

WE WELCOME YOU TO OUR SPA ZONES INSPIRATION

Incorporating the Spa Zone lifestyle is more than a Spa journey – it's the start of a plan for living a longer, healthier and more joyful life. A non-stressful way of life with a positive outlook and strong sense of purpose and intention influences the secrets of longevity and wellness.

CALM AND REST

Rest rituals suggest a daily nap to help with stress and increase levels of calm. Slow down and make time for things that matter.

RENEW AND VITALITY

Staying active with natural low intensity movement will promote physical strength and a vibrant way of life.

RESTORE AND RECOVER

Reset after travel, outdoor activity or just a long day and recover with rituals that ease sore muscles and joints and quiet the mind.

BALANCE AND JOY

Improve balance and build meaningful connections filled with laughter.

WHAT TO DO

Relax by the salt water lap pool reserved for the exclusive use of our spa guests.

SPA BISTRO

Delicious healthy cuisine, including smoothies, salads bowls and wraps. Complemented by tempting offerings of champagne and wine to toast the day.
10:00am - 5:00pm Daily

THE SPA SHOP

Take your spa journey home with the Spa Shop's unique collection of luxurious lifestyle products, apparel and gift items. Our face and body lifestyle programs give you simple tools to help you find your energy or relax, look and feel healthier and achieve the balance you seek.

Need more of your favorite product?
Please call us at 760-341-1880

CONSIDERATIONS

SPA HOURS

10:00am - 6:00pm Daily

RESERVATIONS

Reservations must be canceled 24 hours in advance or will be charged for service.

A credit card is required to guarantee services at the time of booking. Reservations are subject to availability.

To book online: desertspringsspa.com

STAFF CHARGE

For your convenience a 20% charge will be added at check-in and distributed to the appropriate staff. Additional gratuities are a matter of personal discretion.

SPA ETIQUETTE

The Spa is an oasis of tranquility. Please respect the right of privacy and quiet of other spa guests. Please silence your cellular phones.

AGE REQUIREMENT

The Spa has an adult oriented atmosphere created for ladies and gentlemen 18 years of age and older.

PROMPTNESS

We recommend you arrive at least 30 minutes prior to your appointment to shower and prepare for your treatment. Arriving late will deprive you of precious minutes from your Spa treatment.

GIFT CERTIFICATES

Available in our spa or online at:
gifts.marriott.com/e-gifts/

SPA DAY PASS per person per day

Includes: Outdoor Whirlpools, Turkish Steam Room, Finnish Sauna, Aromatic Hammam, Wellness Lounges, Salt Water Lap Pool, Personal locker w/ bathrobe & slippers, Body & Beauty Amenities, 4,000 Sq. Ft. Fitness Center, Free Weights, Cardio & Strength, Training Equipment, Stationary Bicycles, Weekend Fitness Classes



Spa

desert springs

SPA ZONE TREATMENTS

INSPIRED BY THE BLUE ZONE LIFESTYLE

SPA 760-341-1855

www.desertspringsspa.com

74-855 Country Club Drive
Palm Desert, California 92260



SPA ZONES

The Spa ZONES consist of treatments created to honor and promote wellness and longevity by infusing ideas and characteristics of a Blue Zone Lifestyle. An average person's life expectancy could increase by several years by adopting a Blue Zones lifestyle. Blue Zone areas share nine specific lifestyle habits that contribute to longer, healthier lives.

SPA ZONE TREATMENTS AND RITUALS

Reimagine the five Blue Zones into a wellness adventure-traveling the globe through spa rituals inspired by the world's longest living cultures. Each experience blends local tradition, natural elements and longevity focused practices.

OKINAWA, JAPAN (Balance, Calm and Stress Relief)

REVITALIZING RICE CLAY WRAP | 60 Minutes | 90 minutes
This revitalizing rice wrap treatment uses nutrient-rich hand harvested rice, clay, seaweed, and botanicals to hydrate, tone, brighten, and smooth skin, reducing dullness and signs of aging for a radiant glow. Uplifting scents of peppermint, lime and eucalyptus rejuvenate and leave the skin feeling renewed and refreshed. The 90 minute treatment includes a cooling rice bath combining the best of land and sea.

SARDINIA, ITALY (Vitality, Resilience and Muscle Recovery)

GRAPESEED SCRUB | 60 Minutes
Your skin will love our vinotherapy body scrub created with crushed grape seeds from wine, sugar and salt with pure expeller pressed grapeseed oil. The clean and 100% natural way to exfoliate and moisturize. Finish this treatment off in true Sardinian happy hour lifestyle, with a small taste of red wine.

IKARIA, GREECE (Relaxation, Rest and Connections)

OLIVE OIL MASSAGE | 60 minutes
Experience nourishment and relaxation with our Olive Oil Massage designed as a restorative treatment. Inspired by Mediterranean wellness traditions, warm, extra virgin oil rich in antioxidants are gently massaged into the skin to deeply hydrate, improve elasticity and promote natural radiance. This soothing massage relieves muscle tension, enhances circulation and leaves the body feeling renewed while restoring balance. This treatment concludes with an herbal tea with honey and a journey to the Mind-Sync chair for a restful nap.

NICOYA, COSTA RICA (Renewal, Hydration and Joy)

SENSIBLE SUN FACIAL | 60 minutes
Using advanced Vitamin D immune boosting technology this luxurious facial detoxifies, brightens, firms, and provides essential immune support. Skin will be treated with an infusion of peptides, topical nutrients and an environmental protectant to prevent signs of aging due to over exposure. Skin will be restored, vibrant and protected.

LOMA LINDA, CALIFORNIA (Mindful Wellness, Restoration and Rest)

MICROGREENS FACIAL | 60 minutes
Renew and infuse your skin with a microgreen complex that is designed to combat the aging effects of free radical exposure. Nourish your skin with the healing powers of microgreens. This facial is an anti-pollution solution for your skin.

RECOMMENDED HOME CARE PRODUCTS

Extend your Spa Zone experience with the following recommended home care products from our Spa Shop.

REVITALIZING RICE CLAY WRAP

VOYA
Zest Essential Oil
Cryo-cooling Gel
Hydrating Body Lotion
Exfoliating Body Brush

GRAPESEED SCRUB

Grapeseed Company
Vino Lux Scrub
Grapeseed Body Lotion
Grapeseed Wash

OLIVE OIL MASSAGE

McEvoy Ranch
ODE Olive Oil Body Oil

SENSIBLE SUN FACIAL

Skin Authority
Daily Cleanser
Resurfacing Accelerator
D3+ Serum
Nutrient 9X Oil
SkinSuit Natural Tint Skin Perfector
SkinSuit Protective Lip Gloss

MICROGREENS FACIAL

Eminence Organic Skin Care
Stone Crop Cleanser and Hydrating Mist
Stone Crop Oxygenating Fizzofoliant
Stone Crop Serum
Stone Crop Whip Moisturizer

SUGGESTED SPA BISTRO PAIRINGS

OKINAWA, JAPAN REVITALIZING RICE CLAY WRAP pairs with the Spa Bistro's OKINAWA BOWL

Sweet potato glass noodles, carrot, cilantro, miso honey vinaigrette, chili crunch
(Add Seared Ahi Tuna, Hot Smoked Salmon or Rotisserie Chicken)

SARDINIA, ITALY GRAPESEED SCRUB pairs with the Spa Bistro's MEDITERRANEAN BOWL

Couscous, Coachella Valley dates, lacinato kale, roasted red pepper, artichoke, feta, lemon-oregano vinaigrette

IKARIA, GREECE OLIVE OIL MASSAGE pairs with the Spa Bistro's STUFFED GRAPE LEAVES AND MARINATED OLIVES

NICOYA, COSTA RICA SENSIBLE SUN FACIAL pairs with the Spa Bistro's AVOCADO TOAST

Heirloom tomato, pickled onion, radish, sprouted grain bread, everything seasoning, fresh fruit and a choice of Terra Chips, Broccoli Slaw or Fresh Fruit

LOMA LINDA, CALIFORNIA MICROGREENS FACIAL pairs with the Spa Bistro's CA CITRUS BOWL

Brown rice, grapefruit, orange, avocado, cucumber, cilantro, citrus vinaigrette

