

Miramo

a destination spa at Enchantment

Spa  
Services  
Menu



## Mii amo... "One's path, or journey."

-in Yuman,  
the traditional Native American language of Northern Arizona

Inspired by the rich wisdom and traditions of Native American people, complemented by the beauty and energy of Sedona, Mii amo presents a luxurious spa experience where guests can find balance and harmony.

Our home, Boynton Canyon, is surrounded by the scenic seclusion of the Red Rock Secret Mountain Wilderness. Watching over Mii amo is a wind-carved rock formation called Kachina Woman. Native Americans say this is where "first woman" gave birth to their people.

The heart and soul of Mii amo is the Crystal Grotto, with a "kiva-like" design inspired by a traditional place of ritual. Used for contemplation over symbolic earth elements, this is where guests and staff are invited each morning to set their individual "intention for the day."

Near the Crystal Grotto, the indoor pool features a waterfall at one end, and at the other, a large lounging area framed by an open, wood-burning fireplace. Glass doors open onto the outdoor pool and deck with a whirlpool spa, and shaded seating areas offering spectacular canyon views.

Featuring fresh and nutritious contemporary cuisine, the Mii amo Café serves three meals daily with a continuously changing menu. The wine list includes premium selections of renowned organic wines. Along with indoor and outdoor seating and the option of dining at the communal table, guests can enjoy a Journey of Teas exploration or a cooking class in the exhibition-style kitchen.

Other classes and lectures — on topics ranging from traditional Native American healing methods to aromatherapy, healthy aging and feng shui — are held in the Mii amo library, where guests can retreat for journaling or reading.

Outdoors is an open lawn for yoga and exercise, which also takes place in the movement studio upstairs. Guests enjoy spectacular red-rock views in both settings, as well as on the treatment terrace with lounge chairs.

With the Secret Mountain Wilderness area surrounding Mii amo, the spa is the ideal starting point for hikes, mountain biking and nature exploration. Such excursions regularly embark from the Mii amo Boutique, which also features a dazzling array of treasures that capture the spirit of Sedona. Local artisans feature trunk shows of jewelry and clothes, and the consultation area offers expert advice on spa treatment products to take home.

Such choices make it all the more enjoyable to spend the entire day at the spa. Here at Mii amo, you'll find a variety of intriguing options wherever you look. We look forward to assisting you as you explore your life path and move forward with us.

Mii amo believes in the healing and spiritual power of natural botanical extracts and essential oils, and takes great pride in incorporating Mii amo's private collection, Eminence Organic Skin Care and Epicuren product lines into its treatments and therapies. Mii amo's signature line blends indigenous Sedona ingredients into facial cleansers, moisturizers and exfoliants, as well as body washes, scrubs, oils and lotions. Pure and wild-crafted essential oils of sweet orange, cedar and laurel infuse the body with warmth, and evoke the earthy yet energizing vibrations of Sedona's red rock formations. Other ingredients such as blue corn, jojoba and sage make these products unique to Mii amo and its organic, natural surroundings while honoring Boynton Canyon's Native American heritage.

## Spa Specifics

### Facilities

The daily resort fee includes complimentary access to Mii amo for all registered Enchantment Resort guests age 16 and older. This entitles guests to the use of all Mii amo facilities including locker rooms, steam, sauna and whirlpool, fitness room, indoor grotto pool with fireplace, outdoor lap pool and deck, as well as participation in all fitness classes, guest lectures and other activities.

### A Quiet Place

Please keep in mind that Mii amo is a tranquil place and help us maintain that peaceful environment when utilizing any of our facilities, particularly the indoor and outdoor pools. For the relaxation, enjoyment and privacy of our guests, please speak quietly during your journey at the spa. Cell phones and laptops are not permitted.

### Fitness & Activities

Our fitness room, located on the first floor, is open from 6am until 10pm daily. There is a variety of Cybex equipment including treadmills, EFX machines, free weights and a Pilates Reformer. We have personal trainers available for 60 and 90-minute sessions by appointment only. Please speak with a Spa Coordinator to schedule a session.

We offer a wide variety of daily classes, activities and excursions. Please consult our Seasonal Activities Calendar for a complete listing.

### Age Requirements

Guests must be at least 16 years old to enter or use any of the spa facilities. This includes the pools, participation in all classes, and dining at Mii amo Café.

### Change and Cancellation Policy

If you must change or cancel your appointment, please notify us at least 24 hours in advance of the treatment time to avoid being charged. No-shows, changes or cancellations within 24 hours of the scheduled appointment time are charged 100% of the value of the service.

### Preparing For Your Experience

Please check in at the Spa Front Desk 30 minutes prior to your appointment. This will allow you time to prepare yourself before your therapist greets you.

Spending time in the steam, sauna or whirlpool is a great way to relax before your treatment begins. Please be advised that heat exposure of this nature is not recommended after a facial or after spa treatments such as body wraps that raise your core body temperature, so be sure to take advantage of these amenities before your services if you desire.

### What To Wear

For most spa treatments it is customary to disrobe completely; however, you should undress to your comfort level. Our therapists are trained to keep you properly draped throughout the treatment, respecting your privacy at all times.

For Thai or Table Thai, Reiki, Shiatsu or Cranial, please wear loose-fitting clothing that is easy to stretch in. For any form of aquatic bodywork, a bathing suit is required.

### Hours

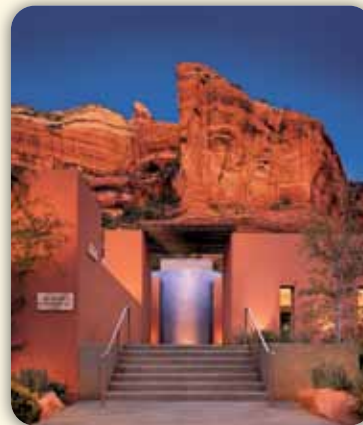
The spa facilities are open daily from 6am until 10pm.

Treatments begin at 8:30am and end at 9:30pm seven days a week.

Before leaving the spa we ask that you stop by the front desk to sign for your treatments. However, if you prefer, we will gladly add an 18% gratuity and bill your treatments to your room.

## Day Packages

Our day packages are created especially for our guests at Enchantment Resort and are designed to guide you on your journey. The services in these packages may not be upgraded or substituted, and all services must be taken on the same day. Prices include tax and gratuity.



### Mii amo Monsoon \$430

Water is incredibly therapeutic and can be profoundly healing. Choose a combination of three 60-minute water-based treatments for the ultimate in relaxation and rejuvenation.

Aquawork:	Watsu
Bath:	Milk & Honey or Hydrotherapy
Vichy Shower:	Blue Corn Body Polish or Rosemary Body Scrub

### Mii amo Mother \$430

This combination of 60-minute services provides nurturing support for both mother and baby during this amazing time in both your lives.

Massage:	Pre-Natal Massage
Skin Care:	Stone Crop Sensitive Facial
Body Treatment:	Jojoba Butter Wrap

### Mii amo Male \$430

Developed by our male therapists, this combination of 60-minute services covers all the bases and will leave you feeling like a new man from head to toe.

Massage:	Swedish or Deep Tissue
Skin Care:	Outdoorsman or The Journeyman
Bodywork:	Reflexology or Shiatsu

### Back to Basics \$390

Sometimes the simple things in life are best. This package eliminates the guesswork and provides you with two outstanding 90-minute spa treatments offering pure and simple relaxation.

Swedish Massage
Mii amo Signature Facial

### Four Elements \$575

Experience facets of each of the four elements with this amazing and diverse sampling of four 60-minute services, designed to leave you grounded and balanced.

Earth:	Sedona Clay Wrap
Water:	Watsu or Hydro Bath
Fire:	Hot Cinnamon Facial
Air:	Vibrational Massage

### Ayurvedic Experience \$480

Ayurveda or "the science of life" is the traditional health care system of India, dating back more than 5,000 years. Ayurveda states that health is achieved through an individual's unique balance of the three energies or Doshas of Vata, Pitta, and Kapha. This package is designed as an introduction, to help bring the "novice" to an understanding of this way of health and lifestyle.

60-minute Ayurvedic Lifestyle Consultation
60-minute Anasazi Ubtan
90-minute Ayurvedic Facial Therapy with Shirodhara

## Health & Wellness

Whether you are in good health or have nutritional challenges, learn tools to maintain or establish a healthy lifestyle.



### Nutrition for Optimum Health

Staying healthy and eating healthy in this day and age can be challenging, and nutrition advice can be confusing. This consultation is designed to give you understandable information tailored to your individual needs and specific lifestyle requirements. Topics include appropriate food choices and supplements, easy ways to eat nutritionally, and food combinations suitable for your highest well-being.

60 minutes \$150

### Weight in Balance

This consultation is designed to encourage a lasting and healthy relationship with food. Diets don't always work but awareness of patterns and healthy choices do. We will explore the individual needs necessary to create lasting weight reduction for a healthy and vital life. Topics include how to manage portion control, proper food combinations, learning what constitutes smart food choices, healthy substitutions and ways to shift underlying patterns that encourage weight gain.

60 minutes \$150

### Nutrition & Health Concerns

There are times when guests need to reassess their lives and habits after being diagnosed with health issues or becoming aware of other medical concerns. These individuals need specific nutritional and wellness advice to stay strong and balanced as they move through a time of health challenges and opportunities. These situations may include nutritional support for coping with cancer, HIV, diabetes, and heart issues.

60/90 minutes \$150/\$220  
shared 90/120 minutes \$220/\$350

### A Woman's Journey

As we cycle through life, our bodies and emotions are shifting and changing. This consultation will explore — through the use of nutrition, supplements, herbal and lifestyle support — how you can maintain balance and control through all of the journeys we experience as women. Topics include menstruation, pregnancy, menopause and premenopause, and may also include concerns about sexuality, osteoporosis and overall feminine health.

60 minutes \$150

### Getting a Good Night's Sleep

In this country alone, millions of people are sleep-challenged. Whether your challenges lie in falling asleep or staying asleep, not getting enough sleep or getting too much, this consultation can provide you with the knowledge and tools you need to develop a healthy relationship with sleep and begin to give your mind and body the rest they need.

60 minutes \$150

## Aquawork

These subtle treatments call on the timeless power of water to restore your energy flow, clear the mind and open the heart.

### Flower Essence Bath

Relish and relax in the powerful energy of flower essences as you embark on a treatment that combines meditation, the exploration of gemstones, water, sunlight and an in-depth flower card reading. Savor the flower essences as you are immersed in a warm aromatic flower bath while your scalp and hands are massaged. After enjoying the positive effects of the soothing water, your therapist will perform gentle energy techniques to restore you to balance. Please wear a bathing suit for this treatment.

60 minutes \$220

### Hydrotherapy Bath

A hydrotherapy treatment may be one of the most profoundly relaxing experiences you can have. Our hydrotherapy tub is equipped with 20 underwater jets positioned to treat the entire body. Suspended in the warm gravity-freeing environment, your body can relax completely, making the massage you receive after the bath even more effective. Please wear a bathing suit for this treatment.

60 minutes \$150

### Milk and Honey Bath

This is an exfoliating and moisturizing experience for the entire body. The luxurious treatment begins with a honey scrub, followed by a warm bath filled with milk and honey, and culminates with a light massage. The 90-minute session adds a 30-minute massage. Please wear a bathing suit for this treatment.

60/90 minutes \$150/\$220

### Bio Aquatic Cranial

With the freedom from gravity, the water life force embraces you while you are gently held by your therapist. Water allows the body the freedom to move and flow in a natural way to release stress and old patterns. The 60-minute session is deeply relaxing, the 90-minute profoundly healing. Please wear a bathing suit for this treatment.

60/90 minutes \$220/\$275



### Watsu

Watsu combines elements of massage, joint movement, Shiatsu and muscle stretching. The warmth of the water and the freedom from gravity allow flexibility of the spine that is rarely achieved through traditional massage methods. Please wear a bathing suit for this treatment.

60 minutes \$150

# Massage

From relaxing to therapeutic to all points in between, our massages are the perfect complement to any spa experience.

## Swedish Massage

A classic massage that uses long, fluid strokes to relieve muscle tension and improve circulation, this technique will ease you into relaxation and release stress.

60/90 minutes \$150/\$220

## Custom Massage

Our therapists tailor a massage based on your specific needs and their individual areas of training. A custom massage may include Swedish, Deep Tissue and Reflexology techniques, Reiki, Cranial Sacral, Lymphatic Drainage, and Neuromuscular Therapy. Please communicate at the time of booking and with your therapist to receive the most benefit from this treatment.

60/90 minutes \$150/\$220

## Deep Tissue Massage

This type of massage focuses on releasing and relaxing areas of chronic tension. Using a variety of muscle release techniques, your therapist will target tense and painful areas to bring relief.

60/90 minutes \$150/\$220

## Lymphatic Drainage

This work employs a light, rhythmic touch with pressure on the lymph nodes to increase the flow of fluid through the lymphatic system. It speeds up the detoxification process and stimulates circulation. This is a specialized technique for maintaining a healthy immune system. For the ultimate in detoxification, add our Herbal Detoxification Wrap after this treatment.

60 minutes \$150

## Reflexology

Reflexology is based on the theory that the feet and hands are reflections of the entire body, and that by massaging and working pressure points in these areas, the entire body benefits. Your feet are wrapped in warm moist towels while reflexology techniques are performed on your hands. The reflexology points of the feet are worked to conclude the treatment.

60 minutes \$150

## Shiatsu

Balancing the energy flow through the meridians of the body is the goal of this Japanese form of bodywork. Using finger pressure in combination with stretches opens the meridians to create a sense of balance and peace. Please wear comfortable workout-style clothing.

60/90 minutes \$150/\$220

## Stones Massage

Healing with stones is an ancient form of therapy used by various cultures throughout the ages. Using smooth, heated basalt river rocks and Swedish massage techniques allows the body to deeply relax as the warm stones melt away the tension and stress of everyday life.

75 minutes \$220

## Traditional Thai

This ancient technique is performed on a floor mat, with the therapist working you into yoga-like positions. Rather than kneading the muscles, the therapist leans into you and applies a deep, rhythmic pressure to almost every part of your body. Thai is a powerful massage that aligns the body's energies, improves circulation, and increases flexibility while opening the heart. You will be moved, loosened and stretched in this session, so please wear comfortable workout-style clothing.

90 minutes \$220

## Table Thai

The therapist joins you on a massage table in this incredible treatment. The goal is to create space in your body, to harmonize, and to balance. You will be thoroughly stretched and kneaded, but will emerge re-energized, centered and relaxed. The results are often more intense than traditional deep tissue work. Please wear comfortable workout-style clothing.

90 minutes \$220

## Aromatherapy Massage

Essential oils can have a profound effect on body, mind, heart and soul. Your therapist will custom blend essential oils that speak to your needs of the moment. After a gentle dry brushing, you receive a balancing massage with your personal oil. The 90-minute session includes a light wrap and a head, neck and scalp massage.

60/90 minutes \$150/\$220

## Neuromuscular Therapy

Neuromuscular massage is often beneficial for injuries and chronic pain. It works at softening the muscles so that the therapist can move in more deeply to break up adhesions, allowing the muscles to become more elastic. NMT can help free the body of spasm and pain, increase its range of motion, and help prevent future injuries.

60/90 minutes \$150/\$220

## Many Hands Massage

A nurturing, relaxing experience like no other is created by two therapists working in tandem. The gentle, slow massage techniques they employ allow you to release tension and control. This is an unforgettable treatment, one that gets you out of your head and into your body — one that allows you to truly let go.

60 minutes \$300

## Vibrational Massage

Vibrational oils are tuned to the seven chakras, helping to relax the centers so that the energy can flow easily again. During this treatment, each chakra is massaged after you have received an introduction to each of the oils and an opportunity to breathe in their powerful aromas.

60 minutes \$150



## Skin Care

The purest products are used to cleanse, hydrate and rejuvenate your skin. These indulgent treatments include a relaxing neck and shoulder massage, hand treatment, and the application of a natural sunscreen.

We also offer two unique treatments just for men. Both are incredibly relaxing yet effective, designed to combat the results of shaving and sun exposure. To prepare for your facial, we recommend you shave at least two hours prior to your treatment time.

### Outdoorsman

Refreshing and reparative, while still supremely relaxing, this treatment is the perfect introductory facial for men. Lime, blueberry and tomato combine for a potent anti-oxidant facial designed specifically for men who have spent a lot of time working and playing in the outdoors. With the 90-minute session, you will also receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

### The Journeyman

This treatment is designed for the multi-tasker who wants results from a facial, and yet wants to completely escape during it. The skillful application of Epicuren's signature men's products is combined with hot towels and a deep-cleansing facial massage to provide a soothing, unforgettable experience. With the 90-minute session, you will also receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

### Mii amo Signature Facial

This is truly a facial that you can experience exclusively at Mii amo. We have gathered pure, indigenous ingredients to create a signature product line reflective of our culture. This facial is both aromatic and stimulating. With the 90-minute session, you will also receive a turquoise facial massage.

60/90 minutes \$150/\$220

### Stone Crop Sensitive Facial

Using the ancient healing properties of the succulent Stone Crop plant to calm and restore balance, this treatment lightens natural pigments and fills in lines and wrinkles. Your skin will be lifted and lightened, giving you a more youthful glow. Gentle enough for any skin type.

60 minutes \$150

### Lymphatic Facial

This treatment stimulates the lymphatic drainage system to help eliminate bacteria, wastes and toxins while improving skin tone and texture. It also provides a natural solution for firming tissue and reducing puffiness around the eyes and chin. The balancing facial selected for you will be based upon an evaluation of your skin type for the best possible results.

60 minutes \$150

### Hot Cinnamon Facial

This results-oriented facial is designed to energize the skin with a unique enzyme process to make your skin look healthier and more youthful. Not suitable for sensitive skin types, this treatment stimulates blood flow while it nourishes and replenishes cells. It will greatly improve the appearance of fine lines, uneven skin tone and enlarged pores. With the 90-minute session, you will also receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

### Stimulating Oxygen Facial

Daily stress, pollution and sun can speed the aging process of your skin. This oxygenating facial stimulates cellular repair as well as detoxifies your skin to even out your complexion. An organic parsley and cucumber application rejuvenates your skin and reduces visible signs of aging, leaving your skin nourished and well balanced. With the 90-minute session, you will also receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

### Natural Elements Facial

This unique facial combines the most advanced technology with a natural skin healer to soothe and deeply hydrate the skin. A serum containing bee propolis is applied beneath a silver ion cloth draped over the face and neck. This cloth enhances the penetration of this healing serum while relaxing facial nerves and muscles, thereby smoothing out lines. Helps to calm the redness and inflammation associated with rosacea and is great for the treatment of sunburn. With the 90-minute session, you will also receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

### Rejuvenating Facial

A deep cleansing and rejuvenating facial for aging and problem skin. Fresh pulps of apples and grapes infuse natural fruit acids into the skin, achieving a fantastic exfoliation. The pure products used stimulate circulation and detoxify the deep layers, leaving your skin glowing, toned and firm. With the 90-minute session, you will also receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

### Crystal Facial

This exceptional treatment begins with a cleansing and exfoliation using a microderm cream. A unique crystallized gemstone mask is applied to energize skin cells and diminish fine lines. Chakra crystals are placed at your key energy centers to further enhance the effects. Finally, a hydrating mineral mask is massaged into your skin, leaving it positively radiant.

90 minutes \$245

### Rebalancing Facial

The focus of this deep cleansing treatment is to effectively care for problem skin types. Specific techniques reach deep into the pores to encourage exfoliation. Thorough extractions complete the cleansing process. Toning and proper hydration restore your skin to optimal balance. With the 90-minute session, you will also receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

### Makeup Consultation

Let one of our expert staff members introduce you to our all-natural mineral makeup line and show you how to create a beautiful, healthy glow.

60 minutes \$85

## Skin Care (cont'd)

### Add-ons

Give some attention to often neglected areas by adding any of these mini-services to your facial experience.

**Eye Opener:** Instantly alleviate puffiness, and tone and tighten the sensitive area around the eyes.

**Lip Service:** Exfoliate, hydrate and lightly plump the lips with organic products that produce results.

**Foot Refresher:** Cleanse, purify, exfoliate and hydrate with a sugar scrub that actually melts into your skin.

**Neck Lifter:** Tone and tighten around the neck and jaw line, then add an enzyme treatment and moisturizer.

**Ear Energizer:** Infuse antioxidants into this hard-to-reach area with an exfoliation, mask and moisturizer.

**Hand Brightener:** Exfoliate and hydrate with a sugar scrub, then spot-treat to tone, tighten and brighten.

Add one to a 60-minute facial or up to two to a 90-minute.  
Each \$40

Add all six to any 60-minute facial (except the Crystal Facial) for the ultimate experience.  
120 minutes \$315

**Waxing add-ons: Lip or brows or chin**  
(Not available independently)  
Each \$20

## Ayurvedic Experience

According to Ayurveda (a 5,000-year-old Science of Life established in India), each of us inherits a unique proportion of three mind/body principles called Doshas. The three Doshas — Vata, Pitta, and Kapha — create our specific mental and physical characteristics.

Mii amo offers a complete Ayurvedic program that includes profound treatments and specialized consultations to help you practice a Dosha-balanced lifestyle.

### Ayurvedic Lifestyle Consultation

We highly recommend starting any Ayurvedic experience with this powerful and insightful consultation that provides an in-depth look at your particular Dosha type. Our expert consultant will discuss lifestyle changes and additions that will support your well-being in all areas.

60/90 minutes \$150/\$220

### Ayurvedic Facial Therapy

Ayurvedic Facial Therapy features ancient massage techniques. Not a traditional facial, but more of a ritual, this begins with a gentle cleansing and mask for your skin type. You then receive an East Indian massage of your face, scalp, hands and arms with soothing warm oils. Hydrating and nourishing facial serums are massaged into your skin, leaving you with a sense of well-being.

60 minutes \$150

### Ayurvedic Facial Therapy with Shirodhara

Immediately following the ritual of Facial Therapy, your technician continues with a slow pouring of warm oil onto the forehead. This stimulates the pituitary gland, helps balance the endocrine system and relaxes the nervous system. The oils are then very gently massaged into your hair and scalp. The excess oil is squeezed out of the hair, and according to Ayurvedic wisdom it is advisable to leave the remaining oil in overnight to balance the Vata Dosha.

90 minutes \$220

### Abhyanga

Abhyanga is a traditional Ayurvedic full body massage using two therapists who work in synchrony for a "light touch" rather than a deep tissue massage. This gently encourages toxin removal on a cellular level, resulting in a relaxed physiology and enhanced feeling of well-being. For the ultimate experience, add the 30-minute Shirodhara described next.

60 minutes \$300

### Abhyanga and Shirodhara

Following the Abhyanga massage, a therapist pours warm oil onto the forehead to stimulate the pituitary gland, help balance the endocrine system and relax the nervous system. After a gentle scalp massage, the excess oil is squeezed out of the hair. Ayurvedic wisdom advises leaving the remaining oil in the hair overnight to balance the Vata Dosha.

90 minutes \$370

### Simply Shirodhara

This simple yet profound treatment includes a clarifying mini-facial and stress-relieving shirodhara. After a cleansing masque and facial toning, your technician pours a Dosha-specific oil over your forehead in a slow, steady stream...lulling you into tranquil bliss. The oils are gently massaged into your hair and scalp, encouraging improved health and leaving you with a sense of balance and well-being.

60 minutes \$150

### Vedic Meditation

Based on traditional Ayurvedic practices, Vedic meditation has the ability to deeply relax and heal the physiology while calming the mind. This allows stress to be released and provides a new approach to living a more balanced life. We highly recommend the Ayurvedic Lifestyle Consultation in conjunction with this meditation.

60 minutes \$150

### Ayurvedic Yoga

This specialized yoga brings the mind and body back into balance. You will learn yoga poses, breathing techniques and meditation exercises to harmonize your dominant Dosha. To deepen your awareness of your particular Dosha, we recommend an Ayurvedic Lifestyle Consultation with this service.

60 minutes \$150

### Ayurvedic Herbal Treatment

First the skin is dry-brushed to increase circulation and begin the exfoliation process. Next a blend of Indian herbs, which detoxifies and nourishes your skin, is applied and rinsed off. This is followed by a massage with a Dosha specific oil. You are then wrapped with steaming herbal sheets while you receive a head and neck massage.

90/120 minutes \$220/\$300

### Anasazi Ubtan

Blending ancient Ayurvedic wisdom with botanicals from the magical Southwest, and using the format of a traditional Ubtan, this treatment begins with a massage specific to your Dosha. An herbal paste of indigenous materials, including juniper berries and chaparral, is massaged into your skin to remove the excess oil, and to purify and exfoliate the skin. After you have showered off the Ubtan, we apply Mii amo's signature Juniper Orange Spice body lotion to leave you feeling hydrated and refreshed.

60 minutes \$150

### Dosha Balancing Wrap

Specific oils are chosen to balance your specific Dosha of Vata, Pitta or Kapha. First the skin is lightly brushed to allow the exotic, aromatic oils of India to deeply penetrate during the massage that follows. Then you are cocooned in warm, herbal infused sheets while you receive a head, neck and scalp massage.

60 minutes \$150

Prices do not include gratuities or tax.

## Body Treatments

These signature treatments are for those who want to cleanse, exfoliate, detoxify and nourish the skin, body and soul.

### Blue Corn Body Polish

A Mii amo signature, this treatment combines regional elements with the power of water for a truly refreshing experience. Native Americans used ground corn to cleanse and purify the skin. We blend blue corn with mineral salt crystals and oil to make a vigorous scrub, which is applied and massaged off under the seven Vichy showerheads for the ultimate in relaxation and hydro-therapeutic benefit. We finish with an application of our signature body lotion, leaving you rehydrated and renewed.

60 minutes \$150



### Herbal Detoxification Wrap

We begin with a light, dry brushing to encourage lymphatic flow, then wrap you in herbal infused sheets to create your own private sweat bath. As the layers of the wrap are slowly unfolded, light bodywork is performed, gently bringing your core temperature back to normal. This is a perfect treatment to combine with lymphatic drainage for total systemic detoxification.

60 minutes \$150

### Sedona Clay Wrap

This unique high desert treatment begins with a light exfoliation and a generous application of our mineral-rich Sedona clay. We have enhanced the already powerful detoxifying, anti-inflammatory properties of the clay with the addition of cocoa powder. Cocoa is a softening, smoothing antioxidant agent that heals and protects while its delightful aroma brings a sense of simple pleasure. After you have showered off the clay, we apply a mineral-rich oil or lotion infused with native herbs to leave you glowing and feeling grounded. The 90-minute treatment adds a 30-minute massage.

60/90 minutes \$150/\$220

### Rosemary Body Scrub

This treatment begins under the waterfall of seven showerheads on the Vichy table with a scrub containing sea salts, sugar, magnesium crystals and a moisture sealant for extraordinary exfoliation and maximum hydration of the skin. Then your body is treated with an application of rejuvenating enzyme lotion with fresh rosemary to invigorate and revitalize. This is an excellent treatment for dry, dull or sun-damaged skin.

60 minutes \$150

### Jojoba Butter Wrap

This treatment begins with a gentle sea salt exfoliation to prepare your skin for a luxurious butter crème containing jojoba and shea butter, which is gently applied. Your body is then wrapped in warm blankets to allow the rich crème to penetrate more deeply, providing unsurpassed moisture and protection for skin that has to cope with the effects of stress, pollution and aging. The 90-minute treatment adds a 30-minute massage.

60/90 minutes \$150/\$220

## Red Rock or In-Room Treatments

The following services can be experienced in one of our amazing outdoor wickiups:

Deep Tissue Massage  
Swedish Massage  
Many Hands Massage  
Aromatherapy Massage

Custom Massage  
Abyhanga  
Vibrational Massage  
Neuromuscular Therapy

Reiki  
Lymphatic Drainage  
Reflexology  
Cranial Sacral

Or in the privacy of your casita for an additional \$20 per treatment:

Deep Tissue Massage  
Swedish Massage  
Custom Massage

Neuromuscular Therapy  
Table Thai  
Pre-Natal Massage  
Reiki

Lymphatic Drainage  
Reflexology  
Cranial Sacral

## Couples Treatments

The following services can be experienced with a spouse, friend, relative, or significant other, as the two of you receive the same treatment in the same room:

Sedona Clay Wrap  
Jojoba Butter Wrap

Herbal Detox  
Dosha Balancing Wrap  
Stones Massage

Ayurvedic Herbal Treatment  
Anasazi Ubtan

These may also be experienced together, though it is not necessary to receive the same service—each of you may select what you prefer:

Deep Tissue Massage  
Aromatherapy Massage  
Swedish Massage

Custom Massage  
Reflexology  
Reiki

Cranial Sacral  
Shiatsu  
Lymphatic Drainage

## Mother-To-Be Treatments

These treatments offer tender loving care for this amazing time in life.

### Pre-Natal Massage

Designed to nurture and support both mother and baby, this gentle massage focuses on the areas affected and stressed by pregnancy, and brings feelings of relaxation and calm.

60 minutes \$150

### Nutrition to Support Your Pregnancy

A consultation with our nutrition expert can help you understand the best ways to nourish yourself and your baby during and after your pregnancy.

60 minutes \$150

### Also Recommended

Jojoba Butter Wrap Aromatherapy Reiki Watsu Bio Aquatic Cranial Facials Aura-Soma Milk & Honey Bath

Prices do not include gratuities or tax.

## Connect with Spirit

Energetic sessions and readings can provide insights into your present situations and future opportunities.

### Mii amo Spirit

Beginning with a sage clearing to help release negative energy, you will be asked to set your intention for this session. It may be for peace, health, love, abundance, or whatever your heart desires. Your chakras are anointed with special oils and then, with the assistance of these oils and with crystals and sound, you will have the opportunity to experience your own inner sanctuary and visualize your dreams.

60 minutes \$150

### Cranial Sacral

Nothing like traditional massage, this very subtle work focuses on balancing the flow of cerebrospinal fluid through the head and spine. It can be extremely beneficial for people who suffer from headaches, chronic neck and back pain, fatigue, and problems related to stress and tension. We recommend loose-fitting, comfortable clothing for this session.

60 minutes \$150

### Palm Reading

Your hands can disclose the story of what you have been creating in your life. They can also show you the new and exciting possibilities around the next corner. This reading will intrigue and inspire you.

60 minutes \$150

### Reiki

Reiki is a Japanese healing technique that attunes the energy flow within the body and allows for your natural healing processes to occur. It works on the body, mind, heart and soul, always going where it is needed. Reiki works with energy and is not a hands-on treatment. It can leave you feeling refreshed and clear, often with a sense that something has shifted in some way. We recommend loose-fitting, comfortable clothing for this session.

60 minutes \$150

### Reiki Healing Attunement

This Reiki session starts a cleansing process of blockages that can influence the physical body, as well as the mind and emotions. Toxins that have been stored in the body are released, along with feelings and negative thought patterns that are no longer useful. A three-step process, beginning with an Aura Clearing, followed by a Reiki Healing Attunement, and concluding with a hands-on Reiki treatment, offers a powerful combination of Reiki that encourages faster integration of these energies.

60/90 minutes \$150/\$220  
shared 90/120 minutes \$220/\$350

### Jin Shin Jyutsu

This consultation involves instruction in self-help and awareness of how the body, mind and spirit all function together. It begins with an assessment of your personal, physical, mental and/or emotional needs. After your pulse is taken and a body reading is performed, you will learn how to become more aware of ways to help yourself be in balance by using certain "flows" and hand & finger movements. The session concludes with a customized practical plan for your needs to harmonize body, mind and spirit.

60 minutes \$150

### Astrology

Using the exact time and place of your birth, the astrologer interprets life patterns and tendencies, and will offer you his or her insights. A 24-hour advance notice is required to book this service, and your astrologer will need your birth date, birth place, and time of birth for preparation of your birth chart prior to your appointment.

60 minutes \$275

### Astrology with Crystals

Astrological readings support an individual in realizing their life path. During this session you will be fully supported in understanding your astrological charts through the use of crystals. The planetary alignments at the time of birth and in the current chart are highlighted with appropriate crystals to emphasize the dynamics revealed during the reading, resulting in deeper insights into current and upcoming patterns and events.

60 minutes \$275  
shared 120 minutes \$350

### Tarot Card Reading

Tarot cards can offer practical guidance and self-knowledge which may open channels of intuition. During this session you are guided through several interactions with the cards and given an interpretation of their meanings.

60 minutes \$150

### Reading of the Moment

Let an expert guide you to a higher level of understanding of your life path. Each reading includes a palm reading and a tarot card reading. If appropriate, numerology and the pendulum may also be used.

60 minutes \$150  
shared 90/120 minutes \$220/\$350

### Interactive Aura Photography

Discover the incredible colors of your Aura/Energy Field. Learn how becoming more aware of your energy field can be valuable for creating balance in all areas in your life — physical, emotional and mental. Each session includes a comprehensive analysis showing your Aura/Energy Field and the meaning of the colors in your Aura, while explaining each of the seven Chakras and how the energy flows within your body.

60/90 minutes \$150/\$220  
shared 90/120 minutes \$220/\$350



Prices do not include gratuities or tax.

## Specialty Services

Mii amo is very fortunate to have some of the most gifted therapists in the world on staff who share their very unique and intuitive skills with our guests. The specialty services they have created exclusively for Mii amo were developed after years of study and experience. As a result, they are performed only by a select number of therapists and their availability is limited. Due to the nature of these services, individuals receiving them must be at least 18 years of age.

### Journey Spa™ Treatment

This is a unique opportunity to spend an invaluable two-hour personalized session with one of our world-renowned therapists. Your Journey begins with sharing your goals and aspirations in a consultation. This sets the path for your therapist to create and perform a multifaceted session that addresses your individual needs. Mii amo therapists share unparalleled skills ranging from body work to spiritual guidance, and will use a variety of techniques and therapies throughout your Journey to achieve your desired results. The result is a renewed awareness of the value of listening, learning and responding to your unique needs.

120 minutes \$350

### Soul Seeker

A master therapist with at least a decade of experience provides a blend of advanced techniques to heighten your awareness, help you gain a new perspective, or reconnect you with your true inner self. The techniques used may include guided imagery, energy work, soul journeying, somatic emotional release and breathwork. The techniques employed depend on your goal for the session and the skill set of your therapist as you explore different realms together. More of an experience than a traditional treatment, the intention of this session is to transform and give you something to take away with you to continue your awareness at home.

90 minutes \$275  
shared 120 minutes \$350

### Inner Quest

This treatment was created to honor Native American ceremony and ritual. The treatment utilizes plants sacred to the Native Americans and is based on the four directions of the Medicine Wheel representing the four stages of life. The Circle of Life blanket is used to create the warmth of a sweat lodge and honor the tribal elders, or Wisdom Keepers who pass down the teaching and spiritual direction. Sweet grass smudging is incorporated to cleanse negative energy and is burned with the intention to bring good things and experience the positive way of life. This beautiful ceremony allows you to reconnect with your inner self and keep the sacred wisdom of the Native American culture alive.

60 minutes \$220

### Harmony

Through their intuitive and psychic abilities, your therapist will use a variety of healing techniques to realign the body and energy pathways, promoting health on every level. You will receive a customized guided meditation and an in-depth reading and exploration. Though no massage is involved, this has proven to be one of our most profound and life altering sessions offered.

90 minutes \$275

### Psychic Massage

Following a psychic energy reading to shed light on patterns of the mind that are reflected in the body, your therapist will provide an energy balancing massage to rebalance and release these patterns. This transformational session allows you to let go of fear and unconscious behaviors and leaves you with a new understanding of yourself.

60/90 minutes \$220/\$275

### Body Wisdom

The body has its own wisdom and often tries to tell us when something needs our attention long before we might be aware of it. In deep relaxation your body reveals its messages to you. Your therapist will help you learn to listen to those messages and better understand any symptoms manifesting in your body. This treatment is not a reading, but a guided exploration that requires your active participation. Your reward is discovering a new way to relate to your body.

90 minutes \$275

### Aura-Soma Color Reading

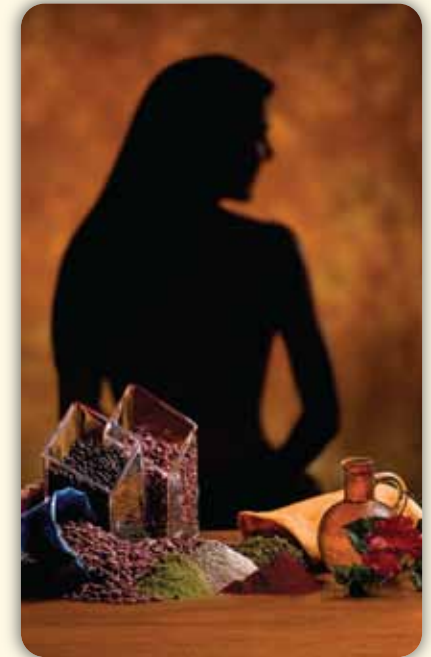
Aura-Soma is a healing system from England based on vibrant, alive plant color, essential oils and flower essences. The colors we are drawn to reveal who we really are, our talents, our gifts and life lessons. Experience an in-depth reading based on your choice of four "Equilibrium Oils." This color reading allows you to understand yourself on a deeper level and supports you to return to balance with your original potential. Our 90-minute session also includes a gentle color balancing massage with one of your Equilibrium Oils.

60/90 minutes \$220/\$275

### Aura-Soma Relationship Reading

This Aura-Soma Color Reading offers ways for couples, business partners or family members to learn to recognize and value each other's unique gifts and qualities. Understanding what it is that you contribute to a relationship and what it is that you can learn from the other person allows more space for respect and enjoyment of each other.

shared 90 minutes \$330



# Mindfulness

These very unique and specialized sessions help guide you to greater understanding of yourself and your true potential.

## Compassionate Communication

A session designed to offer strategies to enhance authentic speech, so that communicating and listening emanate clearly and directly from the heart. During this process, you will learn supportive and nurturing communication methods, as well as enhanced techniques to speak with yourself and others with a more compassionate, open and responsible dialogue. This compassionate communication process frees energy so that one is able to view the self, others, and the world in a more positive light.  
shared 90/120 minutes \$220/\$350

## Circle of Power

The stronger our essence is, the stronger the energy that radiates from us and surrounds us becomes. When a person becomes disconnected from their true essence, their life's journey becomes unauthentic. This session helps an individual recognize when they are not in alignment with their own truth and to honor all aspects of the whole. The three steps of this process are: reclaiming power through sharing one's story and being fully heard, viewing areas of one's life which are not in alignment with one's essence, and finally integrating strategies to allow for a more authentic path of living to unfold. This session empowers guests to reclaim all parts of themselves, even parts they have set aside or not recognized, so they can begin to move from the wholeness of their being in everyday life.  
shared or individual 120 minutes \$350

## Releasing Stress

After a thoughtful and individual assessment of your current life stressors, we will explore techniques and strategies to assist you in reducing the burden that stress can create. Visualization, movement, breath awareness, nutrition and the most current philosophies on managing stress may be utilized.  
60 minutes \$150

## Meditation

Meditation is a daily practice that allows you to relax your mind and body. This experiential consultation will teach you basic meditative principles including posture, breathing and the mental focus needed to help quiet your mind. This session may be booked individually or as a "shared session" for two.  
60 minutes \$150

## Integrative Breathing

Integrative breathing is an exercise that invigorates the body with oxygen, stimulating a sense of well-being. This process activates the liver, spleen, pancreas, and abdominal muscles. On deeper levels, there is an emotional release of negativity and stress, which adds to mental clarity. Beginning with breath control, followed by vibrational sounding and release, this breath session teaches stillness of mind and creates an overall sense of exhilaration.  
60/90 minutes \$150/\$220  
shared 90/120 minutes \$220/\$350

## Journaling

Writing is a powerful way to release unexpressed emotions, find your own voice, draw strength from your past and connect with your subconscious. Learn techniques that reconnect you to yourself, then write your journey in a way that honors and integrates those lessons into your daily life.  
60 minutes \$150

## Vision Board Creation

Create a collage of inspiring images and words to take home with you that will help empower and manifest your goals and wishes for the future. A fun and experiential process that will reveal your heart and soul's desires.  
90 minutes \$220  
shared 120 minutes \$350

## Living with Change: Transition to Transformation

Going with the flow and staying in the present can be challenging in times of change; during this session guests will learn a variety of techniques to help achieve a better place of peace and balance. Inner discovery begins when we recognize that everything changes and that we can learn to be flexible and gain the skills to move through change more efficiently.  
shared or individual 90/120 minutes \$220/\$350

## Hypnosis

Therapeutic Hypnosis is an effective process that allows an individual to enhance both physical and emotional well-being. This technique can be extremely effective for pain and stress relief, smoking cessation, weight loss, relaxation, and increased confidence. Please indicate your focus for the session at the time of booking.  
90 minutes \$275

## Dream Wisdom

Frequently in the midst of change, our dreams can offer profound insight and wisdom. There is an opportunity during this session to listen within and learn to value your dreams, while gaining greater understanding and clarity of your current situation. While not required, guests are advised to take time prior to this session to write down recent and/or recurring dreams to discuss and interpret dream symbols with the facilitator.  
shared or individual 90/120 minutes \$220/\$350

## Past Life Regression

Using hypnosis to induce a deep, restful state, a certified therapist will guide you on an exploration of past life memories that may provide insights into current life issues.  
90 minutes \$275



# Fitness

Whether you want to enhance your physical performance or simply get back in shape, these sessions are tailored to help you attain your fitness goals.

## Strength Training

Whether you seek to begin a new program or tweak an existing one, one of our certified personal trainers will guide you through a customized workout. At the conclusion you'll receive a take-home program so you can continue pursuing your goals after departure. From novice to expert fitness enthusiast, this private session will breathe new life into your exercise program.

60 minutes \$150

## Private Yoga

Whether you are a novice or practice yoga on a regular basis, our yoga instructors can design a yoga session focused on your desired yoga type, skill level and interests. This can be booked as an individual session or a "shared session" for two.

60 minutes \$150

## Love Your Gym

If you have recently joined a gym, or feel as though you aren't getting the most out of your gym membership, spend time with one of our trainers to become comfortable and confident in your gym. From cardio machines to free weights to bands and balls, after this session you will feel comfortable walking into any gym and enjoying a great workout.

60 minutes \$150

## Aqua Fitness

Enjoy a custom-designed workout with less impact on your back, shoulders and knees. This session, which is available individually or as a "shared session" for two, will incorporate stretching, core and strength training in the pool, using water for resistance and comfort.

60 minutes \$150

## Private Pilates

Often referred to as the "power house" of the body, a strong and balanced core provides symmetry, strength and balance for daily activities and athletic pursuits. Using Pilates principles, you will work with one of our certified personal trainers to build, lengthen and strengthen your core muscles as well as improve overall balance and stability. At the conclusion of the session, your trainer will provide you with a customized program to use at home. Please indicate if you want to learn mat or reformer techniques at the time of booking an individual session or a "shared session" for two.

60 minutes \$150

## The Traveler's Workout

Traveling can throw a wrench into any workout ritual. In this consultation, our trainer will help you explore techniques that can be performed on your journeys without gym equipment or weights. Designed to help the traveler stay toned and healthy on the road, this consult will have you saying "bon voyage" to that extra travel baggage in no time.

60 minutes \$150

## Private & Shared Classes

Any of our regularly scheduled fitness classes not listed here can be booked as a private class, either individually or as a "shared session" for two, and will be customized to meet your needs.

60 minutes \$150

Miiamo

a destination spa at Enchantment

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