

# SPA AIYANA

EXPERIENCE  
GUIDE



SPA AIYANA *at*  
CARMEL VALLEY RANCH



## TO RELAX, REJUVENATE, AND RENEW YOUR BODY AND MIND

Spa Aiyana's inspiration unfolds with each passing season, allowing us to provide guests with uniquely cultivated products that showcase the craft of our customized spa rituals.

The abundance of florals, herbs, and botanicals that dot the landscape of Carmel Valley Ranch is truly a gift: Our natural harvest is continuously cultivated and renewed, and it is infused into each and every experience.

We invite you to take time out from your play to linger and explore, relax and unwind, and savor all that Spa Aiyana has to offer.

For reservations or to connect with our spa team, please call 831.275.1560.

# HYPNO-HEALTH & WELL-BEING

You've come to Carmel Valley Ranch to play and relax; why not extend the benefits of your hard-earned vacation with a Hypno-Health: Wellness for Mind & Spirit treatment at Spa Aiyana? The gentle hypnotherapy method of our in-house hypnotherapist, Dr. Bee Epstein-Shepherd, is a fast and effective way to instantly reduce stress and to promote deeper, sounder sleep or weight wellness. She'll also give you a recording of your hypnosis, so you can use it as guidance for self-hypnosis and reinforcement at home.

## **SLEEP WELLNESS**

60 MIN/ 380 | 80 MIN/ 505

Stress less and sleep better. Stress interrupts sleep, slows the healing process, speeds up aging, and compromises our ability to feel and perform at our best. Now you can de-stress in a matter of minutes with an innovative treatment that promotes sleep wellness and leaves you relaxed, calm, and free of muscle tension.

## **WEIGHT WELLNESS**

60 MIN/ 380 | 80 MIN/ 505

(INCLUDES "VIRTUAL GASTRIC BAND")

Are you someone who always is just five to 15 pounds heavier than is best for you? Or perhaps you are a professional dieter—do you feel like you have tried every diet and failed at most of them? Hypnosis can end the yo-yo dieting and keep you at a healthy weight.

Numerous clinical studies have proven that hypnosis is amazingly effective in helping weight loss. In fact, when hypnosis supports a weight-control program, long-term success is more likely.

## **MIND WELLNESS**

60 MIN/ 380 | 80 MIN/ 505

Detox mentally and stress less. You can detox your body inside and out with cleanses, scrubs, diet changes, and massages. But how do you clear your mind? Mental detox—exclusively offered at Spa Aiyana with Dr. Bee—is a revolutionary treatment that uses hypnosis to reduce stress and anxiety while you learn to bring calm and clarity to your thoughts.

# FACIALS & SKINCARE

Spa Aiyana is an authorized retailer of Biologique Recherche and Arcona. Learn more about our exclusive brands below.

## **BIOLOGIQUE RECHERCHE: A HERITAGE OF UNIQUE SAVOIR-FAIRE**

Founded in the late 1970s by a family of artisanal skincare experts, Biologique Recherche came about through the passion of biologist and physiotherapist duo Yvan and Josette Allouche. Their consummate savoir-faire and visionary approach underpin the brand's reputation for effectiveness and outstanding products.

They devised an exclusive, customized methodology of cosmetic treatments adapted to every Skin Instant© and based on products with a high concentration of active ingredients. Biologique Recherche operated as a research and development lab, focusing exclusively on formulating products for beauty professionals who were disappointed by the products available at that time.

## **DISCOVER THE BIOLOGIQUE METHODOLOGY**

ARCONA is known and respected for its high-quality, pure formulations, and their unparalleled ability to make a positive change to the skin. Under the creative leadership of owner, product formulator, and esthetician Chanel Jenae—in concert with a team of professionals whose expertise and commitment equal her own—ARCONA is dedicated to creating the most effective skincare.

ARCONA products are infused with cosmeceutical-grade ingredients such as high concentrations of antioxidants, enzymes, growth factors, peptides, and retinols. Active ingredients are processed and our products are manufactured according to scientifically tested, state-of-the-art, chirally correct technology. These are bio-compatible ingredients that the skin can recognize and utilize. We use high percentages of actives at the appropriate pH to deliver visible results.

All ARCONA products are Leaping Bunny certified cruelty-free by the CCIC.

**Call Spa Aiyana to book your skin evaluation or experience.**

# FACIALS & SKINCARE

## HYDRAFACIAL

The HydraFacial™ is a revolutionary, non-surgical procedure instantly delivering smooth, hydrated skin through a process known as “hydradermabrasion.” It turns a new page in non-invasive skin resurfacing and skin rejuvenation. The HydraFacial™ treatment removes dead skin cells and extracts impurities, while simultaneously bathing the new skin with cleansing, hydrating, and moisturizing serums for a refreshed, revitalized complexion.

Designed to address all skin types and a variety of issues—including fine lines, acne, hyperpigmentation, and rosacea—HydraFacial™ is the soothing, non-irritating alternative to microdermabrasion and ideal for those with thin, sensitive, or ethnic skin. Refreshing and immediately effective, it will leave you with a beautiful, glowing complexion.

### HYDRAFACIAL™ ESSENTIAL

50 MIN/ 270

Our most popular HydraFacial™ treatment takes results to the next level with the addition of lymphatic drainage, a soothing mask, and scalp massage. Lymphatic drainage promotes relaxation and stress reduction, flushes out toxins from the body, and strengthens the immune system, while helping to remove impurities and bring clarity to the mind.

### OXYGEN INFUSION FACIAL

50 MIN/ 270

A revolutionary skincare treatment simultaneously infusing moisture, vitamins, and antioxidants into the skin via cooling, calming topical hyperbaric oxygen. Designed to smooth skin, soften eye contours and provide dramatic age-defying results you can feel and see immediately.

### HYDRAFACIAL™ PRESTIGE

80 MIN/ 380

Technology meets luxury in this transformative 80-minute facial that includes the neck and décolletage. The immediate, visible results of the HydraFacial™ become even more dramatic when accompanied by LED light and DermaBuilder, as LED light therapy stimulates collagen production and the exclusive DermaBuilder plumps skin. This uniquely formulated combination of peptides remarkably smooths the appearance of fine lines and wrinkles, enhances skin elasticity, and evens skin tone. A relaxing scalp massage completes the treatment, leaving you restored and your skin renewed.

# FACIALS & SKINCARE

## EUROPEAN FACIALS

### THE BIOLOGIQUE RECHERCHE FACIAL

80 MIN/ 375

A completely personalized wellness experience exclusively designed to provide an instant lifting effect for skin regeneration that hydrates, tightens, and protects. Using a specialized sequence of European massage techniques and a highly effective proprietary combination of active ingredients, the skin is instantly transformed.

*\*Per the Biologique Recherche Methodology, this facial does not include steam or extractions.*

### REBALANCING DEEP CLEANSE

50 MIN/ 195

An advanced, deep-cleansing facial is the perfect antidote for unbalanced, problematic skin (excellent for teens). It utilizes all-natural cranberry exfoliators to remove impurities and relieve pore congestion. Our gentle but very effective methods prevent skin from becoming inflamed, discolored, or scarred.

### MEN'S ORGANIC

50 MIN/ 195

A one-of-a-kind facial treatment designed especially for the challenges and conditions of a man's skin. Our unique process relaxes, tones, and purifies, utilizing a lactic peel with a deep cleanse and producing powerful results for him. Includes a sleep-inducing facial massage.

### ORGANIC FRUIT ENZYME PEEL

50 MIN/ 195 | 80 MIN/ 260

This pure enzyme peel provides excellent cellular renewal for sun-damaged, aged, and dull-looking skin—it is an activating yet soothing treatment that cleanses and restores your skin to its natural balance. Organic fruit enzymes dissolve dead skin and cleanse pores, thereby stimulating the dermis to create more collagen and elastin without the harsh side effects of a chemical peel.

### NuFACE LIFT & TONE

50 MIN/ 195

Known as “Pilates for your skin,” this facial workout begins with a cleanse and deep exfoliation to remove the remnants of years past. De-aging begins with the low-level, soft-wave therapy of the NuFACE microcurrent device. Roll back the hands of time and reveal firm, toned, and rejuvenated skin with this 50-minute non-surgical face lift.

### SKIN ESSENTIALS

50 MIN/ 195 | 80 MIN/ \$260

This European-style facial is ideal for those who desire luminous, hydrated, and firmer skin. Two custom applications for deep cellular hydration and anti-aging repair skin imperfections and provide free-radical protection. This treatment promotes collagen synthesis for a visibly radiant complexion.



## BODY THERAPIES

### BEE BEAUTIFUL

80 MIN/ 290

This experience begins with a warm lavender oil application followed by a honey and calendula body buff. As the honey and calendula heal and moisturize, we wrap you in a warm cocoon and offer a facial massage with our royal jelly exfoliating polish and honey aloe purifying mask. After removal of the face and body masks, finish with a luxurious honey shea butter massage.

### ETERNAL BLOSSOM BODY ESSENCE

80 MIN/ 290

Begin with our Aiyana cream body polish, scented with jasmine and neroli oils, for gentle skin buffing. A whipped shea butter cream and flower-laden wrap with steamy, warm towels follows, infusing nutrients into your skin. Fragrant neroli serum and a fruit mask hydrate and refine the face, while a warm jasmine scalp massage helps hair shine with royal radiance.

### ROSEMARY FOAMING BODY BUFF

50 MIN/ 205

An experience designed to create glowing skin with full natural radiance. Using our ultra-fine, mineral-rich salts and a unique jojoba wax glaze, this luxurious herbal exfoliation includes a relaxing classic scrub, followed by an application of our signature body lotion.

### SHEA BUTTER BODY WRAP

80 MIN/ 290

A foaming rosemary foot polish gently buffs and refreshes tired feet and toes before a gentle full-body exfoliation using pure cane sugar drenched in skin-healing jojoba and lavender oils. A soothing wrap of our signature lavender and whipped shea body butter follows, as well as an energy-point facial massage with vitamin-infused orange blossom serum.

### HERBAL VITALITY

110 MIN/ 395

This therapy targets the respiratory, immune, and adrenal systems for those in need of an energy boost. Hot stones bring heat deep into the muscles while the thermal effects of the stones vaporize aromatic oils and infuse the air. An herbal salt scrub of rosemary, sweet marjoram, and mint purifies and prepares the body for our signature body lotion.

# MASSAGE THERAPIES

## RANCH ALCHEMY MASSAGE

50 MIN/ 195 | 80 MIN/ 260 | 100 MIN/ 380

Your custom massage, crafted to your mood and mode of play for the day. Your therapist blends the perfect essential oils based on your chosen alchemy card.

## LAVENDER GARDEN SWEDISH

50 MIN/ 195 | 80 MIN/ 260 | 100 MIN/ 380

Light or moderate, your pressure preference is tailored to your individual desire. This massage is performed in the classic Swedish style utilizing effleurage and kneading techniques for renewed energy.

## LAVENDER GARDEN WITH REFLEXOLOGY

50 MIN/ 195 | 80 MIN/ 260

Mapping the pressure points of the face, hands, feet, and scalp, this restorative combination of Swedish and acupressure massage provides the perfect antidote to the stresses of the day.

## ARNICA THERAPEUTIC MASSAGE

50 MIN/ 195 | 80 MIN/ 260 | 100 MIN/ 380

This deep-tissue massage combines our signature arnica blend with classic combinations of sports stretches and targeted muscle work—restoring mobility and vitality with body warming and muscle release.

## MOTHER-TO-BE MASSAGE

50 MIN/ 195 | 80 MIN/ 260

A comforting maternity massage for those within the second and third trimesters. This massage helps alleviate tension in high-stress areas and relieves discomfort in the lower back, hips, shoulders, legs, and feet.

## HERBAL HOT ROCKS

50 MIN/ 195 | 80 MIN/ 260 | 100 MIN/ 380

Warm herbal oil applied to skin helps relax the body, while smooth, hot basalt rocks are used to melt knotted muscles. Lengthening stretches and pressure-point holds on the head and scalp melt away tension.

## SWEET LAVENDER POULTICE MASSAGE

50 MIN/ 200 | 80 MIN/ 260

A warm steam-infused lavender poultice coaxes your muscles into relaxation through a blend of hot presses and stretches. The treatment concludes with a luxurious full-body massage using our custom-crafted lavender oil blend.

## FLORAL MIST MASSAGE

50 MIN/ 200 | 80 MIN/ 260

This luxurious twist on Swedish and Lomi-Lomi-style massage uses our jasmine and orange blossom oil to charm the senses and uplift the spirits. During the massage, a fine mist of pure flower hydrosols fall onto the skin like a fragrant breath. Aromatic hydrosols are blended with the oil, creating a natural lotion that hydrates and heals in the process.

## PURE BALANCE MASSAGE

80 MIN/ 260

Using seven luxurious oil blends that are vibrationally attuned to each of the seven vital energy centers in the body, this treatment lulls you into a deep state of relaxation. A highly intuitive massage for the spa aficionado.

## COUPLES MASSAGE

50 MIN/ 195 | 80 MIN/ 260 | 100 MIN/ 380

\*PRICES ARE PER INDIVIDUAL SERVICE

Share this hypnotic massage and luxuriate in a beautiful couples suite together as a blend of essential oils harvested at The Ranch awakens the senses and uplifts the spirit. To learn more about massage therapies available for couples, please inquire with our Spa Experience Coordinator.

# FINISHES & FIXES

Enhance your Aiyana experience by adding to your massage therapy or skincare.

## **FACIAL AND BODY WAXING**

*Booked by time in 15-minute increments  
based upon area(s) desired:*

UPPER LIP OR CHIN/ 30

BROW/ 45

UNDER ARM/ 45

BASIC BIKINI/ 65

BACK/ 105

FULL LEG/ 105

BRAZILIAN (men and women)/ 145

## **LAVENDER FIELDS HOT OIL**

### **HAIR AND SCALP MASSAGE**

25 MIN/ 95

Soothing, hypnotic scalp massage with warm lavender oil bringing healthy shine and luster to your hair.

*\*Service can be added to any 50- or  
80-minute experience*

## **PARAFFIN HANDS & FEET**

35

Paraffin is a natural emollient, helping make skin supple and soft.



One Old Ranch Road, Carmel, California 93923 [carmelvalleyranch.com](http://carmelvalleyranch.com) [@carmelvranch](https://www.instagram.com/carmelvranch)  
TEL 831.625.9500 FAX 831.624.2858 RES 855.687.7262