



*The* SPA

THE GLOBAL AMBASSADOR



DISCOVERY

VITALITY

NOURISHMENT

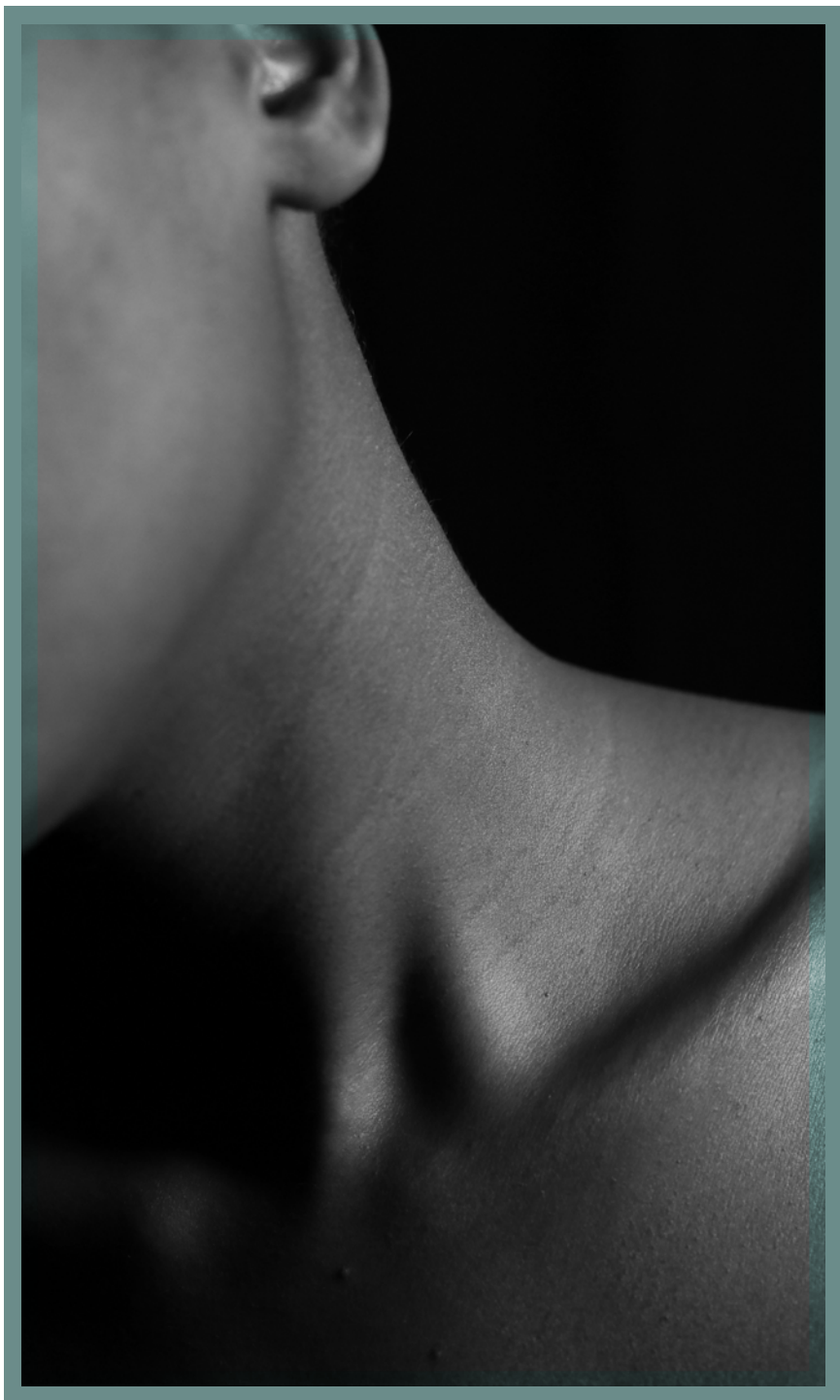
RENEWAL

LONGEVITY

INTEGRATION

CONNECTION

*The Spa at The Global Ambassador is a space for personal discovery, inspired vitality and luxury nourishment to transform you to an optimal state of well-being. Expertly designed treatments and practices will put the mind and body in perfect balance.*



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## *Skin*

### PHILOSOPHY

With a commitment to advanced skincare with performance-driven solutions, we curate specially designed luxury treatments and products to reveal a revitalized, radiant and youthful complexion.

## BESPOKE SIGNATURE FACIAL

*Results* Discover / Radiant / Preventative

Experience a highly personalized, customized treatment tailored to your unique skin goals and concerns. It begins with a thorough skin analysis and consultation to identify your skin type and any focus areas. Your esthetician will select products and techniques designed specifically for your skin's needs. With a bespoke facial, you can relax knowing your skin is getting what it needs to achieve optimal beauty and health.

60 MINUTES | 90 MINUTES

### THE METHOD BY AUGUSTINUS BADER

*Results* Hydrate / Rejuvenate / Sculpt / Tone

Optimize your skin by combining gentle fascial and lymphatic flow techniques with Augustinus Bader's revolutionary TFC8®. The Method uses Augustinus Bader's groundbreaking technology to create a one-of-a-kind, highly sophisticated facial experience. This facial will boost cellular turnover, regeneration and hydration while rejuvenating the skin.

60 MINUTES

### THE ADVANCED METHOD BY AUGUSTINUS BADER

The ninety minute includes oxygen infusion, LED, microcurrent, and cryotherapy to help tighten, tone, and revitalize the skin for a noticeably sculpted appearance.

90 MINUTES

## MEN'S FACIAL BY AUGUSTINUS BADER

*Results* Hydrate / Energize / Purify

The men's facial is a refreshing experience that provides deep pore cleansing, exfoliation, and hydration with a vigorous face, neck, and shoulder massage. The products and techniques address the unique features of a man's thicker dermis and sensitivity from shaving, leaving the complexion looking clean, smooth & energized.

60 MINUTES | 90 MINUTES

## BIOLOGIQUE RECHERCHE BESPOKE

*Results* Enhance / Detox / Nourish / Radiant

A hyper-customized experience exclusively designed to provide an instant lifting effect that exfoliates, hydrates, tightens and protects. The Biologique Recherche facial uses a cold methodology for its draining, decongestant, and firming effect on the skin. The skin is instantly transformed using a specialized sequence of massage techniques and a highly effective personalized combination of active ingredients.

60 MINUTES | 90 MINUTES

## OXYLIGHT LIFT & SCULPT

*Results* Transform / Sculpt / Lift / Tighten

This customized facial integrates the most requested innovative anti-aging techniques in one facial treatment with the Six Modality OxyLight Sapphire. The treatment begins with analyzing the skin to determine the most effective combination of modalities including radio frequency and microcurrent, plus each facial will conclude with powerfully rejuvenating LED and oxygen infusion. This treatment will leave your skin rejuvenated; resulting in bright, radiant skin lifted and tightened with reduced fine lines and improved texture and tone.

90 MINUTES

## ENVIRON AGE-DEFYING SKIN RITUAL

*Results* Enhance / Brighten / Detox / Sculpt

Dramatically reduce the appearance of fine lines, wrinkles, lax skin, uneven tone and texture with this powerful facial using Environ vitamins A, C, E and peptide serums. Your skin will appear visibly more radiant, tighter and smoother resulting in a glowing, healthier-looking complexion.

60 MINUTES | 90 MINUTES

## U BEAUTY PRECISION GLOW FACIAL

*Results* Plump / Hydrate / Nourish / Renew / Glow

Providing gentle exfoliation, deep conditioning and supple dewiness, this boosting facial treatment delivers multi-level hydration with a 3D moisture and antioxidant shield for optimum moisture barrier defense while minimizing the appearance of fine lines. Enhanced with a Chinese Meridian massage, it leaves you with contoured skin, a cushiony bounce, and a radiant glow.

60 MINUTES

## U BEAUTY SIREN GLOW FACIAL

*Results* Resurface / Detox / Smooth / Brighten

Promoting cell turnover and brightening the skin while helping reverse signs of aging, this consummate facial treatment optimizes the skin's collagen and elastin to soften smooth lines and provide an immediate lift. Enhanced with stamping, a scalp massage and manual techniques to boost circulation, it leaves you with glass-like skin with a dewy radiance.

60 MINUTES

## Skin Enhancements

### DERMAPLANE

*Results* Exfoliate / Brighten / Smooth

Add-on to any facial to boost the treatment. Enjoy instant results as you reveal your brightest, smoothest complexion. Dermaplaning exfoliates and removes fine hair that traps oil and bacteria.

30 MINUTES

### FACIAL WAX

*Results* Smooth / Refine

Choose eyebrow, lip, chin, nose or ears.

### AUGUSTINUS BADER THE EYE PATCHES

*Results* Hydrate / Renew / Glow

Revitalizing hydrogel eye patches that hydrate, brighten, and smooth while reducing the appearance of dark circles, puffiness, fine lines, and wrinkles. Powered by TFC8®.

### BIOLOGIQUE RECHERCHE ANTI-FATIGUE & SMOOTHING EYE CONTOUR MASK

*Results* Refresh / De-Puff / Energize

Recommended for treating tired skin with puffiness under the eyes. Formula enriched with anti-puffiness, anti-dark circles and anti-wrinkle active ingredients.

### EYEBROW SHAPE + TINT

Brows will be waxed and tweezed into a custom design to accentuate your unique facial features, finished with a tint to highlight. Add tint to your brow for more defined and bolder brows.

30 MINUTES

### EYEBROW LAMINATION

Eyebrow lamination is a brow relaxing treatment to temporarily realign your hair growth pattern to get your desired shape with feathery-looking brows. Add tint to your brow for more defined and bolder brows.

60 MINUTES

### LASH LIFT + TINT

Lash lift curls your lash from base to tip to see the full length of your lash. The tint darkens your lash.

60 MINUTES

### MAKEUP

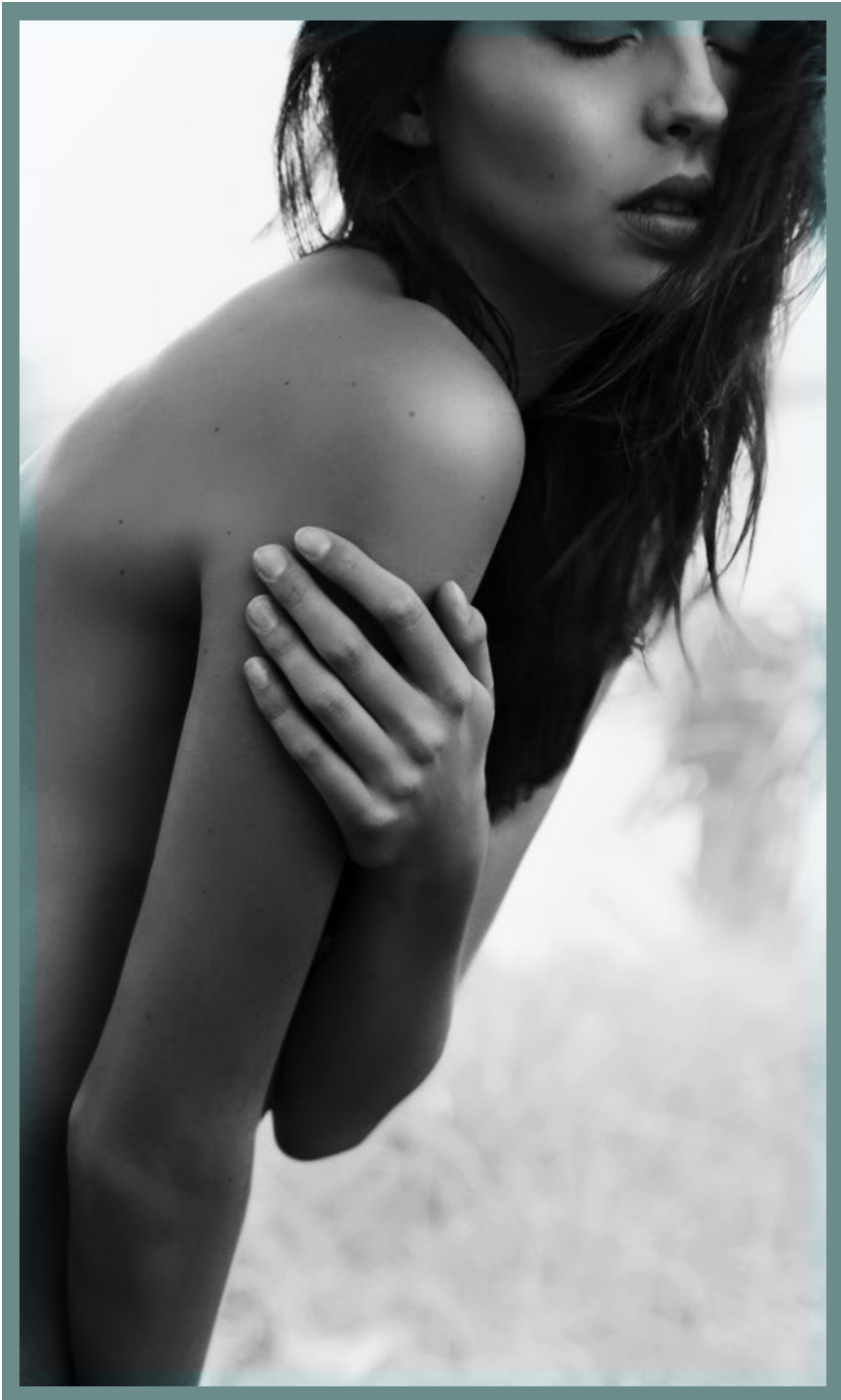
Natural or dramatic makeup, our artists deliver artistry for all skin tones and styles. Enhance with airbrush makeup or faux lashes.

60+ MINUTES

### BLOWOUT

Choose your look with clean, wet, or dry hair. Dry styling includes straightening or adding waves or curls to dry hair of all textures. Wet styling includes complete blowout and style. Enhance with a conditioning treatment or hydrating masque. Services also available in your guest room.

45+ MINUTES



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## *Body*

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### **PHILOSOPHY**

With modalities grounded in science, drawing from both global traditions and ancient therapies, to achieve visible results that target core elements like circulation, digestion, skin tone, detoxification and texture. A therapeutic approach to optimize overall wellbeing.

**BRAZILIAN LYMPHATIC MASSAGE HIGH DEFINITION  
SCULPT BY MOVA**

*Results* Sculpt / Tighten / Contour / Detox / Slim

The silhouette is redefined with this slimming and firming treatment. The Brazilian Lymphatic Drainage by MOVA, our exclusive signature treatment, stimulates metabolism, treats cellulite and reduces inches by eliminating toxins and water weight from the body. Relax and immerse yourself while a skilled therapist sculpts and contours your silhouette, revealing a more refined and radiant you. Results can be seen after the first session.

60 MINUTES | 90 MINUTES *Includes Lymphatic Face Lifting*

**BIOLOGIQUE RECHERCHE SILHOUETTE SHAPER**

*Results* Contour / Sculpt / Tone / Balance

The Biologique Recherche regimen contours and shapes the waist, thighs, and hips and targets cellulite. This stimulating, contouring body treatment combines lymphatic drainage, deep anti-cellulite massage and glove sculpting to shape and contour the lower body. It is enhanced by concentrated active ingredients that stimulate tissues and help break down adipose cells to create a more contoured shape while making the skin look smooth and toned. Clinically proven to reduce the appearance of cellulite and achieve a visibly softer, smoother and firmer look and feel in one session.

90 MINUTES

**BIOLOGIQUE RECHERCHE  
CUSTOMIZED BODY EXFOLIATION**

*Results* Exfoliate / Brighten / Renew / Hydrate

Exfoliate and renew the body with Biologique Recherche active ingredients and invigorating massage techniques. A combination of acids and mechanical exfoliation bring this treatment to another level. Skin will be instantly hydrated, brightened and renewed.

60 MINUTES

**U BEAUTY RESURFACING BODY GLOW TREATMENT**

*Results* Exfoliate / Smooth / Renew / Glow

Using powerful exfoliants to penetrate the body's thicker, dryer skin, this resurfacing body ritual helps shed accumulated dead skin cells while relieving tension and reveals skin with a newly evened texture and beautiful tone. It delivers deep, sustained hydration for skin that's buoyant and uniformly even with a healthy, satiny finish.

60 MINUTES

**U BEAUTY ARM SCULPT**

*Results* Tighten / Tone / Firm / Sculpt

Revitalizing skin for a smoother, tauter-looking upper body, this targeted tightening treatment addresses stagnant fluid, sagging, and crepiness, and it helps optimize natural elastin and collagen. It provides a multi-level hydration boost, leaving you with contoured, more elastic-looking skin and a brightened and energized appearance.

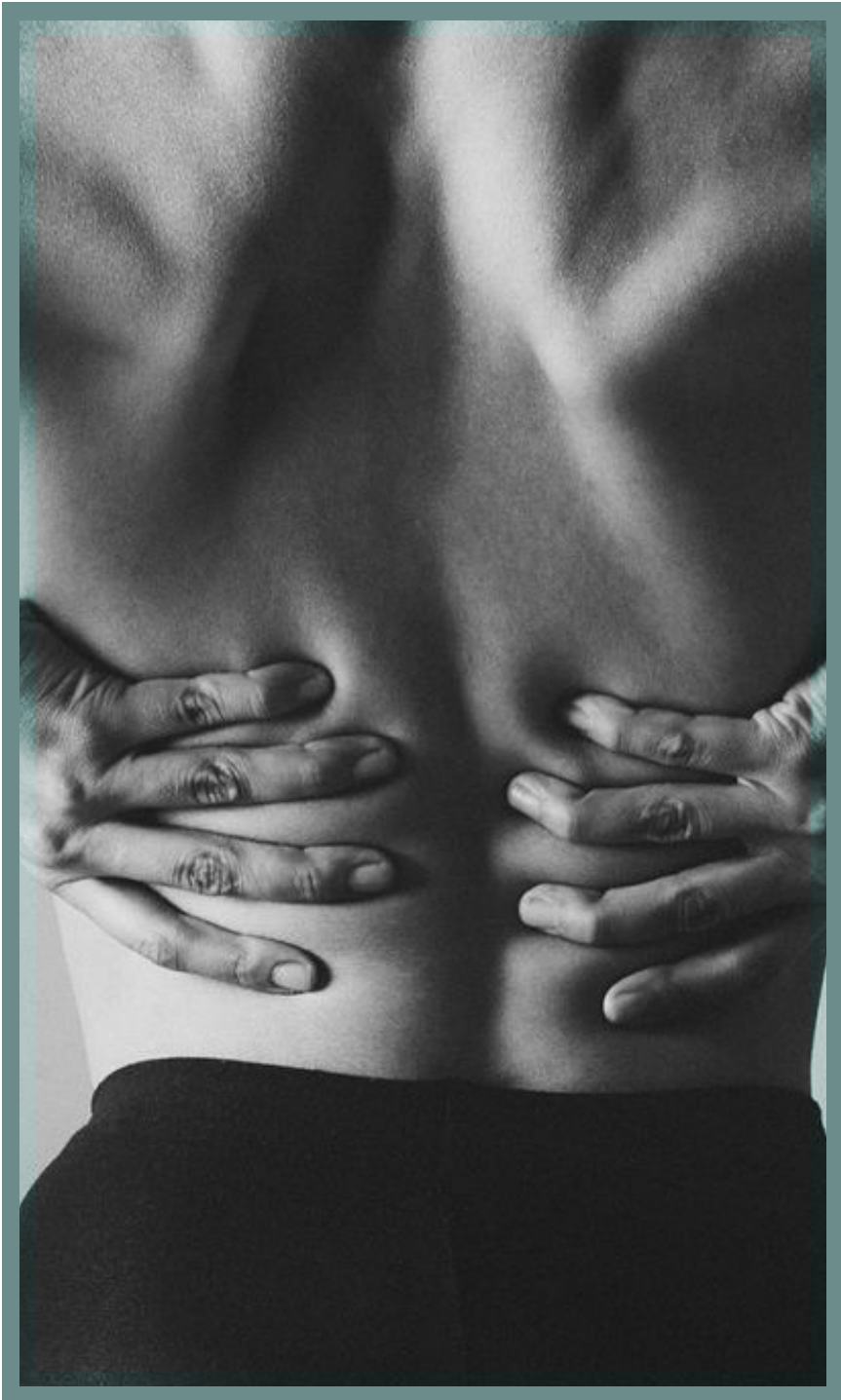
*Recommended as an add-on to the U Beauty Resurfacing Body Glow Treatment*

30 MINUTES

**TOGETHER**

Experience highly personalized body treatments for two in our Urban Suite for ultimate relaxation and connection.

60 MINUTES | 90 MINUTES | 120 MINUTES



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## *Massage*

### PHILOSOPHY

Fusing muscle, mind and spirit, we integrate science-backed performance techniques and ancient therapeutic practices to treat the whole body.



## BESPOKE

*Results* Discovery / Balance / Soothe / Recharge

Experience a personalized wellness journey featuring your choice of Swedish, Deep Tissue or a fusion of both techniques to attend to your unique body for a truly therapeutic experience to relax, energize or rejuvenate.

60 MINUTES | 90 MINUTES | 120 MINUTES

## DEEP TISSUE

*Results* Detox / Energize / Vitality / Enhance

Our deep tissue massage targets chronic patterns of tension and pain through focused, therapeutic techniques. Using direct, concentrated pressure and slow strokes on specific areas of concern to release tension, alleviate muscular aches and restricted mobility while increasing energy levels.

60 MINUTES | 90 MINUTES | 120 MINUTES

## TRAVELER

*Results* Detox / Recharge / Repair / Reset

A stimulating reviver that improves circulation and reduces fatigue to help you make the most of your stay, whether recovering from a night out or a long flight. Begin with a detoxifying body dry brush and an energizing full-body massage with CBD essential oils. Relax with a restorative scalp massage and a cooling eye gel mask to enhance skin hydration. Complete with a tonic full of digestion-boosting enzymes, anti-inflammatory phytonutrients and liver cleansing citrus, you will leave feeling rebalanced and recharged.

90 MINUTES | 120 MINUTES

## SLEEP + RESTORE

*Results* Nourish / Balance / Replenish / Holistic

Recharge your body with a stress and sleep intervention. Deep muscle relaxation and a custom blend of CBD infused essential oils to promote relaxation and improve vitality, inducing an overall feeling of wellness - a slow, flowing, and meditative experience. You will leave feeling rested, centered and energized. Take home CBD Vitality elixir included.

60 MINUTES | 90 MINUTES | 120 MINUTES

## REFLEXOLOGY

*Results* Ground / Reset / Balance / Renew

This ancient Eastern technique stimulates specific energy points on the feet, hands and ears that correspond to organs and structures of the body, allowing energy to flow freely and create a sense of renewed balance.

60 MINUTES

## TOGETHER

*Results* Align / Harmony / Balance / Nourish

Experience highly personalized massage treatments for two in our Urban Suite for ultimate relaxation and reconnection.

60 MINUTES | 90 MINUTES | 120 MINUTES

## ACUPUNCTURE INTEGRATION

*Results* Balance / Reset / Discover / Holistic

Traditional Chinese Medicine is supported by massage, acupuncture, cupping, moxibustion and ear seeding to help you achieve total balance in Qi (energy) and body. This holistic form is designed to support your body's natural healing abilities.

60 MINUTES | 90 MINUTES | 120 MINUTES

## REIKI & CRANIOSACRAL THERAPY

*Results* Refresh / Soothe / Balance

A gentle practice of detection and correction that encourages the body's natural healing to dissipate the adverse effects of stress on the central nervous system. Reiki, an art of hands-on energy healing, is derived from Japanese, meaning Rei (Universal) and Ki (Life Energy).

60 MINUTES

## EXPECTING BY BIOLOGIQUE RECHERCHE

*Results* Nourish / Soothe / Relax

Tailored for the 2nd and 3rd trimester of pregnancy, this nurturing massage benefits both mother and baby. Our highly qualified & certified prenatal massage therapists can help ease the discomforts that arise during this special time of change. Enjoy time to soothe backaches, stiff neck and sore legs, including a restorative foot massage and foot polish. We use an ultra-gentle organic unscented shea butter infused reparative balm formulated to rehydrate and prevent stretch marks. Take home concreta included.

60 MINUTES | 90 MINUTES

## — *Massage Enhancements* —

### FULL BODY DRY BRUSHING

*Results* Detox / Exfoliate / Invigorate

Full-body dry brushing boosts your lymphatic system while removing the superficial impurities from your skin.

15 MINUTES

### CRYOTHERAPY

*Results* Detox / Reinvigorate / Refresh

Amplify your massage with a full body cryotherapy session to increase caloric burn and trigger a natural anti-inflammatory response. The release of norepinephrine will also help you feel more relaxed during your massage.

UP TO 3.5 MINUTES

### INFRARED SAUNA

*Results* Detox / Resilience / Glow

Massage benefits can be maximized when paired with an infrared sauna. Prior to your massage you will feel relaxed with your muscles warm and in prime condition for deep tension release. Following your massage, you will experience detoxifying benefits as the heat whisks accumulated toxins and waste out of your system.

15 | 30 | 45 | 60 MINUTES

### WARM + COLD STONES

*Results* Soothe / Harmony / Replenish

Melt away tension and ease stiffness with the placement of smooth, heated and cooled Himalayan salt and basalt stones to key points on the body, leaving you renewed and deeply relaxed.

### FULL SPECTRUM CBD

*Results* Soothe / Balance / Align

Revive tired and fatigued muscles with Antara specially formulated CBD balm applied to target tight areas as a spot treatment to reduce pain and inflammation



## PARTNERS



### AUGUSTINUS BADER

Having redefined personal care with their cell renewal technology, TFC8®, Augustinus Bader now reinvents luxury wellness with their high-performance treatments and we are the first and only to offer them in Arizona. TFC8® supports the body's innate renewal processes to visibly reduce signs of aging and damage caused by environmental stressors, leaving the skin looking restored, regenerated, and glowing with health.

## PARTNERS



### U BEAUTY

As the sole U.S. provider of U Beauty's spa treatments, we offer exclusive access to these cutting-edge treatments. Known for its award-winning, high-performance, science-driven products, U Beauty delivers superior skincare comprehensively and efficiently with a unique delivery of key anti-aging actives to the skin through a proprietary encapsulation process.

### ENVIRON

Introducing a collaboration with the premium brand Environ. We uniquely offer Environ's specialized range of skincare and treatments. Environ products are enhanced with high-grade vitamins A, C, E, antioxidants and peptides, delivered through an innovative industry leading Vitamin STEP-UP SYSTEM™. Created to help skin become gradually more comfortable with increasing levels of vitamin A and a variety of antioxidants, flavonoids and peptides that keep it looking healthy.

### MOVA BY CAMILA PEREZ

As the sole spa in our region to offer the Mova High Definition Lymphatic Drainage Treatment, we exclusively provide this breakthrough body sculpting technique. This treatment increases Lymph and Blood flow and, with specific movements, releases superficial connective tissue, opening space and breaking adhesions to improve the circulatory flow.



### BIOLOGIQUE RECHERCHE

We are proud to be one of the few spas entrusted to provide Biologique Recherche's highly customized, results-driven French methodology. The world-renowned luxury cold-pressed skincare line and treatment protocols utilize unique formulas using pure, concentrated, active products to provide a clinical approach. Each treatment is meticulously developed with a skin care need in mind to enable a truly bespoke experience.



### OXYLIGHT SAPPHIRE

As the only hotel spa to locally offer treatments with the advanced Oxylight Sapphire technology, we provide exclusive access to its unparalleled rejuvenating benefits. The Oxylight Sapphire utilizes patented technology to deliver a non-invasive treatment that stimulates collagen production, reduces inflammation and accelerates healing for smoother, firmer, more vibrant skin.



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## *Body + Mind*

### PHILOSOPHY

We empower our bodies to conquer any challenge. Train and recover today with an eye on a stronger tomorrow.

*Our team of Fitness Experts will support you in the implementation of your tailor-made plan aimed at maximum efficiency and peak performance.*

### PRIVATE PERSONAL TRAINING SESSION

*Results* Transform / Flexibility / Strength / Tone

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Work with a certified personal trainer to create a dramatic impact on your personal fitness and well-being.

60 MINUTES

### PERSONAL TRAINING SESSION FOR TWO

*Results* Align / Endurance / Strength

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You and a partner work together, or maybe against each other, with your trainer to push hard, have fun and achieve your goals.

60 MINUTES

### SMALL GROUP PERSONAL TRAINING SESSION

*Results* Energize / Teamwork / Discover / Community

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Your group will be challenged in a fun and inclusive environment to push harder and deeper as the trainer curates the perfect workout suited to your small groups' needs.

60 MINUTES *Up to 4 people*

### PRIVATE FITNESS, SPIN OR YOGA CLASS

*Results* Flexibility / Reset / Balance

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Experience a tailored class for one or a small group that will challenge, enhance and exceed your expectations, and possibly your limits.

60 MINUTES | 90 MINUTES *Up to 10 people*

### PRIVATE FORMA PILATES CLASS

*Results* Ground / Improve / Sculpt

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One on one or up to four people can experience a FORMA pilates session using Liana Levi's FORMA method with focused and personalized instruction and tailored guidance for improved strength, flexibility and posture.

60 MINUTES

### GUIDED SMALL GROUP HIKES

*Results* Teamwork / Endurance / Discover / Community

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Our guide will assist you on your hike as you are challenged to make the vertical ascent up Camelback Mountain and are rewarded with one of the most breathtaking views of central Phoenix.

2-4 HOURS

### PERFORMANCE THERAPY

*Results* Protect / Refresh / Improve / Prevent

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An opportunity to partner with a dynamic physical therapist to assist you with injury recovery, athletic performance or post operation rehabilitation. Care that aims to ease pain and help you function and move well.

60 MINUTES

### FUNCTIONAL NUTRITION CONSULTATION

*Results* Nourish / Holistic / Reset / Repair

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Explore, expand and maximize your health through nutrition. Functional nutrition looks at the underlying causes of a condition and finds evidence-based solutions to facilitate true healing and optimized health.

90 MINUTES *Also available as On-Going Coaching*

### MINDSET COACHING

*Results* Refresh / Discover / Ground

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Find support to reframe current mindset, reorient thinking and increase physical vitality. A mindset coach empowers those looking to find more optimism and productivity by guiding them to new ways of thinking, feeling and behaving. Supporting clients to form a more positive attitude, face challenges, increase productivity and find more joy in their daily lives.

90 MINUTES



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## *Recovery*

### PHILOSOPHY

The synergy between physical and mental recovery is recognized, with the understanding a healthy body and a sound mind are interconnected. Biohacking technologies and innovative practices facilitate and optimize healing and performance.

## CRYOTHERAPY

*Results* Detox / Reinvigorate / Refresh

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Burn up to 350 calories, diminish fat and cellulite, produce collagen, and reduce pain and inflammation in just 3.5 minutes. Exposure to ultra-low temperatures trigger beneficial effects in the body and brain. In addition to accelerating weight loss, the body's natural reaction to cold therapy causes improved circulation, increased energy, better sleep and improved mood.

UP TO 3.5 MINUTES *Up to 2 people*

## FULL-SPECTRUM INFRARED SAUNA

*Results* Detox / Resilience / Glow

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Our two infrared saunas use near, mid and far-infrared waves to safely penetrate the skin to increase the body's core temperatures, supporting detoxification, muscle repair, cardiovascular health, relaxation, weight loss, pain relief, skin purification and cell health. Available for up to 2 people.

15 MINUTES | 30 MINUTES | 45 MINUTES | 60 MINUTES

## IV HYDRATION

*Results* Hydrate / Purify / Recharge

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Utilizing fluids, electrolytes, essential nutrients, vitamins and minerals to recover quickly, enhance immunity, rehydrate and reduce inflammation to feel better faster. Support immunity, boost metabolism or promote performance.

60+ MINUTES

## STRETCH + THERAGUN

*Results* Flexibility / Reset / Protect

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Assisted stretching meets performance recovery. Our personal trainers guide you through stretches using a Theragun to improve your range of motion and increase flexibility while decreasing pain, stiffness, and tension.

15 MINUTES | 30 MINUTES

## THERABODY RECOVERY COMPRESSION

*Results* Rejuvenate / Enhance / Sustain

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Sit back, relax and recharge your legs with the most customizable compression system in recovery with the Pneumatic Compression System. Adjust an array of pressure and time settings of four preset programs, or start with four unique inflation cycles and go freestyle with PRO mode. The FastFlush Technology™ delivers a pressure massage 2-3x faster than competitors.

15 MINUTES | 30 MINUTES

## PEMF

*Results* Enhance / Renew / Align

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PEMF (Pulsed Electromagnetic Field) therapy increases cell energy production, immunity, detoxification and assists in overall well-being.

15 MINUTES | 30 MINUTES

## PARTNERS



### FORMA

Founded in 2020 by Los Angeles native Liana Levi, Forma Pilates is a luxury boutique-style pilates studio with the most in-demand and exclusive workout on the market. Most known for its athletic approach to pilates, Forma Pilates has fostered a tight-knit community with five studios across Los Angeles & New York. It is now available exclusively in Arizona at The Global Ambassador.

### POWER PLATE

Power Plate's patented PrecisionWave™ Technology is engineered to activate the body's natural reflexive response to precision vibration, engaging the muscles in a consistent and controlled manner that results in accelerated training benefits. These multi-directional vibrations activate muscles, burn calories, improve circulation and assist in muscle recovery. Benefits include enhanced strength, flexibility and reduced muscle soreness through whole-body vibration and resistance training. Including enhancing neuromuscular function, resulting in improved fitness and recovery.



### THERABODY | THERAGUN

Their mission is to provide you with the effective natural solutions you need to take charge of your daily wellness. They've combined education, innovation and over a decade of pioneering within the tech wellness space to make wellness more accessible to everybody.

## PARTNERS



### VILLENCY BIKE

Cutting edge design. The unique split frame design is being utilized for the first time on an indoor bike and offers increased stability and signature style. The frame design creates a platform that optimizes stability while providing the rider with a secure riding experience that facilitates a range of choreography in and out of the saddle. The incredibly powerful magnetic resistance system has been precisely calibrated to provide the user ultra-responsive and intuitive control over their ride.

### TECHNOGYM

For more than 35 years, Technogym has been the global exercise expert - be it fitness, health or sports. Technogym brings wellness through movement with a mission to engage in physical activity, correct nutrition and a positive mindset.



### ELEIKO

Based in Halmstad, Sweden, Eleiko offers a wide range of high-quality weightlifting, powerlifting and strength and conditioning products. They draw inspiration from international competitions, striving to provide athletes and coaches with superior tools for maximum physical strength. Each barbell is meticulously crafted from special Swedish steel, ensuring unmatched performance and quality.



# CLASSES

## *Spin*

### **BEATZ**

*Results* Energize / Teamwork / Luminare

Experience the ultimate in luxury and fitness with our exhilarating spin class. Join us in our studio, where expert instructors guide you through high-energy rides paired with dynamic musical beats. The instructors ensure each session is a high-calorie-burning workout and a thrilling, fun experience. Get ready to pedal your way to fitness in style.

60 MINUTES

### **BURN**

*Results* Endurance / Strength / Tone

Join us for a heart-pounding, high-calorie burn spin class about intensity and results. Our expert instructors will lead you on a unique experience, creating an exhilarating, challenging workout that pushes your limits and helps you torch those calories. Get ready to sweat and achieve your fitness goals with our high-intensity spin sessions.

60 MINUTES

## *Forma Pilates*

### **REFORMER**

*Results* Sculpt / Refine / Tighten / Tone

Discover the art of precision and strength in our 60-minute Forma Method reformer pilates workout. With a keen emphasis on form, technique and posture, we sculpt your body by targeting small muscle groups through deliberate and controlled movements. Our tailored sessions cater to your unique needs while challenging you to build endurance and strength, all within a luxurious 360° approach to private training designed to enhance, heal and nourish your body.

60 MINUTES

### **MAT**

*Results* Sculpt / Refine / Tighten / Tone

Experience the essence of Forma Pilates in our dynamic mat pilates class. This full-body workout, rooted in our signature programming, prioritizes precision and posture, helping you sculpt your body through deliberate movements targeting small muscle groups. Our tailored sessions adapt to your individual needs, providing a challenging path towards enhanced endurance and strength.

60 MINUTES



# CLASSES

## *Cardio & Strength*

### **POWR**

*Results* Strength / Endurance / Enhance

Experience an exhilarating High-Intensity Interval Training (HIIT) class that leverages the power of dumbbells and kettlebells to supercharge your functional fitness. Our dynamic class offers a variety of heart-pounding options to ignite your workout.

60 MINUTES

### **MVMNT**

*Results* Tone / Endurance / Flexibility

Join our Movement & Mobility Fusion class for a high-energy workout that combines calorie-burning cardio, bodyweight movements and mobility exercises. Our expert instructors will guide you through this dynamic class, making it suitable for all fitness levels. Achieve your fitness goals while having fun and boosting your metabolism with us.

60 MINUTES

### **RESTORATIVE YOGA**

*Results* Balance / Reinvigorate / Harmony

Gentle yoga practice emphasizing relaxation, deep stretching and mindfulness to reduce stress, soothe the body, and restore physical and mental well-being. Our studio offers a yoga experience like no other, with a backdrop that captures the essence of Camelback Mountain.

60 MINUTES

### **SCULPT YOGA**

*Results* Tighten / Define / Sculpt

Sculpt yoga combines traditional yoga postures with strength training and cardio exercises for a comprehensive, body-toning workout.

60 MINUTES

### **VINYASA YOGA**

*Results* Power / Strength / Endurance

Dynamic yoga style that flows through poses with synchronized breath, promoting flexibility, strength and mindfulness.

60 MINUTES



# THE EXPERIENCE

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## THE SPA

Immerse yourself in restorative indulgence at our luxury spa. Discover our holistic approach to health and wellness that combines science-based protocols with unique wellbeing treatments and movement programs. Using advanced modalities to recharge and rejuvenate you to return to the vibrancy of the city.

Expand your wellness experience and optimize your health, performance or recovery with our technology driven treatments, that each deliver multiple therapeutic benefits. Advanced technology that each deliver multiple therapeutic benefits. Biohacking is a different journey for every individual as there is a bio-individual component to all aspects of health.

Recharging your mind, body and spirit is vital. Emerge energized and return renewed to thrive in the urban tempo.

## RELAXATION SPACE

Nourish yourself in the relaxation space. A quiet place to chill, pause or simply be prior to or after your treatments. Enjoy a rotating selection of nourishing snacks and wellness mocktails, mood enhancing elixirs, adaptogens, functional superfoods, recovery aids and nutrient dense snacks.

## LOCKER ROOMS

The Men's & Women's Locker Rooms offer a complimentary assortment of our curated brand partner offerings, including a complete wellness experience. Experiences include classic Finnish dry sauna, eucalyptus steam room, soothing hot tub and reinvigorating cold plunge. Enjoy the amenities of the Locker Room prior to or after your Spa treatment by following our guided wellness ritual to enhance your wellness day.

## WHOLE BODY CRYOTHERAPY

Exposure to subzero temperatures triggers rapid healing and rejuvenation. Just 3.5 minutes can accelerate recovery, reduce inflammation, ease pain and shift your mood.

## INFRARED SAUNA

Infrared light penetrates deep to detoxify, increase blood flow and relieve sore muscles.

## COLD PLUNGE

This brisk dip mobilizes blood flow to release endorphins and constrict vessels for an energizing effect.

## HOT PLUNGE

Sinking into soothing warm water helps muscles relax while improving circulation.

## COMPRESSION THERAPY

Sit back, relax and recharge your legs with the Pneumatic Compression System to advance your wellness, recover faster, improve your training and maximize your performance.

## IV NUTRIENT THERAPY

Utilizing fluids, electrolytes, essential nutrients, vitamins and minerals to feel better faster, whether you are looking to increase energy, support immunity, boost metabolism or promote peak performance. Soak up your therapy in our relaxing lounge. Our infusion specialists are experienced Nurse Practitioners, Physicians Assistants or Registered Nurses with a commitment to wellness and health.

## SPA ETIQUETTE

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*To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.*

### ENVIRONMENT

The Spa is an adult environment of tranquility and relaxation. Mobile phones and cameras are not permitted in treatment rooms, locker rooms or relaxation lounges. In all other areas, please keep phones on silent. The Spa facilities are exclusively available to The Spa guests. Facilities are complimentary with a one-hour or longer spa service.

### RESERVATIONS

Please reserve your appointments in advance to allow us to accommodate your preferred scheduling requests. Please inform the Reservation Agent of the following: Allergies or medical conditions including pregnancy. Gender preference for your Service Provider or your request for a specific Service Provider. To provide a seamless experience for our guests, a 22% service charge, will be added to each service. This includes gratuities disbursed to the spa staff member who serves you during your visit.

### ARRIVAL

Please arrive at least 15–30 minutes prior to your scheduled treatment time to enjoy the facilities or relax. Your spa reservation is held specifically for you. Arriving late will limit the time for your treatment and your service will end as scheduled as not to delay the next guest. Arriving late will simply limit the time for your treatment, lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time, so that the next guest will not be delayed. The value of your full treatment will be applied.

### MINIMUM AGE

Our spa and fitness environment lends itself to adults only. Wellness guests 18 years and older are welcome in all areas of the spa, including locker rooms, treatments and fitness. Identification may be required.

### CANCELLATION POLICY

All services booked are guaranteed with a valid credit card or room confirmation number. Spa services are reserved especially for you, so we ask you contact us 24 hours prior to your scheduled treatment to reschedule or cancel your services. No-shows and cancellations will be charged at the full treatment rate.

### RESERVATIONS

To reserve your spa appointment, visit us at [globalambassadorhotel.com](http://globalambassadorhotel.com), call 480.697.6202 or email [thespa@globalambassadorhotel.com](mailto:thespa@globalambassadorhotel.com).

### GIFT CERTIFICATE

Spa gift cards are available for purchase in any denomination for the perfect celebration. Purchase online or at The Spa.

## SKIN

Bespoke Signature Facial  
60 MIN 230 90 MIN 345

The Method by Augustinus Bader  
60 MIN 230

The Advanced Method by  
Augustinus Bader  
90 MIN 345

Men's Facial by Augustinus Bader  
60 MIN 230 90 MIN 345

Oxylight Lift & Sculpt  
90 MIN 445

Biologique Recherche Bespoke  
60 MIN 240 90 MIN 360

Environ Age-Defying Skin Ritual  
60 MIN 230 90 MIN 345

U Beauty Precision Glow Facial  
60 MIN 230

U Beauty Siren Glow Facial  
60 MIN 230

## SKIN ENHANCEMENTS

Dermaplane 30 MIN 65  
Facial Wax 35+

## BODY

Brazilian Lymphatic Massage High  
Definition Sculpt by MOVA  
60 MIN 255 90 MIN 385

Biologique Recherche Customized  
Body Exfoliation  
60 MIN 245

Biologique Recherche  
Silhouette Shaper  
90 MIN 365

U Beauty Resurfacing  
Body Glow Treatment  
60 MIN 245

U Beauty Arm Sculpt  
30 MIN 120

## MASSAGE

Bespoke  
60 MIN 225 90 MIN 335 120 MIN 450

Deep Tissue  
60 MIN 225 90 MIN 335 120 MIN 450

Traveler  
90 MIN 350 120 MIN 470

Sleep + Restore  
60 MIN 245 90 MIN 365 120 MIN 490

Reflexology  
60 MIN 225

Together  
60 MIN 450 90 MIN 670 120 MIN 900

Acupuncture Integration  
60 MIN 250 90 MIN 375 120 MIN 500

Reiki & Craniosacral Therapy  
60 MIN 225

Expecting by Biologique Recherche  
60 MIN 245 90 MIN 365

## MASSAGE ENHANCEMENTS

Full Body Dry Brushing 15 MIN 55

Full Spectrum CBD 40

Cryotherapy UP TO 3.5 MIN 30

Infrared Sauna  
15 MIN 30 30 MIN 40 45 MIN 50  
60 MIN 60

## BEAUTY

Lash Lift & Tint  
60 MIN 150

Eyebrow Shape & Tint  
30 MIN 75

Eyebrow Lamination  
60 MIN 120

Makeup  
60+ MIN 150+

Blowout  
45+ MIN 75+ IN-ROOM 95+

## BODY + MIND

Private Personal Training  
60 MIN 150

Personal Training Session for 2  
60 MIN 200

Small Group Personal  
Training Session *Up to 4 people*  
60 MIN 250

Private Fitness, Spin or Yoga Class  
*Up to 10 people*  
60 MIN 250 90 MIN 375

FORMA  
Private Pilates Class  
60 MIN 500

Duet Pilates Class  
60 MIN 250 *per person*

Semi-Private Pilates Class for 3  
60 MIN 165 *per person*

Guided Small Group Hikes  
*Up to 5 people*  
120 MIN 400

Guided Small Group Hikes  
*6+ people*  
120 MIN 500+

Performance Therapy  
60 MIN 150

Functional Nutrition Consultation  
90 MIN 225

Mindset Coaching  
90 MIN 225

## RECOVERY

Cryotherapy *Up to 2 people*  
Single UP TO 3.5 MIN 30  
Series 6 UP TO 3.5 MIN 160

Full-Spectrum Infrared Sauna  
*Up to 2 people*  
15 MIN 30 30 MIN 40  
45 MIN 50 60 MIN 60

IV Hydration *Variety of Infusions*  
60 MIN 120+

Stretch & Theragun  
15 MIN 40 30 MIN 80

Therabody Recovery Compression  
15 MIN 30 30 MIN 45

PEMF  
15 MIN 30 30 MIN 45

## CLASSES

### Spin

Beatz 60 MIN 35  
Burn 60 MIN 35

### HIIT

POWR 60 MIN 35  
MVMNT 60 MIN 35

### Yoga

Restorative 60 MIN 35  
Sculpt 60 MIN 35  
Vinyasa 60 MIN 35

### Forma

Pilates 60 MIN 125