



THE SPA

AT CAREFREE RESORT & CONFERENCE CENTER





Refresh





Relax

BALANCE YOUR MIND, BODY, AND SPIRIT

Enjoy an intimate boutique atmosphere offering revitalizing spa services with five treatment rooms, a lounge, and separate men and women's locker rooms.

Exclusive services for both men and women, including massage therapy, skin care, and body treatments.

Discover true peace in the Sonoran Desert and tantalizing serenity of The Spa at Carefree Resort.

Appointments

Call 480-595-3850 or Email TheSpa@Carefree-Resort.com

Massage

CAREFREE MASSAGE

A gentle rhythmic massage, lighter in touch and includes long flowing strokes to assist with deep relaxation. This treatment relaxes body tissue, alleviates stress and tension, and contributes to a sense of overall well-being.

THERAPEUTIC MASSAGE

This massage is performed with deep pressure to ensure concentration in areas of tension. This technique focuses on realigning the deeper layers of muscle and connective tissues. Therapeutic massage is ideal for guests with chronic tension or pain.

STONES OF SERENITY

Gentle pressure and warm stones are used to create the perfect combination to relieve stress and tension in your muscles. The warmth of the stones penetrates the deep muscle layers to promote the ultimate relaxation.

REFLEXOLOGY

Heal the body inside and out while balancing its energy through pressure point stimulation of the hands and feet. Effective, relaxing and refreshing.

ENHANCEMENTS

Reflexology Hands or Feet

Reflexology Hands and Feet

Aromatherapy

20% gratuity will be added to all services.

Body Treatments

BODY BUTTER SCRUB

This total body indulgence begins with our Shea Butter Scrub that reveals silky, hydrated, and beautiful skin. This creamy blend of Shea Butter and Vitamin-enriched scrub will naturally exfoliate and gently remove dry dull skin, detoxifying and stimulating the skin's renewal process. Shea Butter is applied to nourish your skin leaving your body feeling refreshed and hydrated.

NOURISHING SEA MUD MASK

Hydrate your skin with a sea mud mask while being wrapped in a warm cocoon. Feel revitalized while impurities are released from the body to reduce joint pain and sore muscles. This treatment is followed by a Vichy Shower rinse to melt away all of your worries and stress so you can have a carefree day.

RELAXING SCALP ESCAPE

Enjoy a scalp massage that increases blood flow for anti-aging benefits, stress reduction and tension headache relief.



Skin Care

VITAMIN C FACIAL

This facial infused with Vitamin C and antioxidants leaves your face looking brighter and more youthful. This facial includes a luxurious hand and arm massage.

CAREFREE FACIAL

The Carefree Facial is customized to your specific skin care needs. It includes a deep cleansing massage to promote circulation and a masque to balance and nourish the skin.

GENTLEMEN'S FACIAL

A deep-cleansing facial designed specifically for the special skin care needs of men. Luxurious massage and deep cleansing masque will relax and refine pores while addressing sensitivity and razor burn.

ANTI-AGING FACIAL

The anti-aging treatment instantly increases hydration, tone and texture – reducing the appearance of lines and wrinkles. It is also very soothing for post sun exposure.

BACK FACIAL

This cleansing treatment reduces the signs of sun-damage and releases impurities on your back and shoulders using an exfoliating scrub, detox mask and healing cream.

BODY WAXING

Brow Shaping • Lip or Chin • Full Face
Arm Half or Full • Leg Half or Full • Under Arm

Appointments

Call 480-595-3850 or Email TheSpa@Carefree-Resort.com

20% gratuity will be added to all services.

Packages

MASSAGE AND FACIAL TREATMENT

Choose from one of our 50 minute Massage Treatments and one of our Facials followed by Reflexology Hands and Feet.

Please allow 2 hours

MASSAGE AND BODY TREATMENT

Choose from one of our 50 minute Massage Treatments and 50 minute Body Treatments followed by Reflexology Hands and Feet or Aromatherapy.

Please allow 2 hours

BODY AND FACIAL TREATMENT

Choose from one of our 50 minute Body Treatment and one of our Facials followed by Reflexology Hands and Feet or Aromatherapy.

Please allow 2 hours

20% gratuity will be added to all services.





Appointments: 480-5958-3850

www.Carefree-Resort.com

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