

# the spa

AT JL BAR



Our goal is to provide a relaxing spa experience for all our guests, whether they are staying on property or visiting for the day.

We strive to create a place where beauty, comfort, knowledge, and personalized attention combine to create a totally memorable and rejuvenating experience.

Relax and unwind at The Spa at JL Bar with one of our soothing spa treatments. To ensure a level of personalized service, our trained providers are attentive to your specific requests and concerns.



## MASSAGES

### JL SIGNATURE MASSAGE

A light to medium pressure massage designed to increase circulation in the body and promote relaxation. This relaxing massage offers gentle manipulation of the muscles designed to reduce stress and fatigue.

50 min/80 min/110 min  
\$175/\$260/\$340

### ENCHANTED STONE MASSAGE

This hot stone massage relaxes stiff and sore muscles. Warmth from stones promotes deep relaxation and alleviates muscle tensions.

50 min/80 min/110 min  
\$185/\$270/\$350

### SONORAN MASSAGE

Focus on those overworked muscles well below the surface. This massage is perfect for working out knots and relaxing stubborn muscle tensions. Recommended for those who regularly receive massage and enjoy deeper bodywork.

50 min/80 min/110 min  
\$195/\$280/\$360

### CACTUS BLOOM

Our prenatal massage is created to provide complete comfort and safety for both mommy and baby. This nurturing massage applies techniques designed to reduce common discomforts, soothe the nervous system, and improve overall wellness for expectant mothers.

50 min/80 min/110 min  
\$185/\$270/\$350

### THAI MASSAGE

A table THAI massage is a series of yoga like stretches, compressions, rocking, and acupressure that the therapist performs on the client. The benefits of Thai massage includes: relaxation, rejuvenation, improved flexibility, soothed nervous system, and balanced body energy. Can be added to any massage.

50 min/80 min/110 min  
\$185/\$270/\$350

### CUPPING

Cupping therapy is an ancient form of alternative medicine. People get it for many reasons, such as pain and inflammation relief, relaxation and well-being, and as a type of deep-tissue massage. Can be added to any massage.

50 min/80 min/110 min  
\$185/\$270/\$350

### HOT AGRAN OIL

Argan oil is called a magical oil for a good reason. Using this oil while getting a massage has tons of benefits for your skin and health. Benefits include, but is not limited to, skin hydration, minimized inflammation, soothing body muscles and improved blood circulation.

50 min/80 min/110 min  
\$185/\$270/\$350

### **COUPLES ENCHANTED STONE MASSAGE**

Indulge in a relaxing intimate 110 -minute couples hot stone, the perfect way to relax next to your sweetie and let all of your stresses melt away.

110 min  
\$695

### **REFLEXOLOGY**

Reflexology is a type of massage that involves applying gentle pressure to specific points on the hands, feet and ears. It is a natural and effective way to ease stress, anxiety and promote relaxation. This service is available for adults and children.

30 min/50 min  
\$110/\$185

### **CBD**

Our CBD lotion is made from full spectrum hemp extract that is lab tested to ensure the highest quality. Add to any massage service.

50 min/80 min/110 min  
\$195/\$280/\$360

### **CRANIAL MASSAGE**

This custom treatment provides deep relation, eases headaches, releases tension, and calms, soothes, and enhances your well-being. Can add warm, cool stones and aromatherapy to your service. Can be added to any massage.

30 min  
\$110

### **FOOT MESSAGE TREATMENT**

Kick off your boots and relax in our massage chair while we pamper your feet and calves with a hot soak, and massage with an essential oil of your choice. Relax with a warm neck and eye pillow while your feet are wrapped in warm booties. Can add to any massage.

30 min  
\$110

## **ENHANCEMENTS**

### **DRY BRUSHING ~\$10**

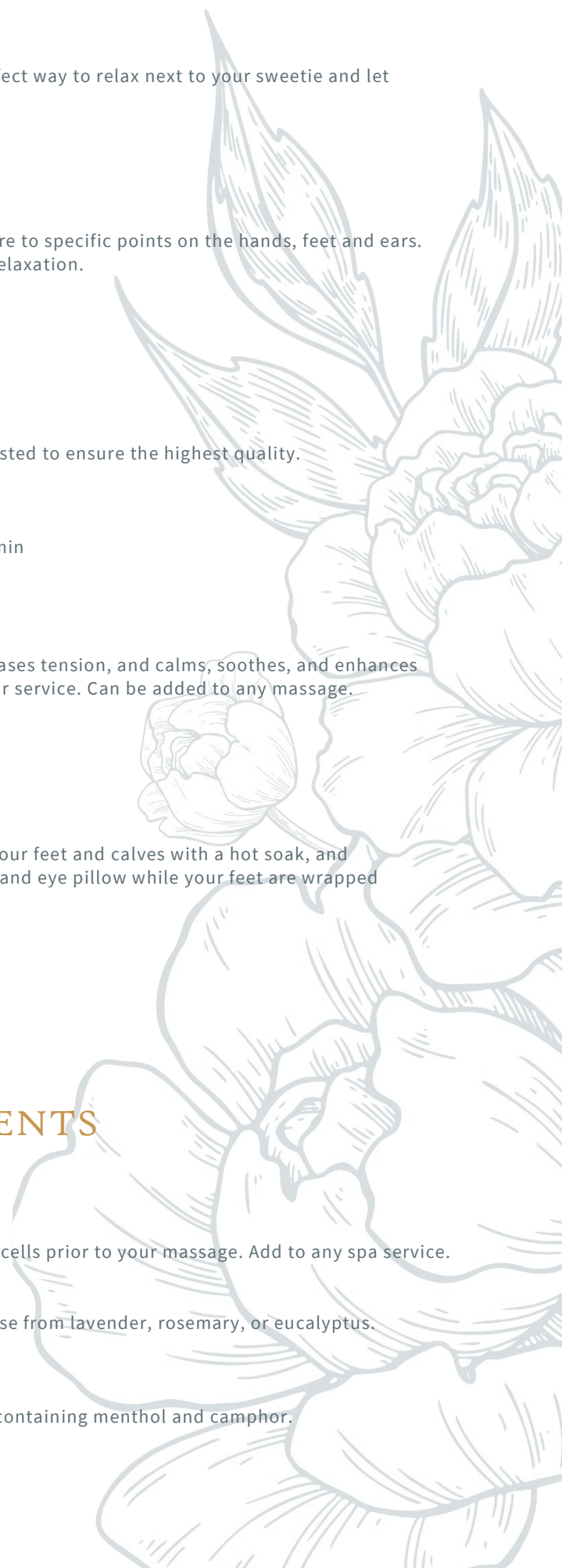
Add this soothing experience to your spa service to exfoliate dry skin cells prior to your massage. Add to any spa service.

### **INFUSED JOJOBA OIL ~ \$10**

Relax and feel soothed by adding one of our infused jojoba oils. Choose from lavender, rosemary, or eucalyptus. Or request a special blend! Add to any spa service.

### **PAIN RELIEF! ~ \$15**

Soothe aching muscles with our selection of pain-relieving products containing menthol and camphor. Add to any massage service.



# FREQUENTLY ASKED QUESTIONS

## **When is the spa open?**

We are open daily for spa services. Because we are flexible regarding booking times, hours may vary based on service requests.

## **Do I need an appointment?**

All spa services must be book prior to guest arrival. To ensure that your request can be accommodated, it is recommended that you schedule your spa appointments at least two weeks prior to your arrival.

Appointments may be requested through the JL Bar Spa website, emailing the spa at [spa\\_guestservices@jlbar.com](mailto:spa_guestservices@jlbar.com) or by calling us at 855-414-3337, option 2. If you are on the property, please dial extension 116 from your room. All questions regarding spa packages and services need to be directed to The Spa.

If you receive our voicemail, please leave a detailed message. All calls received after 4:00 PM are handled the next day.

## **Do you offer amenities like a sauna or steam room?**

No, we do not offer these amenities. The resort does have a hot tub and pool that is located at the main lodge for you to enjoy before or after your service.

## **Are there any service charges?**

All spa services will incur a 20% service charge that is paid to your provider.

## **What is your cancellation policy?**

We have a 48-hour cancelation policy. Appointments canceled within that time frame, as well as all no-shows, will be charged the full price of services, including a 20% service charge. Please contact the spa as soon as possible if you are unable to keep your appointment.

## **How early should I arrive for my appointment?**

Please arrive no earlier than 15 minutes prior to the start time to fill out paperwork and have your intake with your provider. Please note that if all providers are in session, it is possible that the spa door may be locked.

## **Are children allowed to receive spa services?**

Yes! We offer reflexology massage. A Minor Consent form will need to be filled out and a parent or guardian must be present.

## **Do you have availability for group parties?**

Yes! Our private relaxation room is available to spa guests who want to have a private party, get – together, or meeting for up to 8 people.

Please call the spa for pricing.

## **Do you offer massage services on site at The Archer's Nest Villa?**

Yes! Please call the spa for group pricing.

An additional 20% service charge is added to all listed prices.

