







he award-winning Spa at Arden Hills is located in a secluded paradise that is meticulously maintained and unparalleled in the greater Sacramento region. Recognized as the "Best Day Spa" by Sacramento magazine readers for 12 consecutive years, The Spa at Arden Hills offers the ultimate day spa experience. With a full range of revitalizing organic services for both men and women, you can relax, rejuvenate and recenter your mind and body in the Spa at Arden Hills.

AMENITIES

SERENITY ROOM

Your wellness journey begins in the tranquil and awe-inspiring Serenity Room where you are surrounded by elegant palm trees and delightful sounds of a soothing waterfall.

STEAM ROOM

Either before or after your soothing spa services, be sure to allow time to relax in the detoxifying and revitalizing steam room at The Spa at Arden Hills! You'll leave feeling refreshed and rejuvenated.

HYDROTHERMAL WHIRLPOOL

To maximize your relaxing experience at The Spa at Arden Hills, be sure to allow extra time to indulge in the many health benefits the whirlpools offer such as improved circulation and sore muscle and joint relief.



AMENITIES

(Continued) _____

LUXURY LOCKER ROOMS

The Spa offers special amenities such as plush spa robes and slippers, beauty and grooming supplies, private lockers and quiet changing rooms.

DINE IN CHAVOOR

For select spa packages and services, enjoy American classics from our talented culinary team for brunch, lunch or dinner in our private restaurant, Chavoor. *exclusions apply

RESORT ACCESS

Want the full Arden Hills experience? Ask about our Resort Access Day Pass. Enjoy the rest of your day by lounging in or around one of our five spectacular pools, playing tennis, working out in the fitness facilities, or utilizing many other perks our Club has to offer. *exclusions and fees apply





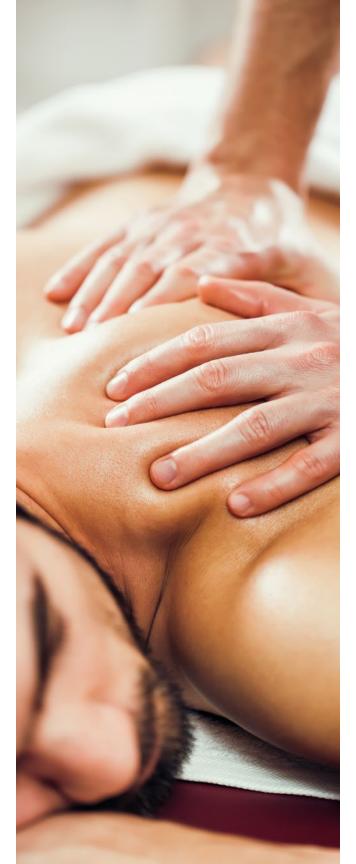
POPULAR PACKAGES

REVITALIZING LUXE

We are all in need of a little revitalizing. Escape into ultimate relaxation with our soothing facial and massage combination.

25 MIN EXPRESS FACIAL

25 MIN EXPRESS SWEDISH MASSAGE



ULTIMATE INDULGENCE

Experience unbelievable relaxation with our classic package. There is no better way to work out the kinks and toxins than a muscle-melting and skin rejuvenating spa package.

50 MIN TARGETED TREATMENT FACIAL WITH HAND PARAFFIN DIP

50 MIN SWEDISH MASSAGE WITH AROMATHERAPY

LUNCH AT CHAVOOR



POPULAR PACKAGES

(Continued) _____

HEAD TO TOE

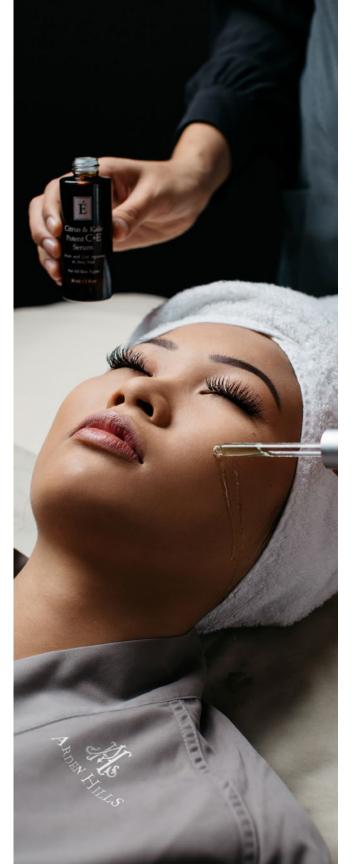
Get pampered with this rejuvenating trio of our most-popular treatments - massage, facial, and nail services.

50 MIN TARGETED TREATMENT FACIAL

50 MIN SWEDISH MASSAGE

CLASSIC MANICURE & PEDICURE

LUNCH AT CHAVOOR



ALL DAY BEAUTY

Indulge in our most popular all day package and enjoy a full day of relaxation with a collection of our most popular treatments.

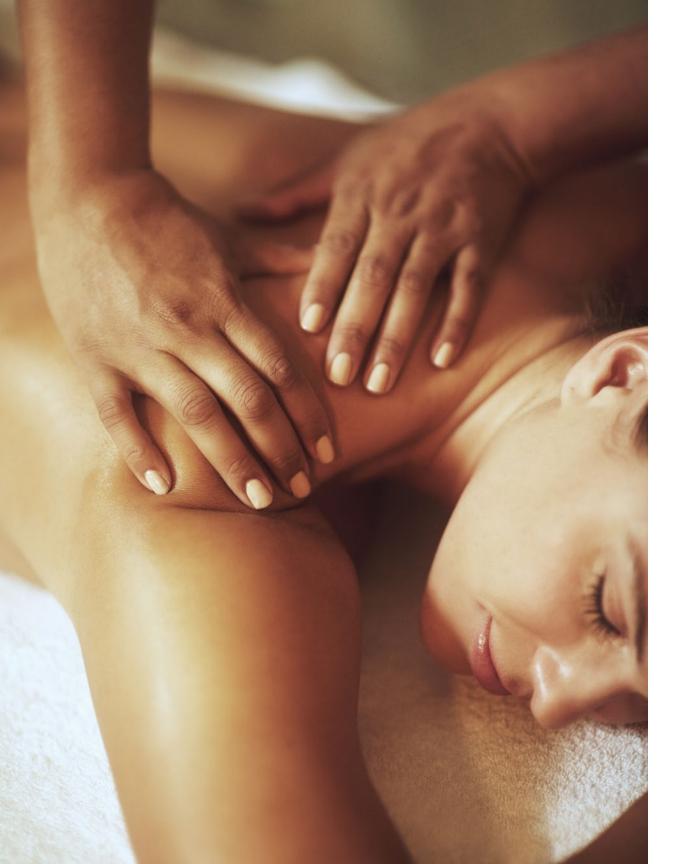
50 MIN TARGETED TREATMENT FACIAL

50 MIN SIGNATURE MASSAGE

CLASSIC MANICURE & PEDICURE

MINT AND HONEY BODY DIP

LUNCH AT CHAVOOR



MENU

MEMBER PRICING VALID TUESDAY THROUGH THURSDAY

PACKAGES		Member	Guest
REVITALIZING LUXE		\$100	\$120
ULTIMATE INDULGENCE		\$211	\$248
HEAD TO TOE		\$284	\$325
ALL DAY BEAUTY		\$404	\$485
DELUXE ROMANCE PACKAGE (for 2)		\$300	\$340
MASSAGE		Member	Guest
ARDEN HILLS	50 min	\$90	\$110
SIGNATURE MASSAGE	80 min	\$125	\$145
	120 min	\$160	\$180
SWEDISH	25 min	\$50	\$60
	50 min	\$85	\$95
	80 min	\$120	\$130
	120 min	\$155	\$165
DEEP TISSUE	50 min	\$90	\$110
	80 min	\$125	\$145
	120 min	\$160	\$180
HOT STONE	50 min	\$90	\$110
	80 min	\$125	\$145
REFLEXOLOGY	25 min	\$45	\$55
	50 min	\$80	\$90
PRENATAL MASSAGE	50 min	\$90	\$100
	80 min	\$125	\$135
COUPLES MASSAGE	50 min	\$170+	\$190+
	80 min	\$240+	\$260+
Massage Add-Ons			
AROMATHERAPY		\$8	\$12
BIOFREEZE (add to any Massage Service)		\$8	\$12

MENU (Continued)

MEMBER PRICING VALID TUESDAY THROUGH THURSDAY

BODY TREATMENTS		Member	Guest
BLACK BALTIC MUD WRAP	45 min	\$115	\$145
COCOLUSCIOUS SCRUB	75 min	\$145	\$175
FULL BODY SPRAY TAN	25 min	\$40	\$50
HERBAL CELLULITE TREATMENT	50 min	\$90	\$110
MINT & HONEY BODY WRAP	75 min	\$115	\$145
POLISH AND TAN	70 min	\$100	\$120
SUGAR GLOW	50 min	\$80	\$100
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NAILS		Member	Guest
POLISH CHANGE	20 min	\$13	\$15
EXPRESS MANICURE	20 min	\$27	\$30
EXPRESS PEDICURE	30 min	\$40	\$45
CLASSIC MANICURE	40 min	\$40	\$45
CLASSIC PEDICURE	50 min	\$54	\$60
SIGNATURE MANICURE	50 min	\$54	\$60
SIGNATURE PEDICURE	115 min	\$67	\$75

NAILS ADD-ONS		Member	Guest
FRENCH POLISH		\$4	\$6
GEL POLISH		\$13	\$15
GEL REMOVAL	15 min	\$13	\$15
PARAFFIN	15 min	\$13	\$16

NOTE:

When booking a gel manicure or pedicure appointment, please make sure staff are aware if you need previous gel polish removed.

FACIALS		Member	Guest
ALL TARGETED	25 min	\$50	\$60
TREATMENT FACIAL	50 min	\$80	\$100
	80 min	\$135	\$155
TEEN'S FACIAL	25 min	\$50	\$60
(Wednesdays only)	50 min	\$80	\$90
MEN'S FACIAL	50 min	\$80	\$100
	80 min	\$110	\$130
BACK FACIAL	50 min	\$90	\$110
WAXING BODY		Member	Guest
ARM		\$31	\$35
BACK		\$50+	\$55+
BIKINI		\$31	\$35
BRAZILIAN	BRAZILIAN		\$70
BRAZILIAN MAINTENANCE		\$50	\$55
CHEST		\$50+	\$55+
LEG - HALF		\$36	\$40
LEG - FULL		\$63	\$70
STOMACH		\$13+	\$15+
UNDERARM		\$18	\$20
Waxing Add-On			
HIGH FREQUENCY		\$9	\$12
WAXING FACIAL		Member	Guest
EYEBROW		\$22	\$25
EYEBROW MAINTENANCE		\$16	\$18
EYEBROW TWEEZE		\$18	\$20
CHEEK		\$9	\$10
CHIN		\$9	\$10
FULL FACE		\$27	\$30
LIP		\$9	\$10
NOSE		\$9	\$10



SPA PARTIES

Book with our Spa Party Coordinator and make it a Spa Party! Grab the girls and guys and treat yourselves to a day of well deserved pampering at the award-winning Spa at Arden Hills! Plus, groups booking six or more hours of indulgent services at The Spa receive the added benefit of enjoying the entire Club for the day!*

And, if indulgent spa packages hold special appeal to you, be sure to ask about the Head-to-Toe, Ultimate Indulgence, All Day Beauty or other seasonal spa specials.

Hors d'oevres and champagne service available for purchase to add to your party.

Contact The Spa at Arden Hills today to reserve your party! 916.480.1150

*Terms and conditions apply.

No outside food is approved to enter the spa facilities at any time.

PRIVATE EVENTS

Interested in enjoying a private event at our award-winning Spa? Now you can reserve the tranquil and awe-inspiring Serenity Room for a Spa Party, wedding shower or whatever special event you are planning. Enjoy your special occasion surrounded by elegant palm trees and the delightful sights and sounds of a stunning yet soothing waterfall.

DAYS AVAILABLE: Tuesday, Wednesday, & Thursday Only, from 6 pm - 9 pm

Room rental includes uniformed staff, set up and clean up, tables and chairs, glassware, silverware and chinaware, gift bags for all guests, and your very own personal coordinator.

Curated food and beverage selections designed from our Executive Chefs available for purchase to add to your private event.

Contact The Spa at Arden Hills today to reserve your party! 916.480.1150

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SPA HOURS

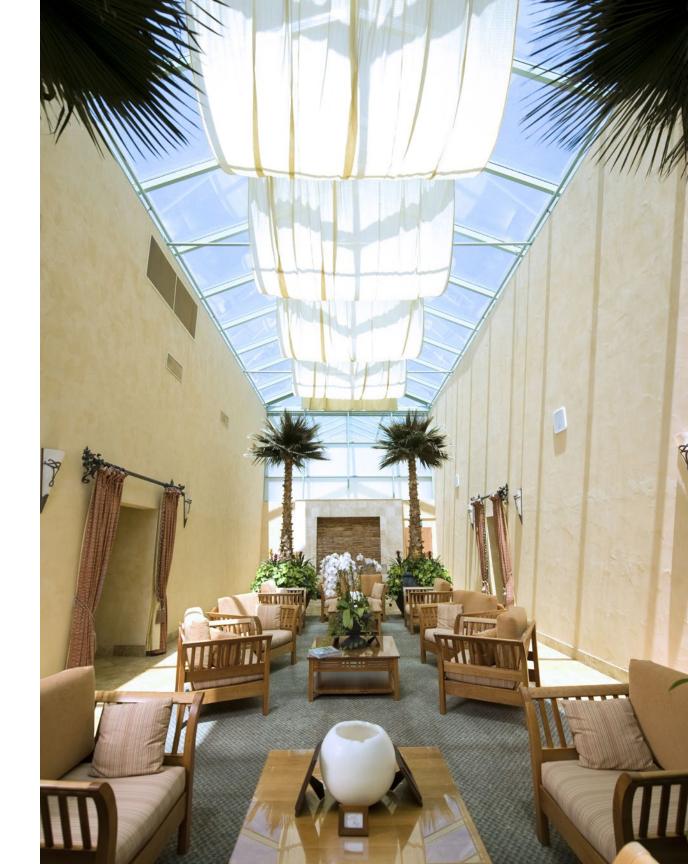
TUESDAY - THURSDAY 10 AM - 7 PM FRIDAY – SUNDAY 9 AM – 6 PM

BRUNCH/LUNCH

Available to add onto your spa day

WEDNESDAY - FRIDAY 11 AM - 8 PM SATURDAY 10AM - 3PM SUNDAY 9AM - 3PM

*Saturday/Sunday is brunch only



Want the best of the best?

A stylist can help you find the best product from one of our best-selling shampoos, conditioners, hairsprays, and hair treatment systems!

HAIR CARE

Our sulfate-free, dual-benefit hair care products are designed to protect color-treated hair (and still maintain shampoo lather!) Whether your hair needs volume, strength, moisture or smoothness, Pureology has sulfate-free shampoos, conditioners, and treatments for every color-treated hair type.

STYLING

Discover our hair styling products from high-hold hairsprays, mousses, sprays, and gels, to pastes and pomades for color-treated hair, that deliver the results you want and the hair color protection you need.









HAVE ONE THING IN COMMON THEY WORK!



The Spa at Arden Hills carries the following:

- Truth Treatments Transdermal C Serum
- Truth Treatments Transdermal C Balm
- Truth Treatments Regenerating 5% Retinol Gel
- Truth Treatments Resurfacing 1% Retinol Light
- Truth Treatments Omega 6 Healing Cream
- Truth Treatments Systems Biomimetic Priming Mist

Created without fillers, preservatives, waxes, emulsifiers, oils or fragrances, these amazing products are made with 100 percent active and functional ingredients that will make a visible difference to your skin. The products leverage the latest biochemical advancements and utilize proven strategies gleaned from years of compounding prescription skin health products for physicians and the most discerning patients alike.

Now you, too, can enjoy the benefits of a skin health program that is the culmination of three decades of dermal research -- one that encompasses not only the look and feel of the skin, but also its health and well-being.

Welcome to The Truth!







