



For centuries, travelers in search of a higher spiritual calling have been attracted to Santa Fe for its mystical energy. Shaped by the many diverse cultures that have called this area home, Genuine Santa Fe encompasses an uplifting, rewarding experience for each traveler who today passes this way.

Feel the spirit at The Spa at Loretto, where a range of spa offerings includes treatments, styles and ingredients honoring the different traditions that make up Genuine Santa Fe, as well as the indigenous plants of New Mexico and the Sangre de Cristo Mountains.

Come, soak in the splendor of Genuine Santa Fe at The Spa at Loretto — a true Southwestern retreat. Call to make your reservation and prepare for a journey that will satisfy the senses, and soothe and comfort the soul.

## MASSAGE SERVICES

### **Native Desert Sage Massage**

This mood-enhancing spa massage enlightens the senses and lifts the spirit. Includes a gentle exfoliating body polish, followed by an aromatic massage using a rare house-crafted Desert Sage oil blend.

### **Heavenly High Altitude Relief**

Elevation in Santa Fe is over 7,000 feet. Visiting this elevation can take its toll on the body — inside and out. Using our house-blended High Altitude Massage Oil this massage nourishes dry, chapped skin and eases high altitude symptoms such as labored respiration, headache and insomnia.

### **Dos Milagros**

Two therapists, four hands, pure bliss — need we say more?

### **Sacred Stone Massage**

Surrender to the healing warmth of this ancient spa massage. Heated, smooth volcanic river stones penetrate the deeper layers of your muscles to take you to a new dimension of relaxation.

### **Mindful Massage**

Multiple techniques of Swedish, Sports/Deep Tissue and Reflexology are combined to create a personalized spa massage experience that you and your therapist orchestrate.

### **Elemental Massage**

Unwind with this gentle, relaxing Swedish-style massage that improves circulation and vitality. Pressure can range from very light to medium.

### **Deep Tissue Massage**

Facilitate muscle recovery with this moderate to firm deep-tissue spa massage, designed to relieve soreness resulting from exertion or exercise. Gain an improved range of motion and increased flexibility.

## **Sports Enthusiast Massage for Golfers, Cyclists and Skiers**

A fit body is the most valuable equipment you can bring to your sport! Relieve tension, relax sore muscles and enhance your performance. This treatment was specifically designed with athletes in mind. Using a combination of medium pressure and stretching techniques, our therapists will customize the massage to your needs, focusing on the areas most stressed by your sport.

## **Mother-to-Be Massage**

Share a moment of serenity with your baby. This massage will ease the discomforts that occur as your body changes. We request your physician's written consent.

## **Sole Revival**

Reflexology is based on the principle that there are reflex areas in the feet which correspond to all of the glands, organs and parts of the body. Applying pressure to these reflex areas can promote health in the corresponding organs through energetic pathways. Treat your feet and lower legs to this rejuvenating experience.

## **Couple's Massage**

Our romantic couple's room is the perfect setting for two. See our Spa Coordinator to choose from a selection of spa massage rituals and experiences. Prices vary per selection.

## **EAST MEETS SOUTHWEST**

### **Asian Fusion Massage**

A combination of ancient forms of Shiatsu, Thai and Balinese, this interactive spa massage combines pressure point techniques with rhythmic stretching movements to promote balance and relaxation. Please wear loose, comfortable clothing as it is an interactive massage.

### **Balinese Massage**

Be transformed by this authentic massage ritual, based on the traditions of Bali. A combination of acupressure, rolling motions and gliding rhythmic strokes relieves tension and promotes total relaxation. Choose a lovely aromatherapy oil to heighten the experience.

## **ENHANCEMENTS TO MASSAGE SERVICES**

### **Ritual Bath**

Sink into a soaking tub prepared with aromatic herbs and rose petals. Relax and unwind prior to any of our spa services. Or perhaps you're feeling like "getting in touch with your inner child" — choose an-old fashioned bubble bath!

### **Instant Radiance – Mini Facial**

Perk up your skin with this quick mini facial. Includes a deep cleansing, exfoliation and a penetrating hydration serum. May be reserved to complement any massage or body treatment.

### **Desert Quench Shea-Butter Hair Treatment**

Promote healthy hair with our house-crafted blend of nourishing ingredients. This treatment should be used prior to shampooing and is best left in for three hours or longer.

### **The Spa at Loretto's Aromatherapy Blends**

Used for centuries to improve overall health and relieve tension, essential-oil blends can turn any massage into an exotic indulgence. Choose from our custom-crafted oil blends: Earth, Fire, Water, Air or Spirit.

### **Therapeutic Muscle Balm**

Ask for this ancient Chinese pain-relieving formula to relieve muscle soreness and stiffness.

## **GLOBAL RITUALS**

### **Native Reflections**

Begin this ritual with a sage clearing and blessing. Sage has long been used by Native American people as an herb for cleansing and clearing. Burned in a dried bundle called a smudge stick, it clears negative energies and elevates one's prayers as the smoke lifts to the heavens. Next, soak undisturbed in your ritual bath infused with sage oil. This local indigenous oil lifts the spirits, clears the lungs and strengthens the respiratory system. The experience continues with a Sacred Stone Massage using our own

desert sage massage oil (spirit blend). The aroma of sage absolutely fills the room and transports one into a timeless and ancient frame of mind — a perfect mood for leaving behind the stresses of the day and reconnecting with the earth and oneself. Take home a smudge stick as our gift to you.

### **Javanese Lulur Royal Spa Treatment**

A regal preparation originating from the Central Palaces of Java. This ritual begins with a Balinese spa massage with scented oil and continues with an invigorating skin scrub with turmeric, rice, sandalwood and jasmine. Next, you will be slathered with a cool yogurt splash followed by an aromatic shower and a soak in a deep claw-foot porcelain tub infused with rose petals. A moisturizing lotion with Jasmine Frangipani will complete an experience that beautifies, cleanses, exfoliates and leaves the skin with an exotic floral scent.

### **Samunprai, herbal poultice massage**

Drift away tensions while enjoying this unforgettable traditional hot Thai massage, unchanged since Thailand Ayutthaya period (14th–18th century) when a hot pack was administered to war-soldiers returning home with muscle aches and bruises. The balancing poultice opens the pores and brings a deep medicinal heat to the muscles to release tensions and revitalize your mind. Then an invigorating massage with a synergy of peppermint and mandarin essential oils will take your body on a journey of total renewal.

## **BODY INDULGENCES**

### **Café Olé**

Need an energy boost? Awaken the senses and uncover smooth, glowing skin. Experience our robust Indonesian coffee scrub followed by a vitamin-rich body crème application.

### **Milk & Honey Body Wrap**

The ultimate in spa indulgences. Avert the signs of aging with this naturally hydrating spa treatment. Includes a gentle exfoliating organic sugar scrub and a replenishing body mask of pure milk and honey. Pure luxury!

### **Desert Heat Wrap Treatment**

Nourish your skin with a Native American potent, self-heating adobe clay treatment. Includes a light thermal wrap, Vichy shower and moisturizing lotion. Warming and detoxifying — perfect for the winter doldrums.

### **Cooling Desert Rain**

Nourish dry or sunburned skin with this nurturing treatment that uses a blend of cold-pressed aloe vera, dilo nut oil, virgin coconut oils and chamomile flower extract in a soothing body indulgence. This treatment will promote healing and revitalize irritated skin affected by sunburn, dryness, rashes, waxing or shaving.

## **FACIALS**

### **The Spa at Loretto's Signature Facial**

Using 100% natural and pure essential oils, this spa treatment will take you into a complete mind, body and soul experience. Plenitude and calm will be restored through a relaxing back treatment. A facial, specifically designed to release tension and restore balance, will help your skin rediscover its natural healthy glow.

### **Tropical Fruit & Flower "NHA" Facial**

Discover the Asian secrets of organic natural beauty using rare and exquisite Thai aroma formulations. Start with an exfoliation in which papaya and tamarind extracts smooth and soften the epidermis. At the same time, pure fossilized seaweed gently removes dirt and pollution from the deeper layers of the skin. Enjoy the Eastern healing benefits of a Royal Thai massage, which pinpoints your marma points. This lulls you into a deeply relaxed state while reducing puffiness and promoting an immediate lift sensation.

### **Sea Breeze**

Stimulate your skin with our unique hydrating marine Santa Fe spa therapy. Natural seaweed calms irritations, reduces dilated capillaries and leaves skin supple and radiant.

### **Desert Glow**

Discover the European secret for beautiful skin. Includes a soothing facial massage, deep pore cleansing and customized serums and mask.

## Gentlemen's Indulgence

Designed specifically for men, this European-style spa treatment soothes skin irritated by daily shaving and environmental aggressors.

## Youthful Luster Gel Peel

Designed to minimize the appearance of surface lines, smooth out rough skin texture, aid in clearing acne and help fade hyperpigmentation. The acids used in the peel remove dead cells from the surface without irritating the skin. Minimal downtime is needed, allowing you to apply makeup and return to your usual activities. For optimal results, a series of six is recommended; however, results will be apparent after one treatment.

## FACIAL ENHANCEMENTS

May be added to complement a facial

### Re-Vital Eyes

Targeted spa treatment devotes extra care to the tender eye area. Choose your treatment: smooth wrinkles and fine lines, or diminish swelling and puffiness.

### Paraffin for the Hands and Feet

Relieve aching muscles, moisturize dry skin and soothe your senses with our Paraffin Treatments. Deep, penetrating heat relaxes muscles, leaving hands and feet soft and moisturized.

### Desert Quench Shea-Butter Hair Treatment

Promote healthy hair with these nourishing ingredients. This treatment should be used prior to shampooing and is best left in for three hours or longer.

## MANICURES AND PEDICURES

**Loretto Indulgence** – the ultimate spa manicure and pedicure. Luxuriate in our natural milk bath, soaking away the stresses of daily life. Scrub away lifeless, rough skin, uncovering more youthful feet and hands. Detoxify lower legs and arms with a seaweed mask. Lingering massage, personal paraffin dip, buff and polish and you are ready to face the world.

**Spa Select** – a softening twist on the classic with added paraffin and vitamin-rich crème massage.

**Classic** – when you don't have a lot of time but still want beautiful hands and feet. Soak, scrub, clean up and polish.

**Gentleman's** – Soak, scrub and buff! Smooth away those rough edges and show up for your busy lifestyle with a groomed finish.

## INTUITIVE LIFESTYLE

### Astrology

Using the time and place of your birth, the astrologer interprets life patterns and tendencies, and offers you insights. Your astrologer needs birth date, birthplace and time of birth prior to appointment. 24-hour advance notice is required to book this service.

### Reiki

Reiki is a Japanese healing technique that attunes the energy flow within the body and allows for one's natural healing processes to occur. It works on the body, mind, heart and soul, always going where it is needed. It can leave one feeling refreshed and clear, often with a sense that something has shifted in some way. Please wear loose, comfortable clothing. This is a subtle light-touch modality, not a traditional massage.

### Cranial Sacral

This very subtle work (rather than traditional massage) focuses on increasing the flow of cerebrospinal fluid through the head and spine. It can be extremely beneficial to people who suffer from headaches, chronic neck pain, chronic fatigue and problems related to stress and tension. Please wear loose, comfortable clothing.

### Chakra Balancing

According to Tantric tradition, everyone has seven energy centers that serve as junction points between the body and consciousness, or between matter and the mind. These spinning vortices, called chakras in Sanskrit, receive, assimilate and express our vital life energy. When the flow of energy in one or more of the chakras becomes blocked,

we may develop physical and mental illnesses. By removing such blockages and maximizing energy flow, this enables the body, mind and spirit to function optimally. Please wear loose, comfortable clothing.

### **Life Coaching**

Unleash your full potential, achieve goals and live with greater balance and authenticity. Begin this journey of self-discovery working with your Life Coach to help explore, clarify and identify areas in your life you would like to change or enhance in some way. Explore ideas and new ways of thinking to create the life you've always imagined. Requires advanced booking.

## **DAY PACKAGE INDULGENCES**

### **Sacred Journey**

Sacred Stone Massage  
Signature Facial  
Classic Manicure  
Classic Pedicure

### **Peaceful Warrior**

Samunprai – herbal poultice massage  
Gentleman's Facial  
Gentleman's Manicure

### **Spirit Renewal**

Desert Glow Facial  
Mindful Massage  
Spa Manicure

### **All Thai-ed Up**

Asian Fusion Massage  
NHA Fruit and Flower Facial  
Spa Manicure with Indonesian botanicals

## **BRIDE AND GROOM PACKAGES**

### **Corazon en Fuego (Hearts on Fire)**

Ritual Rose Petal Bath for two  
Couple's Sacred Stone Massage  
Instant Radiance Facial for two  
Spa Manicure for two

### **Día de la Reina (The Queen's Day)**

Mindful Massage  
Fruit and Flower Facial  
Spa Manicure and Pedicure

### **El Hombre de la Casa (Man of the House)**

Sacred Stone Massage – 50 min  
Gentleman's Indulgence Facial  
Gentlemen's Manicure

### **The Royal Treatment**

Javanese Royal Lulur Ritual  
Loretto Indulgence Manicure  
Loretto Indulgence Pedicure

## ABOUT YOUR SPA AT LORETTO VISIT

### Scheduling

To secure your desired time, make your reservation early. We require a minimum of 4 hours notice to change or cancel any appointments.

### Cancellation Policy

To avoid cancellation charges, we require 4 hours notice. Cancellations or changes made outside of our policy and "no shows" will be charged full price of the service.

### Punctuality

If you arrive late for your service, your treatment may be modified. All treatments end on time so that the next guest will not be inconvenienced.

### Upon Arrival

Please arrive five to ten minutes prior to your appointment time. If you are a hotel guest, we recommend that you use the robe provided in your guest room and leave your personal belongings behind. Men having facials should shave no less than two hours prior to their service. To ensure the comfort of all of our spa guests, please leave your cell phone behind or on silent mode.

### During Your Visit

To get the most out of your treatment, communicate with your therapist. Your comfort and enjoyment are most important to us, so let us know if you have concerns about depth of pressure during your massage, the temperature of the room, music volume or other issues. During treatments you will be appropriately draped for privacy.

### Hours of Operation

May 1 – October 31: 9:00 am – 9:00 pm daily

November 1 – April 30: 9:00 am – 8:00 pm daily

### To Reserve Your Appointment

Call 505-984-7997 or 7997 from any hotel phone, or email [schavez@destinationhotels.com](mailto:schavez@destinationhotels.com).

