

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

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.

INFRARED WITH CHROMOTHERAPY

24-hour access to hotel guests

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.



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. Not recommended for guests with iodine sensitivity.

TARGETED HOT STONE

Added to any service \$40

Warm basalt stones soothe back muscle tension reducing stress, promoting deep relaxation and helps soothe sore muscles and joints.

DAY USE

With any 50 minute treatment enjoy the use of our 3 varied temperature mineral pools, Finnish sauna, and infrared sauna for one hour before and one hour after your treatment. Locker, slippers, and robe are provided for your experience.

GENERAL INFORMATION

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

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 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 50 min \$125 | 80 min \$175
Promotes deep relaxation and improves circulation using long strokes, kneading and friction techniques.

DEEP TISSUE MASSAGE 50 min \$145 | 80 min \$215
Slow and firm technique addressing deeper layers of muscles and fascia helping relieve chronic muscle pain and tension.

COMBO MASSAGE 50 min \$135 | 80 min \$200
Combination of traditional Swedish massage with deeper work where more attention is needed in the neck, shoulders and lower back.

SPORTS MASSAGE 50 min \$145 | 80 min \$215
Firm pressure using compression and cross fiber friction techniques which is ideal for athletes promoting flexibility and improved endurance.

CUSTOM THERAPEUTIC MASSAGE 50 min \$140 | 80 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 50 min \$140
Gentle technique for the mother-to-be helps alleviate back discomfort, improving circulation, reducing edema and decreasing stress.

REFLEXOLOGY 50 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

Add any 30 minute addon to your treatment to enhance your experience.

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

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 50 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 50 min \$140
Gentle technique allowing for deep relaxation while stimulating the lymphatic system, improving immune function, promoting increased release of toxins and reducing edema.

COLON HYDROTHERAPY 50 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
80 min \$195 | 110 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
80 min \$195 | 110 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.

DETOXIFYING MARINE MUD WRAP
80 min \$215 | 110 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
80 min \$215 | 110 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
80 min \$195 | 110 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
50 min \$155 | 80 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
50 min \$155 | 80 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

FACIALS

ULTIMATE AGE DEFIANCE FACIAL
Youth Revealing Treatment 80 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 80 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 50 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 50 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 50 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 50 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.

OLIGOFORCE ADVANCED LUMINATION
Brightening Radiance and Wrinkle Treatment 50 min \$205
This renewing, brightening facial utilizes the energizing power of seawater and protective effects of marine plants to even out age spots, freckles, and uneven skin leaving you with a glowing, even, and plumped complexion.

GENTLEMAN'S FACIAL
Facial Treatments for Men 50 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