

TWO BUNCH PALMS



SPA MENU 2024



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## SPA SERIES

### FULL BODY RESET

The Full Body Reset is our no-nonsense approach to holistic wellness, perfectly curated for the discerning spa-goer. Begin with the Balancing Massage—a 60-minute treatment that melts away the strains of modern life, realigning your energies and releasing physical tension. Next, indulge in the Two Bunch Facial, a custom 60-minute experience tailored to your unique skin needs, nourishing deeply for a radiant glow. Finish with our signature Adaptogen Wrap, a 120-minute treatment that harnesses the power of nature's adaptogens to boost resilience and restore balance. Refresh, restore, and reset—this is the ultimate indulgence in well-being.

### DEEP DETOX

The Detox Boost is a tailored program for those who see wellness as a commitment, not a trend. Begin with a 60-minute Lymphatic Drainage Massage, designed to promote well-being by supporting your body's natural filtration system—helping flush toxins and reduce water retention for a lighter, more energized feeling. Then, experience the 120-minute Abdominal Detox Wrap, aimed at enhancing your body's detox process, promoting better digestion, reducing bloating, and resetting your core. Finish with the Superfood Facial, a 60-minute nutrient-packed treatment that revitalizes and replenishes your skin, leaving you refreshed and glowing.

### DESERT REVIVAL

Desert Revival is a curated wellness journey that embodies the tranquility of the desert landscape. Begin with the Desert Abhyanga Massage—a 60-minute treatment rooted in ancient healing techniques that help your body find its natural rhythm and balance. Follow with a 60-minute Reiki session, where universal energy works to clear blockages, align your chakras, and restore harmony to your body and mind, fostering a deep sense of inner peace. Finish with the Adaptogen Wrap, a 120-minute experience harnessing the power of adaptogens to enhance resilience and bring your body back to equilibrium.



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## MASSAGE- 60 MINUTES

### BALANCING MASSAGE

Consider this your body's tune up. Targeting the muscles we often neglect while hunched over our phones and computers, the balancing massage focuses on relieving tension in the shoulders, neck and upper body. Long integrative strokes improve blood flow while de-stressing and restoring your body.

### DEEP TISSUE MASSAGE

Ideal for guests who regularly work out or for those with chronic muscle pain, the Deep Tissue Massage focuses on the deepest layers of connective muscle tissue to promote oxygen flow throughout the body. Strong, continuous pressure is used to break down knots in the fascia and relieve chronic tension. Feel complete renewal with increased range of motion, improved circulation and a re-energized body.

### LYMPHATIC MASSAGE

Invigorate your body's lymphatic system with light and rhythmic pressure. Gentle lymph manipulation will reduce fluid retention, promote the immune system, improve circulation and digestion while ridding your body of toxins. A healthy lymphatic system is the key to debloating, reducing inflammation and optimizing your overall well-being. Post-treatment, you'll feel lighter and you'll need to drink plenty of water to ensure your body continues to flush out toxins throughout the day.

### REFLEXOLOGY

Unlike a typical massage, this treatment focuses on the ears, hands and feet which have peripheral nerves connected to our central nervous system. There is no manipulation of the rest of your body. Massaging these areas helps to tap into your central nervous system to release stagnant energy, stimulate nerve function, improve circulation, and induce a deep state of relaxation. The entire treatment is performed face up and does not use oil or lotion.



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## MASSAGE- 60 MINUTES

### HOT STONE MASSAGE

Like a warm hug on a cold day, this treatment aims to melt away tension and stress. Hot Stone Massage Therapy uses the direct heat of stones to access the deeper layers of your muscles, promoting better circulation throughout your body. The warmth and smoothness of the stones allows for a deeply relaxing experience.

### DESERT ABHYANGA MASSAGE

An ancient and holistic treatment drawing from Indian Ayurvedic tradition, this oil based massage focuses on stimulating the surface of the skin with repetitive and rhythmic movements, relaxing the body and manipulating energy fields, rather than deep muscle work.

### REIKI

If you are seeking emotional and physical support, desire to awaken your intuition, and reduce anxiety, a Reiki treatment might be just the right option. Using only gentle, hovering movements, your practitioner becomes a conduit for universal energy as it flows from their palms into your body, replenishing your depleted reserves, and rejuvenating your life forces. This is not a traditional massage - this is an energy healing modality. It is your practitioner's purpose to deliver energy to your body, improving the flow and balance of your energy to support healing.







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## SKINCARE - 60 MINUTES

### TWO BUNCH FACIAL

Every now and then, your skin needs a hard reset with a deep cleanse. Using only 100% natural ingredients, we purify your skin and remove impurities from daily exposure beginning with our papaya enzyme and walnut scrub followed by a deeply detoxifying clay mineral mask. We then balance your complexion with a light massage and conclude with a citrus and peppermint serum, leaving your skin feeling refreshed and reenergized.

### SUPERFOOD FACIAL

Everything your skin craves, this treatment features our signature cornmeal scrub, clay mask mixed with chaga and ashwagandha as well as serums packed full of essential fatty acids, antioxidants and vitamins to help exfoliate, detoxify and hydrate your skin while promoting collagen production. This treatment includes a 20 minute LED light therapy session to destroy acne causing bacteria, shrink oil glands and treat fine lines and wrinkles. Facial concludes with a rejuvenating serum and face massage.







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## BODY TREATMENTS - 120 MINUTES

### ADAPTOGEN WRAP

Begin with a house made adaptogen drink to awaken the body and combat fatigue. Your therapist will start by dry brushing your body to unclog pores and to stimulate the lymphatic system, preparing the body for a detoxifying full body mud mask mixed with Ashwagandha and Chaga. These herbs are known for their anti-aging and regenerative properties and help to reduce inflammation, relieve stressors, and flush out toxins. Concludes with a private outdoor mineral bath and a full body cooling desert aloe application.

### DOUBLE BODY SCRUB

Treat your body to its deepest cleanse, yet. Begin with a Desert Salt Scrub to remove dead skin cells and stimulate collagen production. Followed by an organic house-made cornmeal nutrient scrub to boost circulation and encourage lymphatic drainage without drying out your skin. Soak in a private mineral water bath enriched with sage and other calming botanicals. The Standard Double Body Scrub ends with a cooling desert aloe application.

### MAGNESIUM BODY WRAP

This treatment begins with dry brushing of the entire body, which unclogs pores while detoxifying your skin and increasing circulation to promote lymphatic drainage. Follow up with a soothing and hydrating magnesium gel wrap and a scalp, neck and shoulder massage. You will then be treated to a gentle magnesium rich oil application, leaving your skin ultra hydrated and glowing.

### ABDOMINAL DETOX WRAP

Focusing on your abdominal chakra, this treatment uses a centuries-old naturopathic remedy to alleviate skin, liver and digestive conditions. Following an invigorating full body dry brushing to stimulate the lymph system, your stomach will be cocooned in a warm castor oil wrap to reduce inflammation and relieve stress as you receive a reflexology massage focusing on your head, neck and feet. Your massage therapist will then perform a gentle abdominal massage to complete the detox process.