

## Girlfriend Spa Day at Alvea Spa at Encanterra

Written by Claire Perkins

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By the time fall hits I am usually primed and ready for activity and raring to go after a lazy summer. This year, the summer months proved to be almost as jam-packed with to-do lists as the rest of the year, leaving me an exhausted, wilted flower. Luckily, I was offered a day off and the chance to sample the [Alvea Spa](#) in the Encanterra community's jaw-dropping La Casa Clubhouse to relax and revive for the weeks ahead.



### Arrival

I was amazed to learn the spa at this private community's La Casa Clubhouse is actually open to the public, and not anywhere overpriced like other options in town. As a matter of fact, a mani/pedi rivals the top spas in town in quality, but costs little more than the place I currently go in a shopping center. Best of all, outside guests are more than welcome to enjoy a nice meal, the beautiful pools, relaxing sitting areas and fitness classes with their treatments!

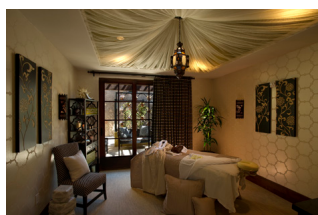
The drive to the San Tan Valley community wasn't anywhere near as long as a drive as I thought! From Central Phoenix to Encanterra it took about 35-40 minutes, and with my best gal-pal in tow, it felt even shorter than that. After taking in the staggering ambiance of the community and clubhouse, we stepped into the gorgeous spa.



### R&R

We were greeted by a friendly crew and directed to changing room, where we put on the softest and cushiest robes of all time-leaving our blackberries behind for an afternoon escape. Prior to our treatments, we were able to relax for a bit with some water in the beautiful relaxation room. The space was beautiful- the perfect spot to forget your troubles- calming colors with oversize, cushy chairs and relaxing herbal teas.

[Alvea Spa's spa menu.](#)



### Massage Treatment

It wasn't long before we were whisked to the two treatment rooms for 60-minute massages. The treatment room itself was unbelievable- the massage bed had delightfully heavy comforters on it, the music played was beautiful and tranquil, the decor was calming but interesting and the tented ceiling had me feeling like I was on another continent. Let's face it, the spa is all about an escape, and Encanterra makes you feel an ocean away.

I've had massages on several occasions at other spots- a few I had were pleasant, but I left the spa just as stressed as when I began. Others I've had were painful- I felt like I was strength training for the entire hour. This was the absolute perfect medium. My massage therapist was Kristina, and she offered just the right amount of pressure- It wasn't so much that it hurt, and the results were long-lasting. I left the treatment room more relaxed than I've been in months. Another bonus- I didn't leave overly greasy and in need of a shower. I've left massages with slicked-back hair and no makeup before because they put oil everywhere- not so, at Encanterra.

Upon leaving, I was handed a bottle of water and some Ghirardelli chocolates. Nothing like topping a sumptuous massage with a truffle or two.

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### Ladies' Lunch

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We sipped tea while we talked to the lovely Linda Towill, one of the spa's massage therapists and aestheticians, who also is a resident of Encanterra. She kindly offered us relaxation tips (and toothbrushes to freshen up before our second round of treatments). [Click here to read our interview!](#)



### Pedicure

I headed round the corner into the nail salon for a much-needed pedicure with Gabrielle. The spa's mani/pedi stations are nothing short of adorable. A far cry from the vibrating La-Z-Boys we've grown accustomed to, these custom-built pedi stations are uber-clean and super comfortable, with little tables to hold your ceramic cup of chamomile. I opted to try a different shade than my usual Lincoln Park After Dark- they had OPI shades I'd never seen before! My tootsies endured bubbles, a scrub, a masque, massage and hot towel before my nails were polished a dark purple.

Word to the wise: Your toes are never so bad you need to step into a strip mall nail salon- keep a pumice stone in your shower and hold out until you can fully enjoy a day at the spa. Your toes will look better longer, and you can rest assured you're in safe hands.



### Leaving So Soon?

I sat in my provided foam flip flops in the relaxation room, waiting for my friend to finish her facial- she *loved* it, and she is a facial connoisseur. Since she also had the day off, we drank tea, ate chocolate and read magazines for another hour or so. Where did we have to be, anyway?

Before heading out, we got dressed and enjoyed a little tour of the facility- we saw the indoor and outdoor pools, workout and fitness classrooms, and the private, luxurious locker rooms that were fully-stocked with beauty products. The La Casa Clubhouse at Encanterra is destined to become a premier fitness, golf and spa destination in the Valley- it's so exciting that such a gorgeous private resort like this lets outsiders in with no hassle.

Needless to say, we'll be using every excuse we can think of to spend spa days at Encanterra! **To book your own appointment, [click here.](#)**

**Click next to read a Q&A with Linda Towill, Encanterra Homeowner and Alvea Spa massage therapist/aesthetician.**

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In between our delightful spa treatments and over our drop-dead-amazing lunch, we had the opportunity to talk to spa technician Linda Towill, who works and lives at Encanterra. She told us all about the community, treatments, products and special offerings of our new favorite spa.

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### **Arizona Foothills Magazine: Tell us how you found yourself working here at Encanterra, where you live!**

Linda Towill: I came here from Boston about a year ago. One of the reasons we bought a home here at Encanterra is because I saw the plans from the spa. We could see that it is going to be spectacular. I thought it'd be nice to live and work in the same place.

I guess the best way to describe the spa is how we describe the community in general. It's an active, adult community. Some of the people are retired here, some aren't, some live here year-round (I'm one of them) and we have a big Canadian population here. The whole thing about Encanterra and Trilogy properties in general is the active lifestyle. People wouldn't live here if they weren't interested in the socializing, the athletic component here, staying fit. The spa ties in with all of that. The spa has a more relaxing aspect of that.

### **AFM: What type of products does the Alvea Spa use?**

LT: We use anti-aging Epicuran products- they're a really fabulous line based on anti-aging out of California. I've been doing this a long time, and it's the product line that I like the most.

It was developed using scar tissue from burn victims and the enzymes responsible for healing, and also looked at the inside of your mouth and how it never seems to age. They came up with an enzyme that's very similar to those- it's the same shape as a humane enzyme so the body accepts it.

### **AFM: We heard you hold amazing spa parties- tell us more!**

LT: We have body treatments, massage, facials, all using the Epicuran product. We have a private patio where you could have a treatment with a body wrap or massage, and then there's a private outdoor shower.

We do a lot of spa parties here- really big ones. Either members bring their outside friends in or we have total outsiders. Melanie Carter, our Spa Director, customizes them to be whatever you want. We offer massages, facials... food can be brought in, and it all goes in rotations. It's funny- people take pictures in robes. We do pre-wedding, family or just girlfriends. There are all different versions of it, people go to the pool or the dining room to have lunch. Melanie can also give group discounts, depending on what you'd like to have done, so it can be a 20-40% off the regular prices. There are a lot of possibilities- we can do whatever you want to happen.

*Editor's Note: Contact Melanie Carter at 480.677.8069 to book a spa party!*

### **AFM: What's your favorite treatment?**

LT: I like the hot stone therapy and hot stone massage. What we do is like the Harvard of hot stone- we use hot stone placement on the body to heat up the muscles. With heat included in a massage it's really amazing. We also do cold stone treatments- what happens is vascular gymnastics the hot and the cold it's very good for your circulation and for your body and the muscles.

We also do scrubs, wraps, different hydrating wraps, a detoxifying wrap with the clay. We do lots of facials and I've been doing massage for 10 years. I really like every treatment.

### **AFM: What are some special services you offer?**

LT: A few people don't like having their face touched, or are skittish about their bodies, but there's something we can do for everyone. There's a massage I do that's not specifically listed [on the menu] but it's with clothes on, and it's rocking- it's called Treger work.

Also reflexology is amazing- it's working on the feet, and you have 7,000 nerve endings that correspond with different places with your body- by touching those in a gentle way, it sends a message to your brain and then that part of their body. Some people can even feel the touch in their shoulder or whatever. It's such a relaxation thing for your mind. So that's good, too.

Spa guests can also use the pool or take a yoga class before or after your appointment. You have day lockers and everything, it's a very nice experience.