

Therapy

BodyWalking

60 min \$170 • 90 min \$215 • 120 min \$275

BodyWalking is one of a kind bodywork. Incredibly, therapeutic deep bodywork. If you like deep transformation bodywork, experience the hypnotic, deep relaxation and Ischemic Compression Technology which allows the body to just let go. Designed by director Tod Miller.

Exclusive Therapy with Tod

60 min \$185 • 90 min \$235 • 120 min \$320

Whole Body Coaching

Make the mind body connection work for you. Tod assists you with one on one coaching / strength training, yoga and dialing in your immediate and long term health performance goals.

90 min Therapeutic session + 30 minute whole body coaching + private yoga w/ JULZ \$625

Saguaro Spa Packages

Refresh

75 min \$275

Therapeutic Massage & Prickly Pear Sugar Scrub

Relax

75 min \$275

Deep heated steamed herbal awesomeness. This unique proprietary herbal poultice is selected by Director Tod Miller for therapeutic results. Reduce inflammation, promote circulation, relieve joint pain and stiffness & tone the skin. The poultice is combined within a 90 minute therapeutic massage.

*Poolside Massage: +\$55

*After Spa Hours: 6:30pm-10pm +\$35,
10pm-6am +\$90

Tod Miller's Saguaro Spa

480.388.7107

info@TodMillerSaguaroSpa.com

As a respected & fully vetted therapist of Tod Miller's team Pedro, Karen, Donald, Julz, Sheri, Melodi, Dulse, Elisha, Susan will take exemplary care of you and your loved ones.

The Saguaro Spa Cancellation Policy

Your treatment arrangements and selected appointment times are held exclusively for you. If you find it necessary to reschedule or cancel, we respectfully request a minimum notification of 24 hours. Cancellations, changes or missed appointments will be charged the full rate of the treatment when notification times are not met. Groups of 4 or more, all sales are final + 20% add on gratuity.

Live Free

Tod Miller — international health educator, Multi-time IronMan triathlete and founder of The BodyWalking Institute as seen on Shark Tank and The Doctor's — offers one of a kind therapeutic health opportunities in the form of Myopractic, therapeutic massage, BodyWalking, healthy skin care and other unique modalities designed to help you feel and look your best while performing with freedom of movement.



THE SAGUARO.COM

4000 N Drinkwater Boulevard / Scottsdale, AZ 85251



A WELLNESS DESTINATION
OF HUMAN PERFORMANCE
AND SELF CARE

Therapy

Therapeutic Signature Massage

60 min \$160 • 90 min \$210 • 120 min \$265
15 min \$50 • 30 min \$85 • 45 min \$130

Therapeutic Deep Tissue Bodywork

60 min \$160 • 90 min \$210 • 120 min \$265

Aromatherapy Massage

60 min \$170 • 90 min \$220

Saguaro Hot Stone

60 min \$190 • 90 min \$240

Get deep with the heat of the warm stone.

Sole to Sole Couple's Massage

60 min \$320 • 90 min \$420 • 120 min \$530

Our therapeutic couples massage is all about spending quality down time with your loved one.

Come out feeling renewed and ready for the day with your partner.

Turquoise Sage Mountain Arnica Massage

60 min \$170 • 90 min \$220 • 120 min \$275

Added enhancement to reduce inflammation.

Add-Ons

The Good Foot (reflexology) • 15min \$50

Frankincense + Citrus Neck & Scalp Work • \$15 ✦

Basso Botanicals CBD Massage • \$30 ✦
any massage

Fascial Stretch Therapy

60 min \$160 • 90 min \$210 • 120 min \$265

Facilitated stretching is incredible. Non-invasive fascial stretch therapy, Thai bodywork, and sound healing creates a unique therapeutic session resulting in a soft tissue reboot.

Beyond

IV Revival

Whether you're burning candle at both ends or had a few too many libations last night, IV Revival helps to bring your body back into balance.

Mention TodMiller10 for 10% off.

Myopractor

20 min \$55

Myopractor reestablishes movement to areas of restrictions. Muscle skeletal freedom therapy. Structure under tension moves to the point of least resistance.

Mimosa Yoga with Julz*

\$45

Friday - Sunday 8am east wall, Picante pool.

Highly therapeutic yoga with or without the Mimosa. Fun factor enhanced.

Private Yoga Practice with Julz*

\$165

Sweet Abs Hoola Hoop Class

\$25

Friday - Sunday 9am east wall. A 20 minute totally sweet core workout with healthy back results.

*For yoga services, pre-registration and 6 person minimum required for class and 2 person minimum for private.

Pregnancy Massage

60 min \$160

We utilize The Body Support Cushion system for comfort and support. Mommy-to-be is able to lie comfortably on her stomach & relax away her aches & tension.

Poolside Sole to Sole Couple's Massage 60

min \$375 • 90 min \$475

Skin + Beyond

Signature Deep Cleansing Facial

60 min \$165

This deep-cleansing facial is customized for your skin type. This facial includes a gentle exfoliation to remove dull surface skin cells, deep pore cleansing, facial massage as well as serum and masque to rejuvenate and nourish.

Express Facial

30 min \$120

Get a deep cleanse, tone, exfoliate & moisturize – all within 30 minutes. It will leave your face feeling refreshed & clean.

Cowboy Facial

60 min \$165 • Express \$120

HEY, GUYS! This one is for you. Facials help to promote deep cleansing, exfoliating, & moisturizing - with the relaxing benefits of a massage. Designed for your skin, with Bourbon enzyme.

Desert Salt Glow Body Polish

75 min \$275

Therapeutic skin care & body work in one awesome treatment, including essential oils. Utilizing dry brushing, exfoliating salt scrubs, ultra rich Jojoba, & ultra rich cream.

Enhanced LED Anti-aging Facial

75 min \$210

Customized result-oriented facial treatment, targets specific skin care concerns such as dry, dehydrated skin, rosacea, reactive and sensitive skin, oily, congested, acne prone skin, anti aging or a combination of these.

Healthy Back Facial

60 min \$265

Addresses congestion, back acne and dehydrated skin.

*Tod Miller recommended