

SPA AIYANA

EXPERIENCE GUIDE



SPA AIYANA *at*
CARMEL VALLEY RANCH

A SPACE TO UNWIND, RECHARGE, AND NURTURE YOUR BODY AND MIND

Spa Aiyana draws inspiration from the land and traditions of Carmel Valley, honoring the region's deep connection to balance and restoration.

Guided by the rhythm of the seasons, the spa's treatments evolve throughout the year and feature thoughtfully cultivated ingredients sourced directly from the Ranch.

To plan your visit or connect with our spa experience team, please call 831.275.1560 or email spa@carmelvalleyranch.com.

At Spa Aiyana, all prices in our Spa Experience Guide are inclusive of a 20% Staff Charge, which is shared with your service provider and our supporting spa team.

FACIALS & SKINCARE

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

BIOLOGIQUE RECHERCHE

Founded in the late 1970s by a family of artisanal skincare experts, Biologique Recherche reflects the pioneering work of biologist and physiotherapist duo Yvan and Josette Allouche. Their consummate savoir-faire and visionary approach underpin the brand's reputation for highly effective, results-driven formulations. At the heart of the brand is a personalized methodology that combines high concentrations of active ingredients with advanced skin diagnostics, including the non-invasive Skin Instant© Lab, to tailor treatments to each individual's needs. Originally operating as a research and development laboratory for skincare professionals seeking effective solutions, Biologique Recherche continues to uphold this legacy through its renowned, results-oriented methodology.

ARCONA

ARCONA is celebrated for its pure, high-quality formulations and its ability to deliver visible, lasting improvements 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 effective skincare. ARCONA products are infused with cosmeceutical-grade ingredients, such as high concentrations of antioxidants, enzymes, growth factors, peptides, and retinols. Its 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. The brand relies on high percentages of actives at the appropriate pH level to deliver visible results. All ARCONA products are Leaping Bunny-certified cruelty-free by the CCIC.

LAUREL SKIN

LAUREL SKIN was founded by Laurel Shaffer, a formulator, herbalist, and self-described plant communicator whose personal journey inspired her to create a line rooted in organic, raw, and unrefined whole-plant ingredients. Rich in diverse antioxidants, vitamins, and nutrients, these botanicals form the foundation of a philosophy that honors the extraordinary intelligence of nature. Shaffer believes no synthetic ingredient can rival the intricate and powerful science found in whole plants. The brand's commitment to well-being and beauty begins with the soil itself, ensuring every ingredient is thoughtfully and responsibly sourced. Laurel Skin follows each ingredient from seed to harvest, honoring the natural rhythms of growth and production. From a full growing season in the field to months of careful infusion and the meticulous hand-bottling of each batch, the process is intentionally slow and mindful.

HIGH-TECH FACIALS & SKINCARE

*All pricing inclusive of a 20% service charge.

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/ 342*

Our most popular HydraFacial™ treatment takes results to the next level with the addition of a soothing mask and scalp massage. The treatment cleanses and exfoliates the skin, while infusing the skin with hydration.

HYDRAFACIAL™ PRESTIGE

80 MIN/ 474*

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 lymphatic drainage, 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 scalp massage completes the treatment, leaving you restored and your skin renewed.

INTRACEUTICALS™

Renowned for their diverse range of formulas meticulously crafted to address various skin needs, Intraceuticals Oxygen Facials are highly acclaimed non-invasive treatments designed to elevate and transform your skin in just one session with remarkable benefits and rapid results without downtime.

INTRACEUTICALS™ OXYGEN INFUSION FACIAL

50 MIN/ 342*

This revolutionary, non-invasive skincare treatment simultaneously infuses moisture, vitamins, and antioxidants into the skin via cooling, calming topical hyperbaric oxygen. It is designed to smooth skin, soften eye contours, and provide dramatic age-defying results you can see and feel immediately. An ideal option before any special occasion.

FOUNDATIONAL FACIALS & SKINCARE

*All pricing inclusive of a 20% service charge.

THE BIOLOGIQUE FACIAL

80 MIN/ 474*

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. Our most high-touch and bespoke European facial utilizes no steam during this service as per Biologique Recherche's savoir-faire methodology.

AIYANA PRINCIPAL FACIAL

110 MIN/ 510*

Experience the best of Spa Aiyana with this signature facial, where advanced technology meets hyper-local ingredients and European skincare techniques. Your journey begins with a customized organic enzyme peel to gently rebalance the skin, followed by HydraFacial extractions. Hyperbaric oxygen then infuses vitamins, hyaluronic acid, and antioxidants, while a lymphatic massage supports circulation and renewal. A restorative collagen hydrogel mask completes the treatment, leaving skin deeply nourished. To extend the glow at home, you'll receive a personalized hydrogel mask.

THE FOUNDATIONS FACIAL

50 MIN/ 252* | 80 MIN/ 372*

This essential European-style facial is ideal for those who desire radiant, hydrated, and firmer skin. Two custom applications for deep cellular hydration and anti-aging work to repair skin imperfections and provide free-radical protection. This treatment promotes collagen synthesis for a visibly radiant complexion and utilizes steam for a deep-pore refresh as per classic European protocol.

REFINE & REBALANCE FACIAL

50 MIN/ 252*

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.

BIODYNAMIC FACIAL

50 MIN/ 252* | 80 MIN/ 372*

A powerful nod to the seed-to-bottle approach and a true farm-to-treatment-table facial. This phytonutrient-rich ritual nourishes the skin with herbalist-crafted whole-plant infusions, delivering hydration, vitamins, and ceramides while restoring balance. Customized plant-medicine blends address individual skin concerns for a deeply personalized experience. The treatment includes a cleansing ritual, targeted exfoliation, somatic facial massage, and a restorative mask. The 80-minute experience also features a décolletage, shoulder, and scalp massage.

ORGANIC ENZYME FACIAL

50 MIN/ 252* | 80 MIN/ 372*

This highly tailored pure enzyme facial provides 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, stimulating the dermis to boost collagen and elastin without harsh side effects of a chemical peel.

GENTLEMEN'S TRUE GRIT

50 MIN/ 252* | 80 MIN/ 372*

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.

BODY THERAPIES

Experience the Ranch's own harvest in our farm-to-treatment approach with fresh, organic ingredients combined with excellent bodywork for an unforgettable experience at Spa Aiyana.

*All pricing inclusive of a 20% service charge.

AIYANA REVIVAL

80 MIN/ 372*

Begin with our eternal blossom cream body polish, scented with jasmine and neroli oils, for gentle skin buffing. A whipped shea butter cream and flower-laden wrap with warm, steamy towels follow, 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.

BEE BEAUTIFUL

80 MIN/ 372*

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, you're wrapped in a warm cocoon and offered a facial massage with our royal jelly exfoliating polish and honey aloe purifying mask. After removal of the face and body masks, the treatment finishes with a luxurious honey shea butter massage.

HERBAL VITALITY

110 MIN/ 510*

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.

RANCH BUFF

50 MIN/ 252*

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.

MASSAGE THERAPIES – CLASSICS

*All pricing inclusive of a 20% service charge.

COUPLES EXPERIENCE

50 MIN/ FROM 252* PER PERSON
80 MIN/ FROM 372* PER PERSON

Time spent well together. 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 and body therapies available in our couples suite, please inquire with our Spa Experience Coordinator to create a personalized couples experience.

LAVENDER SWEDISH MASSAGE

50 MIN/ 252* | 80 MIN/ 372* | 110 MIN/ 504*

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.

ARNICA THERAPEUTIC MASSAGE

50 MIN/ 252* | 80 MIN/ 372*

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.

HERBAL HOT ROCKS MASSAGE

50 MIN/ 252* | 80 MIN/ 372*

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.

PRE AND POSTNATAL MASSAGE

50 MIN/ 252* | 80 MIN/ 372*

A comforting massage supporting mothers in the four trimesters of pregnancy and postpartum. This massage helps alleviate tension in high-stress areas and relieves discomfort in the lower back, hips, shoulders, legs, and feet. Please note that all our maternity services in the first, second, and third trimester are sidelining to support mom and baby. Fourth trimester and postpartum services may be a combination of both, sidelining or face up/down based on the comfort level of the mother. This treatment is supported with a specialty massage blend designed for motherhood.

MASSAGE THERAPIES – SIGNATURE

*All pricing inclusive of a 20% service charge.

CANNABIDIOL (CBD) CALMING MASSAGE

50 MIN/ 276* | 80 MIN/ 396*

Savor the calming essence of this massage with the enhanced lavender cannabidiol oil. A spot infusion of the Muscle & Joint Salve allows the anti-inflammatory properties to be optimally absorbed into the body. You will experience relief from body aches, pain, muscle soreness, and inflammation.

SWEET LAVENDER POULTICE MASSAGE

50 MIN/ 276* | 80 MIN/ 396*

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

RANCH ALCHEMY MASSAGE

50 MIN/ 276* | 80 MIN/ 396*

Your bespoke farm-to-treatment-table massage is crafted to your mood and mode of play for the day. Your therapist blends the perfect essential oils based on your chosen alchemy card, and you get to take your own blend home after your massage has concluded.

ELEVATE

*All pricing inclusive of a 20% service charge.

Elevate your 50- and 50-minute Spa Experiences to the next level.

LAVENDER FIELDS FOOT REFRESH

25 MIN/ 120*

Restorative and relaxing foot treatment that gently exfoliates and refreshes your feet.

LAVENDER FIELDS HOT OIL HAIR AND SCALP MASSAGE

25 MIN/ 120*

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

COLLAGEN HYDROGEL FACE MASK

72*

Brighten and lift skin with a richly hydrating collagen mask.

COLLAGEN HYDROGEL EYE MASK

36*

Refresh and de-puff under eyes with an age-defying treatment.

TAILORED EXPERIENCES

*All pricing inclusive of a 20% service charge.

Revel in our tailored full- and half-day experiences, which were designed to bring the utmost vibration to you, the Spa Aiyana way. Enjoy a preferred rate with a 15% savings.

ETERNAL BLOSSOM (Full-Day Experience) | \$1,129

Savor the best we have to offer by experiencing the Aiyana Principal Facial (110 minutes), the Aiyana Revival Body Treatment (80 minutes), and a bespoke 50-minute session with Amanda Mai from our Hypno Health and Well-being portfolio. It's the ultimate way to spend your day.

RANCH RESTORATION (Half-Day Experience) | \$653

Enter into a restorative pattern of well-being with this half-day retreat for all the senses. Start off with our Cannabidiol Calming Massage (80 minutes) and follow with our Biodynamic Facial (80 minutes) for this half-day treat from head to toe!

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 Amanda Mai, board-certified holistic health practitioner and certified hypnotherapist, 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.

There is no service charge on hypnotherapy sessions.

SLEEP WELLNESS

50 MIN/ 430 | 80 MIN/ 530

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

50 MIN/ 430 | 80 MIN/ 530 (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

50 MIN/ 430 | 80 MIN/ 530

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 Amanda Mai—is a revolutionary treatment that uses hypnosis to reduce stress and anxiety while you learn to bring calm and clarity to your thoughts.

CREATIVE BREAKTHROUGH

50 MIN/ 430 | 80 MIN/ 530

Gain confidence, clarity, and flow with your creative endeavors. If you've hit a creative plateau, feel blocked, confused, or uninspired, this session can help you unveil the discord, provide a welcome breakthrough, new insights, "aha" moments, and the roadmap to your creative success. Tap back, spark and embody your creative flow, and find alignment. You will leave the session feeling inspired and in sync with your creative spirit.

SPA AIYANA ETIQUETTE: A WORLD OF CALM

Welcome to your moment of pure renewal at Spa Aiyana, a place to unwind, exhale, and reconnect with the rhythms of nature. To help ensure a serene experience for all, please observe the following etiquette during your visit.

ARRIVE EARLY, EASE IN

We recommend arriving 15–30 minutes before your service to check in, slip into a robe, and ease into a state of relaxation. If you're having a facial, visiting the steam room beforehand is the perfect prelude to radiant skin. Note that your service may be shortened if you arrive late.

UNPLUG + UNWIND: A NO-PHONE-ZONE

Our sanctuary of stillness is best enjoyed with your phone left in your locker. At a minimum, please silence your device and refrain from taking calls or using it in communal spaces.

RESPECTFUL QUIETUDE

Our relaxation areas are designed for reflection and calm. Please keep conversations soft and mindful, allowing fellow guests to savor the peaceful environment.

CLEANSE BEFORE YOU SOAK

Please shower before using the steam room, soaking tub, and other shared amenities. It is a gesture of respect for the shared space.

LET US KNOW WHAT YOU NEED

Your comfort is our priority. If you have preferences around pressure, temperature, or music—or if you experience any discomfort—please tell your provider.

SAVOR THE AFTERGLOW

Following your treatment, feel free to linger—sip a cup of tea, breathe deeply, and soak in the serenity. Let the benefits of your experience settle in before returning to the outside world.

Thank you for your assistance in honoring these practices, which help preserve the peaceful spirit of Spa Aiyana.



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