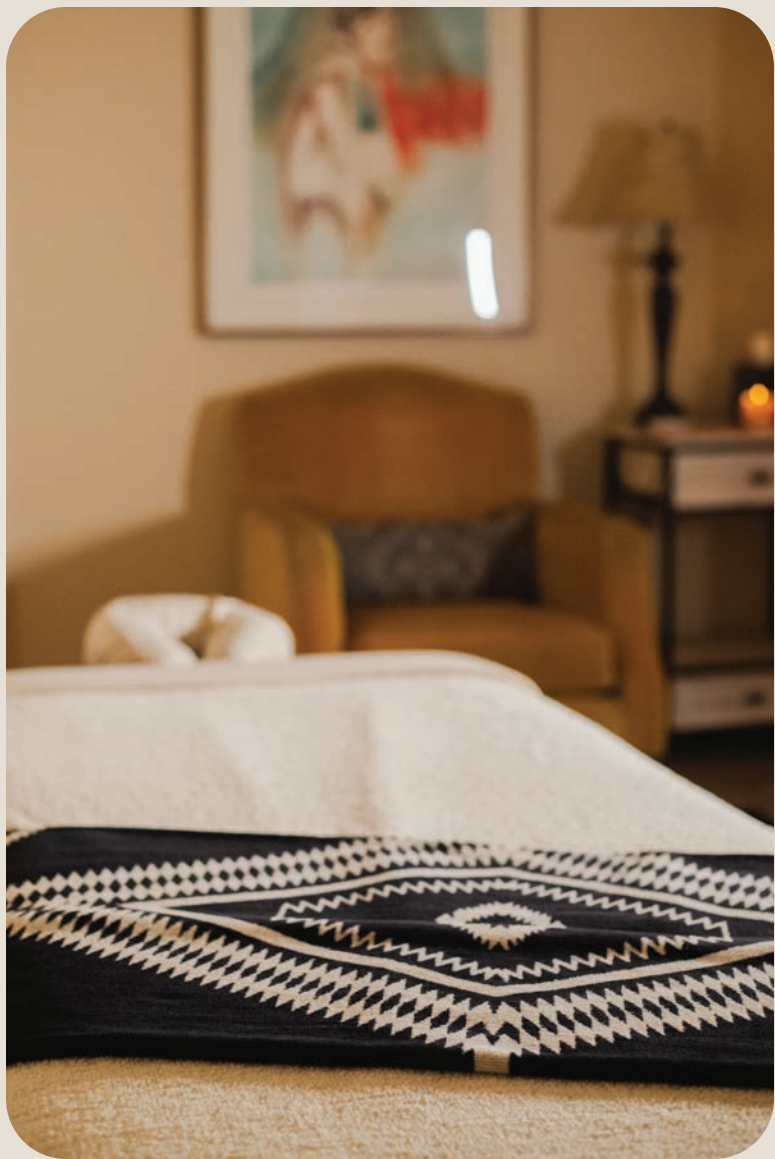
The background of the entire page is a monochromatic, high-contrast image of water ripples. The ripples are concentric circles of varying sizes, creating a complex, organic pattern that fills the frame. The lighting is soft, highlighting the crests of the waves and casting gentle shadows in the troughs, giving the image a sense of depth and movement.

The Art of Ancient  
Wisdom and Modern  
Luxury Awaits

NIDAL



## **WELCOME TO NIDAH SPA**

In America's most unique city, discover a mystical spa that lives up to its name. Nidah is the Native American word for "your life," and Nidah enriches your life with a journey that changes every time you explore it.

Just as Santa Fe is known for its wonderful blend of cultures, so Nidah blends the time-honored traditions fostering harmony, growth, and balance. Our signature treatments reflect our Southwestern heritage through the use of essential earth elements and ancient healing techniques.

Treatment ingredients draw on the natural healing properties of plants and herbs, which have flourished for centuries in this region. In softly lit, private treatment rooms and the spacious couples suite, you'll enjoy specialties reflecting the wisdom and spirituality of the ancient people of the Pueblos.

Celebrate the spa journey of your life.



## **MASSAGE AND BODY TREATMENTS**

### **EXPRESS MASSAGE**

Our 30-minute Express Massage is a concentration of massage in one of the following areas: the head, the back, or the feet. This is a perfect option if you need focused bodywork and are limited on time.

30 Minutes \$105

### **CUSTOMIZED MASSAGE**

Our Signature Customized Massage is built around the specific physical needs of our guests, ranging from lighter to deeper pressure. This is a full-body treatment with enough time built in for focused bodywork on areas of need. Your choice of high-end organic aromatherapy is included in the massage.

60 / 90 Minutes \$210 / \$315

### **DESERT ROSE MASSAGE**

This lovely treatment starts with a foot soak in rose and eucalyptus CBD salts, bringing relief to worn-out feet. Our treatment then moves into a luxurious foot massage, followed by a full-body massage with a Himalayan hot stone spot treatment on the back. We utilize a full-spectrum CBD massage oil infused with rose essential oil to relax the body and uplift the heart and mind.

90 Minutes \$315

### **PRE-NATAL MASSAGE**

This massage has been created to support major physical changes for mothers-to-be. We use a maternity oil blend of bergamot, lavender, and vetiver to ease any emotional tension that has built up throughout the pregnancy. This treatment will pamper and calm new mamas both in body and mind.

60 Minutes \$210

### SHIFTING WINDS WRAP

Our cocoon-style wrap will have you calm and centered within minutes. This treatment starts with a dry brush to support the circulatory system, then moves into a full-body massage followed by a cocoon wrap and energy-clearing ceremony. With scents of lavender, cedar, and geranium, this treatment is intended to reset the nervous system to support restful sleep.

90 Minutes \$315

### WILD SAGE SCRUB

Our Wild Sage Scrub is our quintessential New Mexican treatment, which utilizes a blend of salts and desert sage essential oils to support the circulatory system and exfoliate the skin, followed by a full-body massage with oils of sage, juniper, and lavender, bringing an overall sense of revitalization to the skin and mental state.

90 Minutes \$315

### SPIRIT OF HERITAGE

This journey begins with a relaxing copper bowl foot soak filled with a sage and lavender aroma and a heated neck wrap. The body treatment starts with a refreshing foot massage and a hair and scalp massage to ease any tension in the head. This is followed by a full-body hot Himalayan salt stone massage. This treatment will leave your senses fully awakened and your spirit soaring. Your choice of high-end organic aromatherapy is included in the massage.

100 Minutes \$350

### MASSAGE ENHANCEMENTS / ADD-ONS

*Enhancements not offered as stand-alone treatments.*

CBD Salve \$40

CBD Oil \$40

Himalayan Hot Stone  
Spot Treatment \$40

Dry Brush \$25

Energy-Clearing Ceremony \$25

Scalp Treatment \$25

Hyaluronic Mask \$25

## SKIN CARE

### NEW MEXICO EXPRESS FACIAL

This indulgent express treatment will have you feeling refreshed and looking radiant in just 30 minutes. Using select organic products sourced in the Southwest, this facial is designed to cleanse, polish, and hydrate the skin.

30 Minutes \$105

### DESERT GLOW FACIAL

Our Signature Desert Glow facial is a customized treatment based on your skin care needs and goals. Your treatment will utilize a blend of powerful healing botanicals and minerals by Eminence that will leave you feeling refreshed and radiant. It is specifically designed to rediscover your skin's natural, healthy glow.

60 / 90 Minutes \$210 / \$315

*The 90-minute treatment also includes an LED mask*

### HIGH-ALTITUDE HYDRATION FACIAL

Designed exclusively for Santa Fe's high-desert climate, this deeply replenishing facial restores moisture, radiance, and resilience to skin challenged by altitude, sun, and the dry, arid climate. Ideal for guests adjusting to altitude or seeking hydration and relaxation, this facial will deliver a dewy, healthy glow. Accu-point massage techniques are used to decrease facial tension and promote relaxation.

90 Minutes \$315

*Includes a scalp treatment and a Boost oxygen electrolyte drink to restore hydration.*

### MEN'S STONE CROP FACIAL

Designed to leave the skin refreshed and resilient, this treatment addresses men-specific skin concerns such as oiliness, sensitivity from shaving, dehydration, and signs of aging. This facial incorporates organic Eminence Stone Crop products and techniques that aim to balance the skin and promote relaxation.

60 / 90 Minutes \$210 / \$315

### 24 KARAT GOLD FACIAL

Inspired by the legendary City of Gold, this facial is designed to illuminate, firm, and revitalize the skin. Featuring a 24K gold mask, this facial supports collagen production and improves the appearance of fine lines while delivering antioxidant protection. A soothing facial massage completes this indulgent treatment to encourage circulation and relaxation.

90 Minutes \$315

### FACIAL ADD-ON / ENHANCEMENTS

LED Light Therapy to boost collagen and calm inflammation \$40

NuFACE Microcurrent to lift, tone, and sculpt \$40

Nourishing Scalp Treatment for deep relaxation, circulation and conditioning \$40

24K Gold Modeling Mask to hydrate, firm, and soothe \$40

High-Frequency Treatment \$40

Eminence Cryo-Therapy Massage \$40

Brow and Lash Tinting \$40

Waxing: Brow \$25 / Lip \$25 / Face \$40

## SUGGESTIONS TO ENHANCE YOUR SPA EXPERIENCE

The Nidah Spa Staff is pleased that you will be joining us. We will enhance your Santa Fe experience with memorable treatments and service. Please phone or visit our website for seasonal offerings and additional information.

We recommend that you make an appointment and have included below some guidelines for your comfort.

Nidah Spa has a 24-hour cancellation policy as the treatment times are reserved especially for you. A credit card is required to secure your reservation.

Please join us in the spa at least 20 minutes prior to your appointment time. This will allow you time to transition, change and enjoy time in the steam room located in the men's and women's locker rooms.

Late arrivals will receive the remaining available appointment time so as not to inconvenience following guests.

A robe and slippers will be provided upon check-in at Nidah Spa. Disrobe to your comfort level; all therapists are trained to drape a sheet or towel, assuring your privacy at all times.

Please inform us of any medical conditions or special needs that require our attention. Guests who are pregnant or have high blood pressure should avoid the steam rooms and body wraps. Pregnant guests may enjoy facial treatments during the first trimester, but massage services are not recommended at this time.

Please do not shave prior to Body Scrubs as it may cause a stinging sensation. It is fine for men to shave prior to Facials.

Please discontinue the use of cell phones when you enter Nidah Spa.

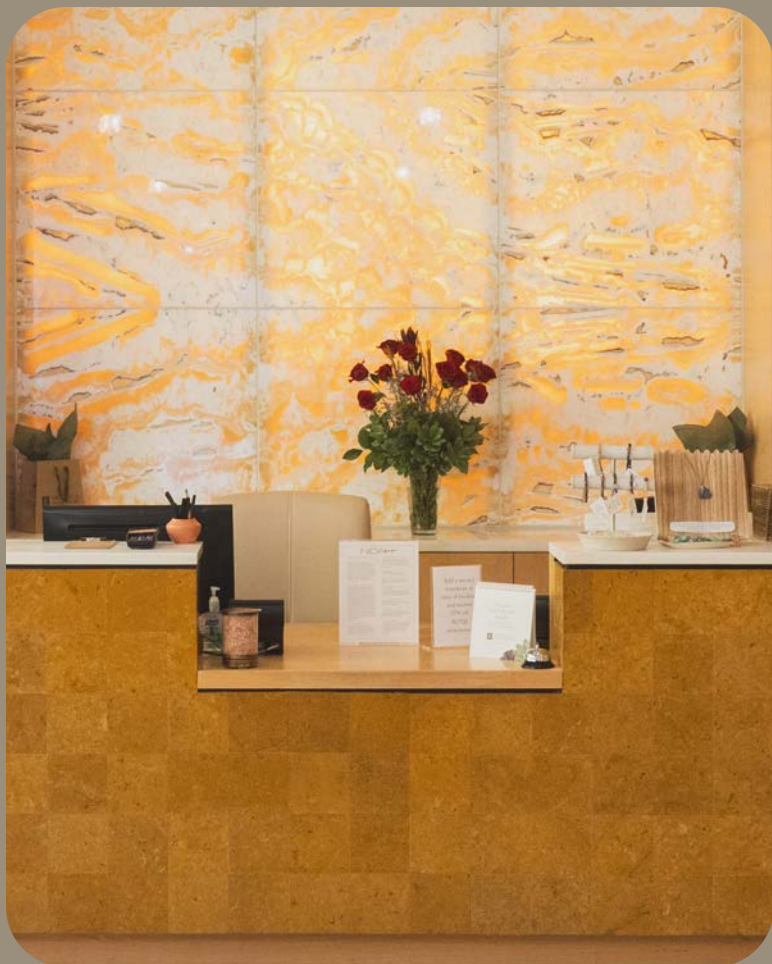
Please do not bring in valuables, as Nidah Spa is not responsible for damage or loss.

Our spa welcomes guests ages 16 and older for facial treatments, while massage services are reserved for those 18 and above. We are unable to accommodate guests under 16.

We encourage a 20% gratuity as a gesture of thanks for exceptional service.

Prices and treatments are subject to change without notice, please call for the most up to date information.





NIDAH

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