



THE GLOBAL AMBASSADOR

*The* SPA



DISCOVERY

VITALITY

NOURISHMENT

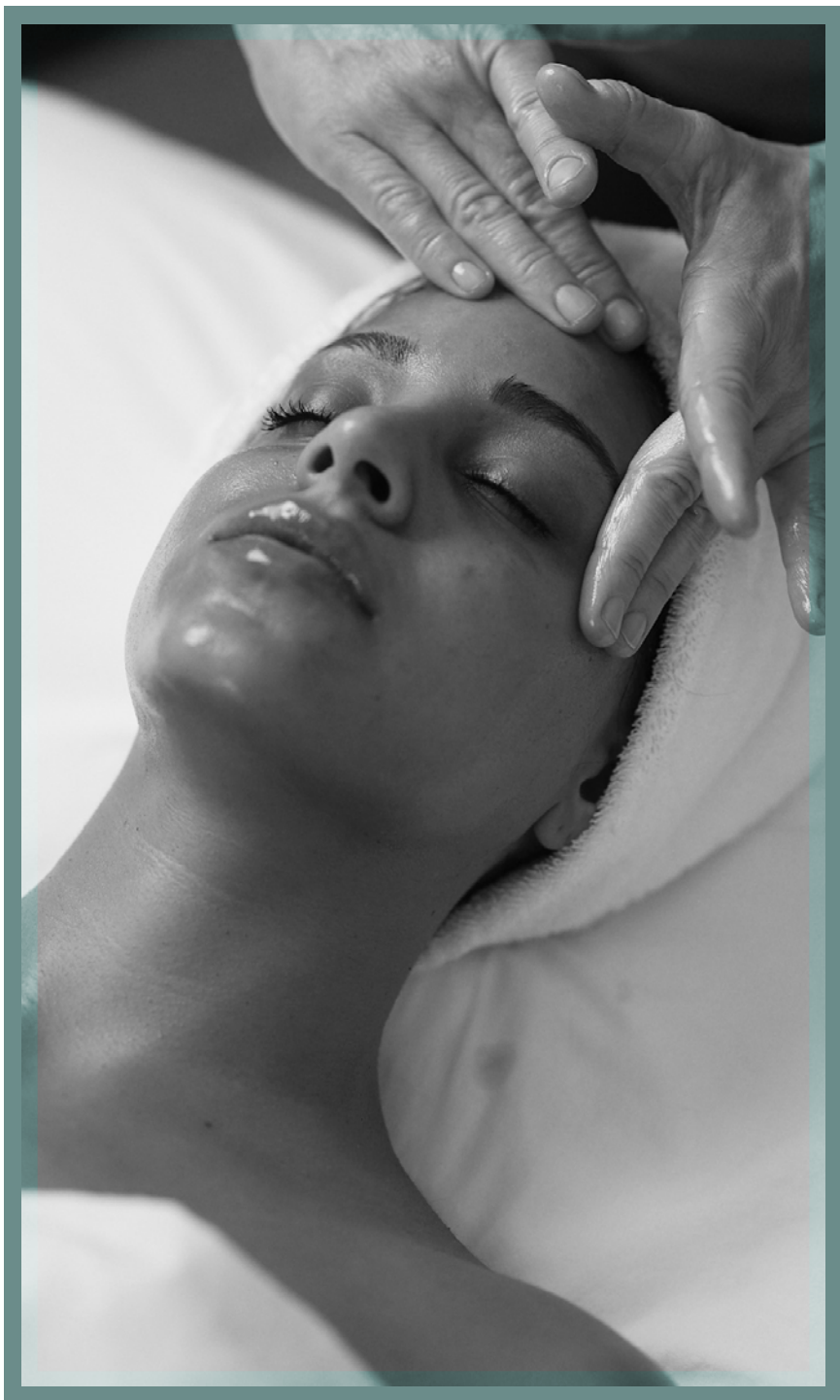
RENEWAL

LONGEVITY

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*

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### 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 / Preventative / Radiant

Experience a highly personalized treatment tailored to your unique skin goals and concerns. It begins with a thorough skin analysis and consultation to identify your skin type and 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 and energized. This facial also includes our Oxylight LED light treatment.

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, lifted and tightened skin with reduced fine lines and improved texture and tone.

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 effects. 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

### 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 SIREN GLOW FACIAL

*Results* Resurface / Detox / Smooth / Brighten

Promotes gentle exfoliation, cell turnover, and brightens the skin while helping to reverse signs of aging. This facial treatment optimizes the skin's collagen and elastin to soften 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 cushiony bounce and dewy radiance.

60 MINUTES



## *Skin Enhancements*

### **DERMAPLANE**

*Results* Exfoliate / Brighten / Smooth

Enjoy instant results as you reveal your brightest, smoothest complexion. Dermaplaning exfoliates and removes fine hair that traps oil and bacteria.

### **FACIAL WAX**

*Results* Smooth / Refine

Choose eyebrow, lip, chin, nose or ears.

### **EYEBROW SHAPE + TINT**

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

30 MINUTES

### **EYEBROW LAMINATION**

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.

45 MINUTES

### **LASH LIFT + TINT**

Curls your lash from base to tip to see the full length of your lash. Add tint to darken your lash.

60 MINUTES

### **MAKEUP**

Our artists deliver natural or dramatic makeup for all skin tones and styles. Enhance with faux lashes.

45+ MINUTES

### **BLOWOUT**

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

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.

### MOVA BRAZILIAN LYMPHATIC MASSAGE & SCULPT

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

The silhouette is redefined with this slimming and firming treatment. MOVA, our exclusive signature treatment, stimulates metabolism, combats cellulite and reduces inches by eliminating toxins, bloat, and excess water weight retention. Relax while a skilled therapist sculpts and contours your silhouette using a combination of special massage techniques, mechanical massage and suction to reveal a more refined and radiant you. Results can be seen and felt after the first session.

*Includes lymphatic face lifting to tighten and contour.*

**RECOMMENDED ADD-ON:** *Infrared Sauna*

60 MINUTES | 90 MINUTES

### BIOLOGIQUE RECHERCHE SILHOUETTE SHAPER

*Results* Contour / Sculpt / Tone / Balance

The Biologique Recherche regimen contours and shapes the waist, thighs, 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.

**RECOMMENDED ADD-ON:** *U Beauty Arm Sculpt*

60 MINUTES

### U BEAUTY ARM SCULPT

*Results* Tighten / Tone / Firm / Sculpt

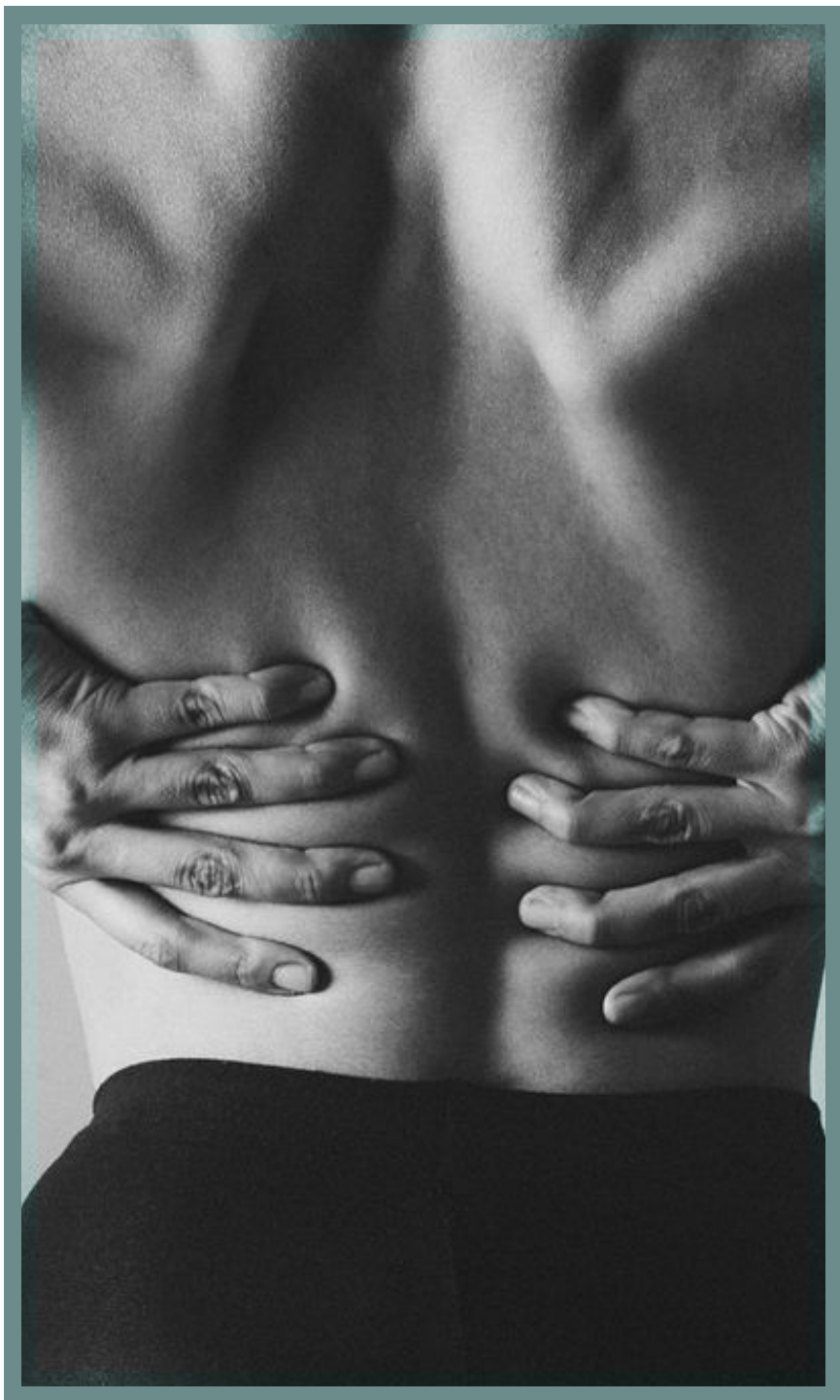
This targeted tightening treatment revitalizes skin for a smoother, tauter-looking upper body. It addresses stagnant fluid, sagging, and crepiness to help optimize natural elastin and collagen. Providing a multi-level hydration boost, leaving you with contoured, more elastic-looking skin and a brightened and energized appearance.

30 MINUTES

### TOGETHER

Experience highly personalized body treatments for two for ultimate relaxation and connection. Choose from massage or body treatments.

60 MINUTES | 90 MINUTES | 120 MINUTES



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## *Massage*

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### 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 for a truly therapeutic experience to relax, energize and 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

## GLOBAL 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 essential oils. Relax with a restorative scalp massage and a cooling hydrogel eye gel mask to enhance 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

## REFLEXOLOGY

*Results* Ground / Reset / Balance / Renew

Reflexology is an ancient, holistic therapy that assists in healing the entire body through the feet, hands and ears. Reflex points on these areas correspond to the rest of the body and when stimulated, provide a therapeutic healing response to all internal glands, organs and structures.

60 MINUTES

## TOGETHER

Experience highly personalized massage treatments for two for ultimate relaxation and connection.

60 MINUTES | 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 promotes relaxation and improves vitality. A slow, flowing, and meditative experience induces an overall feeling of wellness. You will leave feeling rested, centered and energized. *Complete with a CBD Vitality Elixir to take home.*

60 MINUTES | 90 MINUTES | 120 MINUTES

## ACUPUNCTURE INTEGRATION

*Results* Balance / Reset / Discover / Holistic

A blend of Traditional Chinese Medicine and massage methodology creates a powerful treatment. Combining various massage modalities, acupuncture, cupping, and moxibustion to achieve total balance in Qi (energy) and body. This treatment is a comprehensive approach to maintain well-being in a modern world.

60 MINUTES | 90 MINUTES | 120 MINUTES

## REIKI OR CRANIOSACRAL THERAPY

*Results* Refresh / Soothe / Balance

A holistic approach to enhance health and wellbeing. 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 Japan, meaning Rei (Universal) and Ki (Life Energy).

Craniosacral is a gentle, light touch massage to release tension to the fascia, promoting pain relief from headaches and neck pain.

60 MINUTES

## EXPECTING

*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. *Complete with a Concreta Balm to take home.*

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.

### 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.

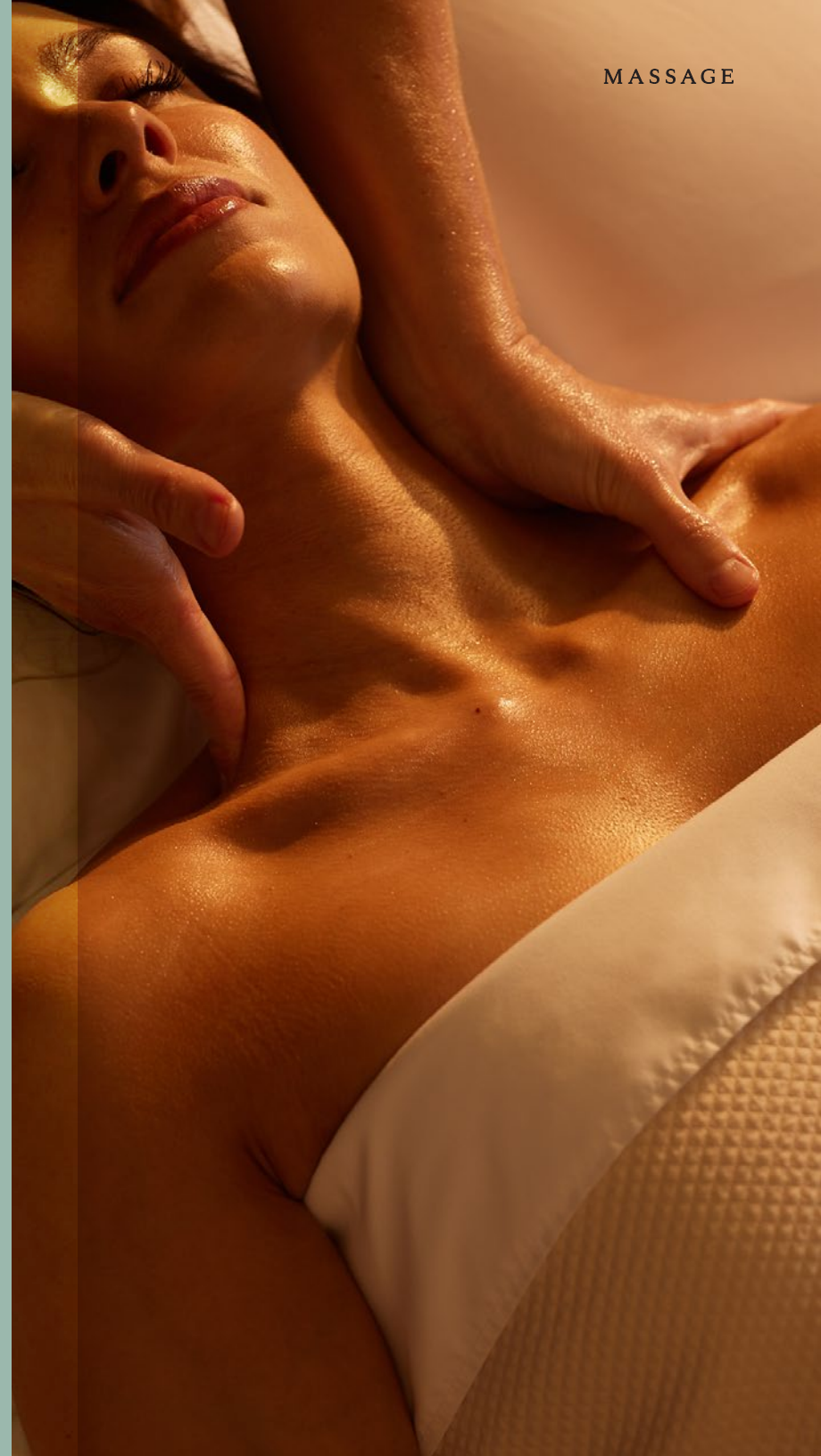
Following your massage, you will experience detoxifying benefits as near, far & mid infrared wavelengths penetrate the tissue whisking accumulated toxins and waste out of your system.

30 | 60 MINUTES

### 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

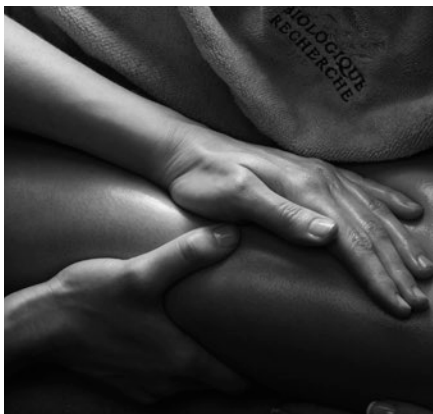


### AUGUSTINUS BADER

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 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.

### 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.



### 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.

## 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.

### 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.



### 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*

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### PHILOSOPHY

Movement and recovery are the foundation of sustainable fitness. Our team of Fitness Experts will support you in a tailored plan aimed at maximum efficiency and peak performance.



### PRIVATE PERSONAL TRAINING SESSION

*Results* Transform / Flexibility / Strength / Tone

Our certified Personal Trainers focus on functional movement that will increase your performance and vitality. Meet your fitness goals and make an impact on your personal fitness and well-being.

60 MINUTES

### PERSONAL TRAINING SESSION FOR TWO

*Results* Align / Endurance / Strength

You and your partner inspire each other while your trainer enhances your performance to achieve your fitness goals.

60 MINUTES

### SMALL GROUP PERSONAL TRAINING SESSION

*Results* Energize / Teamwork / Discover / Community

Your group will be challenged in a fun and inclusive environment to push harder and deeper. Enhance performance and achieve goals 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* Personalized / Results / Energy

Enjoy focused attention with a customized class in a motivating small group setting.

45 MINUTES | 60 MINUTES | 90 MINUTES *Up to 20 people*

### PRIVATE FORMA PILATES CLASS

*Results* Ground / Improve / Sculpt

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

Our guide will support 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 Phoenix and Scottsdale.

2-4 HOURS

### PERFORMANCE THERAPY

*Results* Protect / Refresh / Improve / Prevent

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.

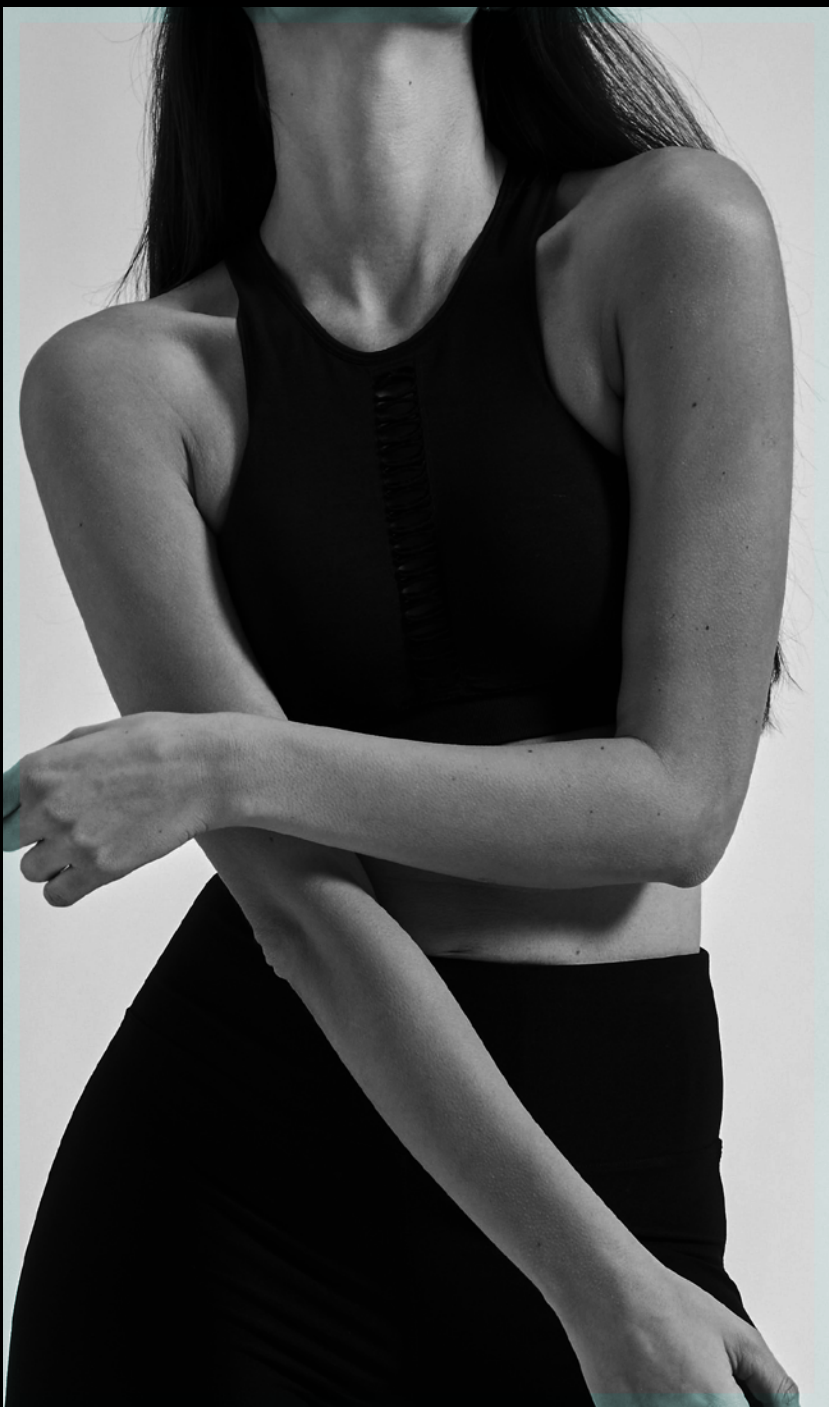
60 MINUTES

### FUNCTIONAL NUTRITION CONSULTATION

*Results* Nourish / Holistic / Reset / Repair

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*



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## *Recovery*

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### 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 calories, diminish fat and cellulite, produce collagen, and reduce pain and inflammation in 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.

30 MINUTES | 60 MINUTES *Up to 2 people*

## 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

## THERABODY RECOVERY COMPRESSION

*Results* Rejuvenate / Enhance / Sustain

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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 or go freestyle with PRO mode.

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.

30 MINUTES





## PARTNERS

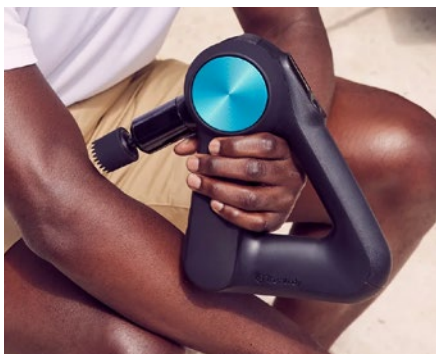


### FORMA

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 studios across California, Texas and 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

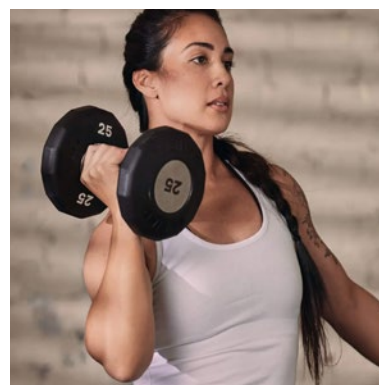


### VILLENCY BIKE

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 / Luminate

Feel the rhythm. Embrace the challenge. Let the energy transform you while you master technique and chase constant progress.

45 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 Forma's 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 forges strength, power, and speed. Supercharge your functional fitness.

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.

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

Link breath to movement with a focus on balance, core strength, flexibility, and restoration. Open to all levels.

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. Recharging your mind, body and spirit is vital. Explore individualized biohacking with our recovery tools. Biohacking is a different journey for every individual as there is a bio-individual component to all aspects of health. 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.

## LOCKER ROOMS

The Men's and Women's Locker Rooms offer a complimentary assortment of our curated brand partner products. Experiences include classic Finnish dry sauna, eucalyptus steam room, soothing hot plunge and reinvigorating cold plunge.

## 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

Full Spectrum 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

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 the body requires to feel better faster to increase energy, support immunity, boost metabolism or promote peak performance. IV drip therapies deliver the nutrients the body requires, placing them directly into the bloodstream via IV drip to optimize absorption. 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 Etiquette 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 spaces. 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 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 MON-THURS 250      90 MIN MON-THURS 365  
60 MIN FRI-SUN 270      90 MIN FRI-SUN 385

The Method by Augustinus Bader  
60 MIN MON-THURS 250      90 MIN MON-THURS 365  
60 MIN FRI-SUN 270      90 MIN FRI-SUN 385

Men's Facial by Augustinus Bader  
60 MIN MON-THURS 250      90 MIN MON-THURS 365  
60 MIN FRI-SUN 270      90 MIN FRI-SUN 385

Oxylight Lift & Sculpt  
60 MIN MON-THURS 305      90 MIN MON-THURS 455  
60 MIN FRI-SUN 325      90 MIN FRI-SUN 475

Biologique Recherche Bespoke  
60 MIN MON-THURS 270      90 MIN MON-THURS 400  
60 MIN FRI-SUN 290      90 MIN FRI-SUN 420

Environ Age-Defying Skin Ritual  
60 MIN MON-THURS 250      90 MIN MON-THURS 365  
60 MIN FRI-SUN 270      90 MIN FRI-SUN 385

U Beauty Siren Glow Facial  
60 MIN MON-THURS 250      60 MIN FRI-SUN 270

SKIN ENHANCEMENTS

Dermaplane      Facial Wax  
MON-THURS 85      MON-THURS 45  
FRI-SUN 90      FRI-SUN 55

BODY

Mova Brazilian Lymphatic Massage & Sculpt  
60 MIN MON-THURS 270      90 MIN MON-THURS 405  
60 MIN FRI-SUN 290      90 MIN FRI-SUN 425

Biologique Recherche Customized Body Exfoliation  
60 MIN MON-THURS 255      60 MIN FRI-SUN 275

Biologique Recherche Silhouette Shaper  
90 MIN MON-THURS 385      90 MIN FRI-SUN 405

U Beauty Resurfacing Body Glow Treatment  
60 MIN MON-THURS 255      60 MIN FRI-SUN 275

BEAUTY ENHANCEMENTS

Lash Lift & Tint      Makeup  
45 MIN 150      45+ MIN 180+

Eyebrow Shape & Tint      Blowout  
30 MIN 75      45+ MIN 75+

Eyebrow Lamination      IN-ROOM 95+

45 MIN 120

MASSAGE

Bespoke  
60 MIN MON-THURS 245      90 MIN MON-THURS 360  
60 MIN FRI-SUN 265      90 MIN FRI-SUN 380

Deep Tissue  
60 MIN MON-THURS 245      90 MIN MON-THURS 360  
60 MIN FRI-SUN 265      90 MIN FRI-SUN 380

Global Traveler  
90 MIN MON-THURS 385      120 MIN MON-THURS 505  
90 MIN FRI-SUN 405      120 MIN FRI-SUN 525

Sleep + Restore  
60 MIN MON-THURS 265      90 MIN MON-THURS 385  
60 MIN FRI-SUN 285      90 MIN FRI-SUN 405

Reflexology  
60 MIN MON-THURS 245      60 MIN FRI-SUN 265

Acupuncture Integration  
60 MIN MON-THURS 265      90 MIN MON-THURS 385  
60 MIN FRI-SUN 290      90 MIN FRI-SUN 420

Reiki or Craniosacral Therapy  
60 MIN MON-THURS 245      60 MIN FRI-SUN 265

Expecting  
60 MIN MON-THURS 255      90 MIN MON-THURS 375  
60 MIN FRI-SUN 275      90 MIN FRI-SUN 395

MASSAGE ENHANCEMENTS

Full Body Dry      Cryotherapy  
Brushing\* 80      UP TO 3.5 MIN 30

Full Spectrum      Infrared Sauna  
CBD Relief\* 50      30 MIN 40  
60 MIN 60

U Beauty Arm Sculpt\* 80  
\*No Additional Time

BODY + MIND

Private Personal Training  
Single 60 MIN 150

Personal Training Session for 2  
Single 60 MIN 250

Small Group Personal Training Session  
Up to 4 people 60 MIN 300

Private Fitness, Spin or Yoga Class  
Up to 10 people  
45 MIN 250+      60 MIN 300+      90 MIN 450+

FORMA REFORMER  
Private Pilates Class 60 MIN 400  
Duet Pilates Class 60 MIN 200 per person  
Group Pilates Class 60 MIN 100 per person

Guided Small Group Hikes  
Up to 5 people 120 MIN 500+  
6+ People 120 MIN 600+

Functional Nutrition Consultation  
90 MIN 250

RECOVERY

Cryotherapy Up to 2 people  
UP TO 3.5 MIN 30

Full-Spectrum Infrared Sauna Up to 2 people  
30 MIN 40      60 MIN 60

IV Hydration Variety of Infusions  
60 MIN 145+

Therabody Recovery Compression  
30 MIN 40

PEMF Therapy  
30 MIN 40

CLASSES

Hotel Guests

Spin Beatz 45 MIN 35  
HIIT POWR 60 MIN 35  
Yoga 60 MIN 35

Forma Pilates

Reformer 60 MIN 100 Locals & Hotel Guests  
Mat 45 MIN 60

One complimentary Spin, HIIT or Yoga class for two guests per day is included in the property fee. Additional classes will be charged per guest as listed. Forma Mat Pilates is available to hotel guests only and will be charged per guest as listed above. Forma Pilates Reformer is available to hotel guests and locals with a referral and will be charged per guest as listed above.

\*Spa pricing is based on demand and peak periods. 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 who assist you during your visit. Kindly note we are cashless.