

HELPFUL HINTS FOR THE SPA

Scheduling Spa Services

We recommend scheduling spa services prior to arrival to ensure desired times and treatments. Please arrive a minimum of 30 minutes to 1 hour prior to your scheduled appointment to allow time for check-in, and to shower, relax and soak before your treatment. The warm temperatures and quiet time will prepare you for your bodywork. Late arrivals will result in a shortened spa experience, as your treatment will conclude at the scheduled time. Reservations for spa services must be guaranteed with a credit card.

Cancellations

Cancellations of spa appointments must be made 24-hours in advance of the appointment - during business hours - or the guest's credit card will be charged for the full cost of the treatment(s). We also require that cancellations of spa treatments must be made by speaking with an Ojo Caliente Mineral Springs staff member and not left on voice mail.

Gratuities

Gratuities are not included in the price of treatments and are gratefully received to acknowledge good service. The typical range is 15-20% of the price of the treatment(s) and may be made in cash or charged to credit cards.

Robes, Lockers and Towels

All guests who purchase a spa treatment (*with the exception of a Milagro Wrap, Private Tub, and Private Ritual Herbal Bath*) will receive a complimentary robe, locker, towel and bath amenities to use during your stay (a \$15 value). Please keep valuables locked in your room, locker or vehicle. Locks are available for purchase at the front desk.

Disclaimer

Hot water and sudden temperature changes can be stressful to your body. If you are pregnant or have chronic health problems, please consult your healthcare professional. The consumption of alcoholic beverages may impair judgment and/or cause loss of consciousness and is strongly discouraged. Natural mineral water may discolor some jewelry. Natural clay and mud may stain some fabrics.

GIFT CARDS

Share the Ojo Caliente experience with someone special. Gift Cards may be purchased by phone, online or in person. Gift Cards can be mailed or held at the spa entrance for pick-up.



Please visit our website for seasonal specials.

800.222.9162 505.583.2233

ojospa.com

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Ojo Caliente
MINERAL SPRINGS
RESORT & SPA

SPA SERVICES



SPA is the acronym for the Latin phrase *Salus Per Aquas*, which means *“health through water.”*

Our legendary waters have been soothing body, mind and spirit naturally for centuries.

OJO PRIVATE WATER THERAPY

The Ojo Private Ritual Herbal Bath is the perfect prelude to any spa treatment.

Ojo Private Ritual Herbal Bath

Experience the benefits of Ojo's legendary mineral waters in the privacy of your own soaking tub. Your soaking ritual is enhanced with Ojo's Earth Herbal Blend of wildcrafted and organic herbs, which includes chamomile eye pads that nourish tired eyes and relax eye muscles. You'll emerge reenergized.

25-minute stand-alone ... \$30 25-minute add-on ... \$25

Private Outdoor Mineral Pools

We've created the perfect environment for those yearning to *bathe au naturale* under big blue skies by day, or on a stunning starlit night. Escape to one of our three secluded Private Outdoor Pools complete with Kiva Fireplace and create your own Ojo experience. **Prices do not include entry to the Mineral Springs.** Maximum 8 people. *Children welcome in Private Outdoor Pools during all hours of operation at full rate with parental supervision.*

50-minute pool for two guests (9am – 6pm) ... \$40
Each additional guest is \$10. Fire available for additional \$10.

50-minute pool for two guests (6 – 10 pm) ... \$50 (incl. fire)
Each additional guest is \$10.

Half day (4-hours) for two guests ... \$120
Each additional guest is \$10/hr. Fire available for additional \$10/hr.

Ojo Ritual Herbal Bath and Milagro Wrap Combo

Combine a 25-minute Ojo Private Ritual Herbal Bath with Ojo's Signature Milagro Relaxation Wrap.
50 minutes ... \$40

Ojo Private Soaking Tub

Soak in Ojo's legendary mineral waters in the privacy of your own soaking tub located in the Main Bathhouse.
25 minutes ... \$12

OJO SKIN CARE ADD-ON THERAPIES

These therapies can be added to any spa service and are not stand-alone.

Ojo Healing Hands Therapy

Instantly repair dry and prematurely aging hands using a rich, long-lasting, SUNDĀRI Ayurvedic herbal formula of neem, lotus, and gotu kola – combined with massage and Ojo hot towels, leaving hands incredibly soft, moist and protected.
25-minute add-on ... \$59

Ojo Restorative Foot Therapy

A rich and nourishing therapy including warm oil massage and relaxing Ojo hot towel wrap for tired feet and calves. Your therapist will cleanse, exfoliate, massage and balm your feet with SUNDĀRI skin care products.
25-minute add-on ... \$59

SUNDĀRI Hot Oil Hair Therapy

This therapeutic and rejuvenating hair therapy offers SUNDĀRI products formulated with essential oils to strengthen and repair the hair shaft. This unique complex is applied to your hair, massaged into your head and wrapped with a hot towel to invigorate the scalp and protect your tresses.
25-minute add-on ... \$44

ABOUT OJO SKIN CARE THERAPY

Our unique Ojo Skin Care Therapy is perfect for the high alpine desert climate of New Mexico. Our skin care treatments utilize the SUNDĀRI line of Ayurvedic inspired skin care products prepared from the powerful and regenerative properties of plants, herbs, roots, essential oils and floral extracts.

One of the oldest forms of healthcare in the world, Ayurveda is a system which uses the principles of nature to help maintain health in a person by balancing the individual's body, mind, spirit and emotions.

Ojo Custom Face Therapy

A relaxing and gentle face therapy for all skin types using a combination of SUNDĀRI gentle, dosha specific cleansers and essential oils to sweep away surface skin cells and toxins. A bamboo and date exfoliant is used to brighten the complexion. A relaxing face and neck massage using gotu kola and lotus oil is given to replenish and nourish the skin, followed by a rose and lavender hydrating mask to slow the breakdown of collagen. Includes eye therapy with chamomile oil, neem eye cream and dosha specific moisturizer – leaving the skin radiant and protected.
50 minutes ... \$99

Ojo Mini Face Therapy

A mini version of our Ojo Custom Face Therapy which can be added to a massage or other spa service for a quick and effective way to purify, relax and hydrate your face.
25-minute stand-alone ... \$59

Youthful Glow Face Therapy

This therapy utilizes massage, Ojo Hot Herbal Towels and SUNDĀRI skin care products to improve circulation, relax, hydrate and restore your skin and underlying muscles to promote a youthful glow. Skin cells are gently sloughed away leaving your skin with a brighter and smoother appearance. Reduces pores, fine lines, wrinkles and slackening of the skin, restoring radiance.
50 minutes ... \$119 *Includes full arm and hand massage with SUNDĀRI Gotu Kola and Lotus Oil*

80 minutes ... \$159 *Includes extensive massage of the face, neck, shoulders, arms and hands*

Men's Fitness Face Therapy

This invigorating and revitalizing skin care therapy cleans and softens the face which can be irritated by daily shaving and exposure to the drying southwest sun and wind. Our Ojo Herbal Hot Towel compress melts away stress, revitalizes and hydrates your skin. Your session begins with a soothing massage of the face, neck and shoulders. SUNDĀRI skin care products provide skin nourishment, draw out impurities and congestion, while cleansing, toning, exfoliating and hydrating your face.
25 minute stand-alone ... \$59 50 minutes ... \$99

We specialize in using nourishing and natural approaches to skin care without extractions or the use of machines.

THERAPEUTIC MASSAGE

We suggest preparing your body by soaking in our healing and relaxing mineral waters, steam and sauna prior to receiving any service. Customize your massage experience by adding any of our 25-minute spa therapies.

Essence of Ojo Custom Massage

After a nurturing soak in Ojo's mineral water, our experienced massage therapists will use a variety of techniques to create a personalized massage just for you. Add a Private Ritual Herbal Bath before your massage to enhance your Ojo experience.

50 minutes ... \$89 80 minutes ... \$129

Deep Tissue Massage

A firmer pressure is utilized to affect the deeper, underlying muscles and structure of the body. May include myofascial release, pressure point and cross fiber techniques to release areas of specific tension patterns or injuries.

50 minutes ... \$104 80 minutes ... \$149

Earth Keepers Hot Stone Massage

Therapists use warm, oiled basalt stones (gathered from the nearby Rio Grande River) combined with harmonizing massage strokes to soothe your muscles, balance your energy and relieve tension. Large stones, steeped in Ojo mineral waters, are placed at special points of the body help to ground, calm and relax the mind and nervous system.

50 minutes ... \$109 80 minutes ... \$149

Kokopelli Pregnancy Massage

Known as a fertility deity, healer and story teller, Kokopelli is a sacred figure to many Southwestern Native Americans. This nurturing and relaxing therapy focuses on the special needs of the mother-to-be by relieving stress on joints, and easing neck and back pain. A prenatal massage can help reduce fatigue and aid the circulatory and lymphatic systems of mother and baby.

50 minutes ... \$99 80 minutes ... \$139

Reflexology Foot Massage

Treat yourself to a reflexology foot massage that stimulates and balances your entire system by applying pressure on specific reflex points on your feet. Our guests tell us this is the one treatment they are most pleasantly surprised by.

Not offered for pregnant women.

50-minute stand-alone ... \$79

25-minute stand-alone ... \$55

25-minute add-on ... \$45

All guests who purchase a spa service (with the exception of a Milagro Wrap, Private Tub, and Private Ritual Herbal Bath) will receive a complimentary robe, locker, towel and bath amenities to use during your stay (a \$15 value).

RESTORATIVE BODY THERAPIES

Native American Blue Corn & Prickly Pear Salt Scrub

This unique mixture of blue corn, prickly pear and ancient sea salt whisks away dry, dull skin revealing a softer, smoother texture. Many Native Americans rubbed blue cornmeal on their skin to rid the body of impurities. Prickly pear nourishes skin and soothes irritations. Sea salt minerals can improve circulation and metabolism. Ojo Hot Herbal Towels open your pores and relax the body and mind, leaving the skin restored and radiant.

25-minute add-on ... \$50 50 minutes ... \$85

50-minute therapy includes scalp massage and an Ojo Signature Herbal Oil Hair Therapy. Also enjoy a cup of legendary Cota "Indian Tea."

Down-to-Earth Moor Mud

After a stimulating dry body brush massage, you'll be covered in warm, mineral-rich, moor mud. With over 380 natural vitamins, minerals and enzymes, this unique natural mud gently soothes aches and pains, relieves fatigue and stress while softening, toning and nourishing the skin. Includes a relaxing scalp massage with Ojo Signature Herbal Oil Hair Therapy. The therapy is followed by a private bath in a private soaking tub so your body can continue to absorb the healing properties of the moor mud.

Not recommended for pregnant women.

75 minutes (incl. Private Tub) ... \$85

Sacred Journey Aroma Wrap

Immerse yourself in a luxuriously calming, warm, moist wrap combining the healing power of essential oils, local herbs and Ojo waters. This relaxing therapy begins with a stimulating dry brush massage to exfoliate the skin and improve absorption of the herbs and oils. This aromatic hot towel wrap nurtures and detoxifies your skin, relaxes muscles, increases circulation and eliminates toxins. Includes a gentle scalp massage and Ojo Signature Hot Oil Hair Therapy.

Not recommended for pregnant women.

50 minutes ... \$75

Dry Body Brush Massage

Stimulate your lymphatic and circulatory systems by exfoliating the skin with a gentle, brisk, body brushing. This opens up the skin's pores, releases toxins and takes in oxygen, while improving vitality. For best results follow with a Private Ritual Herbal Bath and Milagro Relaxation Wrap.

25-minute add-on ... \$39

Ojo Caliente Signature Milagro Relaxation Wrap

This dry blanket wrap is an Ojo original. We encourage guests to first soak in our geothermal waters to increase core body temperature. Then we wrap you in a light cotton blanket, followed by a heavier wool blanket, to accelerate the release of toxins. Soothing music plays softly in the background as you lay in this warm, relaxing cocoon. A perfect add-on, but stands alone as well.

25 minutes ... \$12

SPA PACKAGES

All packages include complimentary robe, locker, towel and bath amenities to use during your stay (a \$15 value). Springs entry for day guests who purchase a spa package is 50% off.

Ojo Desert Dew

This luxurious 1 hour and 40-minute therapy is a hydrating boost for your face, hands and feet. You'll be pampered with SUNDĀRI skin care including Ojo Custom Face Therapy; and Healing Hands and Restorative Foot Therapies, which include arm and leg massage. The ultimate head-to-toe relaxing, refreshing and rejuvenating experience - leaving you with moisturized, radiant and protected skin.

1 hour 40 minutes ... \$199

Balanced Body

Ojo Mini Face Therapy, 80-minute Essence of Ojo Custom Massage, SUNDĀRI Hot Oil Hair Therapy. Package includes a special SUNDĀRI gift from Ojo.

2 hours 15 minutes ... \$210

The Ojo Rejuvenator

A 50-minute Essence of Ojo Custom Massage soothes away muscle tension and stress, followed by a 25-minute Native American Blue Corn and Prickly Pear Salt Scrub to soften and renew your skin.

1 hour 15 minutes ... \$130

Ojo Dreamin'

This ultimate Ojo experience offers stress reduction and rejuvenation for your body and mind. Your personally tailored therapy begins with an 80-minute Essence of Ojo Custom Massage and steaming Ojo Hot Herbal Towels to melt away muscle tension. A scalp massage and Ojo Signature Hot Oil Hair Therapy strengthens and repairs damaged hair. A Reflexology Foot Massage balances your energy and completes your therapy, leaving your mind and body revitalized.

2 hours 15 minutes ... \$199

Legends of Ojo

You'll feel a deep sense of rest and relaxation from our 50-minute Essence of Ojo Custom Massage followed by a 25-minute Reflexology Foot Massage to balance your body and mind.

1 hour 15 minutes ... \$124

High Desert Getaway for Two (Mon-Thurs. only)

Private Outdoor Mineral Pool including Kiva Fireplace for 50 minutes. Includes two Essence of Ojo Custom 50-minute massages.

1 hour 40 minutes ... \$219



The Ojo Escape

Escape to Ojo with a 4-Day Rejuvenation Package.

Monday: 50-minute Private Outdoor Pool w/Kiva Fireplace and 50-minute Native American Blue Corn & Prickly Pear Salt Scrub and Hot Herbal Oil Scalp Massage and Hair therapy.

Tuesday: Moor Mud and 50-minute Essence of Ojo Custom Massage.

Wednesday: 80-minute Earth Keepers Hot Stone Massage.

Thursday: Desert Dew Face, Hands and Feet Therapy Package.

Includes 3 nights in our Historic Hotel (accommodation upgrades available), and Ojo tote with amenities. Available Monday through Thursday only. Sunday arrival recommended. Springs entry included with lodging.

Starting at \$899 per person,

Rates for second guest in room varies based on room type.

Includes complimentary yoga, one class per person per day and access to all mineral pools, steam and sauna both day of arrival and day of departure.

Spa services for all packages must be booked prior to arrival to ensure availability. Tax and gratuity additional. Packages cannot be combined with any other offers or specials. Rates are subject to change without notice.

YOGA

Combine the traditions of the Springs' sacred and healing waters with the ancient practice of yoga, which calms body and mind to complete your Ojo wellness experience.



Please check monthly schedules at the front desk or website for locations and times. Please pre-pay at the Spa Entrance and arrive at the class 5 minutes prior to start time.

\$14 per person per class