

Estrella Spa at Avalon Hotel Palm Springs
415 South Belardo Road Palm Springs, California 92262
760 318 3000 avalonpalmsprings.com

MASSAGES

60 min. \$145 / 90 min. \$195

CUSTOM

Completely customizable massage using a handcrafted blend of our organic herbal-infused oils and butters

SWEDISH

Traditional full-body massage. Combines techniques to promote tranquility, improve circulation and heighten sense of well-being

DEEP TISSUE

Therapeutic massage that penetrates deeper layers of muscle tissue, restores range of motion, and relieves muscle soreness

REFLEXOLOGY

Classic pressure-point bodywork focused on the head, hands and feet. Accompanied by brainwave entrainment sound technology

PRENATAL

Mamma-and-baby-safe massage with a handcrafted salve filled with skin-fortifying organic ingredients

Couples Room available upon request.

FACIALS

60 min. \$150 / 90 min. \$195

CUSTOM

Completely customizable facial to bring out your inner glow. Choose from deep cleansing, hydration, fine-tuning or anything else you can think of

ANTI-AGING

Purifying, detoxifying and age-defying facial that supports softer, more supple and radiant skin

OXYGEN

Facial that infuses every pore with a blast of pure oxygen

VITAMIN C

Facial that relieves sun-damaged skin and fights the signs of premature aging

SCRUBS

30 min. \$110/60 min \$145

CUSTOM

Completely customizable scrub using your choice of bases, plant helpers and skin foods

SUGAR

Luscious treatment that heals, soothes and softens the body and soul

SALT

Vigorous exfoliating treatment that leaves skin bright, shiny and new

VITAMIN C

Deeply hydrating treatment that stimulates, rejuvenates, firms and protects the skin. Add masque +\$20

NAILS

MANICURE

Define and maintain. Includes nail shaping, cuticle treatment, polish/buff, and a hand massage with herbal oils
30 minutes \$40

PEDICURE

A fresh mint and salt foot bath, organic shea butter and sugar exfoliation, nail shaping, cuticle treatment, polish/buff, and massage with herbal oils
45 minutes \$60

WAXING

Brow \$25 Lip \$25 Chin \$25 Full Face \$70 Bikini \$55
Leg \$80 Half Leg \$50 Back \$75 Under Arm \$35

HOLISTIC HEALTH TREATMENTS

Below are some alternative treatments that stem from the time-honored traditions of alchemy, holistic health and global herbal medicine. Like most of our offering, these treatments use only handmade herb-infused oils and butters combined with custom-blended essential oils provided by American Medicinal Arts.

WAXING MOON (COMBINATION TREATMENT)

Begin with a full body exfoliation using sugar, shea butter and jojoba oil. Follow this with a full-body moisturizing rubdown focusing on a hand and foot massage for systemic support. Then add a warm oil scalp treatment enhanced by palmarosa and anise essential oils. Finish with an ultra-repairing facial that balances skin conditions and plumps up dull tissue with bilberry, licorice and St. John's Wort
105 min. \$260

WANING MOON (COMBINATION TREATMENT)

Begin with a vigorous full body exfoliation using salt, charcoal and sage. Follow this with a full body moisturizing rubdown with a focus on abdominal massage for digestive and immune system support. Then add a warm oil scalp treatment with cypress and clary sage essential oils. Finish with a deep-cleansing facial that remineralizes stressed skin and reduces inflammation with turmeric, jojoba and aloe
105 min. \$260

DESERT RHYTHMS (MASSAGE)

A rhythmic treatment that rides the transformative wave of your breath, along with a range-of-motion techniques
60 min. \$145

THE MILKY WAY (MANICURE & PEDICURE)

Rough skin and achy joints are quenched with a warm fresh milk soak. Finish with a white clay, green tea mask and a hydrating rub of jojoba-infused comfrey oil. Includes nail shaping, cuticle treatment, polish/buff
105 minutes \$120 / hands only 45 minutes \$50 / feet only 60 minutes \$70