

Massages

AROMATHERAPY | 1 HR \$210

Guests will enjoy the powerful health-enhancing and relaxing benefits of aromatherapy oil blends. Incorporating soothing Swedish style massage techniques and healing essential oil blends that integrate the very essence of plants into a massage that is sure to delight all the senses.

DEEP TISSUE | 1 HR \$210

Based on the healing touch of Swedish style massage, our deep tissue treatment is designed to help you let go of stress and tension. We begin with applying delicate heat to relax your muscles complemented by a calming essential oil blend and focused breathing. Experience a profound sensory relaxation experience that goes beyond a standard massage. You may choose to experience this massage in our spa, or in your resort room (additional fee). It is also available as a Couples Treatment.

RELAXATION | 1 HR \$205

Based on the healing touch of Swedish style massage, our relaxation treatment is designed to help you let go of stress and tension. We begin with applying delicate heat to relax your muscles complemented by the powerful benefits of our 21 Drops Sleep essential oil blend. Utilizing a combination of guided meditation and solitude, your body will immediately benefit from this relaxation massage.

No matter which of our globally inspired massages or facial treatments you choose, our therapists will begin by listening and asking questions about what you want to achieve during your treatment. We strive to deliver thoughtful, individualized treatments based on what you need. Your therapist will use an array of techniques to help restore your physical and mental balance.

Facials

ORGANIC CARE | 1 HR \$205

Our estheticians will customize your facial using organic skin care products. The perfect combination of ingredients and the gentle hands of our estheticians will leave you relaxed and your skin glowing.

THE ULTIMATE SKINCARE | 1 HR \$205

Take your Organic Care facial up a notch. This facial allows our estheticians to give your skin the lift you want. Incorporating effective products and micro-current technology, your skin will feel lifted, tightened and renewed. Leave feeling refreshed and rested, ready for your next adventure!

ANTI-AGING | 1 HR \$240

A ritualistic eight-step process to skin recovery, this treatment includes everything from a back massage to a specialized bio-collagen treatment mask. EviDenS de Beauté products will be used, including the The Extreme product line, which was developed for mature, dehydrated, tired and dull skin looking for an effective solution to fight the signs of aging. These Extreme products contain The 3600 Skin Perfecting Complex, an exclusive anti-aging technology. This unique facial is a comprehensive and invigorating treatment to help indulge and firm your skin.

Facial Enhancements

Enhance the benefits of your facial by adding a facial pairing:

FOOT SCRUB
PARAFFIN HAND TREATMENT
30-MIN NECK & SHOULDER MASSAGE
SCALP MASSAGE
SHEET MASK
COOL FACIAL MASSAGE
SMOOTHING EYE TREATMENT

Personal Training

ONE-ON-ONE | 1 HR \$200

Sessions can be focused on individual guest needs whether it be improving a golf swing or tennis game, improving body composition or addressing health care concerns.

Yoga

PRIVATE | 1 HR \$150

GROUP | 1 HR \$150 + \$20/add'l attendee

Hiking

GUIDED HIKES | 1 HR \$150

Explore CordeValle's beautiful scenery by taking a hike on our hiking trail. Up to six people, \$20 per additional attendee.

Golf Fitness

ASSESSMENT | 1 HR \$300

Fitness professional, Angel Cabrera consults with clients at CordeValle. With his comprehensive evaluation system, he is able to address most root causes of pain and physical limitations that may lead to reduced performance. His health and exercise programs are based on a thorough review that consists of:

- Health History
- Posture Analysis
- Length Tension Tests
- Core Function/Stability Tests
- Range of Motion Tests
- Gait and Movement Analysis
- Holistic Lifestyle Questionnaires

Based on his findings, Angel will design an individualized program that is appropriate for your body and your goals. He uses specific exercises and manual therapy to address muscle imbalances, structural misalignments, and altered movement patterns. By eliminating imbalances in the body we can greatly reduce the amount of bodily stress and discomfort. And by incorporating specific exercises ideal for you, we reintroduce proper function to your body, which in turn restores structure and optimal performance.

TRAINING | 30 MINS / 1 HR \$ 75 / \$150

After your evaluation, Angel will present and walk you through your individualized exercise program. Follow ups are scheduled 4-8 weeks after the initial meeting to monitor progress and implement a new program with progressions.

ETIQUETTE

Silence, peace & respect are part of the spa philosophy. Please consider other guest's space & privacy. Silence any electronic devices before entering the facility. We recommend showering before your treatment.

ARRIVAL

In order to prepare for your treatment with enough time to enjoy our amenities, please arrive at least 15 minutes prior to your treatment.

SCHEDULING & CANCELLATION

We require membership or resort reservations to schedule spa bookings. We must have a minimum of 24-hour notice to reschedule or cancel your booking. Changes made within the 24-hour window prior to the scheduled appointment time may incur a charge. No-show or last minute cancellations will be charged for the full treatment.

ATTIRE

Bathrobes, slippers, and disposables are available for your treatment.

HEALTH CONDITIONS & ALLERGIES

Kindly consult with your physician before receiving any treatment or using our facility. If you have any allergies, please inform our spa team before your treatment.

VALUABLES LOSS OR DAMAGE

Please secure your valuables. CordeValle will not be held responsible for any loss or damage during your visit.

GUESTS UNDER 18

Guests under 18 are welcome at the spa and fitness center but must be accompanied by an adult or legal guardian at all times.