



Miramo

a destination spa at Enchantment

Spa
Services
Menu



Mii amo...“One’s path, or journey.”

– in Yuman,
the traditional Native American language of Northern Arizona

Inspired by the rich wisdom and traditions of Native American people, complemented by the beauty and energy of Sedona, Mii amo presents a luxurious spa experience where guests can find balance and harmony through our wellness, traditional and signature therapies.

Our home, Boynton Canyon, is surrounded by the scenic seclusion of the Red Rock Secret Mountain Wilderness. The soaring red mountains against the azure sky create a constantly changing tapestry which is truly awe-inspiring.

The heart and soul of Mii amo is the Crystal Grotto, with a “kiva-like” design inspired by a traditional place of ritual. Guests and staff are invited here each morning to set their individual “intention for the day.”

Our indoor pool features a waterfall and a large lounging area framed by an open, wood-burning fireplace. Glass doors open onto the outdoor pool and deck with a whirlpool spa and spectacular canyon views, which are also visible from the fitness center upstairs. Featuring fresh and nutritious intelligent cuisine, the Mii amo Café serves three meals daily with a continuously changing menu.

Classes and lectures – on topics ranging from traditional Native American healing methods to aromatherapy, healthy aging and acupuncture – are held in the Mii amo library. Outdoors is an open lawn for yoga and exercise, which also takes place in the movement studio upstairs.

Mii amo Boutique features a dazzling array of treasures that capture the spirit of Sedona. You’ll discover intriguing gifts for yourself, and for that special someone.

Such choices make it all the more enjoyable to spend the entire day at the spa. We look forward to helping you extend your experience once you return home. To talk with us at Mii amo, call 888.749.2137.

Day Packages

Our day packages are created especially for our guests at Enchantment Resort and are designed to introduce you to the life-enhancing experience of our all-inclusive destination spa, Mii amo. These packages are based on the Journeys our destination guests explore here. Take advantage of these suggested services to get the most out of your time at Mii amo. The services in these packages may not be upgraded or substituted, and all services must be taken on the same day. Prices include tax and gratuity.

Kachina Woman \$480

Designed especially for women, this combination of 60-minute services provides nurturing support for whatever stage of life you're enjoying right now.

Message: Swedish or Deep Tissue Massage
Skin Care: Hydrating or Clarifying Facial
Body Treatment: Jojoba Butter Wrap

Mii amo Male \$480

Developed by our male therapists, this combination of 60-minute services covers all the basics and will leave you feeling like a new man from head to toe.

Message: Swedish or Deep Tissue
Skin Care: Journeyman's Facial
Bodywork: Reflexology or Shiatsu

Back To Basics \$415

Sometimes the simple things in life are best. This package eliminates the guesswork and provides you with two outstanding 90-minute spa treatments offering pure and simple relaxation.

Swedish, Custom or Deep Tissue Massage
Rejuvenating or Hydrating Facial

Mii amo Signature \$570

These customized services were created especially for Mii amo and cannot be enjoyed anywhere else in the world. Performed by our talented therapists, they are inspired by the beauty and spirit of this special canyon.

90-minute Signature Facial
90-minute Intentional Aromatherapy Massage
60-minute Anasazi Ubtan

De-Stress Body, Mind & Spirit \$520

Created to restore your inner balance, this combination of services will relax the body, calm the mind and lift your spirit.

Body: 90-minute Milk & Honey Bath
Mind: 60-minute Cranial Sacral
Spirit: 60-minute Acupuncture or Reiki

Healthy Body in Balance \$480

A great way to jump-start a new commitment to a healthy weight and lifestyle, this combination of 60-minute services focuses on detoxifying the body and supporting new ways to make healthy choices.

Lymphatic Drainage
Lymphatic Facial
Nutritional Consultation

Spiritual Exploration \$480

Explore the energetic realm beyond the physical. Tune into the healing energy and wisdom of your natural intuition, bringing your body, mind and spirit to a place of love and compassion.

Vibrational Massage
Reading of the Moment
Jin Shin Jyutsu

Rites of Passage \$670

Learn to ease the stress of transition and open to the celebration of change through these special services that facilitate movement through this time of your life.

60-minute Inner Quest
75-minute Hot Stone Massage
60-minute Simply Shirodhara

Skin Care

Set your intention for your skin and our estheticians will customize your facial, using the appropriate products for you. We are happy to offer some of the finest facial lines available – Mii amo's Signature Line, Eminence, Lucrèce and Naturopathica.

Mii amo Signature Facial

This is truly a facial that you can experience exclusively at Mii amo. Our Signature products are made with the finest natural ingredients, botanical extracts and pure essential oils. We incorporate local ingredients where possible and use no artificial color, fragrances or filler. With the 90-minute session, you will receive a unique facial massage with turquoise stones.

60/90 minutes \$150/\$220

Ayurvedic Facial

Our Ayurvedic Facial uses traditional herbs from India to clean and balance your skin. The products are suited to your "Dosha," which is really the state of your skin at the moment. Using exquisite floral oils, your facial massage incorporates Marma points to balance not only the energy above your shoulders but truly your entire body, mind and spirit.

60 minutes \$150

Simply Shirodhara

This is an ancient Eastern Indian therapy used for centuries to restore inner calm and balance to the emotions, and to rejuvenate hair and scalp. The Shirodhara begins with a mini-facial using herbal cleansers, facial oils and lovely floral essences of India, then finishes by pouring a thin, gentle stream of warm herbal oil to the "third eye." Calm your mind and stimulate your senses with this delightful, sensuous experience.

60 minutes \$150

Ayurvedic Facial with Shirodhara

By combining the Ayurvedic Facial and Shirodhara, you can take your Ayurvedic experience to the next level. This treatment will transport you to another reality of calm and the ultimate in relaxation – Nirvana.

90 minutes \$220

Hydrating Facial

Sun damage can catch up to you, leaving your skin dry and dehydrated. This facial will help correct hyper-pigmentation with a thorough cleansing followed by the application of serums and masks that hydrate, lighten and brighten your skin. With the 90-minute session, you will receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

Clarifying Facial

This deep cleansing facial is a great way to start your spa experience. Removing the daily pollutants locked in the skin and lifting the dead skin cells which dull and block healthy cell tissue, this facial leaves your face fresh, moisturized and glowing. Especially recommended for acne or congested skin. With the 90-minute session, you will receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

Lymphatic Facial

This treatment stimulates the lymphatic drainage system to help eliminate bacteria, wastes and toxins while improving skin tone and texture. It also provides a natural solution for firming tissue and reducing puffiness around the eyes and chin. The balancing facial selected for you will be based upon an evaluation of your skin type for the best possible results.

60 minutes \$150

Journeyman's Facial

This results-oriented treatment, using products specifically crafted for men, combines deep cleansing with calming and clarifying properties to effectively treat congestion and irritation that occur as a result of athletic activities and frequent shaving. With the 90-minute session, you will receive an additional mask and a foot massage. To prepare for your facial, we recommend you shave at least 8 to 12 hours prior to your treatment time.

60/90 minutes \$150/\$220

Calming Facial

This facial will calm and soothe the most reactive of skin and is an ideal choice for anyone with rosacea, sensitive or red, inflamed skin. It will leave you feeling ready to face the world again. With the 90-minute session, you will receive an additional mask and a foot massage.

60/90 minutes \$150/\$220

Rejuvenating Facial

A deep cleansing and rejuvenating facial for aging and problem skin, this results-oriented facial uses fruit acids to achieve a fantastic exfoliation. The active products stimulate circulation and detoxify the deep layers, leaving your skin glowing, toned and firm. With the 90-minute session, you will receive an additional mask and a foot massage.

60/90 minutes \$150/\$220



Makeup Consultation

Let one of our expert staff members introduce you to our all-natural mineral makeup, La Bella Donna, and show you how to create a beautiful, healthy glow.

60 minutes \$85

Elevate Your Facial

Give some attention to often neglected areas by adding any of these mini-services to your facial experience.

Eye Opener: Instantly alleviate puffiness, and tone and tighten the sensitive area around the eyes.

Lip Service: Exfoliate, hydrate and lightly plump the lips with organic products that produce results.

Neck Lifter: Tone and tighten around the neck and jaw line, then add an enzyme treatment and moisturizer.

Ear Energizer: Infuse antioxidants into this hard-to-reach area with an exfoliation, mask and moisturizer.

Hand Brightener: Exfoliate and hydrate with a sugar scrub, then spot-treat to tone, tighten and brighten.

Foot Refresher: Cleanse, purify, exfoliate and hydrate with a sugar scrub that actually melts into your skin. Available for 90-minute facials.

Add one to a 60-minute facial or up to two to a 90-minute

Each \$40

Add all six to any 60-minute facial for the ultimate experience.

120 minutes \$300

Waxing add-ons: Lip or brows or chin

(Not available independently)

Each \$20

Health & Wellness

Whether you are in good health or have nutritional challenges, learn tools to maintain or establish a healthy lifestyle.

Acupuncture for Wellbeing

Acupuncture promotes natural healing by balancing the flow of energy through pathways in the body. The science and art of acupuncture involves insertion of needles into specific points along the body's meridians. Acupuncture forms a branch of traditional Chinese medicine which originated over 5,000 years ago. Currently this safe and effective natural therapy is used to treat many common ailments.

60/90 minutes \$150/\$220

Ayurvedic Lifestyle Consultation

According to Ayurveda (a 5,000-year-old Science of Life established in India), each of us inherits a unique proportion of three mind/body principles called Doshas. The three Doshas – Vata, Pitta, and Kapha – create our specific mental and physical characteristics. This powerful and insightful consultation provides an in-depth look at your particular Dosha type. Our expert consultant will discuss lifestyle changes and additions that will support your well-being in all areas.

60/90 minutes \$150/\$220

Exercise Physiology

Our exercise physiologist will customize a personalized fitness program to take your health to the next level. Incorporating your goals, health and exercise history, resting metabolic rate and body composition testing, a realistic action plan is developed to improve cardiovascular fitness, balance, flexibility, strength and endurance. Suitable for beginners as well as seasoned athletes.

90 minutes \$290

Nutrition For Your Health

There are times in life when we are faced with various health or weight concerns and we need to reexamine our daily food choices. Receive specific nutritional and wellness recommendations to stay strong and balanced.

60/90 minutes \$150/\$220
shared 90/120 minutes \$220/\$300

Weight In Balance

Diets don't always work, but awareness of patterns and healthy choices do. We will explore the individual needs necessary to create lasting weight reduction for a healthy and vital life. Topics include managing portion control, proper food combinations, learning what constitutes smart food choices, healthy substitutions, and ways to shift underlying patterns that encourage weight gain.

60 minutes \$150

A Woman's Journey

As women cycle through life, their bodies and emotions are constantly shifting and changing. This consultation will explore – through the use of nutrition, supplements, herbal and lifestyle support – how you can maintain balance and control through life's phases.

60 minutes \$150

Getting a Good Night's Sleep

Whether your challenge lies in falling asleep or staying asleep, not getting enough sleep or getting too much, this consultation can provide you with the knowledge and tools you need to develop a healthy relationship with sleep and begin to give your mind and body the rest they need.

60 minutes \$150

Power of Water

These subtle treatments call on the timeless power of water to deeply relax the body, restore the energy flow, clear the mind and open the heart.

Flower Essence Bath

Begin this creative and unique session by choosing two flower essence cards. These are the root and source for your reading. As you relax in lightly scented floral water, you will be gently massaged while the insight into your choices continues. Then you will transition onto the massage table, where your therapist will open and focus the energy released in the water through energetic body techniques. Please wear a bathing suit for this treatment.

60 minutes \$240

Hydrotherapy Bath

A hydrotherapy treatment may be one of the most profoundly relaxing experiences you can have. Our hydrotherapy tub is equipped with 20 underwater jets positioned to massage the entire body. Being suspended in the warm gravity-freeing environment makes the massage you receive after the bath even more effective. Please wear a bathing suit for this treatment.

60 minutes \$150

Milk and Honey Bath

Inspired by Cleopatra's baths, this luxurious treatment begins with a honey scrub, followed by a warm bath filled with milk and honey, and culminates with a light massage. The 90-minute session includes a 30-minute massage. Please wear a bathing suit for this treatment.

60/90 minutes \$150/\$220

Bio Aquatic Cranial

Combining the elements of Cranial Sacral work in the warm, nurturing space of our private therapy pool, you are floated and gently held. As your spine decompresses in this gravity-free environment, it allows the nervous system to reach a deeply relaxed state of being. This is especially beneficial for an expectant mother in facilitating a deep connection to the soul/spirit that's developing.

60/90 minutes \$240/\$290



Watsu

Watsu is a gentle form of bodywork performed in our warm, private outdoor therapy pool. It combines elements of shiatsu massage, joint mobilization, muscle stretching and dance. The deeply relaxing effects of warm salt water and nurturing support combine with Watsu's movements to create an experience with therapeutic benefits and healing potential on many levels. Please wear a bathing suit for this treatment.

60 minutes \$150

Body Treatments

These signature treatments are for those who want to cleanse, exfoliate, detoxify and nourish the skin, body and soul

Anasazi Ubtan

Blending ancient Ayurvedic wisdom with botanicals from the magical Southwest, and using the format of a traditional Ubtan, this treatment – developed by the Mii amo staff and not available anywhere else – begins with a massage specific to your Dosha type. An herbal paste of indigenous materials, including juniper berries and chaparral, is massaged into your skin to remove the excess oil, and to purify and exfoliate the skin. After you have showered off the Ubtan, we apply Mii amo's signature Juniper Orange Spice body lotion to leave you feeling hydrated and refreshed. The 90-minute treatment adds a 30-minute massage.

60/90 minutes

\$150/\$220

Blue Corn Body Polish

A Mii amo signature, this treatment combines regional elements with the power of water for a truly refreshing experience. Native Americans used ground corn to cleanse and purify the skin. We have created our own special blend of blue corn with mineral salt crystals and oil to make a vigorous scrub, which is applied and massaged off under the seven Vichy showerheads for the ultimate in relaxation and hydrotherapeutic benefit. We finish with an application of our signature body lotion, leaving you rehydrated and renewed.

60 minutes

\$150

Herbal Detoxification Wrap

We begin with a light, dry brushing to encourage lymphatic flow, and a thin layer of detoxifying Sedona clay is applied over the lymphatic zones of your body to encourage a drawing out of impurities. Then we wrap you in herbal infused sheets to create your own private sweat bath. As the layers of the wrap are slowly unfolded, light bodywork is performed, gently bringing your core temperature back to normal. This is a perfect treatment to combine with lymphatic drainage for total systemic detoxification.

60 minutes

\$150

Sedona Clay Wrap

This unique high desert treatment begins with a light exfoliation and a generous application of our mineral-rich Sedona clay. We have enhanced the already powerful detoxifying, anti-inflammatory properties of the clay with the addition of cocoa powder. Cocoa is a softening, smoothing antioxidant agent that heals and protects while its delightful aroma brings a sense of simple pleasure. After you have showered off the clay, we apply a mineral-rich oil or lotion infused with native herbs to leave you glowing and feeling grounded. The 90-minute treatment adds a 30-minute massage.

60/90 minutes

\$150/\$220

Rosemary Body Scrub

This treatment begins under the waterfall of seven showerheads on the Vichy table with a scrub containing sea and desert salts, jojoba oil, kelp granules and Vitamin E for extraordinary exfoliation and maximum hydration of the skin. Then your body is treated with an application of rejuvenating enzyme lotion with fresh rosemary to invigorate and revitalize. This is an excellent treatment for dry, dull or sun-damaged skin.

60 minutes

\$150

Jojoba Butter Wrap

This treatment begins with a gentle sea salt exfoliation to prepare your skin for a luxurious butter crème containing jojoba and shea butter, which is gently applied to the skin. Your body is then wrapped in warm blankets to allow the rich crème to penetrate more deeply, providing unsurpassed moisture and protection for skin that has to cope with the effects of stress, pollution and aging. The 90-minute treatment adds a 30-minute massage.

60/90 minutes

\$150/\$220

Ayurvedic Herbal Treatment

This traditional Ayurvedic detoxification is the ultimate body treatment. First the skin is dry-brushed to increase circulation and begin the exfoliation process. Next a blend of Indian herbs, which detoxifies and nourishes your skin, is applied and rinsed off. This is followed by a massage with Dosha specific oil. You are then wrapped with steaming herbal sheets while you receive a head and neck massage. Four treatments in one leave you dreaming of Nirvana.

90/120 minutes

\$220/\$300

Dosha Balancing Wrap

Ayurvedic oils are chosen to balance your specific Dosha of Vata, Pitta or Kapha. First the skin is lightly brushed to allow the exotic, aromatic oils of India to deeply penetrate during the massage that follows. Then you are cocooned in warm, herbal infused sheets while you receive a head, neck and scalp massage.

60 minutes

\$150



Prices do not include gratuities or tax.

Massage

From relaxing to therapeutic and all points in between, our massages are the perfect complement to every spa experience.

Abhyanga Shirodhara

Abhyanga is a traditional Ayurvedic full body massage using two therapists who work in synchrony with a "light touch," rather than a deep tissue massage. This gently encourages toxin removal on a cellular level, resulting in a relaxed physiology and enhanced feeling of well-being. Following the massage, your therapist pours warm oil onto your forehead to stimulate the pituitary gland, help balance the endocrine system and relax the nervous system. After a gentle scalp massage, the excess oil is squeezed out of your hair. Ayurvedic wisdom advises leaving the remaining oil in overnight for the ultimate benefit to your hair and mind.

90 minutes

\$370

Custom Massage

Consult with our therapists to create a specific massage, utilizing their skill sets to address particular areas needing attention. To customize your experience using multiple modalities, choose any two from these five favorites. Please communicate at the time of booking to receive the most benefit from this treatment.

Swedish Massage

Deep Tissue Massage

Cranial Sacral

Reiki

Reflexology

60/90 minutes

\$150/\$220

Swedish Massage

A classic massage that uses long, fluid strokes to relieve muscle tension and improve circulation, this technique will ease you into relaxation and release stress throughout your entire body.

60/90 minutes

\$150/\$220

Deep Tissue Massage

This type of massage focuses on releasing and relaxing areas of chronic tension. Working well within the pleasure-pain threshold and using a variety of muscle release techniques, your therapist will target tense and painful areas to bring relief.

60/90 minutes

\$150/\$220

Lymphatic Drainage

This work employs a light, rhythmic touch to increase the flow of fluid through the lymphatic system. It speeds up the detoxification process and stimulates circulation. This is a specialized technique for maintaining a healthy immune system. For the ultimate in detoxification, add our Herbal Detoxification Wrap after this treatment.

60 minutes

\$150

Head, Neck and Scalp Massage

This blissful treatment encourages the mind to let go by addressing specific acupressure points on the neck, head, hands and feet. Incorporating contrasting warm and cool temperatures to aid circulation and relaxation, your therapist will massage the scalp, melting away tension and nurturing a state of well-being.

60 minutes

\$150

Reflexology

Reflexology is based on the theory that the feet and hands are reflections of the entire body, and that by massaging and working pressure points in these areas, the entire body benefits. Your therapist will do an entire reflexology session on the hands and feet, which will leave you feeling relaxed and energized.

60 minutes \$150

Shiatsu

Balancing the energy flow through the meridians of the body is the goal of this Japanese form of bodywork. Using finger pressure in combination with stretches opens the meridians to create a sense of balance and peace. Please wear comfortable workout-style clothing.

60/90 minutes \$150/\$220

Hot Stone Massage

Healing with stones is an ancient form of therapy used by various cultures throughout the ages. Mii amo-trained therapists massage with smooth, heated river rocks and cool marble stones, encouraging the body to deeply relax as the warm stones melt away the tension and stress of everyday life.

75 minutes \$220

Traditional Thai

This ancient technique is performed on the floor, with the therapist stretching you into yoga-like positions and applying deep, rhythmic pressure. Thai is a powerful massage that aligns the body's energies, improves circulation, and increases flexibility while opening the heart. You will be moved, loosened and stretched in this session, so please wear comfortable workout-style clothing.

90 minutes \$220

Table Thai

This Thai Massage has been adjusted to offer the convenience of a massage table where you get the same great stretches, special techniques and fantastic results of Traditional Thai.

90 minutes \$220

Intentional Aromatherapy Massage

In this signature treatment, which was created to honor Mii amo's 10th anniversary, you will be introduced to the core "family" of ten aromatherapy oils and blends. Select the intention of the oil blend that resonates and it will be mixed for you. This treatment combines a dry-brush body exfoliation with a light, flowing massage and culminates with a warm wrap, allowing you time to really sink into the relaxation of the body, the calming of the mind and the release of the spirit.

60/90 minutes \$150/\$220

Neuromuscular Therapy

Neuromuscular massage is often beneficial for injuries and chronic pain. Your therapist warms and palpates the muscles, working deeply to break up knots and allowing the muscles to become more elastic. NMT can help free the body of spasm and pain, increase its range of motion, and help prevent future injuries.

60/90 minutes \$150/\$220

Vibrational Massage

Using specially blended oils that vibrate with the frequency of the seven energetic centers of the body, we open and vitalize the chakras. The synergistic experience of breathing in each of the powerful aromatic oils, along with light massage, leaves you feeling calm and balanced.

60/90 minutes \$150/\$220

Red Rock Treatments

The following services can be experienced in one of our amazing outdoor wickiups:

Deep Tissue Massage
Swedish Massage
Intentional Aromatherapy Massage
Reiki Healing Attunement
Reiki
Custom Massage

Neuromuscular Therapy
Lymphatic Drainage
Reflexology
Cranial Sacral
Shiatsu

Shared Treatments

These services can be experienced with another person in our large couple's suite. You must each receive the same treatment.

Sedona Clay Wrap
Jojoba Butter Wrap
Herbal Detox
Dosha Balancing Wrap
Hot Stone Massage
Ayurvedic Herbal Treatment
Anasazi Ubtan
Deep Tissue Massage

Swedish Massage
Custom Massage
Table Thai
Reiki
Lymphatic Drainage
Reflexology
Cranial Sacral

Recommended Combinations

For a powerful synergistic effect, schedule these treatments back-to-back:

Lymphatic Drainage and Herbal Detox Wrap
Lymphatic Drainage and Lymphatic Facial
Dosha Balancing Wrap and Ayurvedic Facial
Hydrating Facial and Milk & Honey Bath

Mii amo Signature Facial and Reflexology
Intentional Aromatherapy and Reiki
Shiatsu and Cranial Sacral
Custom Massage and Simply Shirodhara

Mother-To-Be Treatments

These treatments offer tender loving care for this amazing time in life.

Pre-Natal Massage

Designed to nurture and support both mother and baby, this gentle massage focuses on the areas affected and stressed by pregnancy, and brings feelings of relaxation and calm.

60 minutes

\$150

Nutrition to Support Your Pregnancy

A consultation with our nutrition expert can help you understand the best ways to nourish yourself and your baby during and after your pregnancy to keep both of you at your best.

60 minutes

\$150

Also Recommended

Jojoba Butter Wrap Reiki Watsu Bio Aquatic Cranial Facials Aura-Soma
Milk & Honey Bath A Woman's Journey

Connect with Spirit

Energetic sessions and readings can provide insights into your present situations and future opportunities.

Cranial Sacral

Nothing like traditional massage, this very subtle work focuses on balancing the flow of cerebrospinal fluid through the head and spine. It can be extremely beneficial for people who suffer from headaches, chronic neck and back pain, fatigue, and problems related to stress and tension. We recommend loose-fitting, comfortable clothing for this session.

60 minutes \$150

Reiki

Reiki is a Japanese healing technique that attunes the energy flow within the body and allows for your natural healing processes to occur. It works on the body, mind, heart and soul, always going where it is needed. Reiki works with energy and is not a hands-on treatment. It can leave you feeling refreshed and clear, often with a sense that something has shifted in some way. We recommend loose-fitting, comfortable clothing for this session.

60 minutes \$150

Reiki Healing Attunement

This Reiki session starts a cleansing process of imbalances that can influence the physical body, as well as the mind and emotions. The three-step process begins with an Aura Clearing, followed by a Reiki Healing Attunement, and concludes with a hands-on Reiki treatment.

60/90 minutes \$150/\$220
shared 90/120 minutes \$220/\$300

Jin Shin Jyutsu

This consultation involves instruction in self-help and awareness of how the body, mind and spirit all function together. It begins with an assessment of your personal, physical, mental and/or emotional needs. After your pulse is taken and a body reading is performed, you will learn how to become more aware of ways to help yourself be in balance by using certain "flows" and hand & finger movements. The session concludes with a customized practical plan for your needs to harmonize body, mind and spirit.

60 minutes \$150

Astrology

Using the exact time and place of your birth, our professional astrologer interprets life patterns and tendencies, and will offer you his or her insights. A 24-hour advance notice is required to book this service, and your astrologer will need your birth date, birth place, and time of birth for preparation of your birth chart prior to your appointment.

60 minutes \$240

Astrology with Crystals

Astrological readings support an individual in realizing their life path. During this session you will be fully supported in understanding your astrological charts through the use of crystals. The planetary alignments at the time of birth and in the current chart are highlighted with appropriate crystals to emphasize the dynamics revealed during the reading, resulting in deeper insights into current and upcoming patterns and events.

60 minutes \$240
shared 120 minutes \$350

Tarot Card Reading

Tarot cards can offer practical guidance and self-knowledge which may open channels of intuition. During this session you are guided through several interactions with the cards and given an interpretation of their meanings.

60 minutes \$150

Reading of the Moment

Let an expert guide you to a higher level of understanding of your life path. Each reading includes a palm reading and a tarot card reading. If appropriate, numerology and the pendulum may also be used.

60 minutes \$150

shared 90/120 minutes \$220/\$300

Interactive Aura Photography

Discover the incredible colors of your Aura/Energy Field. Learn how becoming more aware of your energy field can be valuable for creating balance in all areas in your life – physical, emotional and mental. Each session includes a comprehensive analysis showing your Aura/Energy Field and the meaning of the colors in your Aura, while explaining each of the seven Chakras and how the energy flows within your body.

60/90 minutes \$150/\$220

shared 90/120 minutes \$220/\$300

Specialty Services

Mii amo is very fortunate to have some of the most gifted therapists in the world on staff who share their very unique and intuitive skills with our guests. The specialty services they have created exclusively for Mii amo were developed after years of study and experience. As a result, they are only performed by a select number of therapists and their availability is limited. Due to the nature of these services, individuals receiving them must be at least 18 years of age.

Journey Spa™ Treatment

This is a unique opportunity to spend an invaluable two-hour personalized session with one of our world-renowned therapists. Your Journey begins with sharing your goals and aspirations during a private consultation. This sets the path for your therapist to create and perform a multifaceted session that addresses your individual needs. Mii amo therapists share unparalleled skills ranging from body work to spiritual guidance, and will use a variety of techniques and therapies throughout your Journey to achieve your desired results. The result is a renewed awareness of the value of listening, learning and responding to your unique needs.

120 minutes \$350

Soul Seeker

A master therapist with at least a decade of experience provides a blend of advanced techniques to heighten your awareness, help you gain a new perspective, or reconnect you with your true inner self. The techniques used may include guided imagery, energy work, shamanic work, soul journeying, somatic emotional release and breath-work. The techniques employed depend on your goal for the session and the skill set of your therapist as you explore different realms together. More of an experience than a traditional treatment, the intention of this session is to transform and give you something to take away with you to continue your awareness at home.

90 minutes \$290

shared 120 minutes \$350

Inner Quest

Reflective of Native American ceremony and ritual, this treatment utilizes elements sacred to Native Americans. We begin by inviting the four directions of the Medicine Wheel representing the four stages of life. Then you are wrapped in the Circle of Life blanket which is used to create the warmth of a sweat lodge and honor the tribal elders, or Wisdom Keepers, who pass down ancient teachings and spiritual direction. Sweet grass is burned with the intention to bring good things and experience the positive way of life. This beautiful ceremony allows you to reconnect with your inner self and keep the sacred wisdom of the Native American culture alive.

60 minutes

\$240

Harmony

Through their intuitive and psychic abilities, your therapist will use a variety of healing techniques to realign the body and energy pathways, promoting health on every level. You will receive a customized guided meditation and an in-depth reading and exploration. Though no massage is involved, this has proven to be one of our most profound and life altering sessions offered.

90 minutes

\$290

Psychic Massage

Following a psychic energy reading to shed light on patterns of the mind that are reflected in the body, your therapist will provide an energy balancing massage to rebalance and release these patterns. This transformational session allows you to let go of fear and unconscious behaviors and leaves you with a new understanding of yourself.

60/90 minutes

\$240/\$290

Kinetic Flow

Kinetic Flow, an exclusive Mii amo experience, is delivered on a massage table with a gentle, fluid and rhythmic motion, dispersing energy throughout the body for optimal health. Utilizing multiple massage techniques on the innovative WaveTable™ helps the muscles begin to relax deeply. This leads to a decrease in muscle tension, reduced stress, and improved blood circulation.

60 minutes

\$150

Aura-Soma Color Reading

Aura-Soma is a healing system from England based on vibrant, alive plant color, essential oils and flower essences. The colors we are drawn to reveal who we really are, our talents, our gifts and life lessons. Experience an in-depth reading based on your choice of four "Equilibrium Oils." This color reading allows you to understand yourself on a deeper level and supports you to return to balance with your original potential. Our 90-minute session includes a gentle color balancing massage with one of your Equilibrium Oils.

60/90 minutes

\$240/\$290

Aura-Soma Relationship Reading

This Aura-Soma Color Reading offers ways for couples, business partners or family members to learn to recognize and value each other's unique gifts and qualities. Understanding what it is that you contribute to a relationship and what it is that you can learn from the other person allows more space for respect and enjoyment of each other.

shared 90 minutes

\$290

Mindfulness

These very unique and specialized sessions help guide you to greater understanding of yourself and your true potential.

Compassionate Communication

A session designed to offer strategies to enhance authentic speech, so that communicating and listening emanate clearly and directly from the heart. During this process, you will learn supportive and nurturing communication methods, as well as enhanced techniques to speak with yourself and others with a more compassionate, open and responsible dialogue. This compassionate communication process frees energy so that one is able to view the self, others, and the world in a more positive light.

shared 90/120 minutes \$220/\$300

Circle of Power

When a person becomes disconnected from their true essence, their life's journey becomes unauthentic. This session helps an individual recognize when they are not in alignment with their own truth and to honor all aspects of the whole. The three steps of this process are: reclaiming power through sharing one's story and being fully heard, viewing areas of one's life which are not in alignment with one's essence, and finally integrating strategies to allow for a more authentic path of living to unfold. This session empowers guests to reclaim all parts of themselves, even parts they have set aside or not recognized, so they can begin to move from the wholeness of their being in everyday life.

shared or individual 120 minutes \$300

Releasing Stress

After a thoughtful and individual assessment of your current life stressors, we will explore techniques and strategies to assist you in reducing the burden that stress can create. Visualization, movement, breath awareness, nutrition and the most current philosophies on managing stress may be utilized.

60 minutes \$150

Meditation

Meditation is a daily practice that allows you to relax your mind and body. This experiential consultation will teach you basic meditative principles including posture, breathing and the mental focus needed to help quiet your mind. This session may be booked individually or as a "shared session" for two.

60 minutes \$150

Integrative Breathing

Integrative breathing is an exercise that invigorates the body with oxygen, stimulating a sense of well-being. This process activates the liver, spleen, pancreas, and abdominal muscles. On deeper levels, there is an emotional release of negativity and stress, which adds to mental clarity. Beginning with breath control, followed by vibrational sounding and release, this breath session teaches stillness of mind and creates an overall sense of exhilaration.

60 minutes for one person \$150

90 minutes for two people \$220

120 minutes for three or more people \$300

Journaling

Writing is a powerful way to release unexpressed emotions, find your own voice, draw strength from your past and connect with your subconscious. Learn techniques that reconnect you to yourself, then write your journey in a way that honors and integrates those lessons into your daily life.

60 minutes \$150

Vision Board Creation

Create a collage of inspiring images and words to take home with you that will help empower and manifest your goals and wishes for the future. A fun and experiential process that will reveal your heart and soul's desires.

90 minutes \$220
shared 120 minutes \$300

Past Life Regression

Using hypnosis to induce a deep, restful state, a certified therapist will guide you on an exploration of past life memories that may provide insights into current life issues.

90 minutes \$290

Living with Change: Transition to Transformation

Feeling relaxed and staying in the present can be challenging in times of change. During this session you will learn a variety of techniques to help achieve a better place of peace and balance. Inner discovery begins when we recognize that everything changes and that we can learn to be flexible and gain the skills to move through change more efficiently.

shared or individual 90/120 minutes \$220/\$300

Hypnosis

Therapeutic Hypnosis is an effective process that allows an individual to enhance both physical and emotional well-being. This technique can be extremely effective for pain and stress relief, smoking cessation, weight loss, relaxation, and increased confidence. Please indicate your focus for the session at the time of booking.

90 minutes \$290



Fitness

Whether you want to enhance your physical performance or simply get back in shape, these sessions are tailored to help you attain your fitness goals.

Strength Training

Whether you seek to begin a new program or tweak an existing one, one of our certified personal trainers will guide you through a customized workout. At the conclusion you will receive a take-home program so you can continue pursuing your goals after departure. From novice to expert fitness enthusiast, this private session will breathe new life into your exercise program.

60 minutes \$150

Private Yoga

Whether you are a novice or practice yoga on a regular basis, our yoga instructors can design a yoga session focused on your desired yoga type, skill level and interests. This can be booked as an individual session or a "shared session" for two.

60 minutes \$150

Ayurvedic Yoga

This specialized yoga brings the mind and body back into balance. You will learn yoga poses, breathing techniques and meditation exercises to harmonize your dominant Dosha. To deepen your awareness of your particular Dosha, we recommend an Ayurvedic Lifestyle Consultation with this service.

60 minutes \$150

Aqua Fitness

Enjoy a custom-designed workout with less impact on your back, shoulders and knees. This session, which is available individually or as a "shared session" for two, will incorporate stretching, core and strength training in the pool, using water for resistance and comfort.

60 minutes \$150

Private Pilates

Often referred to as the "power house" of the body, a strong and balanced core provides symmetry, strength and balance for daily activities and athletic pursuits. Using Pilates principles, you will work with one of our certified personal trainers to build, lengthen and strengthen your core muscles as well as improve overall balance and stability. At the conclusion of the session, your trainer will provide you with a customized program to use at home. Please indicate if you want to learn mat or reformer techniques at the time of booking an individual session or a "shared session" for two.

60 minutes \$150

The Traveler's Workout

Traveling can throw a wrench into any workout ritual. In this consultation, our trainer will help you explore techniques that can be performed on your journeys without gym equipment or weights. Designed to help the traveler stay toned and healthy on the road, this consult will have you saying "bon voyage" to that extra travel baggage in no time.

60 minutes \$150

Private & Shared Classes

Any of our regularly scheduled fitness classes not listed here can be booked as a private class, either individually or as a "shared session" for two, and will be customized to meet your needs.

60 minutes \$150

Spa Specifics

Facilities

The daily resort fee includes complimentary access to Mii amo for all registered Enchantment Resort guests age 16 and older. This entitles guests to the use of all Mii amo facilities including locker rooms, steam, sauna and whirlpool, fitness room, indoor grotto pool with fireplace, outdoor lap pool and deck, as well as participation in all fitness classes, guest lectures and other activities.

A Quiet Place

Please keep in mind that Mii amo is a tranquil place and help us maintain that peaceful environment when utilizing any of our facilities, particularly the indoor and outdoor pools. For the relaxation, enjoyment and privacy of our guests, please speak softly during your journey at the spa. **Cell phones and laptops are not permitted.**

Fitness & Activities

Our fitness room, located on the first floor, is open from 6am until 10pm daily. There is a variety of Cybex equipment including treadmills, EFX machines, free weights and a Pilates Reformer. We have personal trainers available for 60 and 90-minute sessions by appointment only. Please speak with a Spa Coordinator to schedule a session.

We offer a wide variety of daily classes, activities and excursions. Please consult our Seasonal Activities Calendar for a complete listing.

Age Requirements

Guests must be at least 16 years old to enter or use any of the spa facilities. This includes the pools, participation in all classes, and dining at Mii amo Café.

In Room

Many of our treatments can be enjoyed in the privacy of your casita. Please ask your spa coordinator about availability and pricing.

Change and Cancellation Policy

If you must change or cancel your appointment, please notify us at least 24 hours in advance of the treatment time to avoid being charged. No-shows, changes or cancellations within 24 hours of the scheduled appointment time are charged 100% of the value of the service.

Preparing For Your Experience

Please check in at the Spa Front Desk 30 minutes prior to your appointment. This will allow you time to prepare yourself before your therapist greets you.

Spending time in the steam, sauna or whirlpool is a great way to relax before your treatment begins. Please be advised that heat exposure of this nature is not recommended before treatments such as a stone massage or body wraps that raise your core temperature.

What To Wear

For most spa treatments it is customary to disrobe completely; however, you should undress to your level of comfort. Our therapists are trained to keep you properly draped throughout the treatment, respecting your privacy at all times.

For Thai or Table Thai, Reiki, Shiatsu or Cranial, please wear loose-fitting clothing that is easy to stretch in. For any form of aquatic bodywork, a bathing suit is required.

Hours

The spa facilities are open daily from 6am until 10pm.

Treatments begin at 8:30am and end at 9:30pm seven days a week.

Before leaving the spa we ask that you stop by the front desk to sign for your treatments. However, if you prefer, we will gladly add a 20% gratuity and bill your treatments to your room.

Mii amo

a destination spa at Enchantment

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