



Inspiring our members and guests to discover their personal best through health fitness, beauty and harmony.

~Celebrating your empowerment, The Alvea Spa Team

MASSAGE THERAPY

Classic Massage A traditional full body relaxation massage using gentle to moderate pressure with long, relaxing strokes. A calming, soothing experience that relieves stress, improves circulation and eases muscle aches.

50 minutes

80 minutes

Alvea Hot Rock Therapy For centuries Native Americans have known the healing energies of stones. Our hot rock therapy involves modern massage techniques with the gentle manipulation of heated river rocks around the entire body, reducing inflammation & restoring balance to tense muscles and sore joints. Truly a unique, relaxing experience.

50 minutes

80 minutes

Aromatherapy A massage that starts with a gentle exfoliation to prepare for the experience that combines warm, aromatic, herbal infused oils with the techniques and traditions of Eastern & Western cultures. A wonderful sensory journey that leaves the skin radiant.

50 minutes

80 minutes

Therapeutic Alvea Spa's ultimate massage treatment is truly customized to your individual needs utilizing many different massage techniques and styles.

50 minutes

80 minutes

Deep Tissue An intense penetrating massage that gives special manipulation of deep muscle tissue that relieves stress, tension and chronic muscle problems. Ideal for those who have muscle tightness due to strenuous activity.

50 minutes

80 minutes

Sports This is the perfect massage after a challenging tennis match or a long round of golf. The combination of stretching and various massage techniques relieve tension and soothe tired, stressed muscles. Perfect before a sporting event to warm-up muscles or after to assist in renewal.

50 minutes

80 minutes

Reflexology Pressure points on the hands and feet correspond to specific organs and other parts of the body, these points will help to relax the entire body.

25 minutes

50 minutes

Thai Yoga Massage Relaxing. Energizing. Therapeutic. An active form of bodywork using compression and stretches to release blockages and restores the free flow of energy throughout the body. Please wear loose-fitting clothing for this service.

50 minutes

80 minutes

Back, Neck and Shoulder Massage Great for a quick massage targeting the stress areas most often needing some relaxing massage.

25 minutes

Maternity Massage A perfect opportunity to take care of "mom to be"(after first trimester). A specially trained therapist will relax and rejuvenate as well as address inflammation and fluid retention.

50 minutes

Couples and Friends Massages Enjoy relaxation with a friend or loved one in our massage room built for two. No additional charge, be sure to request when booking.

BODY TREATMENTS AND ENERGY WORK

Alvea Body Bliss Escape to a destination of relaxation and serenity. The body is invigorated with a seasonal fragrant body scrub, then soothed with a perfectly matched lotion or body butter designed to properly hydrate the skin. Designed to address the special needs of our skin based on the seasonal changes here at Trilogy.

50 minutes

Grand Propolis Body Wrap Unique enchanting treatment for radiant skin! Enjoy a light exfoliation before a magical elixir of Brazilian Propolis is massaged deeply into the skin, and your body is cocooned in warmth to allow the nutrients to be absorbed. To seal in the Propolis, warm coconut milk is poured over the entire body and gently massaged in, leaving your skin protected, deeply moisturized and incredibly smooth.

50 minutes

Noni Body Wrap Your healing experience begins with your body being covered with warm Noni gel elixir from the mineral rich soil of Hawaii, then lightly wrapped to enhance absorption allowing this magical tonic to soothe, heal, and naturally hydrate your skin. Finish with a soothing aromatic mist and an application of papaya pineapple moisturizing lotion, leaving your skin healthy, glowing and hydrated.

80 minutes

Chai Soy Mud Wrap Nothing centers your spirit better than getting back to basics and becoming more at one with nature. Your path begins with a light exfoliation to stimulate the lymphatic system while removing dry cells from the surface of your skin. Then, like those who came before us, your body is covered with an application of Indian Springs Chai Soy Mud, rich in mineral clay, organic soy and warming spices of Chai. This therapeutic mud is excellent to detoxify your system and melt away tired and sore muscles. As your journey winds down, a warm application of aromatic herbal spice moisturizing lotion will revitalize your body while at the same time adding valuable nutrition to your skin.

50 minutes

Aloe and Lavender Wrap Delight your senses with the country scents of wild lavender. We will begin by gently exfoliating your body to remove dry and tired skin cells. A mist with aromatic scents to soothe your skin and relax your mind. Next, drift off as you are given a luxurious massage with our soothing lavender moisture quenching lotion and wrap. Perfect for cooling and hydrating summer time skin.

50 minutes

Energy Healing

During your personal session, you can expect to have your Chakras balanced with the use of gemstones and music. The energy practitioners, no touch, "laying on of hands" technique will leave you relaxed and rejuvenated.

50 minutes

FACIALS

Complete home care consultation and extractions are included with all facials 50 minutes or longer and waxing is available with or without facials

Trilogy Facial Using the latest in skin rejuvenation techniques, products and equipment, this service is perfect for any skin type. A light hand and arm massage will leave you completely relaxed and your skin will be left nourished, hydrated and rejuvenated. This highly soothing and beneficial facial restores the look and feel of healthy skin and is tailored to your skin's needs. A hydrating hand treatment and shoulder massage is included with this facial.
50 minutes

Anti-Aging Hydration Facial This facial is focused on the concerns with changes to texture, elasticity and hydration as well as sun damaged exposed skin. Our highly skilled Estheticians will analyze your skins specific needs and utilize specially designed products that all work together to provide measurable results against fine lines and wrinkles, texture and other skin challenges.
80 minutes

Gentlemen's Facial Specially formulated for the therapeutic skin care needs of men, this deep cleansing facial includes exfoliation, steam, extractions followed by a relaxing facial massage and mask. You will leave completely relaxed and your skin will feel and look better than ever. Please shave two hours prior to your appointment or not at all.
50 minutes

Quick Pick-me-up Facial
This facial is perfect for first time facials as it includes general cleansing, exfoliation, hydrating masque and hydration. Perfect lunch time facial.
25 minutes

WAXING & TINTING

Eyebrow
Lip or Chin
Arms
Underarm
Bikini

Deep Pore Cleansing A unique enzyme treatment that will ensure the ultimate cleansing process by removing an extra layer of dead skin cells to deep clean and purify the skin. This treatment is anti-inflammatory and aids in healing. The final touch will include a specialized mask to further enhance cleansing and skin hydration.
50 minutes

Back Facials Luxurious, high intensity Aromatherapy scrub that cleanses, tones, moisturizes and balances an often-ignored part of the body—the back! Highly exfoliating, this brings out the natural glow of the skin and leaves it feeling soft and silky smooth. A specialty treatment facial grade mask & light back massage will complete this very relaxing, yet stimulating experience.
50 minutes

Trilogy Wrap and Facial Indulge yourself in luxury. Beginning with a seasonal body exfoliation to polish away dry skin and paired with a rich hydrating body mask. We wrap the body to quench the skin while we perform our customized Trilogy Facial. Take care of yourself from head-to-toe.
80 minutes

Specialty Peels Our highly trained esthetician will help choose the peel that is perfect for your unique skin type. Whatever your ultimate goal is to purify the skin, clear clogged pores, restore or soothe your complexion we have the right peel for you. Please book a complimentary consultation prior to your first peel if you have specific concerns or needs.
30 minutes
Or add on to any facial

Brazilian
Half Leg
Full Leg
Lash or Brow Tint
Lash & Brow Tint

NAIL CARE

Express Manicure We begin with an expert trimming and shaping of the nails followed by an exfoliation utilizing our seasonal scrub to your hands and forearms. The service is finalized with your choice of nail color or buffing of the nail.
25 Minutes

Alvea Spa Manicure Decadence is the foundation for our Alvea signature services so we start with a warm aromatic bath for the hands followed by detailed nail shaping and cuticle care. We then exfoliate your hands and forearms along with a remarkable massage with our hydrating moisturizer; this will leave your hands smooth and glowing. Your hands are then cocooned in a warm and soothing paraffin hand treatment followed by your choice of nail color.
50 Minutes

Express Pedicure A simple but very rewarding service for the feet. A quick soak in our pedicure bowl and nail work that includes trimming and filing of the nail. Our seasonal scrub is then applied to remove dry skin to refresh your feet. We concluded this service with your choice of polish or buffing of the nail.
25 Minutes

Alvea Spa Pedicure The ultimate experience a soothing aromatic bath for the feet will immediately start the relaxation experience. Trimming, filing and shaping the nail along with detailed cuticle work will spruce up the toes. We will then exfoliate the feet with extra emphasis on the heel and bottoms of the feet. Following the exfoliation we will moisturize the feet with a massaging application of our hydrating lotion or cream and seal with warm paraffin wax that gets peeled away to reveal newfound feet. Your choice of nail color or buffing of the nail will be the finishing touch.
50 Minutes

File, Buff and Polish Hands
15 minutes

File, Buff and Polish Feet
15 minutes

Gel Nails

Full-Set Natural Tips

Full-Set French Tips

Full-Set Gel Pink & Whites

Gel Overlay

Gel Pink & White Overlay

Fill-Ins Gel

Fill-Ins Pink & White

Service Add-ons

French Polish

Hot Stone Upgrade

Paraffin Upgrade

Nail Repair

Callus Treatment

Nail Design/Art

OPTIMAL WELLNESS AND PREVENTATIVE MEDICINE **WITH DR. AMY WHITTINGTON**

Naturopathic Consultation Dr. Whittington will take a complete health history, perform any pertinent exams, and order any lab-work necessary (or interpret any existing lab-work you might have) in order to make recommendations for your health.

90 minute initial appointment

Follow-up appointments

Preventative Wellness Screenings This screening is designed to be an adjunctive screening to your traditional physical, focusing on physical examinations and lab-work proven to give us insight into your future health. It is suggested that these screenings take place once per year so that we can determine a baseline and track any changes that might affect your Optimal Health. A Screening Packet is generated that interprets results of the screening, lab-work, and lifestyle, nutritional, and supplemental recommendations based on your results. See the spa staff for further information:

2 - One Hour Visits

B12 injections Injections including B12, B6, and other B vitamins have been shown to decrease fatigue and boost metabolism and mood and are linked to heart and brain health. Additionally, B12 has been shown to increase energy and mental function.

Acupuncture Utilized for the last 4-5,000 years and traditionally as a comprehensive system of medicine used to treat virtually any disease or dysfunction. In Western medicine, acupuncture has mostly become known for its effectiveness in decreasing pain, and for its ability to induce relaxation and bring the body back into balance. It is often used for treatment of neck pain, low back pain, knee pain, headaches, minor depression and anxiety, and much more.

50 Minutes

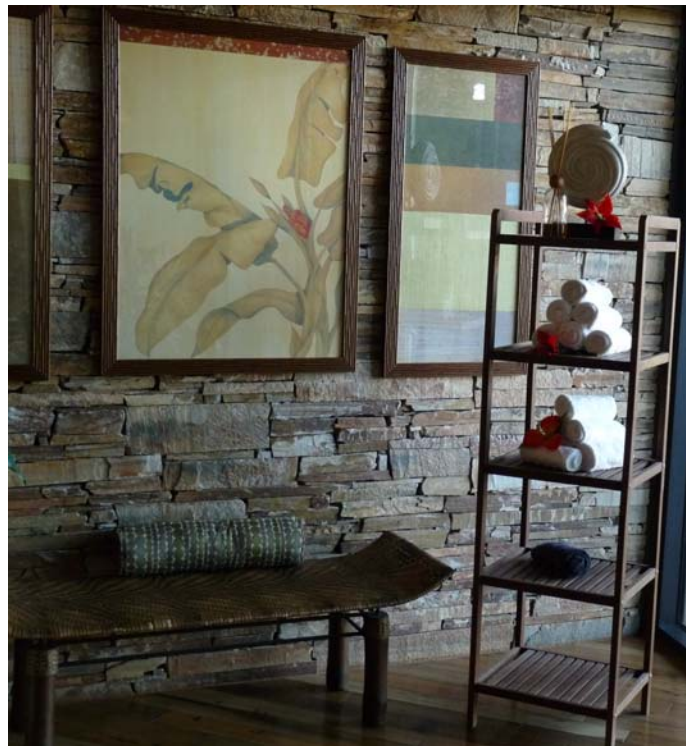
Series of 6 Available

Facial Rejuvenation Acupuncture A safe, natural, approach to reducing the signs of aging. Facial acupuncture can improve muscle tone of the face and results in subtle changes often compared to what a “lasting facial” might produce. *Recommended as a series

50 Minutes

Series of 6 Available

Complimentary Consult Dr. Whittington is legally prohibited from giving specific advice in this format, but is more than happy to meet with you in order to address your concerns and make recommendations for your health.



QUICK FACTS

What if I am late for my appointment?

Though we will do our best to accommodate you, arriving late may limit the time of your service to accommodate the next guest's scheduled appointment.

What should I wear and what should I bring?

A luxurious robe and slippers are provided. Your comfort is of our utmost concern. During your treatment, you will be discreetly draped at all times. However, please wear what is comfortable for you. We suggest you bring a bathing suit for use in the whirlpool in our Zen Garden. All other amenities for hair and body are provided.

Gift Certificates

Spa Gift Certificates are a wonderful way to give the gift of health, relaxation and beauty to the special people in your life. Gift certificates may be purchased at the spa desk or by phone.

Cancellation

We understand that there will be times when you will need to change or cancel your spa day. To avoid a 50% charge on services, we kindly request that any changes to appointments be made at least 4 hours in advance for single services and 24 hour notice for multiple treatments.

General Information

Children 12 and over are permitted to have spa services when accompanied by an adult. It is recommended that everyone should consult a physician prior to taking any spa treatment or service. If you have high blood pressure, diabetes, history of a heart condition, you're pregnant or have any physical injury or condition that has caused you any concern, please take all necessary precautions as outlined by your physician and let our Spa Coordinator know when you book your appointments.



PACKAGES

Alvea Sampler

Get a taste of what Alvea has to offer. Perfect for the first time spa goer or an excellent opportunity splurge on yourself during a lunch break. Package includes 25 min Neck, Back and Shoulder massage plus our Quick Pick-me Up Facial or Chemical Peel Service.

Trilogy Butterfly

A combination of Alvea's most popular services combined into one package. Choose from a 50 minute massage, scrub or wrap, followed by the 50 minute Trilogy Facial and the finishing touches of a 50 minute pedicure or 50 Minute Manicure.

Trilogy Choice

Design your day with two 50 Minute Services of your choice. You can pair a massage with a facial or try something new like acupuncture, personal training session and a body treatment.

Spa Hours

Monday — Friday 9am to 7pm

Saturday and Sunday 9am to 6pm

Please note hours could change seasonally.

Member Fitness Hours

Monday — Friday 5:30am to 9pm

Saturday and Sunday 5:30am to 6pm



SPA AND ATHLETIC CLUB

27980 North Trilogy Boulevard | Peoria, Arizona 85383

623.215.6290 AlveaSpa.com

All spa treatments can be customized to accommodate your needs, so please don't hesitate to ask us for anything. Trilogy Members receive discounted service rates, please feel free to see the spa desk or call us for those rates.