



tamaya mist spa & salon

Tamaya Mist Spa & Salon

Located at the Hyatt Regency Tamaya Resort

1300 Tuyuna Trail, Santa Ana Pueblo, New Mexico 87004

TELEPHONE 505 771 6134

www.tamayamistspa.com



HYATTPURE
SANITAS PER AQUAS

menu of spa services

Discover a quiet and special place ... Tamaya

hyatt pure

Hyatt Pure spas, a collection of extraordinary spas around the world, range from resort to urban settings. With treatments drawing from the local environment and culture, each Hyatt

Pure spa offers an aesthetic experience to every guest. Returning to the true definition of spa. "sanitas per aquas," Latin for "healing by waters," Hyatt Pure spa treatments incorporate the principles of hydrating the body to promote wellness and renewal.

hyattpure.com

many centuries ago the Tamayame came into this world, not as the Tamayame, but as a people in search of a home. They set up villages throughout the region but always moved on, traveling from the north to the west, then south, and then east. They were prosperous and peaceful wherever they settled and never forgot the instructions given to them, instructions that governed how they would live and where they would call home. After many years the people came to rest in this area and chose this place, Tamaya. A quiet and special place. Named for the soft morning mist that gently floats over the cottonwood trees and the Río Grande, Tamaya Mist Spa & Salon is a place where we honor the journey of the Tamayame, their tradition of hospitality, and their intimate connection with the land. Tamaya Mist Spa & Salon is a place where we create individual programs for our guests, a place deeply connected to the native bounty of the land, a place to restore your physical and spiritual tranquility. Let the sun, moon, stars, and elements serve as a reminder that there are things far greater than the day-to-day. Relax, renew, and reconnect at Tamaya Mist Spa & Salon, and let us promote a lasting sense of peace and well-being as we prepare you for your own Journey.

journeys

Inspired by the migratory journey the Tamayame took before settling in the valley of their home, Tamaya Mist Spa & Salon full-day spa experiences—Journeys—are designed to treat the whole person and, individually, to detoxify, exfoliate, hydrate, or restore.

We have named each Journey after early settlements of the Tamayame in relation to the migratory route to Tamaya. Each Journey utilizes products harvested from or inspired by its namesake place.

kashe k'atreti 5.5 hours \$531.00

Detoxify and Heal. The percussion method employed in the Ancient Drumming treatment sets the tone for this intensive detoxifying treatment.

Native Herbal Wrap
Ancient Drumming
Four Paths Facial
Paraffin Manicure
Paraffin Pedicure

kwiiste puu 5 hours \$463.50

Exfoliate and Reveal. Slough off rough skin and reveal a healthy glow; relax into your Journey by drifting into the scent of soothing lavender.

Lavender Dry Brush Therapy
Four Paths Facial
Paraffin Manicure
Paraffin Pedicure

journeys

paak'u 5 hours \$463.50

Hydrate and Renew. Desert seaweed, K'awina, is a rich hydratant harvested locally, penetrating and infusing skin with decadent, natural moisture.

K'awina Body Masque
Four Paths Facial
Paraffin Manicure
Paraffin Pedicure

tamaya 5 hours \$463.50

Restore and Relax. The Spirit Path is a full-body, multisensory experience designed to return your mind, body, and spirit to total relaxation.

Spirit Path
Four Paths Facial
Paraffin Manicure
Paraffin Pedicure

escapes

Inspired by the rivers and fertile valleys of the region in which the Tamayame journeyed to find their home, our half-day spa experiences—Escapes—are short paths to total relaxation.

río puerco 80 minutes \$180

Relax into the healing therapy of a massage complemented by the body therapy of your choice, detoxifying or exfoliating.

Three Sisters Salt Scrub or Native Herbal Wrap
Full-body Swedish Massage

rio jemez 2.5 hours \$292.50

Reap the benefits of a series of restorative therapies intended to rebalance your mind, body, and spirit.

Three Sisters Salt Scrub or Native Herbal Wrap
Tamaya Mist Facial
Full-body Swedish Massage

escapes

rio grande 3 hours \$360

Come in from the harsh weather of life and let us turn you around, restoring your mind, body, and spirit to complete calm.

Native Herbal Wrap
Full-body Swedish Massage
Three Sisters Salt Scrub
Tamaya Mist Facial

couple's escape 2 hours \$495/couple

Enjoy the enchantment of indulgent massage, scrub, and wrap therapies alongside your most significant other.

Native Herbal Wrap
Full-body Swedish Massage
Three Sisters Salt Scrub

signature treatments

ancient drumming 80 minutes \$185

A truly original offering. Experience the healing nature of our abundant land and ancient tradition. An application of mud from the Jemez Mountains infused with New Mexico's red chile creates a highly detoxifying mud masque which is applied directly to the body. As the mud penetrates, your therapist will gently drum away stress by using flaxseed-filled muslin bags dipped in piñon-scented oil in an innovative percussion technique. Afterwards your body will be drenched with warm oil and lightly exfoliated using our aromatic Piñon Resin Scrub.

lavender dry-brush therapy 80 minutes \$185

Our dry brush exfoliation, followed by a lavender-oil massage, is an invigorating and soothing way to rejuvenate tired skin. While body and mind steep in the soothing scent of lavender, your hands and feet are exfoliated with our Tamaya Blue Corn Flour, desert sea salt, and lavender flower scrub. A lavender-oil scalp treatment at the end of your session will bring your body and mind into harmony. The dry brush is yours to take, as we expect you'll want to continue this soul-soothing ritual at home.

k'awina body masque 80 minutes \$185

Watercress, or "Kawina" in the Tamayame language and meaning "desert seaweed," is the rich hydrating ingredient in our luxurious body masque. While your therapist gently exfoliates your body using our Three Sisters Salt Scrub—a blend of native Tamaya Blue Corn Flour, Anasazi beans, and pumpkin seed—the vitamin-rich K'awina masque continues to calm and nourish the skin. A final application of moisturizer rich in watercress, chaparral, and prickly pear will ensure that your skin remains hydrated and protected.

signature treatments

spirit path 80 minutes \$185

Experience an ancient tradition of healing as we ease your mind and body into a restorative state of relaxation. Your path begins with massage incorporating aromatic oils, and then your skin is gently exfoliated using our Tamaya Blue Corn Flour. You will then be enveloped in the luxury of our Native Herbal Wrap, to deeply penetrate and detoxify your body, and fall deep into relaxation as the session concludes with an aromatherapeutic scalp massage.

three sisters salt scrub 25 minutes \$75

An exclusive blend of native Tamaya Blue Corn Flour, Anasazi bean, and pumpkin seed is combined with mineral-rich desert salts and applied to the body to exfoliate, stimulate, and rejuvenate.

native herbal wrap 25 minutes \$75

Linens—steeped in a specially formulated herbal blend that changes with the seasons—are wrapped around the body to promote detoxification and relaxation in a soothing envelope of heat. Please allow at least 25 minutes prior to this treatment in order to accommodate changing and warming time in the sauna, steam room, or hot tub.

sunless tan 80 minutes \$185

Avoid the damaging effects of the sun with our hydrating, sunless tanning treatment. Rather than artificially "coloring" the skin, the active ingredients in our innovative product work with your body and skin to create rapid, safe, golden results. You will also receive a full-sized bottle of the tanning lotion to take with you so that you may maintain your tan at home. It is recommended that you do not schedule any other body treatments for the day you schedule your Sunless Tan.

treatment add-ons

desert scalp therapy

\$20

Add a scalp therapy to stimulate blood circulation throughout the body and to infuse hair with an abundance of vitamins. Your therapist will knead and nurture your scalp, neck, and shoulders with a blend of essential oils to promote even deeper relaxation.

facials

four paths facial

80 minutes

\$185

We have blended the spiritual significance of the four cardinal directions with the nurturing products harvested from the corresponding regions. Depending on how you are feeling or how you want your skin to feel, please direct your esthetician to go in the direction you have chosen or simply ask for a recommendation based upon the appearance of your skin.

NORTH: Restore and Relax

A colloidal oatmeal mask regenerates and restores the skin's natural moisture balance.

WEST: Detoxify and Heal

The rich, green clay mask is designed to purify, remineralize, and recharge the skin.

SOUTH: Exfoliate and Reveal

Powerful combinations of antioxidants such as green tea, grape seed, and turmeric unveil your skin's vitality.

EAST: Hydrate and Renew

Refresh skin with the powerful properties of mushroom and pumpkin enzymes.

tamaya mist facial

50/80 minutes

\$125/\$180

Our deep-cleansing Tamaya Mist Facial is based upon the three fundamental elements of effective skin care—prevention, protection, and correction. Your esthetician will analyze your skin and customize a treatment that will leave you and your face refreshed and renewed.

facials

spirit of the seasons facial

80 minutes

\$185

Our signature facial is inspired by the distinctive character of the changing seasons and honors the connection to the earth and its bounty. Infused with native herbs to heal the skin, this energetic facial will leave you feeling refreshed, nourished, and balanced.

Spring Renewal:

Spring is a time of renewal. Let the freshness of the season cleanse, purify, and exhilarate with clary sage, geranium, and grapefruit.

Summer Refresh:

Feel the hydration of a summer shower. Moisturize, cool, and balance the skin with spearmint, rosemary, lemon, and lime.

Autumn Rejuvenation:

Give thanks for the vibrance and bounty of an autumn harvest. Let mandarin spiced with cardamom and ginger stimulate your senses.

Winter Restoration:

Nourish your skin during a winter's rest. Soothe, fortify, and protect with rosewood, may chang, spruce, cypress, and pine.

facials

calming facial

50/80 minutes

\$125/\$180

We have designed this treatment specifically to calm and soothe hypersensitive skin ; it can help rosacea, couperose, and acne-prone skin. Your esthetician will use only natural products containing botanical extracts like cucumber and thyme to soothe irritated skin, while our other natural alternatives to chemical skin lighteners diminish the appearance of brown spots to promote a clear, fresh-looking complexion.

reflection facial

50/80 minutes

\$125/\$180

This pro-age facial is a luxurious and effective anti-wrinkle and firming treatment. Ideal for any combination of dehydrated, environmentally damaged, and mature skin types, it is designed to promote relaxation and relieve stress while combining the cleansing, toning, masque, and protective products specific to your skin type.

srai-wi youth facial

50/80 minutes

\$125/\$180

“Srai-Wi” is a Pueblo term meaning “my children.” The purpose of this facial is to introduce our teenage guests to skin care, because healthy skin looks and feels great. We leave our young guests with confidence and a customized plan for home care to maintain a healthy glow and fit a busy schedule.

men's fitness facial

50/80 minutes

\$125/\$180

Combat the effects of shaving and an active lifestyle with this relaxing gentleman's facial. Give yourself over to complete care and emerge with a refreshed face that looks and feels its best. (Please refrain from shaving for at least one hour before treatment.)

massage therapies

swedish massage 50/80 minutes \$125/\$180

This European therapeutic massage incorporates stretching, specialized movement, and various hand work to promote relaxation. Swedish massage can be slow to vigorous, so please inform your service provider of your preference.

deep-tissue massage 50/80 minutes \$125/\$180

This massage increases flexibility and circulation, and works to enhance the body's natural healing process while relieving muscular tension and spasms due to stress, work, or athletic activities.

tamaya custom massage 50/80 minutes \$125/\$180

Your massage will be customized based on an individual consultation with your experienced service provider. Your therapist will employ massage techniques designed to achieve the results you desire.

river rocks massage 80 minutes \$185

Our hot-stone massage combines the healing of natural stones with therapeutic massage techniques. The deep-penetrating heat from the stones and massage pressure summon the body to complete relaxation.

couple's massage 50/80 minutes \$250/\$360

Enjoy a massage with your partner in the privacy and comfort of a couple's suite. Your service provider will customize your massage to meet your individual needs while you luxuriate in an intimate, shared experience.

specialized therapies

reflexology 25/50 minutes \$80/\$125

In this ancient Egyptian practice, thumb and finger pressure is applied to specific points on the hands and feet, bringing welcome relief to corresponding regions of the body.

craniosacral therapy 50/80 minutes \$125/\$180

By targeting and releasing restrictions in the craniosacral system, you can improve the functioning of the central nervous system. This therapy can be effective in relieving migraine headaches, chronic neck and back pain, and stress- and tension-related problems. Loose-fitting clothing is recommended.

reiki 50/80 minutes \$125/\$180

Meaning "universal life force," Reiki is a gentle hands-on healing methodology based on an ancient Japanese healing system; it does not involve the rhythmic stroking of massage, but rather a set of hand positions unique to this healing modality and each practitioner. Reiki focuses on the reduction of stress and alleviation of pain in order to facilitate healing.

shiatsu 50/80 minutes \$125/\$180

Based on the Japanese technique for targeting the pressure points and meridians of the body, the Tsubo, or acupoints, are stimulated with deep pressure, restoring balance and harmonizing energy flow in the body. Loose-fitting clothing is recommended.

yoga

YogaAway™

75-minute class \$18
75-minute private session, \$100

YogaAway™ is a yoga practice designed to help you unwind from the stress created by life and travel. Our program is suited for most ages, skill levels, and physical shapes, offering a unique experience of focus, strength, and relaxation through the conscious awareness of breath and movement. Please ask your Spa Concierge to arrange a private session or to give you a copy of the current schedule of classes.

tamaya mist salon

specialized packages

i do package

Bridal up-do
Make-up application

\$100

style package

Haircut
Style
Make-up application

\$90

refresh package

Paraffin manicure
Paraffin pedicure
Shampoo and blow-dry

\$150

salon services

hair

Haircut, shampoo, and blow-dry	from \$65
Shampoo and blow-dry	from \$45
Cut for men/children	from \$35
Beard or bangs trim	from \$15
Permanents	from \$90
Hair coloring with blow-dry	from \$80
Highlights and lowlights with blow-dry	from \$150
Bridal Up-do	from \$65
Deep-conditioning hair treatment	\$45

make-up

Make-up application	\$45
Brow tinting	\$25

waxing

Lip or chin	\$20
Brow	\$25
Underarm	\$35
Bikini	\$45
Half leg	\$45
Full leg	\$65
Facial	\$50
Back	from \$45
Arms	from \$45

nails

tamaya mist manicure

\$40

Our signature manicure adds a relaxing pressure-point massage to enhance and stimulate your circulation, as well as beautify and soothe your hands.

French manicure	\$50
Paraffin manicure	add \$15
Polish change and shaping	\$25
Full-set nail enhancements	\$80
Acrylic fill	from \$40
Acrylic fills with paraffin	from \$55
Acrylic removal (includes manicure)	\$45
Nail repair	\$12

tamaya mist pedicure

\$75

Incorporating a special blend of lotions into our pedicure, we gently massage the nerve endings in the feet. Applying pressure to specific areas of the foot releases toxins, relieves stress, and stimulates circulation in the body.

French pedicure	\$85
Paraffin pedicure	add \$15

how to spa

reservations

To make your reservation at Tamaya Mist Spa & Salon, please call 505-771-6134 or dial extension 6134 from within the hotel; a valid credit card is required to hold your reservation. In order to ensure that your spa experience is available when you desire, we recommend scheduling treatments 48 hours prior to your preferred treatment times.

spa hours

Spa facilities:	6:30 a.m. to 8:00 p.m.
Spa services:	8:00 a.m. to 8:00 p.m.
Salon:	9:00 a.m. to 7:00 p.m.
Fitness center:	5:30 a.m. to 8:00 p.m.

pre-arrival information

We encourage you to arrive 15 minutes prior to your scheduled appointment time. If you are scheduled for a body therapy or facial, please refrain from shaving for at least one hour prior to your treatment. We respectfully ask that you leave cell phones turned off so that the tranquility of the Tamaya Mist experience may be preserved. Additionally, please leave all valuables at home or deposit them in your room safe, as Tamaya Mist Spa & Salon cannot be held responsible for loss of personal items. Please be prompt in your arrival, as all appointments will end on time and be charged in full, regardless of late arrival.

service charge

In an effort to make your spa experience as seamless as possible, an 18% service charge will be added to the cost of your service. Additional gratuities for your service provider(s) are subject to your discretion.

how to spa

age limitation

Children under age 16 are not permitted to use the spa facilities. However, some spa and salon treatments are available with parental supervision. Please inquire with the Spa Concierge.

cancellation policy

Please notify Tamaya Mist Spa & Salon 4 hours prior to your scheduled appointment time should you need to change or cancel your reservation so that you may avoid being charged in full for scheduled services.

gift certificates

Gift certificates are available for purchase online or in person and may be used for all Tamaya Mist Spa & Salon treatments.

spa concierge

If you have any further questions or need help planning your spa experience, please do not hesitate to contact the Spa Concierge.