signature services

Sacred Staurolite – This regenerative and balancing treatment utilizes the sacred stones indigenous to Taos. The twin crystals found on the Staurolite are sometimes referred to as “Fairy Crosses” and have been used as a healing tool aiding in the release of destructive habits, stabilizing emotions, and the attainment of feelings of safety and security. Beginning with a dry brushing to exfoliate the skin and stimulate the lymphatic system, the treatment continues with a detoxifying turquoise mud wrap. A hydrating masque is applied to the face for profound rejuvenating benefits. While receiving the energy of these ancient crystals, reflexology is implemented to balance the chakras. This one of a kind restorative service comes full circle with luxurious moisturizers for your whole being.

- 90 minutes: $245
- With an additional half hour massage: 120 minutes $295

Sagrado High Desert – A blend of wild-crafted, indigenous plants, flowers and aromatic skin nourishing oils inspired by the high desert create a lasting impression that can be revisited using the Living Spa signature products. The body is exfoliated with triple milled desert salts, and then wrapped in an ancient sea clay mask that is mineral rich and serves to draw toxins out of the body. Completing the treatment is a gentle massage and application of cedar wood and sage, butter cream.

- 90 minutes $215

Moisture Drench – Rejuvenate and hydrate your skin with this delicious combination of lavender, citrus, and sage. The body is exfoliated with a gentle, highly effective, emulsion of lemon verbena and jojoba beads. Moisture and nutrients are introduced to the skin via a luxurious turquoise mud wrap. Completing the treatment is a nurturing application of hydrating body cream. Sensitive, distressed, or mature skin will delight in this combination as elasticity is restored.

- 90 minutes $225

Hot Towel Infusion Treatment – This is the ultimate relaxing and detoxifying experience. Steaming hot towels and deeply penetrating therapeutic hot packs are combined with specialized essential oils to fire up the body’s natural healing mechanisms. Tension bound deep within the muscles is released. This treatment is excellent after any physical activity or just a long day.

- 90 minutes $200
massage

The Living Spa – This treatment allows you and your therapist to meet your individual massage needs. The intention of the massage may be to invigorate your body and mind; or perhaps total relaxation is more appropriate for your state of being. Creation of a unique and harmonious experience is the goal. Our signature sagrado oil blend will promote a healthy equilibrium of body, mind, and spirit.

- 60 minutes $140
- 90 minutes $180

Deep Tissue – This invigorating full-body massage incorporates different modalities with the intention of affecting the “deeper” tissues of the body. Working with the guest, the therapist will use their specialized training to access the underlying, structural muscles, in order to facilitate ease in the overlying or functional muscles of the body. At the end of the treatment Arnica massage oil is applied. This powerful anti-inflammatory will help reduce pain and stiffness in overworked muscles.

- 60 minutes $150
- 90 minutes $200

Talistone – To begin this journey, choose an engraved Talistone, inscribed with an intention that best resonates with you. This stone becomes the core of this unique treatment and sets the intention for you and your therapist. A combination of water, heated river stones, gemstones and plant extracts are integrated into the massage to enhance your personal experience. You are invited to melt away stress, relieve tense muscles and reconnect your sense of profound sacredness.

- 90 minutes $200

Reflexology – A natural healing art based on the principle that there are reflexes in the feet, hands and ears which correspond to every part, gland and organ of the body. Through application of pressure on these points, the feet being the primary area, reflexology relieves tension, improves circulation and helps promote the natural functions of the body.

- 60 minutes $140

Unity Couple’s Massage – This luxurious experience features Lotus Wei’s Infinite Love oil designed to balance the yin/yang polarities. The precious essential oils of pink magnolia and rose orchid combine to enhance the harmony of the two.

- 60 minutes $290
- 90 minutes $370
Floral Harmony – Featuring Lotus Wei, the world’s leading apothecary of pure, natural elixirs. Flower remedies are vibrational equalizers, with the power to shift your mood and physiology, as gifted by nature. Hand collected flower essences are administered in this treatment by way of energy mists, organic silky skin serums and delicious internal elixirs. Choose your flower and create your experience.
- 60 minutes $150
- 90 minutes $195

Prenatal – Massage during this magical time has been shown to positively influence the mother and child. By relieving body discomforts and stress, the two of you will enter a more heightened state of bliss. Your therapist can adapt your massage for any stage of pregnancy. Includes a delightful Omega-rich belly masque. (Not recommended for high risk pregnancies)
- 60 minutes $145
- 90 minutes $195

treatment enhancements

Soulmate –
A restorative add-on for the feet $20

Hand Therapy –
Ease tension and hydrate hands $20

Hydrating Aloe Mask –
Restore your natural glow $20

Scalp Therapy –
Your scalp gets a little extra attention with a tension-taming massage and replenishing scalp treatment $20

Sinus Relief –
Rejuvenating sinus treatment $20

Arnica Gel –
Healing benefits of Arnica include natural pain relief and anti-inflammatory effects for sore muscles and joints $20

Moisture Drench –
Designed for moisture-deprived skin to maximize hydration $20
rituals and remedies (limited availability)

**Shirodhara** – Open to the quiet and calm that is possible through Shirodhara. From the Ayurvedic traditions of India, this beautiful and profound treatment is excellent for relieving mental stress and nervous tension. Warm and exotic oil, blended specifically for each individual, is gently applied to the crown of the head. Energetic (Marma) points are encouraged into harmony, bringing forth a sense of balance and peace.
- 75 minutes $205

**CranioSacral Therapy** – CranioSacral Therapy is a gentle method of evaluating and balancing the functions of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch, practitioners release restrictions in the CranioSacral system to improve the processes of the central nervous system. By complementing the body’s natural healing processes, CranioSacral Therapy is used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of chronic issues associated with pain and dysfunction.
- 60 minutes $140
- 90 minutes $180

**Reiki** – A hands-on healing form of alternative medicine. Through the use of this technique, a transfer of universal energy, in the form of Qi, is believed to pass through the palms. The goal is to facilitate self-healing and a return to a state of equilibrium.
- 60 minutes $125
- 90 minutes $170

**Thai** – Traditional Thai massage is an interactive flow in which the therapist incorporates deep muscle pressure while moving you through a series of rhythmic, passive yoga-like stretches. These movements help adjust skeletal structure, increase flexibility, improve energy flow and relieve muscular and joint tension. Please wear loose, comfortable clothing.
- 90 minutes $200
body treatments & scrubs

Body Polish – Choose from our delightful array of luxurious products for an exfoliating treatment that best suits your skin type of mood for the day. We offer many choices that will thoroughly renew your skin. Choose from detoxifying, uplifting or balancing scrub. (Includes a gentle massage with a moisturizer that complements your choice of body polish.)
• Lemon Verbena • Espresso Mud • High Desert •
  – 60 minutes $155

Body Wrap – Excellent for restoring elasticity and vibrancy to dehydrated skin, this service combines a very soothing and comforting wrap, a mini-face treatment and moisturizing effleurage. Allow yourself this peaceful time to drift away while embraced in bliss.
  – 60 minutes $165

Detoxifying Seaweed Body Treatment – Enjoy this mineral-rich serum with potent herbal extracts designed to help remove toxins and firm the skin. A traditional remedy from Madagascar, Katrafay is used as a fortifying and tonic emollient containing anti-inflammatory properties. An application of exotic elements encourages the elimination of excess fluids when combined with a dry brush treatment.
  – 75 minutes $195

Express Services: $85
Choose a 30 minute stand-alone service
• Massage: choose from upper or lower body focus, whole body
• Reflexology
• Facial
• Reiki

30 minute Add Ons: $70
Must be joined to another 60 minute or more body service
• Body Wrap
• Body Polish
• Scalp Ritual
• Reflexology
• Extra Massage
skincare

Living Results Facial – This combination of exotic essences infuses natural elements designed to bring the skin into balance and harmony. Awaken your senses with hypnotic and euphoric bouquets. Nourish and calm your mind as you restore your skin’s natural beauty. The treatment begins with a consultation in which you and your esthetician discuss your individual needs and ultimate goals.
– 60 minutes $125

The Natural Face Lift – This regenerating treatment uses a Plant Stem Cell Booster Serum to slow cellular aging and plump and firm the skin. This natural face lift treatment includes an ultra-hydrating hyaluronic cream to help reduce fine lines and wrinkles. For maximum results, this facial incorporates ultrasonic and microcurrent technology that increases product penetration and stimulates collagen renewal.
– 60 minutes $170

Vitamin C15 Wrinkle Repair & Brightening Facial – This treatment reverses the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. Featuring our breakthrough daily Vitamin C15 Wrinkle Repair Serum that helps firm, brighten and dramatically reduce the appearance of wrinkles.
– 60 minutes $170

Men’s Rebalance Facial – Customized for men’s skin care needs, this revitalizing facial effectively renews skin tone and texture while helping to soothe and restore devitalized, sun-damaged or razor-burned skin.
– 60 minutes $125

Back Facial – The Back Facial helps remove dead cells from the skin’s surface, purify pores and leaves skin soft, conditioned and re-mineralized. This treatment stimulates the lymph system, eliminating toxins and increasing blood circulation. This treatment uses highly antiseptic essential oils and enzymes to exfoliate, deep pore cleanse and heal problem areas.
– 45 minutes $125
facial enhancements

Revitalizing Marine Mask –
Detox and firm or brighten and revitalize $20

Vitamin C15 Wrinkle Repair –
Firm, brighten and smooth the skin $20

Eye Contour Treatment –
An intensive treatment to reduce puffiness, smooth lines and under eye discoloration $20

Hydrating Lip Treatment –
An effective treatment to gently exfoliate dry, flaky skin and leaves lips smooth and supple $20

15% Glycolic Peel –
A deeply exfoliating treatment combines Alpha Hydroxy Acids and soothing Aloe Vera to reduce fine lines and wrinkles $20

nail care

Spa Manicure – This soothing, nourishing and hydrating treatment begins with a softening soak and gentle exfoliating polish. Hands and arms are carefully massaged with warm hydrating hand crème. Polish or natural, it’s your choice.
  – 45 minutes $50
  – Express Manicure – 30 minutes $35

Spa Pedicure – This luxurious and healing treatment includes a moisturizing and repairing foot soak, as well as a purifying and exfoliating foot scrub. Both feet and legs are then expertly massaged with a conditioning foot cream to restore vital circulation. Polish or natural, it’s your choice. Beauty and necessity are blended into one blissful hour.
  – 60 minutes $65
  – Express Pedicure – 30 minutes $40

(French Polish is available during 60 minute services for an additional $10.)

(We provide natural nail services only. Sorry no gel, shellac, acrylic application or soak off.)
hydrotherapy

– 30 minutes $45

Couples Soak – An intimate and restorative experience for two in a private suite.
– 30 minutes $65

Customize your soaking experience with a therapeutic bath salt and oil blend. (Not available with Japanese Tub)

Rest Bath Cure – This relaxing, calming bath eases nervous tension and stress-related symptoms $10

Renew Bath Cure – This replenishing bath eases muscle strain and renews energy from jet lag or fatigue $10

fitness & wellness

Yoga – Contact the Spa Concierge to inquire about available classes and times. Prices vary and are based on private classes with an instructor.

Fitness Training – Private fitness courses customized to suit your needs.
– 60 minutes $80
– 90 minutes $115

Oxygen Therapy –
– 30 minutes $30

waxing

Contact the Spa Concierge to inquire about waxing services and pricing.
spa packages

The Living Spa Experience- Create the ultimate day of experience with this personally designed package. Enjoy The Living Results Facial, Living Spa Massage, and two enhancements of your choice.
- 2 hours $320

Rejuvenation Therapy- Rejuvenate mind and body with this Spa Ceremony. Includes a Hot Towel Infusion and Deep Tissue Massage.
- 2 hours 30 minutes $350

Day of Detox- This relaxing and fortifying combination of services will leave you feeling refreshed and ready to start anew. Includes a 30 minute Japanese Hydro Soak, your choice of Hot Towel Infusion or Detoxifying Seaweed Body Treatment, and Express Pedicure.
- 2 hours 15 minutes $285

Sacred Day of Bliss- Treat yourself and connect again to your center. Includes 30 minutes of Yoga or Oxygen Therapy, Sacred Staurolite Treatment, Spa Pedicure and complimentary beverage.
- 3 hours 30 minutes $420

Infinitely Loving- Open your hearts to each other and enjoy an aromatic and exotic exfoliation infused with Chinese Jasmin and sugar. Includes a 60 minute Body Polish, 30-minute Foot Ritual and a 30-minute Gentle Hydrating Massage.
- 2 hours $590 for two

Infinitely Romantic- This couple’s spa package combines synergistic yoga and perfectly paired spa treatments for a unifying experience. Includes a 30-minute Couples Yoga Session, Infinitely Loving Spa Package, Couple’s Spa Pedicure, and complimentary champagne.
- 3 hours 30 minutes $845 for two
alternative experiences

Soul’s Blueprint (Astrology) – The astrological birth chart reading is your soul’s blueprint. Its interpretation defines the areas of your life that can enhance your potential for growth and fulfillment. Understanding your birth chart and gaining deeper awareness of your soul’s choices for this lifetime can help you create a richer life and add depth and meaning to your relationships.
– 90 minutes $195

Relationship Compatibility – Compatibility readings compare your chart with that of another’s to gauge your relationship’s potential strengths and pitfalls. Find out who is really the right person for you. Compare your chart with anyone else – business, friendship, love, family.
– 60 minutes $125

Tarot Reading – Let the cards guide you through your life’s journey. Information will be interpreted from each card to help you see clearly what is taking place in your life right now, past influences, and what the future may have in store for you.
– 45 minutes $90

day pass

Use of The Living Spa facilities is complimentary for resort guests. Non-resort and local guests may purchase a day pass from the spa which includes access to the spa facilities, use of locker rooms, steam, dry sauna, relaxation lounges, aquatic and fitness centers. Come slip on a robe and join us for a meditative moment.
– Monday – Thursday $25
– Friday – Sunday $30
how to spa

Please provide 24 hours’ notice to avoid charges for cancelled services. We recommend arriving 20 minutes prior to your service to allow ample time to check in, slip into a robe and slippers, and unwind in our relaxation lounge. Inform your therapist of any injuries, surgeries, or medical conditions as some treatments may be contraindicated. Undress to your level of comfort. Our therapists use modest draping techniques to ensure that your comfort is always maintained. To respect a peaceful experience for everyone, the use of cell phones is not permitted in the spa. The Living Spa in an adult only and smoke free facility. Select services may be scheduled for guests ages 14-18 when accompanied by a parent or guardian. Complimentary valet parking is available to local and day spa guests.

service charge
A 20% service charge will be added to your spa services. You may elect to add a gratuity.

tours
We would love to show you our beautiful spa facility. For the comfort and privacy of all our guests tours of The Living Spa are conducted before our scheduled treatments begin and after they end for the day. Please call with your preference so that we may arrange your tour.