



# NARANDE SPA







In Japanese, Narande (naRONday) means “alongside flowing water. In the desert, there’s nothing more precious than flowing water...and water has always been a source of well-being. Early health retreats took their name (spa) from *Salud Par Aqua* or “health by water.”

Honoring the tradition of water as a key to relaxation, Narande is an ideal place to enjoy a refreshing escape from everyday life.

All over the world, celebrated destination spas offer a leisurely experience for guests with plenty of time for pampering. But for those who may not have time for an extended spa vacation, Narande offers an equally refreshing opportunity to enjoy rejuvenating pleasures and treatments.

For an experience of renewal and restoration amidst a busy world, Narande is the natural choice.

# SPA INFORMATION

## RESORT GUEST MEMBERSHIP

Guests at The Buttes who reserve a spa treatment are entitled to complimentary use of the spa facilities including the fitness center, swimming pool, sauna and locker facilities. Spa guests must be age 16 or older. For children under 16, ask the resort concierge about special programs.

## SPA HOURS

Spa Services M – Sat 9am - 8pm • Sun 9am - 6pm

Salon Services M – Sat 9am - 8pm • Sun 9am - 6pm

Fitness Facility 24 hours

## GRATUITIES

Gratuities are not included in the price of Spa services. In appreciation for outstanding service, gratuities may be given to the staff at your discretion.

## RESERVATIONS & CANCELLATIONS

Booking your Spa reservations in advance is strongly recommended. Please call the Spa directly at 602.431.2357 or ext. 2357.

We strictly adhere to the Spa cancellation policy. If you must reschedule or cancel an appointment, as a courtesy to other guests and our therapists, please advise us four hours in advance to avoid being charged for the scheduled service. For cancellation of a package, 24-hour notice is required.

## SPA ETIQUETTE

To ensure that you and those around you reap the full benefits of the Spa experience, we suggest the following:

- Arrive early. Arriving late is a breach of etiquette and will cheat you of precious minutes of your Spa service. Remember, your service will end on time so that the next client isn't delayed, regardless of how late you start.
- Respect other guests. The Spa environment is one of tranquility and relaxation, so respect the other guests' right to privacy and quiet.

Cell phones, pagers and smoking are prohibited.

## SPA CUISINE

The Market Café at the Buttes offers spa cuisine specialties as healthful as they are delicious. These can be enjoyed during your Narande treatment at the spa, or in the sunny café overlooking the waterfall.

## MORE INFORMATION

See "How To Spa" at the end of this directory.

\*Inquire about our seasonal spa specials\*

# SPA PACKAGES

For your convenience, all packages include a 20% gratuity.

## NARANDE RETREAT

This refreshing package is designed to renew the weary traveler. Begin with a 50-minute Narande Custom Massage to bring your body and mind to a relaxing state of bliss, and then enjoy a 50-minute Narande Custom Facial to restore your natural glow. Finish your spa retreat with a Narande Manicure and Pedicure, and enjoy your renewal of well-being!

- Approximately 4 hours –

## NARANDE NIRVANA

This personalized package is designed to renew the spirit and relax the mind. Allow yourself to drift into a blissful state with your choice of a 50-minute massage, and then enjoy one of our 50-minute signature body treatments. Finish the day with a 50-minute custom facial.

- Approximately 3 hours –

## MOTHER-TO-BE

This package is specifically designed to take care of the mother-to-be. Start with a full-body Maternity Massage, followed by a Custom Facial. Then move into the Salon where you'll receive a cooling pedicure to assist with the circulation in your legs. Finish the pampering with a manicure. You will look more radiant and feel wonderful too.

- Approximately 3.5 hours –

## JUST FOR HIM

After a round of golf or a healthy workout, relax with a Therapeutic Massage, followed by a Gentleman's Facial. You'll be glad you finished your day with us.

- Approximately 2.5 hours –

## SPA SAMPLER

For the executive pressed for time, a perfect opportunity to sample the best of Narande. Enjoy a Neck-Back-Shoulder Massage, a Salt or Sugar Scrub and a Quick-Fix Facial to restore your sense of well-being.

- Approximately 2 hours –

# PERSONAL SERVICES

If you have a preference, please request a male or female therapist at the time of booking. Also ask about other types of massages, because our therapists specialize in various techniques.

## MASSAGE THERAPIES

### NARANDE CUSTOM MASSAGE

This customized service allows the therapist to create a personalized therapy just for you. Using different styles of massage and body work creates overall balance and the ultimate in relaxation.

- 50 or 80 minutes –

### NECK-BACK-SHOULDER MASSAGE

Focusing on the areas where the body accumulates the most stress and tension, this massage allows for relaxation in a remarkably short period of time.

- 25 minutes –

### HEALING HANDS



If you've discovered the wonders of relaxing with a massage by one therapist, imagine doubling that sensation. Enjoy the benefits of two therapists simultaneously performing a choreographed massage for your maximum relaxation. (Not available as part of a Day Package.)

- 50 minutes –

### AROMATHERAPY MASSAGE

Select from an array of specially blended oils for a massage unlike any you've had before. Combining the sense of smell with touch, this rhythmic massage will invigorate your senses, detoxify the effects of stress, or lull you into a state of relaxation.

- 50 or 80 minutes –

### GOLFER'S MASSAGE

This massage is designed to enhance performance on the course by targeting golf-specific muscle groups with advanced therapeutic techniques. Concentrating on your neck, shoulders lower back and hamstrings, this massage can be tailored for pre-game conditioning or post-game soreness. It's the perfect addition to your golf vacation.

- 50 minutes –

## MATERNITY MASSAGE

This is a soothing, full-body massage for the mother-to-be, specifically addressing pregnancy discomforts. It aids in relaxation, benefits circulation and provides comfort during this time of change.

- 50 minutes –

## COUPLES MASSAGE

Indulge in an experience that will create memories you'll both treasure. Share a relaxing Narande, Aromatherapy or Reflexology massage with a partner or friend in our relaxing couples room.

-50 or 80 minutes –

## DESERT STONE THERAPY

This ancient art of healing uses elements of Mother Nature to bring relief to tense muscles, sore joints, stressed emotions and a weary spirit.

Smooth, heated basalt stones are combined with massage for an exceptional spa experience.

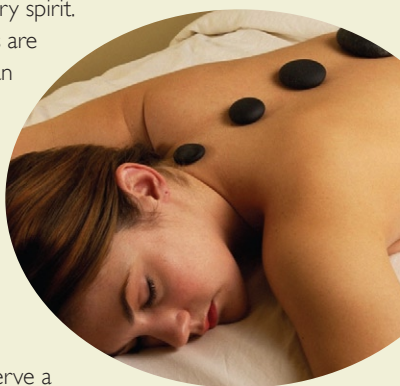
The therapist's touch and the warm stones will melt away stress and tension.

- 80 minutes –

## IN-ROOM MASSAGE

Enjoy a relaxing massage in the privacy of your guest room. Just call the spa to reserve a convenient time.

- 50 or 80 minutes –



## SPECIALIZED THERAPIES

### SHIATSU

This traditional style of Japanese body work is done without oil. Stimulation and stretching the meridians of the body invigorates and balances the body and mind. Please wear comfortable clothing – we suggest shorts and a T-shirt.

- 50 or 80 minutes –

### CRANIOSACRAL

This gentle, non-invasive treatment improves the craniosacral system where the brain and spinal cord function. You'll experience a light touch and gentle holding techniques that will assist with muscle and energy blockage. Please wear comfortable clothing.

- 50 minutes –

## THAI MASSAGE

This unique experience features a choreographed series of assisted stretches, combining acupressure and yoga positions to warm the muscles and encourage energy flow. You'll receive this treatment in the traditional style on a futon.

Please wear loose-fitting clothing

- 50 minutes -

## LYMPHATIC MASSAGE

A combination of light-touch and therapeutic-touch massage therapy assists your body in building a healthy lymphatic and immune system by stimulating the lymph drainage system, while aiding in the removal of toxins.

- 50 minutes -



## REFLEXOLOGY

Based on the theory that zones of the hands and feet correspond to specific areas of the body, pressure point stimulation assists circulation, promotes balance and releases tension.

A refreshing eucalyptus foot polish enhances your experience.

- 50 minutes -

## REIKI

This ancient healing art incorporates laying on of hands and uses guided life-force energy to effect change within the body. Benefiting people recovering from illness as well as those seeking total relaxation and rejuvenation, Reiki reduces stress and revitalizes the entire body. Please wear comfortable clothing.

- 50 minutes -

## NARANDE CLASSICS

### DETOXIFYING SEAWEED WRAP

This relaxing body wrap helps your skin absorb the active marine elements known to detoxify, rejuvenate and balance the body. A light dry brushing is followed by a wrap in the highest quality French Seaweed. After a refreshing shower, a specialized blend of moisturizers is applied. This treatment can be enjoyed alone, or as a series throughout your stay.

- 50 minutes -

### CELLULITE TREATMENT

This two-phase wrap begins with an application of detoxifying hot mud to draw trapped toxins from tissue and begin the revival of your skin. The next phase uses a tissue-regenerating, seaweed-based gel to firm the skin and reduce dimpling while providing cool stimulation, and ends with an application of slimming moisturizer. For long-lasting results, continued at-home care is recommended.

- 50 minutes -

## SALT OR SUGAR SCRUB

This invigorating exfoliation scrub has been updated to include a variety of essential oils that bring about tranquility and vitality. Choose from an exotic selection of Asian-inspired scents such as lemongrass-lavender, starfruit-pear and more. The service also includes a gentle shower and application of moisturizing lotion.

- 25 or 50 minutes –

## THE AWAKENING

This invigorating body polish uses Dead Sea salt, ground arabica coffee, essential oils and herbal extracts. Its brisk, minty aroma refreshes tired muscles and invigorates the spirit. The seductive fragrance of coffee blossoms leaves you feeling young at heart and positively irresistible.

- 50 minutes –



## DESERT SPECIALTIES

These treatments combine natural ingredients with Native American traditions to completely soothe and center the mind, body and spirit.

## ADOBE CLAY WRAP

This unique healing treatment begins with a dry brush exfoliation before a layer of adobe clay is applied to the entire body. The mineral-rich clay draws out the body's impurities, while soothing muscles and nourishing the skin. While wrapped, you'll receive a relaxing scalp massage. Then re-hydrating desert sage oil is gently applied to your body, leaving you relaxed and your skin renewed.

- 50 minutes –

## SOOTHING ALOE WRAP

This gentle treatment is specifically designed for sunburned, dry or stressed skin. After an application of cooling lavender mist, relax in a peaceful wrap of healing aloe gel. Afterwards, an application of rosehip lotion nourishes your skin and restores its natural moisture balance.

- 50 minutes –

For the ultimate re-hydrating experience, add a classic Salt Scrub.

- 80 minutes –

## FACIALS & SKIN CARE

Men and women of all ages can benefit from a rejuvenating facial. Based on an analysis of your skin and skin care goals, your aesthetician will assist you in determining the best facial for your skin type. Our staff is trained to focus on a variety of concerns such as aging, dryness, acne, sensitivity or sun damage, to name just a few. Every facial will give you just what you need to revitalize your skin and relax your mind.

## NARANDE CUSTOM FACIAL

Maintain a natural, healthy glow with this comprehensive treatment for all skin types. This custom facial is tailored to your specific needs and includes cleansing, a gentle exfoliation, soothing massage, and a customized finishing mask to nourish your skin.

- 50 minutes –



### MINIMIZING & FIRING FACIAL

Slow the signs of aging to a leisurely pace with this miraculous facial. Products containing mineral-rich marine spring water are lavished on your face to increase cellular turnover and stimulate the production of elastin and collagen. A cooling aqua-blue mask seals in the deep-penetrating treatment serum to provide an immediate firming sensation for skin... seeming to defy time itself.

- 50 minutes -

### GENTLEMEN'S FACIAL

Specifically formulated for the special skin care needs of men, this deep cleansing, therapeutic and relaxing treatment leaves your skin toned and revived. Please avoid shaving altogether – if necessary, shave at least two hours prior to your treatment.

- 50 minutes -

### VITAMIN C EXPERIENCE

Enjoy the rejuvenation of this relaxing facial and hand treatment using Vitamin C products, which are known to firm and tone the skin. After a thorough exfoliation, the face, neck and décolletage are intensely hydrated and revitalized. The antioxidant properties of the Vitamin C products are unequaled. Often neglected, the hands are treated to the same luxurious care. Noticeable changes are common following this wonderfully relaxing treatment.

- 50 minutes -

### EXECUTIVE WOMAN'S FACIAL

With cutting-edge technology, using a cocktail of alpha and beta hydroxy acids, the skin's surface becomes smoother and pore size appears diminished. Gentle stimulation of the elastin and collagen fibers promotes firmer, more toned skin. The 25-minute treatment includes a thorough cleanse, the alpha/beta exfoliating peel, hydrating moisturizer, eye cream and sun protection agent. The more intense 50-minute treatment includes a light massage, a hydrating oxidant mask and a 30day at-home care kit.

- 25 minutes -

- 50 minutes -



## NARANDE MINI-FACIAL

For anyone on the go, this effective facial includes cleansing, toning, gentle exfoliation, moisturizer, eye cream and sun block. A wonderful way to enjoy the benefits of a facial without taking time from a busy schedule.

- 25 minutes –



## BACK FACIAL

Dedicated to the beauty and purification of the back, this treatment draws impurities and thoroughly cleanses those hard-to-reach areas. An appropriate mask is selected to complete this facial-like experience so the back can be bared with confidence.

- 50 minutes –

## EYE CARE TREATMENT

The eye area requires a distinct skin care program to protect the fragile tissue that's so vulnerable to fine lines and dark circles. This treatment begins with a gentle massage, continues with moistened eye pads, and then concludes with an application of marine eye lift. It can be done on its own or easily incorporated into many of our 50-minute facials.

- 25 minutes –

## LIP CARE TREATMENT

The lips are the most vulnerable area of the face, easily losing moisture and nourishment. This delicate area must be treated carefully and often. Using gentle exfoliation, the lip area is prepared for a toning massage, re-hydrating marine treatment mask, and nourishing finish cream. Enjoy this treatment alone or with the 50-minute facial of your choice.

- 25 minutes –

# SALON

Choose from a variety of salon specialties to enhance your spa experience.

## NAIL SERVICES

Our nail care services are designed to restore hands and feet to their natural beauty.

### NARANDE MANICURE

With exfoliating hand treatment and warm paraffin followed by a relaxing hand and arm massage.

### NARANDE PEDICURE

With a warm paraffin treatment, mud mask and exfoliating foot treatment.

### ULTIMATE COOLING PEDICURE

For legs that are tired, swollen or sensitive with varicose or spider veins. Enjoy a 60-minute treatment including a cooling, rejuvenating foot mask enhanced with hydrating sea extracts, conditioning mineral clay and soothing botanicals.

Manicure • French Manicure  
Sport Manicure • Polish Change  
Pedicure • French Pedicure  
Sport Pedicure

## WAXING SERVICES

Lip • Chin • Eyebrow Arch • Full Face • Underarm

## MEN'S SERVICES

Sport Manicure • Sport Pedicure



# HOW TO SPA...

Here are some of the most often asked questions and their answers to make your Spa experience the most enjoyable.

## WHAT DO I NEED TO BRING?

Narande provides you with a robe, towel and slippers, in addition to locker amenities such as shower gel, shampoo, conditioner and moisturizer. Many other items are available upon request.

## HOW EARLY SHOULD I ARRIVE FOR A SPA

### SERVICE?

Arrive at least 15 minutes before your first appointment to allow yourself ample time to check in, change and familiarize yourself with the Spa.

## WHAT SHOULD I DO BEFORE MY TREATMENT?

Showering is essential before any treatment, because the beneficial oils are best absorbed through clean skin.



## ARE THERE HEALTH BENEFITS TO A SPA VISIT?

The guaranteed benefit of a Spa visit is your immersion in a relaxing environment, which reduces stress. Stress reduction is one of the major contributors to good health. Many Spa services are geared to easing various aches and pains. Additionally, take-home products can help you make lifestyle changes for long-term benefits.

## SHOULD I ALERT SOMEONE IF I HAVE ANY PHYSICAL AILMENTS, DISABILITIES OR ALLERGIES?

Yes. Please notify the Spa Scheduler when booking your appointments and your therapist at the time of treatment



## SHOULD I AVOID THE SPA IF I'M PREGNANT?

Not at all, although you'll want to avoid treatments using deep pressure and heat. You might want to take advantage of our customized Mother-To-Be package or a maternity massage. Please advise us of your due date when booking your appointment.

## DO I HAVE TO DISROBE ENTIRELY FOR A SPA TREATMENT?

This is your treatment and we want you to feel comfortable. It is customary for guests to completely disrobe for their spa services, although you may wear a swimsuit or undergarments if you prefer. Keep in mind that our therapists are trained to drape you discreetly and to protect your privacy at all times. For Thai, Shiatsu, Craniosacral and Reiki treatments, please wear comfortable clothing – we recommend a T-shirt and shorts.

## WHAT IS THE TIPPING POLICY?

In the appreciation for outstanding service, gratuities may be given to the staff at your discretion. A customary 20% is greatly appreciated.



# NARANDE SPA

For information and reservations call  
602.431.2357 or ext. 2357



**THE BUTTES**  
TEMPE RESORT

**Marriott.**

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