



SPA SAGE
Santa Fe



SPA SAGE AT LA POSADA DE SANTA FE RESORT



The Art of Relaxation
Spa Sage at La Posada de Santa Fe Resort



With its charming adobe-style architecture, rich textures and stylish décor, the Spa reflects the splendor and tranquility of the enchanting Southwest. Honoring Santa Fe's natural treasures and rich healing heritage, expertly trained and experienced therapists deliver high-quality spa experiences, integrating locally inspired treatments and indigenous products.

Upon arrival, please take a moment to experience our White Sage Welcome. This ancient custom involves the creation of a white sage bundle that is tossed into a fire for purification. The ritual will provide a memorable beginning to your quest for relaxation and healing of body, mind and spirit.

In addition to spa treatments and services, the Spa offers full salon services, a fitness center, aroma-infused steam room, saline pool and hot tub, weekend yoga classes and private yoga by appointment.

LOCALLY INSPIRED TREATMENTS

JULIA STAAB'S HISTORIC ROSE GARDEN | 80 MINUTES

In honor of Julia's historic love for roses and "taking the waters", enjoy a rose oil scrub and a rose hydrotherapy soak followed by a 25 min focused rose oil massage. Sublime.

THE SPIRIT OF SANTA FE | 80 MINUTES

Begin with a gentle blue corn exfoliation, leaving the skin smooth and radiant. Slip into deep relaxation with a full body massage infused with desert sage essential oil to restore the body and renew the spirit. The therapist focuses on the neck and scalp and finishes with a moist heat towel wrap. This treatment leaves you feeling nurtured and restored head to toe. A Sage and Lavender bud Bath Soak available + 20 MINUTES

SANTA FE CHOCOLATE CHILE WRAP | 80 MINUTES

A unique Southwestern treatment featuring a custom blend of warming Chimayo red chile and rich chocolate with antioxidants, marine algae and rich moisturizers to nourish and hydrate your skin. Finished with a massage application of chocolatey cocoa butter. Truly a treat for all of your senses.

ALTITUDE ADJUSTMENT MASSAGE | 65 MINUTES

Feeling a bit out of sorts after arriving in Santa Fe? This treatment supports your body starting with a chlorophyll elixir and a 15 minute oxygen therapy to help oxygenate the blood on a cellular level. Experience a dry brush exfoliation to increase lymphatic circulation and a massage using altitude adjusting essential oils. This treatment helps ease shortness of breath, headaches, and other symptoms associated with altitude changes.

BODY TREATMENTS

REJUVENATE | 80 MINUTES

Renewal awaits you with this Ayurvedic Herbal Rejuvenation. Your skin will be nourished as it is deeply cleansed and exfoliated with a botanical body mask and dry brushing. The treatment continues with a full body massage, a facial mask and a steam towel wrap. A total body experience leaving your skin soft, smooth, and renewed. A Milk Bath Soak available + 20 MINUTES

GLOW | 50 MINUTES COMPLETE OR 30 MINUTE ADD ON WITH NO MASSAGE

An invigorating full body salt or sugar exfoliation, including a 20 minute massage application of rich body cream, this popular treatment leaves you feeling soft and fresh. Scent of your choice.

ADOBE MUD WRAP | 50 MINUTES

The finest muds and clays in the Southwest are used to detox and purify the skin. Dry brushing and wrap finishing with an application of detox lotion. Enjoy the enhancement of a scalp massage, oil optional.

MASSAGE

SWEDISH MASSAGE | 50 MINUTES | 80 MINUTES

A gentle, flowing massage, customized to your individual needs, providing ultimate relaxation.

DEEP TISSUE MASSAGE | 50 MINUTES | 80 MINUTES

For stressed muscles that need to be kneaded, a customized deep-tissue full body massage will help release the knots.

RIVERSTONE | 70 MINUTES

Warmed river stones are used to massage therapeutic oil blends into tired, overworked muscles melting away stress.

AROMATHERAPY MASSAGE | 50 MINUTES | 80 MINUTES

Your senses come alive with your choice of custom aromatherapy oils expertly incorporated into the massage.

SPECIALTY MASSAGE | 50 MINUTES | 80 MINUTES

You choose between Reflexology, Thai Massage, Shiatsu, Cranial-sacral, or Reiki from one of our highly trained and experienced therapists.

MATERNITY MASSAGE | 50 MINUTES | 80 MINUTES

A therapeutic and nurturing massage for the mother-to-be. Recommended after 13 weeks.

COUPLES MASSAGE | 50 MINUTES | 80 MINUTES

Quality time together and unwinding from an active schedule is perfectly delivered in our customized aromatherapy massage for two. Available for a variety of couples and services.

TABLE THAI | 50 MINUTES | 80 MINUTES

East meets the Southwest in the best of ways. Our unique combination of Swedish with Thai stretching techniques using a lemongrass coconut oil.

BACK NECK AND SHOULDER | 25 MINUTES

Focused work where you need it, a tune up for the body and spirit.

HYDROTHERAPY SOAKS

SOAK YOUR CARES AWAY | 25 MINUTES | 45 MINUTES

Add a hydrotherapy soak to any service with your choice of infused bath herbs or milk bubble bath. The 45 minute treatment includes a soak and application of body butter. Breathe and Linger!

FACIALS

HIGH DESERT ANTI-AGING | 80 MINUTES

A perfect marriage of aesthetics and science. The face, neck and décolleté are cleansed, impurities extracted, applications of anti-aging serums and a peel or microderm (if appropriate), followed by a BT micro-current for product deep penetration, a hydrating mask and LED treatment to boost collagen. We do it all!

NATURAL LIFT ORGANIC FACIAL | 50 MINUTES | 80 MINUTES

Our 100% organic, high performance treatment, includes cleansing, steam, extractions, mask, plant stem cell serums, and peptides which are customized to your skin type and condition to deliver optimal results. The use of ultrasonic and micro-current will aid in erasing fines lines for visibly firmer and toned skin.

VIT C BRIGHTENING FACIAL | 50 MINUTES | 80 MINUTES

Begin the reversal of sun damage and premature aging with a customized facial using potent antioxidants, corrective botanical extracts which revitalize the skin, and our 15% Vit C serum which firms, brightens and reduces the appearance of wrinkles. You never looked so good!

NON CRYSTAL MICRODERM DERMAL QUENCH | 45 MINUTES

Natures answer to thirsty skin. Replenish skin at the cellular level with bio-active serums. The face, neck and décolleté receive a microderm exfoliation service and then are treated to a massage using a rich replenishing cream fortified with hyaluronic acid and black currant oil for renewed radiance and extraordinary hydration.

MEN'S REBALANCE & RELAX FACIAL | 50 MINUTES | 80 MINUTES

Look and feel your best, relax! Our men's facial is designed for a man's unique skin care needs. We address skin irritation caused by shaving and will bring your skin back to balance by restoring tone, texture and function.

REFRESH & RENEW | 25 MINUTES

For those on the go! Refresh, re-texturize and hydrate with a deep cleanse, glycolic or enzyme peel, mask and moisturizer.

ENHANCEMENT SERVICES AVAILABLE

All facials receive a complimentary face, neck, décolleté, hand or foot massage depending on the treatment.

EYE - Vitamin K eye serum and collagen eye pads with acupressure massage

LIP - A sugar exfoliation followed by a shea butter moisture mask

NON CRYSTAL MICRODERM - Deep exfoliation and firming

SHEA BUTTER WRAP - Hands or feet wrap with gentle massage



MANICURES & PEDICURES

CLASSIC MANICURE | 45 MINUTES

This classic service includes a cuticle treatment followed by nail shaping and buffing. A soothing hand massage revitalizes before lacquer is applied.

CLASSIC PEDICURE | 50 MINUTES

Relax as your feet are soaked in a therapy whirlpool to soften and exfoliate the skin. Cuticles and calluses are addressed before a relaxing foot massage and application of the perfect polish!

CLASSIC MANI/PEDI COMBO | 90 MINUTES

SHELLAC MANICURE | 60 MINUTES

SHELLAC SOAK OFF | 15 MINUTES

GENTLEMEN'S BUFF | MANI 30 MINUTES | PEDI 40 MINUTES

LA POSADA MORE THAN A MANICURE | 60 MINUTES

An ultra-hydrating treatment for hands with gentle exfoliation, a heated paraffin wrap treatment and a hand and arm massage. Nails and cuticles are expertly tended to resulting in a renewed state for hands and mind.

LA POSADA PRETTY AS A PEDICURE | 60 MINUTES

Just slipping your toes into the whirlpool will instantly transform your day with a gently invigorating sugar scrub, hydrating paraffin wrap and indulgent massage, the nails, cuticles and callouses will be tended before your choice of lacquer.

SANTA FE CHOCOLATE CHILE PEDICURE | 60 MINUTES

Do we need to say more? Soak, nail work, massage, chocolate chile mask and lacquer! Hot Chocolate is on us.

LA POSADA MARGARITA PEDICURE | 75 MINUTES

Enjoy a taste of Santa Fe and relax in our pedicure thrones with a Staab House Lounge specialty margarita, all the fixings pedi with a tangy lime salt scrub and lime citrus mask.

NO-WAX HAIR REMOVAL

Brow Lip or Chin

Full Face

Underarm

Full Arms

Half Legs

Full Legs

Back

Toes

Bikini

Brazilian

HAIR & MAKEUP SERVICES

Wedding or Special Event Up-do

Hair Color:

Permanent and Semi Available

Foil Half & Full Head

Ladies Cut

Men's Cut

Shampoo/Blow Dry

Shampoo/Condition

Lash or Brow Tint

MAKEUP APPLICATION & MAKEUP LESSON

SPA PACKAGES

SPA SAGE DAY

Feel ultimately transformed with this half day package. Start with our White Sage Welcome and a 50 minute Sage Aroma Massage, a 50 minute Customized Facial and complete your day with the Classic Manicure & Pedicure. Lunch available by request from Julia or the Pool Bar at an additional charge.

CREATE YOUR OWN PACKAGE

Reserve three or more 50-minute services per person in one day and receive a 10% discount on the entire package. Gift Certificates are perfect and always fit!

STAYING HEALTHY THROUGH THE SEASONS

This spa program focuses on attuning to the natural rhythms and cycles of nature and bringing awareness to our changing needs throughout the year to maintain health and well-being. The website is updated seasonally with tips and specials.

BRIDAL PACKAGES

Red Carpet Ready styles and looks, available in the Spa and Salon. Trials are available for hair and makeup at special pricing. Members of the bridal party receive 15% off all services. We will create a package for you, after all, it is your day!

PRIVATE YOGA

Enjoy a personalized approach to your wellness with a 60 or 90 minute private yoga or mat pilates session.

For additional information you may check the website for seasonal offerings or contact the spa concierge at 505-954-9630.

GENERAL SPA INFORMATION

Please honor our guests and the serenity of the Spa by turning off all cell phones and devices before entering the sanctuary.

Please make sure you express your needs to the therapist concerning pressure, lighting, temperature and anything that will make your visit more enjoyable. This is your time to relax and be cared for.

All spa services of 50 minutes or longer include use of the fitness center, private locker rooms, relaxation lounge, aroma steam room, heated outdoor pool, hot tub and valet parking.

For your convenience, a 20% gratuity will be applied to your services and can be adjusted as requested.

Cancellations must be made at least 12 hours in advance. Missing, cancelling or rescheduling an appointment less than 12 hours in advance will result in a fee assessed at 50% of the missed appointment.

WHEN TO ARRIVE

We suggest arriving at least 20 minutes prior to your scheduled appointment. This will allow you plenty of time to check-in, change, shower and enjoy the spa's steam room and relaxation lounge. Please note that should you arrive late, your treatment will end as scheduled as a courtesy to the next guest.

SPA HOURS

The spa and fitness center is open from 9:00 a.m. to 7:00 p.m. daily. The fitness center is open 24 hours a day for hotel guests by room key access and the Pool/Hot tub from 7:00 a.m. to 10:00 p.m.

SPG MEMBERS

SPG members receive a 10% discount or 750 StarPoints per service. SPG members not staying at La Posada will receive the 10% discount option only.





LA POSADA
DE SANTA FE
RESORT & SPA

SPA SAGE AT LA POSADA DE SANTA FE RESORT

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