

EXPERIENCE RENEWAL...

The Spring guest is reborn in the opulence of nature in a tasteful and serene environment. The views of mountains, the sun, the summer breezes, the starry nights and our magnificent waters await you.

12699 REPOSO WAY
DESERT HOT SPRINGS, CA 92240

760-251-6700
WWW.THE-SPRING.COM

SAUNAS

INFRARED WITH CHROMOTHERAPY 30 min \$30 | 45 min \$45
Provides penetrating infrared heat increasing core temperature, stimulating the lymphatic, immune and cardiovascular systems helping remove toxins while receiving Chromotherapy, which is the science of using wavelengths of colored light to affect your mood.

TRADITIONAL FINNISH SAUNA

Complimentary
24-hour access to hotel guests
Provides deep dry or moist heat by placing water on hot stones which raises core temperature allowing for detoxification. Eucalyptus oil can be purchased in the boutique and added to the water for enhanced breathing and decongestion.

SPA PACKAGES

THE MORNING GLORY 2 hr 30 min \$355
The Spring Signature Facial along with Clay and Sandalwood Wrap

THE BLOOM 2 hr 30 min \$370
Invigorating Dead Sea Salt Scrub, Custom Massage and Reflexology

THE DESERT DEEP CLEANSE 2 hr 30 min \$340
Immune Boosting Buff, Finnish Sauna and Deep Tissue Massage

THE COMPLETE FACIAL PACKAGE 2 hr \$300
Clear Skin Facial or Gentleman's Facial, Back Facial and Scalp & Hair Therapy

THE GENTLEMAN'S PACKAGE 2 hr \$295
Deep Tissue Massage plus Gentleman's Facial

MINI PACKAGES

THE DREAM 90 min \$230
The Spring Signature Facial plus Targeted Massage

THE SPRING GLOW 90 min \$225
Invigorating Dead Sea Salt Scrub plus Targeted Massage

THE SPRING MORNING 60 min \$150
Reflexology plus Scalp & Hair Therapy

SERVICE ENHANCEMENTS

AROMATHERAPY
Added to any service \$15
Choose from a blend of aromatherapy oils.

TARGETED CBD OIL
Applied to targeted areas and combined with any other service \$40
Cannabidiol, (CBD), a non-psychoactive substance, having natural anti-inflammatory effects and pain relieving qualities helps soothe sore muscles and joints.

Advanced reservation required:

SELF-HEATING MARINE MUD
Added to any massage or facial \$40
Frothy effervescent seaweed mud is applied to either the spine or feet designed to help alleviate muscle tension for absolute relaxation.

TARGETED HOT STONE
Added to any service \$40
With CBD Massage Balm \$80
Warm basalt stones soothe back muscle tension reducing stress, promoting deep relaxation and helps soothe sore muscles and joints.

DAY USE

Day Use*
9am-7pm
\$50 per person 4 hours | \$80 per person 8 hours

Enjoy the use of our 3 varied temperature mineral pools and Finnish sauna, showers, locker, robe and slippers

Day Use with Spa Treatments
* No charge for Day Use with a spa treatment of 60 minutes or more

Please arrive at least 1 hour before your spa treatment giving you time to relax in our mineral pools before your appointment

GENERAL INFORMATION

24-hour Cancellation Notification
Required to avoid a 100% cancellation fee. Groups of 3 or more require a 48 hour cancellation notice.

Please notify our staff when making reservations if you are pregnant, have asthma or cancer or are taking aspirin therapy for blood thinners, iodine sensitivity or any other health condition that would be a concern regarding your treatment.



THE SPRING
RESORT & SPA

SPA MENU

WWW.THE-SPRING.COM

MASSAGE

SWEDISH MASSAGE 60 min \$115 | 90 min \$170

Promotes deep relaxation and improves circulation using long strokes, kneading and friction techniques.

DEEP TISSUE MASSAGE 60 min \$145 | 90 min \$215

Slow and firm technique addressing deeper layers of muscles and fascia helping relieve chronic muscle pain and tension.

COMBO MASSAGE 60 min \$135 | 90 min \$200

Combination of traditional Swedish massage with deeper work where more attention is needed in the neck, shoulders and lower back.

SPORTS MASSAGE 60 min \$145 | 90 min \$215

Firm pressure using compression and cross fiber friction techniques which is ideal for athletes promoting flexibility and improved endurance.

CUSTOM THERAPEUTIC MASSAGE 60 min \$140 | 90 min \$210

Customized to your specific needs using various techniques which may include Swedish Massage, Deep Tissue, Acupressure, Trigger Point Therapy, Cranial Sacral, Reflexology and more.

PREGNANCY MASSAGE 60 min \$140

Gentle technique for the mother-to-be helps alleviate back discomfort, improving circulation, reducing edema and decreasing stress.

REFLEXOLOGY 45 min \$100 | 60 min \$125

Firm pressure, kneading and rubbing to stimulate reflex points in the feet, hands and/or ears benefiting the entire body.

ENHANCE YOUR MASSAGE

Combine any two 30 minute treatments to create a 60 minute service. Added only to an existing service.

TARGETED MASSAGE 30 min \$70

Optimum results where attention is needed the most such as neck, shoulders and/or lower back.

ABDOMINAL MASSAGE 30 min \$70

Deep yet gentle targeted massage of the abdomen relieving stress, constipation, tight abdominal muscles, improving digestion and elimination. *Recommended prior to a Colon Hydrotherapy Session*

REFLEXOLOGY 30 min \$75

Firm pressure, kneading and rubbing to stimulate reflex points in the feet, hands and/or outer ears benefiting the entire body.

SCALP AND HAIR THERAPY 30 min \$75

Nutrient-rich garden fresh aloe blend massaged into the scalp to invigorate and increase circulation followed by warm coconut oil leaving your hair rejuvenated and shining.

SPECIALTY SERVICE

CRANIAL DREAMWORK 60 min \$140

Gentle yet profound treatment helps relieve compression and tension in the head, neck and spine alleviating pain from conditions such as TMJ, migraines and eye strain.

LYMPHATIC DRAINAGE 60 min \$140

Gentle technique allowing for deep relaxation while stimulating the lymphatic system, improving immune function, promoting increased release of toxins and reducing edema.

INTUITIVE EAST-WEST SHIATSU 60 min \$135 | 90 min \$200

Unique blend of healing treatments incorporating traditional massage, energy work and shiatsu which is a technique applying finger pressure on points of the body along energy meridians to restore the flow of energy.

BODY MIND INTEGRATIVE THERAPY 60 min \$135

Deeply relaxing intuitive bodywork tailored to balance, clear and align emotional, mental, physical and ethereal bodies using gentle pressure points, stretching and energy balancing.

COLON HYDROTHERAPY 60 min \$85

Using a FDA approved closed system to safely cleanse, rehydrate, detoxify and strengthen the muscles of the lower intestines and colon.

BODY TREATMENTS

We recommend relaxing in our mineral pools prior to your body treatment to help prepare your skin for maximum benefits.

THE SPRING SIGNATURE BUFF

90 min \$195 | 120 min \$265 *with 30 min Targeted Massage*

Exfoliation with a special imported mitt to stimulate circulation and energy flow resulting in smooth soft skin followed by rehydrating aromatherapy oil ending with our signature Scalp and Hair Therapy.

IMMUNE BOOSTING BUFF

90 min \$195 | 120 min \$265 *with additional 30 min Lymphatic Drainage*

Exfoliation with a dry body brush stimulating circulation and the immune system followed by a detoxifying and restorative Lymphatic Drainage treatment ending with a rehydrating immune boosting aromatherapy oil.

EUROPEAN POWER POLISH BUFF

60 min \$155 | Infrared Sauna Upgrade \$175

Detoxifies and invigorates with a dry brush exfoliation stimulating circulation and the immune system followed by a Finnish or infrared sauna ending with a refreshing cool lemongrass and ginger body wrap.

DETOXIFYING MARINE MUD WRAP

90 min \$215 | 120 min \$285 *with 30 min Targeted Massage*

Gentle exfoliation with seawater crystals and marine alpha hydroxy acid followed by a trace mineral-rich brown algae mud wrap ending with a marine-based lotion for the ultimate rehydration.

REMINERALIZING MARINE GEL WRAP

90 min \$215 | 120 min \$285 *with 30 min Targeted Massage*

Gentle exfoliation with seawater crystals and marine alpha hydroxy acid followed by a trace mineral-rich seawater gel wrap ending with a marine-based lotion for the ultimate rehydration.

CLAY AND SANDALWOOD WRAP

90 min \$195 | 120 min \$265 *with 30 min Targeted Massage*

Warm clay and sandalwood wrap for detoxification and absorption of trace minerals promoting soft and smooth skin followed by rehydrating aromatherapy oil.

INVIGORATING DEAD SEA SALT SCRUB

60 min \$155 | 90 min \$225 *with 30 min Targeted Massage*

Exfoliating and skin enhancing mineral-rich Dead Sea salt scrub application followed by rehydrating aromatherapy oil benefiting the body from inside out.

ORGANIC RAW SUGAR SCRUB

60 min \$155 | 90 min \$225 *with 30 min Targeted Massage*

Exfoliating and moisturizing sugar scrub blended with warm coconut oil followed by rehydrating aromatherapy oil.

Recommended for sensitive skin types

ENHANCE YOUR TREATMENT

Add Infrared Sauna prior to your body treatment to maximize detoxification.

30 min \$30 | 45 min \$45

FACIALS

ULTIMATE AGE DEFIANCE FACIAL

Youth Revealing Treatment 90 min \$230

Discover a very original facial massage in an ultimate age defying treatment with exceptional results. The height of biotechnological effectiveness for firmer, smoother skin that glows with renewed radiance.

CITY LIFE ANTI-POLLUTION FACIAL

Skin Freshness Treatment 75 min \$185

A personalized treatment for tired skin and uneven complexions allowing for the skin of city-dwelling women to be healthier. The skin is intensely hydrated, signs of fatigue are diminished, the complexion is more even and the skin regains its freshness.

EXTENDED YOUTH SIGNATURE FACIAL

Wrinkle Correction Treatment 60 min \$160

Three key steps in an ultra-effective treatment to resurface the skin, fill wrinkles and recontour the face. In a single treatment your wrinkles are diminished, leaving your skin more firm and looking younger.

WHITE LUMINATION SIGNATURE FACIAL

Brightening Radiance Treatment 60 min \$160

The ideal treatment for a radiant and even complexion.

Clinically tested with spectacular results in which the number of dark spots have declined and are less intense, producing glowing skin.

HYDRATION PLUMPING SIGNATURE FACIAL

Plumping Moisturizing Treatment 60 min \$160

Immerse yourself in an ultra effective moisturizing bath. The results are immediate leaving your skin radiant due to this ultimate restorative rehydration.

SOOTHING MARINE SIGNATURE FACIAL

Comforting Soothing Treatment 60 min \$160

A veil of softness for sensitive skin and/or redness. This pampering treatment softens your skin and enhances its protective system while creating soothed and hydrated skin.

CLEAR SKIN FACIAL

Acne Prone Solution Treatment 60 min \$150

This cleansing and clarifying facial treatment with proven effectiveness against acne leaves your skin visibly healthier and clearer. Skin flaws are diminished, clogged pores are unblocked and excess sebum is regulated.

GENTLEMAN'S FACIAL

Facial Treatments for Men 60 min \$150

Enter a world dedicated to men. Choose a moisturizing, youth, soothing or pollution-targeted treatment adapted to the specificities of male skin.

ENHANCE YOUR FACIAL

Added to any facial service

BACK FACIAL 30 min \$75

Our complete back facial exfoliates, deep cleans with extractions and rehydration.

PERFECTING EYE TREATMENT 30 min \$50

This ultra-comprehensive treatment soothes the contouring area of the eyes resulting in a more younger looking appearance.

ADDITIONAL EXTRACTION 15 min \$35

Advanced Booking Required