

## THERAPY

### BODYWALKING

60 min \$170 • 90 min \$215 • 120 min \$275

BodyWalking is one of a kind bodywork. Incredibly, therapeutic deep bodywork. If you like deep transformation bodywork, experience the hypnotic, deep relaxation and Ischemic Compression Technology which allows the body to just let go. Designed by director Tod Miller.

### EXCLUSIVE THERAPY WITH TOD

60 min \$185 • 90 min \$235 • 120 min \$320

## SPA PACKAGES

### REFRESH

90 min \$275

Therapeutic Massage & Prickly Pear Sugar Scrub

### RELAX

90 min \$275

Deep heated steamed herbal awesomeness. This unique proprietary herbal poultice is selected by Director Tod Miller for therapeutic results. Reduce inflammation, promote circulation, relieve joint pain and stiffness & tone the skin. The poultice is combined within a 90 minute therapeutic massage.

\*Poolside Massage: +\$55

\*After Spa Hours: 6:30pm-10pm +\$35,  
10pm-6am +\$90

## TOD MILLER'S SPA & WELLNESS

480.388.7107

info@TodMillerSpaWellness.com

As a respected & fully vetted therapist of Tod Miller's team Pedro, Karen, Donald, Julz, Sheri, Melodi, Dulce, Elisha, Susan will take exemplary care of you and your loved ones.

### Cancellation Policy

Your treatment arrangements and selected appointment times are held exclusively for you.

If you find it necessary to reschedule or cancel, we respectfully request a minimum notification of 24 hours. Cancellations, changes or missed appointments will be charged the full rate of the treatment when notification times are not met.

\* Groups of 4 or more, all sales are final + 20% add on gratuity.

### LIVE FREE

Tod Miller — international health educator, Multi-time IronMan triathlete and founder of The BodyWalking Institute as seen on Shark Tank and The Doctor's — offers one of a kind therapeutic health opportunities in the form of Myopractic, therapeutic massage, BodyWalking, healthy skin care and other unique modalities designed to help you feel and look your best while performing with freedom of movement.



## TOD MILLER'S SPA & WELLNESS

A WELLNESS DESTINATION

OF HUMAN PERFORMANCE

& SELF CARE



## THERAPY

### THERAPEUTIC SIGNATURE MASSAGE

60 min \$160 • 90 min \$210 • 120 min \$265  
15 min \$50 • 30 min \$85 • 45 min \$130

### THERAPEUTIC DEEP TISSUE BODYWORK

60 min \$160 • 90 min \$210 • 120 min \$265

### AROMATHERAPY MASSAGE

60 min \$170 • 90 min \$220

### SAGUARO HOT STONE

60 min \$190 • 90 min \$220

Get deep with the heat of the warm stone.

### SOLE TO SOLE COUPLE'S MASSAGE

60 min \$320 • 90 min \$420 • 120 min \$530  
Our therapeutic couples massage is all about spending quality down time with your loved one. Come out feeling renewed and ready for the day with your partner.

### TURQUOISE SAGE MOUNTAIN ARNICA MASSAGE

60 min \$170 • 90 min \$220 • 120 min \$275  
Added enhancement to reduce inflammation.

### ADD-ONS

The Good Foot (reflexology) • 15min \$50  
Frankincense + Citrus Neck & Scalp Work • \$15 ✿  
Basso Botanicals CBD Massage • \$30 ✿  
Add to any massage.

## BEYOND

### MYOPRACTOR

20 min \$55

Myopractor reestablishes movement to areas of restrictions. Muscle skeletal freedom therapy. Structure under tension moves to the point of least resistance.

### MIMOSA YOGA WITH JULZ\*

\$45

Friday, Saturday & Sunday 9:15am east wall, Picante pool.  
Highly therapeutic yoga with or without the Mimosa. Fun factor enhanced

### PRIVATE YOGA PRACTICE WITH JULZ

\$165

\*For yoga services, pre-registration and 6 participant minimum are required.

### PREGNANCY MASSAGE

60 min \$160

We utilize The Body Support Cushion system for comfort and support. Mommy-to-be is able to lie comfortably on her stomach & relax away her aches & tension.

### POOLSIDE SOLE TO SOLE COUPLE'S MASSAGE

60 min \$375 • 90 min \$475

## SKIN + BEYOND

### SIGNATURE DEEP CLEANSING FACIAL

60 min \$165

This deep-cleansing facial is customized for your skin type. This facial includes a gentle exfoliation to remove dull surface skin cells, deep pore cleansing, facial massage as well as serum and masque to rejuvenate and nourish.

### EXPRESS FACIAL

30 min \$120

Get a deep cleanse, tone, exfoliate & moisturize – all within 30 minutes. It will leave your face feeling refreshed & clean.

### COWBOY FACIAL

60 min \$165 • Express \$120

HEY, GUYS! This one is for you. Facials help to promote deep cleansing, exfoliating, & moisturizing - with the relaxing benefits of a massage. Designed for your skin, with Bourbon enzyme.

### DESERT SALT GLOW BODY POLISH

75 min \$265

Therapeutic skin care & body work in one awesome treatment, including essential oils. Utilizing dry brushing, exfoliating salt scrubs, ultra rich Jojoba, & ultra rich cream.

