

## Holiday Spa Treatments in Phoenix

Written by Sara Tiradossi

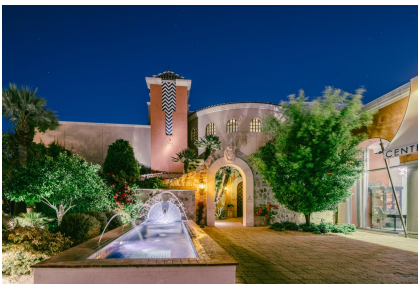
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As we approach the holiday season, soothe away holiday stress by trying sumptuous seasonally inspired spa treatments. Some of Arizona's most renowned resorts are offering all kinds of treatments that will benefit you, and your loved ones, during the busiest time of the year.

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### Joya Spa at Omni Scottsdale Resort & Spa at Montelucia

#### *Peppermint Treat for the Feet*

This holiday season, enjoy the refreshing and calming aroma of a peppermint body cream massage and foot treatment. Feet are lightly exfoliated with a stimulating peppermint scrub, hydrating warm paraffin wrap and an application of peppermint body cream. The message is 80 minutes long and the price ranges between \$239 and \$269.

#### *Holiday Glow Facial*

This decadent facial will firm, hydrate and resurface the face as well as the delicate neck and décolleté area. Experience a gentle resurfacing with glycolic exfoliate, lift and tighten with an antioxidant Vitamin C mask and polish the décolleté with a papaya enzyme treatment. The massage is 50 minutes long and the price ranges between \$159 and \$189.

#### *Anti-Fatigue Stone Pedicure*

Relax with an aromatic foot soak while you enjoy a warm neck wrap followed by a luxurious sugar scrub to smooth and soften the skin. Legs and feet are then massaged with moisturizing body butter to hydrate before the hot stone massage, designed to soothe muscles and increase circulation. Paraffin is included. The massage is 70 minutes and the price is \$89 per guest.

Please visit <https://www.omnihotels.com/hotels/scottsdale-montelucia/spa> for more information.

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### Revive Spa at JW Marriott Desert Ridge Resort & Spa

Revive Spa at the JW Marriott Desert Ridge is offering these two yummy treatments over the holidays. Treatments will be available through Jan. 31.

#### *Hot Buttered Rum Body Wrap*

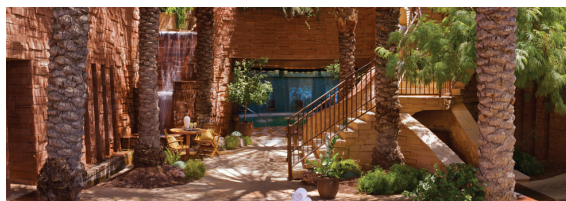
Begin with the hot buttered rum sugar scrub to exfoliate and refresh the skin. Next, warm shea body butter is applied in to moisturize and soften skin. Relax while being lightly wrapped for the skin to absorb the hydrating benefits of this treatment. Leave with your skin feeling renewed and glowing for the holidays. \$119 for 50 minutes.

#### *Peppermint Pedicure*

Enjoy the holidays by being pampered with a peppermint pedicure. The peppermint sugar glow will exfoliate dryness to reveal smooth and soft skin. Rich whipped body butter will hydrate and repair damaged feet. Top it off with any of our perfect winter colors! \$55 for 50 minutes.

Please visit the resort's [website](#) for more information.

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### Well & Being Spa at Fairmont Scottsdale Princess

As one of the best and brightest places to celebrate the holiday season, the [Fairmont Scottsdale Princess](#) is set to be more magical and more spectacular than ever, including seasonal spa treatments.

#### *Let It Glow at Well & Being Spa*

Holiday pampering includes "Mistle-Toe" pedicures, peppermint manicures, s'mores body treatment and creating customized moisturizers and scrubs at the Sugar 'n' Spice Aromatherapy Blending Bar. Spa-goers can spend the day relaxing with full use of the facilities, including the exercise classes, steam room, Swiss shower, whirlpool rooftop pool and waterfall grotto.

Please visit <http://www.fairmont.com/scottsdale/spa/> for more information.

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### Agave, The Arizona Spa at Westin Kierland

Agave, The Arizona Spa has packaged a soothing sampler of treatments just for Arizona residents. Available through Dec. 31, the 75-minute Seasonal Sampler package combines three separate treatments into one special experience at one special price. Local residents can enjoy a 25-minute Cranberry Comfort Facial combined with a 25-minute Merry Mint Massage and 25-minute Chai-Mistle-Toes Soak and Scrub for \$230, which includes tax and gratuity.

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These treatments include the use of Agave, The Arizona Spa's facilities including complimentary use of the Aguamiel Pool, a complimentary yoga class and use of the relaxation area, whirlpool, steam room and sauna.

Please visit <http://kierlandresort.com/agave-scottsdale-spa/> for more information.

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### Boulders Resort & Spa

This holiday season, the legendary Spa at the Boulders Resort, introduces new stress-busting treatments to help restore the spirit of the season.

#### *Silent Night Suite Retreat*

This two-hour holiday spa service takes place in one of the luxurious 700-sq.-ft. spa suites and includes two 50-minute candlelight massages and an additional hour of private time in the spa suite to enjoy a fireside Jacuzzi and sip hot cider or indulge in a Cider Martini while relaxing on the suite's private patio. The cost of the Silent Night Suite Retreat is \$395 per couple.

#### *Wine & Recline*

An 80-minute spa service of guests' choice is followed by a relaxing recline (and unwind) poolside with a glass of wine, while holiday worries wash away. The cost of the Wine & Recline holiday spa service is \$199.

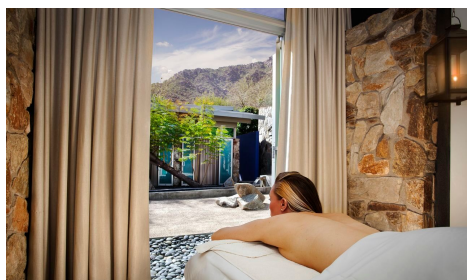
#### *Brighten Up*

The Boulders Spa gurus' introduce a new holiday facial that gives the skin an extra sparkle. The service includes ingredients such as bearberry extract, licorice root and natural hydroquinone alternatives that rid the skin of stubborn dark spots left behind from summer. The results are smooth and glowing skin! The cost of the Brighten Up facial is \$145 and is available during the month of December.

Please visit <http://www.theboulders.com> for more information.

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### Sanctuary on Camelback Spa



While Sanctuary doesn't offer specific holiday services, here are some that feature winter ingredients and are great for dry, winter skin:

#### *Bodhi Stimulating Body Treatment*

Black pepper, clove and kaffir lime give Sanctuary Spa's Bodhi Stimulating Bodhi Treatment an autumnal appeal. The spa begins this purifying body ritual with a gentle body polish to prepare the skin for a spicy warming body mask wrap. As the spices stimulate blood vessels for better circulation, nourishes the skin and invigorates the metabolism, warm herbal poultices are gently massaged to contour and lift the facial muscles. The treatment ends with a relaxing Swedish-style massage using a blend of black pepper, clove bud and kaffir lime essential oils help to breakdown fatty deposits, eliminate toxins and increase lymphatic drainage. The Bodhi Stimulating Body Treatment is priced Monday through Thursday at \$235 for 90 minutes and \$300 for two hours; Friday through Sunday at \$245 for 90 minutes and \$310 for two hours.

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### *Signature Wakai Renewal*

A Japanese word that means both “mature” and “youthful,” the concept of wakai is embodied in this aromatic ritual at Sanctuary Spa. The renewal process begins with a results-oriented exfoliation, bathing the body in nutrients and minerals which saturate the skin with intense moisturizers. The treatment includes a wrap with an anti-oxidant mask that helps to maintain skin's youthfulness with anti-inflammatory properties. While wrapped, patrons will enjoy a scalp and neck massage with a revitalizing fresh berry serum, followed by a 30-minute full body massage using cloudberry – the highest known source of vitamin C.

### *Resurfacing Treatment*

This replenishing treatment is a great option for ongoing care and deep exfoliation. This simple resurfacing treatment uses a glycolic solution to instantly dissolve dead skin layers and decongest blocked pores while targeting the repair of redness and irritation caused by daily environmental exposure. Those experiencing this treatment will notice that their skin is dramatically smoother, softer and more hydrated.

Please visit the resort's [website](#) for more information.