

## Get-Cool Summer Spa Treatments

Written by Kacie Asher

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Great skin is the hallmark of any beauty routine and with the summer months in full swing, spa treatments are a must-have staple. Whether you're preparing for travel, beach days, a staycation or a Friday night date, glowing skin boosts your confidence. Here, we're sharing the Valley's top local spa treatments to keep cool this summer.

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### Fire & Ice Massage – The Phoenixian Spa

Let the weekend therapy begin with [The Phoenixian Spa's](#) summer of Fire & Ice. Indulge in a 50-minute massage featuring warm Himalayan Salt Stones and Chill Zen arnica-rich foot cream. The Fire & Ice Massage will soothe away tension and reduce muscle aches all while conditioning the skin. Special summer pricing runs seven days a week from \$129 to \$149.

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### The Athletic Recovery Massage – Agave, The Arizona Spa at Westin Kierland

Get swept away to a rejuvenating retreat where natural plant extracts connect the mind, body and spirit. At [Agave, The Arizona Spa](#), cooling CBD massages like the Athletic Recovery Massage are given to soothe the body's muscles. By targeting specific muscles with deep stretching and massage therapies, practitioners are able to assist in muscle repair. This 50- to 80-minute massage starts at \$188 with the CBD enhancement.

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### Spa Hydrating Retreat Package – The Ritz-Carlton Spa, Dove Mountain

Begin your spa journey at a holistic hideaway where summer hydrating retreat packages are offered. At [The Ritz-Carlton Spa, Dove Mountain](#) guests can choose two services from a variety of cooling treatments like massages, body treatments and facials. Pair the 50-minute Hydrating Facial with the White Tea Sugar Glow treatment for \$225 and leave the spa feeling blissed out.

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### Well & Being Spa at the Fairmont Scottsdale Princess

Glowing skin is always in at the [Well & Being Spa](#) at the Fairmont Scottsdale Princess. Experience a 60-minute Intraceuticals Oxygen Treatment that delivers hyaluronic acid, vitamins, and powerful antioxidants to boost your skin's natural glow. Enjoy a complimentary enhancement of your choice when you book this service for \$240.

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### After Sun Soother Wrap – The Spa at Four Seasons Resort Scottsdale

Refresh, nourish and renew your skin with an aloe vera-cucumber After Sun Soother wrap at The Spa at [Four Seasons Resort Spa](#). This 50-minute treatment replenishes your skin's moisture from the tip of your conditioned hair to the bottom of your massaged toes. The treatment runs \$149 or below.

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### Summer Ice Facial – Arizona Facial Plastics

Less stress and more bliss begins the minute you book a Summer Ice Facial at [Arizona Facial Plastics](#). This one-hour cryo-therapy treatments cools the skin and reduces redness by bringing more oxygen to the skin. The chlorophyll-cucumber mask and red-light therapy will leave you feeling glowy and even-toned. The treatment runs \$199 per treatment.

Beautiful skin requires a commitment, revamp your routine and invest in splurge-worthy treatments today.