



## Arizona Biltmore Spa Specials The Association of Union Constructors

Please enjoy a 20% discount on all  
Spa and Salon Services  
(Packages Excluded)

Offer Valid: May 10, 2010 through May 14, 2010

**PLEASE ARRIVE 30 MINUTES PRIOR TO YOUR SCHEDULED SERVICES TO ENJOY OUR SAUNA, EUCALYPTUS-INFUSED STEAM, JACUZZI AND PRIVATE RELAXATION LOUNGE.**

**\*PROMOTION CAN NOT BE COMBINED WITH ANY OTHER OFFER\***

602-381-7632

[www.arizonabiltmore.com](http://www.arizonabiltmore.com)

## FITNESS SERVICES CONTINUED

### PERSONAL TRAINING

This session is designed for an individual who is working with a personal trainer and would like to continue working out while at the resort.

Each session – 60 minutes

1/2 hour session	\$65
1 session	\$85
3 sessions	\$210
5 sessions	\$350
10 sessions	\$550
1 session in-room	\$150

### IN-ROOM TRAVELERS WORKOUT

Work out without even leaving your room! Designed for the frequent travelers who don't want to skip their workout. Enjoy this workout in the comfort of your room using minimal equipment. Special attention will be given to stretching those road-wearry muscles.

75 minutes

\$125

### WELLNESS ASSESSMENT

Do you have healthy habits? Take a look at your lifestyle by filling out our lifestyle questionnaire. Learn proven techniques for stress reduction. A body composition and nutrition consultation will be included to see if a lifestyle change is recommended.

50 minutes

\$80

### CORE CONDITIONING

This core body-conditioning workout provides exercises to increase trunk strength for total body stability. It contributes to improved balance and provides key components to efficient movement both during exercise and in daily living.

45 minutes

\$75

### TREADMILL OR BIKE INTERVAL TRAINING

One of our personal trainers will create a cardiovascular training program specific to your needs. A systemic workout in your specific heart rate zones allows optimal fat burn.

50 minutes

\$80

### ASSISTED STRETCHING

Are your muscles tight from traveling or sitting in a meeting all day? Our fitness professional will work with you one-on-one to design your personalized stretching program.

20 minutes

\$45

### PRIVATE GUIDED HIKE

Hike to the beautiful summit of Prestewa Peak or Camelback Mountain. This scenic journey will take you 2.5 hours. This includes guide, water and transportation to and from the resort.

per guest \$60

### PRIVATE GUIDED

#### MOUNTAIN BIKE TOUR

Join your guide mountain biking through the Phoenix Mountain Preserve. This tour lasts two to three hours.

per guest \$75

### PRIVATE YOGA

Learn how to combine posture, breathing and meditation to improve strength, flexibility and balance. Choose from Hatha, Sport or Restorative.

60 minutes

\$105

80 minutes

\$155

### PRIVATE PILATES

This mat session emphasizes core strength, increased range of motion, better balance and stability while correcting posture.

60 minutes

\$105

80 minutes

\$155

Please also refer to our current fitness class schedule. We feature a variety of classes including Hydro Fit, Sport Yoga and Tai Chi, as well as the popular sunrise power walk. Please call 7684 for more information.

11/15/09

## MASSAGE THERAPIES

### HANDS OF HEALING SIGNATURE MASSAGE

50 minutes \$135 - \$155  
80 minutes \$195 - \$215

### QUANTUM BIOFEEDBACK

50 minutes \$135  
80 minutes \$185

### SPORTS MASSAGE

50 minutes \$140 - \$160  
80 minutes \$200 - \$220

### DREAM CATCHER AROMATHERAPY MASSAGE

80 minutes \$210 - \$230

### SONORAN STONE MASSAGE

50 minutes \$150 - \$170  
80 minutes \$210 - \$230

### DEEP TISSUE MASSAGE

50 minutes \$150 - \$170  
80 minutes \$210 - \$230

### SHIATSU MASSAGE

50 minutes \$140 - \$160

### REFLEXOLOGY MASSAGE

50 minutes \$140 - \$160

### FOUR HANDS MASSAGE

50 minutes \$280 - \$300

### MATERNITY MASSAGE

50 minutes \$135 - \$155

### SOOTHING BACK TREATMENT

50 minutes \$145 - \$165

### AYURVEDIC DOSHA BALANCING

80 minutes \$200 - \$220

### COUPLES SANDALWOOD MASSAGE IN-ROOM

50 minutes \$185 - \$205\*  
80 minutes \$230 - \$250\*  
\*Price listed is per person

### COUPLES SANDALWOOD MASSAGE OUTDOOR

50 minutes \$135 - \$155\*  
80 minutes \$195 - \$215\*  
\*Price listed is per person

## BODY SCRUBS

### GENTLE JOJOBA BODY GLOW

50 minutes \$135 - \$155

### FIJI ISLAND SUGAR GLOW

50 minutes \$135 - \$155

## BODY TREATMENTS

### HEALING MUD WRAP

50 minutes \$165 - \$185

### DETOXIFYING SEAWEED WRAP

50 minutes \$165 - \$185

### HERBAL BODY PEEL AND TEA WRAP

50 minutes \$165 - \$185

### DESERT HEAT THERAPY WRAP

80 minutes \$195 - \$215

### TRANQUIL LILY WRAP

80 minutes \$195 - \$215

## SPA RATES & PACKAGES

## SKIN CARE TREATMENTS

<b>BILTMORE CUSTOM FACIAL</b> 50 minutes	\$135 - \$155
<b>ENZYME FACIAL TREATMENT</b> 50 minutes	\$135 - \$155
<b>ORANGE BLOSSOM FACIAL</b> 50 minutes	\$135 - \$155
<b>FITNESS FACIAL FOR MEN</b> 50 minutes	\$135 - \$155
<b>RASUAL FACIAL</b> 50 minutes	\$135 - \$155
<b>ROSE QUARTZ FACIAL</b> 80 minutes	\$195 - \$215
<b>REJUVENATION OXYGEN FACIAL</b> 50 minutes	\$185 - \$205
<b>OPULENCE BRIGHTENING INFUSION FACIAL</b> 50 minutes	\$185 - \$205
<b>ULTIMATE INFUSION TREATMENT</b> 80 minutes	\$330 - \$350
<b>BOTOX ALTERNATIVE COMPANION</b>	\$75
<b>ANTI - AGING CAVIAR FACIAL</b> 80 minutes (This facial includes the caviar hand and foot treatment)	\$205 - \$225

## ADDITIONAL LUXURIES

<b>EYE TREATMENT</b>	\$30
<b>LIP CARE TREATMENT</b>	\$30
<b>MINERAL MUD SOOTHING BACK TREATMENT</b>	\$40
<b>MANICURES</b>	
<b>REFRESHING MANICURE</b> 25 minutes	\$35 - \$45
<b>CHAMPAGNE MANICURE</b> 50 minutes	\$60 - \$70
<b>HYDRATING MANICURE</b> 50 minutes	\$65 - \$75
<b>CAVIAR MANICURE</b> 50 minutes	\$70 - \$80
<b>MEN'S HAND TREATMENT</b> 25 minutes	\$45 - \$55

## PEDICURES

<b>FOOT REFRESH PEDICURE</b> 25 minutes	\$50 - \$60
<b>CHAMPAGNE PEDICURE</b> 50 minutes	\$80 - \$90
<b>HYDRATING STONE PEDICURE</b> 50 minutes	\$85 - \$95
<b>CAVIAR PEDICURE</b> 50 minutes	\$90 - \$100
<b>MEN'S FOOT TREATMENT</b> 40 minutes	\$65 - \$75
<b>NAIL SERVICES</b>	
<b>FRENCH POLISH UPGRADE</b> 15 minutes	\$10 - \$20
<b>NAIL REPAIR</b> 15 minutes	per nail \$10 - \$20
<b>BUFF &amp; POLISH</b> 30 minutes	\$35 - \$45
<b>POLISH CHANGE</b> 15 minutes	\$20 - \$30
<b>GEM DESIGN</b> per nail \$5 - \$15	
<b>SCULPTED NAILS, FULL SET</b> 80 minutes	\$90 - \$100
<b>FILL</b> 50 minutes	\$60 - \$70

## HAIR SERVICES

<b>ADD ON BLOW DRY &amp; STYLE</b>	\$35 & up
<b>LADIES' CUT &amp; BLOW DRY</b>	\$68 & up
<b>SHAMPOO &amp; BLOW DRY</b>	\$58 & up
<b>SHAMPOO SET</b>	\$62 & up
<b>BANG TRIM</b>	\$27 & up
<b>GENTLEMEN'S HAIR CUT</b>	\$42 & up
<b>SPECIAL OCCASION STYLE</b>	\$60 & up
<b>ONE-COLOR PROCESS</b>	\$85 & up
<b>HIGHLIGHTING</b>	\$110 & up
<b>AROMATIC DEEP CONDITIONING</b>	\$85 & up
<b>MAKE-UP APPLICATION</b>	\$65 & up
<b>MAKE-UP LESSON</b>	\$75 & up

## ARIZONA BILTMORE SPA PACKAGES

### THE WRIGHT COMBINATION

Dream Catcher Massage  
Biltmore Custom Facial  
Desert Heat Therapy Wrap  
Caviar Manicure and Pedicure  
Approximately 6 hours

from \$700 - \$770

### THE TALESSIN TRIO

Rose Quartz Facial  
50 - minute Sonoran Stone Massage  
Healing Mud Body Treatment  
Approximately 3 hours

from \$510 - \$570

### THE BILTMORE BLOCK

50 - minute Hands of Healing Massage  
Orange Blossom Facial  
Refreshing Manicure  
Foot Refresh Pedicure  
Approximately 3 hours

from \$385 - \$435

### CREATE YOUR OWN JOURNEY

Pick any two 50 - minute treatments  
Choice of two Massage: Facial or Body Treatment  
Approximately 2 hours

from \$270 - \$315\*

\*Price may vary according to treatment selection

## FITNESS PACKAGES

### HEALTH & WELLNESS REJUVENATION

Wellness Assessment  
Private Yoga or Core Conditioning  
50 - minute Hands of Healing Massage  
Biltmore Custom Facial  
Approximately 4 hours

\$380

### 19TH HOLE GOLFER'S DELIGHT

18 Holes of Golf  
Soothing Back Treatment  
Lunch at the Cabana Club  
January to May  
June to September  
October to December

\$280  
\$205  
\$228

## FITNESS SERVICES

### FITNESS PRESCRIPTION

Getting the same results with the same workout? Fitness Prescription is designed for a person in need of a new exercise program or for those looking to modify their current program. You will receive a personalized exercise program including strength training, cardiovascular and flexibility components.  
90 minutes

\$150