



Enhance your Sedona stay with the perfect complement... treat yourself and your loved ones to our luxurious Spa Treatments.

Each of our all-inclusive Signature Massages, Body Wraps, Facials & Spa Treatments are individually designed to re-ignite, nurture and balance your body's own natural healing rhythms.

In creating a personalized spa service especially for you, your well-being is our most important guide. Licensed, highly experienced massage therapists, world class modalities, superior healing therapies and a personal, 15 min. pre-treatment consultation with your therapist all come together with one intent: to perfectly soothe, relax & renew your body, mind and spirit.



All A Spa for You spa sessions include individually custom-blended therapeutic modalities, exquisitely warm rocks, Simple Path Organic Skin Care products & doTERRA® 100% pure essential oils.

"Whether you're a Spa Connoisseur, or ready to receive your first massage experience, it will be our pleasure to ensure that yours will be the memorable highlight of your Sedona day."

Thea Draaisma, Founder & Spa Director

**Sessions by Reservation Only, Please contact us at:
(928) 282-3895 or, thea@aspaforyou.com**

**A Spa for You is Grateful & Honored to have been awarded
TripAdvisor's Travelers' Choice for 14 Consecutive Years**



[Website](#)



[14 Consecutive Years](#)



[Accepted](#)



[Directions](#)

(For our full sessions listing please visit www.aspaforyou.com)

Just a few of our many Individually Customized Sessions...

Your Sedona Experience: Begins with your own personalized combination of Swedish, Therapeutic, Connective Tissue, Deep Tissue, Trager® Approach and Mana Lomi with hot rocks & cool marble stone highlights and an optional gemstone Chakra / Polarity balancing. 15+60 min: \$130 / 15+90 min: \$180

Sedona Glow: Choose a single modality or combination of Swedish, Therapeutic, Connective Tissue, Cranial Sacral, Reflexology (foot and hand massage), Reiki and Jin Shin Jyutsu, with hot rock & cool marble stone highlights and design the hue of your own Glow. 15+60 min: \$130 / 15+90 min: \$180

The Aroma Touch of Healing: Leave it all behind and be transported through the healing aromatic passage of this powerfully therapeutic and rejuvenating session. Massage & 8 essential oils exquisitely release your body's stress, support your overall sense of well-being and gently deliver you to your final destination of Harmony and Bliss. 15+60 min: \$145 / 15+90 min: \$190 / 15+120 min: \$245

Jin Shin Jyutsu: This quiet, powerful and profound therapeutic modality, combined with essential oils, balances your body's energies, facilitates it's own extraordinary healing capacity and promotes optimal health. Individualized to relieve and reverse acute, or chronic physical & emotional imbalance. 15+60 min: \$130

Aromi di Lucca: Fusing Aromatherapy with all six of the modalities of a Classical Swedish Massage (the one you've never received), this Mediterranean inspired nouvelle massage starts with your choice of essential oils and finishes with the touch of heated basalt stones. 15+60 min: \$145 / 15+90: \$190

Desert Waves: Your Southwest Spiritual Sojourn flows along healing Native American essential oils on the path of release & breath. Tensions, stress & aches drop away along your journey of customized massage, heated stones and soothing elongation effortlessly guiding you back to balance. 15+60 min: \$145 / 15+90: \$190

Japanese Facial Massage: This ancient and truly unique 100% botanical anti-aging facial balances, strengthens and tones facial muscles; naturally reversing age lines, sagging, wrinkles & environmental damage by optimizing natural cellular turnover. Neck, head & shoulder massage included. 15+60 min: \$145 / 15+90: \$190 ...Or **Sedona Touch of Gold** a head-to-toe nurturing journey of personally focused massage, Jin Shin Jyutsu / Reiki, Japanese Facial w/ **24 karat gold** & more: 15+120 min: \$245

Romancing a Stone: Sedona's premier hot rock massage. Warmed basalt rocks polished smooth by ocean surf and cool marble stones from sparkling mountain streams lend their subtle energies to soothe muscles & relieve tensions in this completely rejuvenating full body massage. 15+60 min: \$145 / 15+90 min: \$190

Lafemation Unwinding Wrap: Discover the nothingness between you and complete relaxation. A rejuvenating dry brush exfoliation, followed with a warm mind/body balancing emulsion body-wrap, reflexology, heated basalt rocks (or cool marble stone) and a lotion hydrating finale. 15+90 min: \$190 / 15+120 min: \$245

Ahead of the Curve: An all natural, full body cellulite reduction treatment with special focus on back legs, thighs & glutes - leaving you relaxed and your skin luxuriously moist, supple & smooth. A dry brush lymphatic flow exfoliation is followed by a focused warm Bamboo Lemongrass scrub, with connective tissue, deep effleurage, hot rocks & botanical Cellulite Reduction Balm finish. 15+90 min: \$190 / 15+120 min: \$245

Ayurvedic Abhyanga: The ancient, sacred warm oil massage developed for royalty. Invigorating, while deeply relaxing, this treatment promotes the lymphatic system & moisturizes the skin, balancing the mind, body & soul. 15+90 min: \$190 / 15+120 min: \$245

Prenatal Nurturer: Our Mother-to-be's favorite... Release your tensions and let the gentle touch of specially certified, experienced hands bring a soothing and relaxing compliment to this nurturing time of your life. 15+60 min: \$130 / 15+90 min: \$180

Couples Sessions: Individually Customized Couples Sessions are available as either Simultaneous or, Back-to-Back sessions at the same as your single sessions' total pricing.