT THE



THESAGUARO.COM

4000 N Drinkwater Boulevard / Scottsdale, AZ 85251

Therapy

Therapeutic Signature Massage

15 min \$45 • 30 min \$85 • 45 min \$125
60 min \$145 • 90 min \$190 • 120 min \$245

Therapeutic Deep Tissue Bodywork

60 min \$145 • 90 min \$190 • 120 min \$245

Aromatherapy Massage

60 min \$155 • 90 min \$205

Fascial Stretch Therapy

60 min \$145 • 90 min \$190 • 120 min \$245
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.

Saguaro Hot Stone

60 min \$165 • 90 min \$205
Get deep with the heat of the warm stone.

Sole to Sole Couple's Massage

60 min \$290 • 90 min \$380
Our 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 • 90 min \$195
Added enhancement to reduce inflammation.

Reflexology

15 min \$45 • 30 min \$85 • 45 min \$125

Add-Ons

The Good Foot (reflexology) • 15min \$45
Orange Blossom Neck & Scalp Massage • \$45
Basso Botanicals CBD Massage • \$30, any massage

Beyond

Mimosa Yoga Sundays*

\$35 includes 1 Mimosa • 6:45 am
Spend your Sunday morning with a 1 hour mindful practice of breath & body movement. Then relax poolside with a Vitamin C packed mimosa.

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

Private Yoga

\$165 Private Class (up to 3) • 6:45 am, Saturday
Yoga with integrity. Slow detailed postures, resulting in stress relief and relaxed, lengthened muscles.

Private Guided Hike

Hike to helicopter pad • \$210
Up to 4 troopers
Sherpa led private hike on the Cholla trail.
Complimentary shuttle provided, with water & sunscreen. Our head Sherpa guide brings her inspiration & knowledge of the Sonoran Desert to you.

LifeWave

1 for \$25 • 5 pack for \$45 • 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.

Pregnancy Massage

60 min \$145
Utilizes a body support cushion for comfort. Mommy-to-be is able to lie comfortably on her stomach & relax away her aches & tension.

Poolside Sole to Sole Couple's Massage

60 min \$340 • 90 min \$430

Skin + Beyond

Signature Deep Cleansing Facial

60 min \$145
Enhanced, detailed therapeutic skin care.

Express Facial

30 min \$105
Get a deep cleanse, tone, exfoliate & moisturize — all within 30 minutes. It will leave your face feeling refreshed & clean.

Cowboy Facial

60 min \$145 • Express \$115
HEY, GUYS! This one is for you. Facials help to promote deep cleansing, exfoliating, & moisturizing - with the relaxing benefits of a massage. Designed for your skin, with Bourbon enzyme.

Desert Salt Glow Body Polish

75 min \$245
Therapeutic skin care & body work in one awesome treatment, including essential oils. Utilizing dry brushing, exfoliating salt scrubs, ultra rich Jojoba, & ultra rich cream.

Stonecrop Nourishing Body Treatment + Bodywork

90 min \$245
Ideal for sun exposed skin. Healthy healing takes place within this 90 minute treatment. Gentle exfoliating, nourishing, & processing of botanicals assists with nourishing the skin. Therapeutic bodywork is integrated throughout the session.

Cucumber Hydration Sunscreen Protector \$35

Lounge out. Come to us or we come to you. Protect & enhance with cucumber, clarifying hydration toner, acai moisturizer and Lira Clinical Bio Solar Shield 30 Oil-Free.

Waxing

\$15–\$180
Brows to Bikini. With the highest quality skin care wax.