THE RITUAL OF LOS SIETE NUDOS

Upon arrival at Lantana Spa you will be given a piece of red ribbon for the “Seven Knots Ritual,” to release worries and stress and prepare you for the spa experience. Historically, Curanderos suggest tying seven knots in the ribbon, one for each worry, the seventh knot creating a complete circle. At the end of your spa journey you can simply leave your worries behind and start anew.
FACIAL SKIN CARE

HYDRAFACIAL – 80 minutes/50 minutes
HydraFacial is an effective non-invasive, non-surgical treatment that delivers impressive results with no discomfort or down-time. The unique system uses a vortex-fusion of antioxidants, peptides and hyaluronic acid to exfoliate and rehydrate your skin. For continued results ask about our series pricing.

BIO-ENERGY LIFT REMINERALIZING FACIAL – 80 minutes
This Naturopathica facial delivers skin rejuvenation by accelerating cellular respiration which brings fatigued, over-stressed skin back to life. Using a copper & amino acid complex, peptides, vitamins and minerals your skin will feel more firm, lifted and revitalized. Ideal for jet-set travelers and those seeking to restore the skin’s natural contours.

ULTIMATE CAVIAR FACIAL – 80 minutes
Our age-defying facial utilizes anti-aging caviar proteins to tone, refine and deeply hydrate the skin. Kerstin Florian’s signature Caviar line lifts, firms and nourishes. Results leave your skin looking supple, healthy and luminescent.

CUSTOMIZED FACIAL – 50 minutes
Consult with our expert estheticians to address your skin’s unique needs. After an analysis of your skin, natural and highly active masks and serums are chosen to promote your skin’s natural balance, health and radiance.
  • Brightening for Balancing Texture and Tone
  • Moisture Drench for Dehydration
  • Soothe and Restore for Sensitivity
  • Clarifying for Oiliness and Blemishes
  • Gentlemen’s designed for His Skin’s Needs

EXPRESS FACIAL – 25 minutes
Take your skin from ordinary to extraordinary in less than 30 minutes. You will receive a deep cleansing, toning and therapeutic hydration that provides results far beyond your daily routine.
FACIAL ADD ONS – Stay a little longer (can be added to any facial based on time availability)

MATCHA BRIGHTENING DÉCOLLETÉ TREATMENT – 25 minutes
Antioxidants layered with Matcha Brightening Cream helps to boost skin’s radiance and reduce signs of aging for a firm, bright and rejuvenated décolleté.

MARINE BIOMATRIX MASQUE – 25 minutes
Restore your skin’s radiance with intensive hydration. Add to any Kerstin Florian facial to enhance your anti-aging results.

EYE RESCUE TREATMENT – 25 minutes
Designed to diminish fine lines and wrinkles, improve dark circles and relieve puffiness to create brighter and more luminescent eyes.

NU FACE FULL FACE TONING – 25 minutes
Fitness for your face! Extend your facial to receive a full-face Nu Face lift featuring safe and effective micro-current technology that will tone, tighten and firm your skin. You’ll also learn how to use this technology at home to maintain a more youthful look.

FACIAL ENHANCEMENTS – No additional time required

NU FACE MICRO-CURRENT TARGETED TONING
Fitness for your face! Target area micro-current facial lift. Choose forehead and brows, mouth area and or neck and decollate.

MOROCCANOIL SCALP TREATMENT
Why stop treating your skin at the hairline? Add this nourishing and hydrating scalp treatment to your facial to condition your scalp and achieve deep relaxation.

HYDRATING LIP TREATMENT
Designed to gently exfoliate dry, flaky skin and leave lips smooth and moisturized.
MASSAGE THERAPY

SWEDISH HERBAL MASSAGE – 50/80 minutes
- Balance – grounds the mind, eases muscle tension and restores internal balance
- Rest – ease fatigue and soothe an over-stressed nervous system
- Detox–cleanses with oils known for their decongestant and diuretic properties
- Unscented – enjoy all the health benefits of a traditional Swedish massage

DEEP TISSUE BODY WORK – 50/80 minutes
- Alpine Arnica– relax sore muscles, relieve tension and decrease inflammation
- Nirvana Stress Relief Massage –aromatherapy to unwind and reboot the mind
- Blue Eucalyptus Energizing Massage – enhance immunity and combat adrenal fatigue

HEATED STONE MASSAGE – 80 minutes
- Traditional – Warm stones are applied to your body and used to provide penetrating heat to your muscles, inducing deep feelings of relief and relaxation.
- Moroccan – Detoxifying and invigorating full body dry brushing followed by a relaxing and deeply therapeutic hot stone massage. Your hands and feet will be gently exfoliated before the treatment concludes with a warm scalp massage.

PRENATAL REST AND RENEWAL – 50 minutes
Deeply restorative and designed for moms-to-be to help improve sleep, reduce stress and soothe muscle fatigue. A Swedish massage is followed by the application of Gotu Kola Healing Balm to help prevent the appearance of stretch marks. Performed in the second and third trimesters only.

EXPRESS MASSAGE – 25 minutes
Time is precious and wellness is a priority-- find release for sore, tight and fatigued muscles.
MASSAGE ADD ONS – Extend your experience (can be added to any massage based on time availability)

FOOT THERAPY – 25 minutes
This revitalizing foot and lower leg treatment invigorates the whole body! The calves and feet are massaged with energizing peppermint and stimulating horse chestnut to enhance circulation. Feet are then cocooned in stimulating, aromatic steamed towels that awaken the senses from head to toe.

HAND AND ARM TENSION RELIEF – 25 minutes
Detailed hand and arm massage featuring a therapeutic multi-purpose cream containing extracts of horse chestnut and peppermint with the application of steaming hot towels steeped in essential oils to relieve hand and wrist tension – addressing carpal tunnel syndrome and computer fatigue.

DRY BRUSHING – 25 minutes
Have your skin exfoliated, circulation improved and receive lymphatic stimulation to improve overall well-being. Take home your dry brush to continue practicing at home.

HYDRATING ALOE WRAP – 25 minutes
Enjoy the benefits of this refreshing and calming treatment featuring organic aloe. This is the perfect apres-sun experience.

MASSAGE ENHANCEMENTS – NO ADDITIONAL TIME REQUIRED

MUSCLE MELTER – Ten minutes of massage with smooth, heated stones is incorporated into your 50 or 80 minute treatment. This warm, grounding experience is a great introduction to heated stone massage.

MOROCCANOIL SCALP MASSAGE – Nourish both your scalp and hair with antioxidant-rich products that will improve your skin’s condition and circulation while reducing stress.

TRANSFORMING FOOT TREATMENT – Exfoliation and moisturizing for tired, worn out feet.

ALPINE ARNICA MUSCLE REPAIR – Utilizing the best of nature’s pharmacy – arnica, sweet birch and magnesium – to help soothe sore muscles, tendons and stiff joints.
BODY TREATMENTS

SPIRIT OF THE CURANDEROS ENERGY SPA JOURNEY – 105 minutes
Featuring the calming and balancing benefits of wild-crafted lavender, this luxurious spa journey is designed to calm both the material body and the spiritual mind. First, you will be cleansed in a gentle exfoliation with natural mineral salts mixed with healing botanicals. Next, during a state of peaceful rest you will receive a massage with wild-crafted organic lavender oil and healing warm stones. This service finishes with a comforting body wrap and a soothing scalp massage using warmed lavender oil. You will emerge feeling completely relaxed and restored.

ORGANIC GINGER GLOW – 80 minutes
Let the healing and warming properties of ginger invigorate and nourish you in this pampering head-to-toe experience featuring head, back, neck and shoulder massage. You will find your skin feeling refreshed and rejuvenated after being exfoliated and hydrated.

BRIGHTENING BODY GLOW – 80 minutes
This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body buffing techniques to refine texture and brighten skin. This treatment also features a nutrient-rich algae and Shea Butter cream that is massaged onto the body using long, relaxing strokes with focus on the neck, back and shoulders.

ESSENTIAL OIL WRAP – 80 minutes
Begin by selecting your own essential oil and lay back to enjoy this soothing and relaxing experience. After a hydrating oil massage, your body will be cocooned in a warm wrap. While wrapped you will receive a scalp and foot massage and stone crystal energy balancing.
ESPRESSO MUD DETOXIFYING WRAP – 50 minutes
Re-mineralize your skin while drawing out impurities. Starting with a vigorous exfoliation featuring volcanic pumice and coffee Arabica to stimulate circulation and followed by a warm body wrap with mineral-rich black silt clay and extracts of sarsaparilla and honey to help smooth and firm the skin.

LEMONGRASS MIMOSA BODY SCRUB – 50 minutes
Designed to refresh, hydrate and brighten dull skin. Micronized walnut shells exfoliate while mimosa and bamboo extracts create lasting softness. Sparking notes of lemongrass, jasmin and ylang ylang stimulate the senses for total relaxation.

ROSEMARY CITRON SEA SALT SCRUB – 50 minutes
Mineral-rich sea salts are blended with spicy rosemary and citrus essential oils to improve circulation and remove dull, flaky skin. An invigorating scrub that softens the skin, leaving its surface smooth and polished.

SPA BATHS

SPA BATHS – An excellent prelude to a massage or soak up the benefits afterwards

SWEET BIRCH MAGNESIUM BATH – 25 minutes
Addresses sore muscles and overall fatigue, ideal for active lifestyles and golfers.

HERBAL BATH – 25 minutes
Therapeutic eucalyptus eases stiff muscles and aching joints and soothes the respiratory system.
NAIL CARE

EXPRESS AROMA MANICURE AND PEDICURE – 30 minutes each
Experience a healthy twist to your manicure and pedicure with organic essential oils and naturally sourced Kerstin Florian products.

HONEY LAVENDER MANICURE OR PEDICURE – 50 minutes each
Inspired by Texas Hill Country lavender fields – start with a honey magnolia soak that is followed by a honey lavender salt scrub to polish your skin. You will finish with a creamy shea butter massage fragranced with mint and lavender before your nails are impeccably groomed and polished.

CACTUS COOLER MANICURE OR PEDICURE – 50 minutes each
Designed to beat the heat, begin with a nectar milk soak followed by a citrus-infused salt scrub that leaves your skin radiant. Experience a cactus wrap that goes on cool but heats up and tingles as it tones. You will finish with an agave nectar oil massage before your nails are beautifully groomed and polished.

CHILDREN’S EXPRESS MANICURE OR PEDICURE – 25 minutes each
Ages 4 to 12. A parent or guardian must be present during service. Minors do not have access to the spa’s locker rooms, bathing areas, lounges or pool.

GENTLEMEN’S MANICURE OR PEDICURE – 30 minutes each
Express nail services that feature a bourbon scrub to exfoliate and buff the skin leaving your hands and feet looking impeccably groomed and refreshed.

UPGRADES AND REPAIRS – TIME VARIES
- Paraffin hand or foot immersion
- French polish
- Shellac removal
- Polish change
TREATMENTS FOR TWO

SPIRIT OF THE CURANDERO’S ENERGY SPA JOURNEY FOR TWO – 105 minutes
Together, experience an ancient tradition of healing featuring the calming and balancing benefits of wild-crafted lavender. First, you will both receive a gentle body exfoliation with natural mineral salts infused with healing botanicals. Next, experience a side-by-side massage with wild-crafted lavender oil and healing warm stones. Finish together by experiencing a body wrap and scalp massage that completely restores the spirit.

MASSAGE FOR TWO – 50/80 minutes
Share the experience of massage with a loved one or a friend in one of Lantana Spa’s beautiful suites especially designed for two.
LANTANA SPA ULTIMATE ESCAPE
Begin your day by enjoying our signature spa journey- the Spirit of the Curanderos Energy. Next, choose one of our 50-minute results oriented facials. Finally, partake in our luxurious Aroma Express manicure and pedicure. *Lunch in Replenish Spa Café is also included in your day of wellness and relaxation. Approximately 4.5 hours

TEXAS TWO STEP
Choose any 80 minute treatment and any 50 minute treatment for a customized spa experience. 2.5 hours

TEXAS TRIO
Pick and choose any three 50 minute spa treatments for a half day of rejuvenation. 3 hours

*Lunch at Replenish Spa Café includes your choice of one entrée and one non-alcoholic beverage.
SPA INFORMATION

LANTANA SPA
Spa use with treatment: Complimentary
Spa use without treatment: $30 per day resort guests; $50 per day non-resort guests
Daily Spa use includes access to the following amenities: three relaxation lounges, private outdoor spa pool and whirlpool, men’s and women’s steam rooms, saunas, whirlpools and inhalation rooms, luxurious men’s and women’s locker rooms, spa robe and slippers, complimentary healthy refreshments and fitness center.
Day use is limited and based on availability. Please inquire directly with the spa.

SPA FITNESS CENTER
Fitness Center use only: $15 per day
Mind & Body Fitness Classes: $12 per class
The Spa Fitness Center features a state-of-the-art presentation of Life Fitness exercise equipment including cardiovascular machines, weight training machines and free weights. Weekly classes are hosted in our movement studio including yoga and Pilates. Personal training and private instruction are available by appointment.

SPA BOUTIQUE
The Boutique at Lantana Spa offers a luxurious array of skin care products as well as bath and body products featured in our treatments. Additionally, the Boutique is a great place to purchase items for the home such as aromatherapy candles, spa apparel, and gift items.

REPLENISH SPA CAFÉ
At JW Marriott San Antonio Hill Country Resort & Spa we share a deep appreciation of our collective role in the vibrant health of our environment and guests. Our chefs partner with local artisan and organic farmers to deliver authentic cuisine for the sophisticated palate. Replenish Spa Café offers food and beverage options designed to compliment the relaxing and stress free environment of Lantana Spa.
HOW TO SPA

SPA ARRIVAL
Please arrive 30 minutes prior to your appointment to begin your relaxation experience and take advantage of our Spa amenities. Arriving late will limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed.

COURTESY
While enjoying Lantana Spa’s treatments and facilities, we kindly ask that you enjoy quiet conversation and refrain from using cell phones and other electronic devices. The Spa and Pool are smoke-free environments. To ensure complete privacy for you and other guests, please avoid camera usage in the spa.

HEALTH CONDITIONS
Please advise your therapist if you have any health concerns or questions about which treatments are best for you. Heat treatments are not recommended for pregnant women, guests with heart conditions or sensitivity to heat. When making reservations, please let us know your preference for male or female therapists. We will do our best to honor your request.

SPA ATTIRE
We suggest that you wear comfortable clothing and do not bring your jewelry or valuables to the spa. A spa robe and slippers will be provided for you. Our therapists are professionally trained in proper draping techniques to ensure your privacy and comfort.