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Receive energy and relief through healing touch. Our therapists can bestow relaxation, release and align overall oneness of mind and body.

**Swedish Massage**
Utilizing long, fluid strokes, this classic massage relieves muscle tension and improves circulation. The massage will gently guide you to relax and release stress.
60/90 minutes

**Deep Tissue Massage**
Deeply therapeutic, this custom massage targets chronic tension. Using a variety of techniques, your therapist helps bring relief to areas of pain and stiffness.
60/90 minutes

**Neuromuscular Therapy**
Neuromuscular massage is beneficial for injuries and chronic pain. Your therapist will warm targeted muscles and work deeply to release knots and adhesions. This is a dry massage, no oil or lotion is used.
60/90 minutes

**Myofascial**
This treatment involves gentle pressure to myofascial connective tissue to eliminate pain and restore range of motion. This is a dry massage, no oil or lotion is used.
60/90 minutes

**Shiatsu**
To balance energy flow through the meridians of the body, your therapist uses specialized acupressure techniques in combination with gentle stretching.
Please wear loose-fitting, comfortable clothing.
60/90 minutes

**Watsu**
Watsu is a gentle form of bodywork performed in our warm, private, outdoor therapy pool. Your therapist will guide you through gentle stretches that feel like a dance.
A bathing suit is required. 60/90 minutes
Head, Neck and Shoulder Massage
To improve circulation and ease tension, this therapeutic treatment offers a combination of acupressure, warm and cool compresses and specialized massage.
60 minutes

Signature Stone Massage
A combination of hot and cold stones are used to relax the body and melt away tension and stress.
75 minutes

Cupping Massage
Discover the healing benefits of this ancient therapy. Specially designed cups create suction to the skin to stimulate circulation, lymphatic flow, relieve pain and release tense muscles.
A separate waiver is required. 60/90 minutes

Lymphatic Massage
Employing a light, rhythmic touch to increase the flow of fluid through the lymphatic system, this gentle massage stimulates detoxification and increases circulation.
Please wear loose-fitting, comfortable clothing.
60 minutes

Pre-Natal Massage
Designed to nurture and support both mother and baby, this gentle massage focuses on areas of the body affected most by pregnancy. Pre-natal massage deepens a sense of calm, relaxation and helps improve sleep.
60/90 minutes

Traditional Thai
This ancient technique is performed on a floor mat. Your therapist will stretch your body into yoga-like positions and apply deep, rhythmic pressure.
Please wear loose-fitting, comfortable clothing.
90 minutes

Table Thai
Like Traditional Thai Massage, your therapist gently guides the body into deep, passive stretches and yoga-like positions. Table Thai is offered on the comfort of a massage table.
Please wear loose-fitting, comfortable clothing.
90 minutes

Thai Reflexology
Reflexology is based on the theory that areas of the feet and hands correspond to specific organs and systems of the body. This Thai-inspired service focuses specifically on the hands and feet.
Please wear loose-fitting, comfortable clothing.
60 minutes
Intentional Aromatherapy Massage

This signature massage will introduce you to the core “family” of ten aromatherapy oils and blends. Select the intention of the oil blend that resonates and it will be mixed for you. This treatment will combine a dry body brush exfoliation with a light flowing massage and culminating with the calming of the mind and the release of the spirit.

60/90 minutes.
90 minute session includes body wrap

Vibrational Massage

Using blended oils that vibrate with the frequency of the seven energy centers of the body, the chakras are opened and revitalized.

60/90 minutes

Chi nei t’sang

Focusing specifically on the abdomen, Chi Nei T’sang energizes, strengthens and detoxifies the body. Chi Nei T’sang works both on a physical and emotional level.

A separate waiver is required. 60 minutes

Abhyanga Shirodhara

Abhyanga is a traditional Ayurvedic full-body massage using two therapists who work in complete synchrony. Following this four-handed massage, a traditional Shirodhara treatment includes a steady flow of warm oil to the forehead (third-eye) stimulating the pituitary gland and soothing the nervous system.

90 minutes
Mii amo, a destination spa
body treatments

Channeling the wisdom of the ages, our therapists bestow vitality, vigor and glow using scrubs, body butters and mineral rich clays derived from indigenous botanicals.

Anasazi Ubtan
Blending ancient Ayurvedic ritual with desert botanicals, this beautification treatment combines an oil application, scrub and wrap.
60/90 minutes

Prickly Pear Butter Wrap
This treatment utilizes the anti-aging properties of the prickly pear. It includes a body scrub, a shower to rinse and a hydrating body butter massage with wrap.
60/90 minutes

Jojoba Butter Wrap
A sea salt exfoliation is followed by a jojoba and shea butter hydration. A wrap in warm blankets follows to allow the butters to absorb more deeply followed by a shower to rinse. This is a preferred wrap for pregnant women and guests sensitive to scent.
60/90 minutes

Pinon Body Scrub
Using local, indigenous ingredients, this treatment includes a rich exfoliation made with pinon nuts. After exfoliation, the therapist hydrates your skin with creamy pinon body butter.
60/90 minutes

Sedona Clay Wrap
This high desert treatment begins with a light, dry-brush exfoliation and a generous application of our mineral rich, red clay. Once the clay is showered off, our Mii amo lotion is applied for re-hydration.
60/90 minutes

Dosha Balancing Wrap
After a light, dry brushing, your choice of an aromatic Ayurvedic Dosha Oil is massaged into your skin. You are then wrapped in warm, herbal-infused sheets and receive a relaxing head, neck and shoulder massage along with a Marma-Point Facial Massage.
60/90 minutes
skin care

Your skin, like the landscape itself, is shaped by time and environment. Our expert estheticians tailor each treatment to enhance your skin, leaving you feeling rejuvenated and refreshed.

Mii amo Signature Facial
Your esthetician will tailor this signature facial to meet your skin’s specific needs. Select from our signature facial offerings:

Hydrate
Address dry and dehydrated skin and the cumulative effects of sun and environment damage.

Clarify
For acne prone or congested skin, remove pollutants locked in the skin and lift dead skin cells.

Calm
Soothe reactive skin—an ideal choice for rosacea, sensitive inflamed skin or conditions of excema.

Rejuvenate
A restorative facial for aging and problem skin.

60/90 minutes

Oxygen Facial
This oxygen-infused facial works to significantly reduce the appearance of wrinkles and fine lines. It stimulates collagen and elastin production while deeply hydrating your skin.

60/90 minutes

Lymphatic Facial
This facial stimulates the lymphatic system while improving skin tone and texture.

60/90 minutes

Journeyman’s Facial
This results-oriented service is specifically designed for men. This facial will cleanse, calm and clarify.

60/90 minutes

Back Facial
After gently cleansing and exfoliating your back, a mask is applied. A hydrating back treatment completes the experience.

60 minutes
The beauty and vitality of Boynton Canyon is sacred to local Native American Nations. We honor and respect the Native Americans traditions and take great pride in the authenticity of our treatments and the power and history of our surroundings.

**Spirit of the New Moon: Manifesting**
The New Moon is the best time for manifesting your deepest desires and wishes. This treatment begins with you writing down your intention for the coming months. A foot bath and full body massage follow.

**Offered exclusively on days around the New Moon. 90 minutes**

**Spirit of the Full Moon: Releasing**
The Full Moon is the best time for releasing what no longer serves us. You will begin by writing down what you would like to release. A warm oil scalp massage is given to clear the mind, followed by a full body massage.

**Offered exclusively on days around the Full Moon. 90 minutes**

**Soul Seeker**
A master therapist provides techniques to help support a heightened awareness, a new perspective, or reconnection with your inner self. The techniques used may include guided imagery, energy soul journeying, emotional release and breath work.

**90 minutes**

**Inner Quest**
Reflective of the Native American ceremony and ritual, this massage treatment utilizes traditional essence of cedar and sage oil sacred to Native Americans. The four directions are honored, sweet grass is burned and The Circle of Life blanket is used to create the warmth of a sweat lodge and to honor tribal elders.

**90 minutes**
Mii amo is fortunate to work with some of the most gifted, experienced and acclaimed therapists in the world. They will use their intuitive healing powers to refresh your mind, body and spirit in ways that are profound and personal.

**Harmony**
Through intuitive and psychic abilities, your therapist offers a variety of healing modalities such as customized guided meditation, psychic reading and energy work to support you becoming more conscious of your hidden gifts and restoring harmony and balance to your life.

*90 minutes*

**Intuitive Massage**
Through sensitive touch and meditative presence, your therapist assists you in reconnecting to your true self. Energy reading supports you to understand different aspects of your psyche, expanding your perception of energy, allowing a more authentic, joyous life.

*60/90 minutes*

**Aura-Soma Consultation**
This color system from England is based on vibrant, alive plant color, essential oils and flower essences. Colors we are drawn to reveal our talents, gifts and life lessons. An in-depth reading based on your choice of colors allows you to understand yourself on a deeper level and supports your return to balance with your original potential.

*60/90 minutes*

**Aura-Soma Relationship Reading**
This Aura-Soma Color Reading offers ways for couples, friends or partners to understand, recognize and value each other’s unique gifts, qualities and contributions.

*90 minutes*
Aura-Soma Bodywork
Deepen your experience of color in this energy balancing massage with your preferred Aura-Soma equilibrium oil. Color has been used since ancient times to bring balance to body, mind and spirit. 
Recommended after you have experienced an Aura-Soma Consultation.
60/90 minutes.

Energy Clearing
Your therapist will begin with a Palo Santo smudge to identify what you would like to release. Through relaxation techniques, hypnosis, integrative body and energy work, you are guided to release old thoughts and energy patterns and create an opening for the new.
60/90 minutes

Energy Intelligence
Designed to explore the body’s energy and its innate intelligence, energy work, massage, meditation and breath work may be used to customize this service and address personal challenges.
90 minutes

Conscious Relating
Human relating elicits love, joy, courage and all the qualities that make up our unique essence. Treatments are tailored to bring clarity to relationships through mindful exploration, compassionate awareness and humor.
90 minutes
connection with the spirit

Open your heart and mind to gain insights into your present situations and future opportunities. These powerful sessions will provide you with a new sense of clarity and guide you on your Journey ahead.

Cranial Sacral
Beautiful and serene, this very subtle work focuses on balancing the flow of cerebrospinal fluid from the top of the head and down the spine. It can be extremely beneficial for people who want to relax and alleviate stress in the body.

Please wear loose-fitting, comfortable clothing. 60 minutes

Reiki
A Japanese healing technique that attunes the energy flow within the body and allows for natural healing processes to occur. It works on the body, mind, heart and soul. Reiki works with energy and is not a hands-on treatment. It will leave you feeling refreshed and clear-minded.

Please wear loose-fitting, comfortable clothing. 60 minutes

Reiki Healing Attunement
This process opens a spiritual door through which powerful, higher-frequency Reiki energies are able to flow. The Reiki Healing Attunement can start a cleansing process that affects the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful.

Please wear loose-fitting, comfortable clothing. 60/90 minutes

Reading of the Moment
An intuitive will guide you to a higher level of understanding of your life path. Reading may include Palm reading, Tarot Card, Numerology or a Pendulum Reading.

60 minutes | Shared 90 minutes
Astrology
Using the exact time and place of your birth, our professional astrologer interprets life patterns and tendencies and will offer you insights.
A 24-hour advance notice is required to book this service, and your astrologer will need your birthdate, birth place, and time of birth for preparation of your birth chart prior to your appointment.
60/90 minutes

Interactive Aura Photography
Discover the incredible colors of your aura/energy field. Learn how becoming more aware of your energy can be valuable for creating balance in all areas in your life – physical, emotional and mental. Each session includes a comprehensive analysis showing your aura/energy field and the meaning of the colors in your aura, while explaining each of the seven chakras and how the energy flows within your body.
60 minutes | Shared 90 minutes

Past Life Regression
Using hypnosis to induce a deep, restful state, your therapist will guide you on an exploration of past life memories that may provide insights into current life issues.
90 minutes

Hypnosis
Therapeutic hypnosis enhances physical and emotional well-being and is extremely effective for pain and stress relief, smoking cessation, weight loss, relaxation and increased confidence. Please indicate your focus for the session when booking.
90 minutes

Crystal Grotto Blessing
A private ritual to celebrate, to transition, to heal and connect based on Native American teachings.
60/90/120 minutes
The mind, like a garden, needs tending. Turn your consciousness inward, then learn how to breathe into those spaces, achieving clarity, focus and a renewed conversation within your own self. It is a practice that will, with devotion and time, help you long after you return to daily life.

Basics of Meditation
Breath, awareness and relaxation are taught to bring you into the present moment.
60 minutes

Red Rock Inspiration
This session includes a nature-inspired meditation, mindful walk and guidance to encourage focus and balance.
60 minutes

Medicine Wheel Meditation
Inspired by Native American medicine wheel practices, this guided meditation offers imagery relating to the four cardinal directions and the natural elements within each.
60 minutes

Chakra Meditation
This meditation emphasizes grounding, balancing and connecting your energy centers. This session addresses physical, mental, emotional and spiritual wellbeing.
60 minutes

Elements Meditation
This meditation will help you connect with the elements of nature. You will learn to feel supported by the earth, water, fire and air.
60 minutes

Labyrinth Walk Meditation
A meditative mind is easier for some to achieve through movement. You will be led on a meditative walk through our labyrinth.
60 minutes
Mii amo, a destination spa
Mindfulness sessions teach you how to focus your intentions, note every aspect of that singular moment, then fully occupy it. Doing so brings a deep, abiding fulfillment—and the knowledge that you are connected to all things. These insights are invaluable to any life journey, and will serve you at all times.

**Compassionate Communication**
A session designed to offer strategies to enhance authentic speech, so that communicating and listening emanate clearly and directly from the heart. During this process, you will learn supportive and nurturing communication methods, as well as enhanced techniques to speak with yourself and others with a more compassionate, open and responsible dialogue. This compassionate communication process frees energy so that one is able to view the self, others and the world in a more positive light.

90 minutes | Shared 120 minutes

**Living with Change**
Inner discovery begins when we recognize that everything changes, yet staying in the present moment can be challenging. Gain the skills to move through change efficiently and with a sense of balance.

90 minutes | Shared 120 minutes

**Releasing Stress**
After a thoughtful assessment of your current life stressors, your therapist will explore techniques and strategies to assist you in reducing the burden that stress can create. Visualization, movement, breath awareness, nutrition and the most current philosophies on managing stress may be utilized.

60 minutes

**Integrative Breathing**
This breathing exercise invigorates the liver, spleen, pancreas and abdominal muscles with oxygen, simulating a sense of wellbeing. On a deeper level, there is an emotional release of negativity and stress which adds to mental clarity.

60 minutes
Mii amo, a destination spa
Learn how to move, breathe, eat and sleep so that your physical presence can be the ideal temple for your equally miraculous mind and soul.

### Nutrition For Your Health

When challenged with various health or weight concerns, it’s time to re-examine daily food choices. Receive specific nutritional and wellness advice on how to stay strong and balanced.

60 minutes

### A Woman’s Journey

As women cycle through the different stages in their lives, their bodies and emotions are constantly shifting and changing. This consultation explores – through the use of nutrition, herbal and lifestyle support – how to maintain balance and control through life’s many phases.

60 minutes

### Sacred Sleep

Whether your challenge lies in falling asleep or staying asleep, not getting enough sleep or getting too much, this consultation will provide you with the knowledge and tools you need to develop a healthy relationship with sleep and begin to get the rest you want and need.

60 minutes

### Ayurvedic Lifestyle Consultation

According to Ayurveda, each one of us inherits a unique constitution of three mind/body principles called doshas – Vata, Pitta and Kapha – which create our specific mental and physical characteristics. This powerful and insightful consultation provides an in-depth look at your particular dosha type and recommended lifestyle changes to support your wellbeing.

60/90 minutes
Attain fitness goals, move with purpose and build strength with customized routines designed by our experienced Mii amo health coaches.

**Personal Coaching: Yoga & Pilates**
Co-create a private Yoga or Pilates training session with one of our certified instructors and take your practice to the next level.

*60/90 minutes*

**Personal Coaching: Strength & Fitness**
Take your fitness to the next level with a personalized strength or cardio-based training session with one of our certified personal trainers.

*60/90 minutes*

**Integrative Coaching**
If you seek to begin a new program or improve an existing one, our certified trainers will guide you through a personalized session.

*60/90 minutes*

**Personal Integrative Health Plan Design**
Co-create a path forward. Meet with your health coach for a personalized fitness program to take your health to the next level. Incorporating your goals, health and exercise history, resting metabolic rate and body composition, a realistic action plan is developed to improve cardiovascular fitness, yoga, balance, flexibility, pilates, strength and endurance. Suitable for beginners as well as seasoned athletes.

*90 minutes*
spa specifics

Our intention is to provide a spa experience like no other. Everything we do, from the amenities we offer to the guidelines we ask you to respect, has been designed to enhance your journey as well as that of others sharing this space with you.

A Quiet Place

Please keep in mind that Mii amo is a tranquil place and help us maintain that peaceful environment when utilizing any of our facilities, particularly the indoor and outdoor pools. For the relaxation, enjoyment and privacy of our guests, please speak softly during your time at the spa.

Thank you for not speaking on cell phones, playing videos or music in common areas.

Fitness and Activities

Our fitness room, located on the first floor, is open from 6:00am until 9:30pm daily. We have integrated health coaches to co-create 60 and 90-minute sessions by appointment only. Please speak with a Journey Guide to schedule a session.

Age Requirements

Guests must be at least 16 years old to enter or use any of the spa facilities. This includes the pools, participation in all classes and dining at Mii amo Café.

Change and Cancellation Policy

If you must change or cancel your appointment, please notify us at least 12 hours in advance of the treatment time to avoid being charged. No-shows, changes and/or cancellations within 12 hours of the scheduled appointment time are charged 100% of the value of the service.
Preparing For Your Experience

Please check in at the Mii amo Welcome Desk at least 30 minutes prior to your appointment. This will allow you time to change and relax before your therapist greets you. Spending time in the steam room, sauna or whirlpool is a great way to unwind before your treatment begins. Please be advised that heat exposure of this nature is not recommended before treatments such as a stone massage, cupping or body wraps that raise your core temperature.

What To Wear

For most spa treatments, it is customary to disrobe completely; however, you should undress to your level of comfort. Our therapists are trained to keep you properly draped throughout the treatment, respecting your privacy at all times.

For Traditional Thai or Table Thai, Reiki, Reiki Healing, Lymphatic Massage, Shiatsu or Cranial Sacral. Please wear loose-fitting clothing that allows for stretching. Watsu – a bathing suit is required.

Enchantment Resort Guests

Access to Mii amo is limited to registered Enchantment Resort guests ages 16 and older. The outdoor lap pool, deck and Jacuzzi along with most classes and presentations are available for an additional fee.

Before leaving the spa, we ask Enchantment Resort guests to please stop by the Welcome Desk to sign for treatments. Prices do not include tax, gratuity or service charge. Otherwise, for your convenience, we can add a standard 20% gratuity and bill treatments to your room.

Spa menu and prices may change without notice. Shared services as available and an additional $50 per person. Spa menu and pricing effective June 2019.

Hours

The spa facilities are open daily from:
6:00am until 9:30pm

Treatments begin at:
8:30am and end at 9:30pm
notes for your Journey
notes for your Journey