

agua serena

AGUA SERENA SPA

Hyatt Grand Champions Resort, Villas and Spa

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hyattgrandchampions.com

agua serena spa



menu of spa services

Agua Serena translates to tranquil waters. Water is the source of life and in this desert region water is a coveted resource. A tranquil lake surrounds the 30,000 sq. ft. wellness facility at Agua Serena Spa and encircles the desert landscape. This peaceful body of water reflects our goal for your spa visit. A mental perspective that is calm and non-agitated and a physical renewal using desert waters to create an invigorated state is our utmost intention. Embark on a journey of renewal and experience a full perspective of wellness by choosing products that honor the earth with ideal balance for your body.

Our wellness facility offers every component of health to ensure each guest's needs are met in a personalized way, from the state-of-the-art fitness center and movement studio to our 18 treatment rooms with private garden patios. Another unique element offered for an all-encompassing approach to wellness is the Medical & Skin Spa where options await for non-surgical medical skin care. The possibilities are endless.



A well-rounded spa experience is a journey through the spa covering areas of physical, mental and soulful satisfaction.

A CALM MIND is an essential component to wellness through awareness on the breath and through elements of the day that allow for quiet solitude.

TREATMENT EXPERIENCES combine the synergy of unique products and human touch to create ultimate therapy.

MOVEMENT is essential to well-being and available in its many forms from invigorating to inspiring.

Finally, WELLNESS, in the way of nutrition as it relates to conscious eating and guidance with lifestyle choices.

calm mind

One doesn't need to have years of experience visiting spas around the globe to feel confidence and comfort for optimal pampering. From beginning to end, take full advantage of this precious time.

when booking your spa experience

Sometimes we call a spa in a rush. It will be beneficial to take time and allow the spa concierge to guide you in expertly booking the services you desire. You may have many questions, such as gender preference of your provider, what the spa has to offer, and how early you should arrive. These details will all be covered.

when checking into the spa

Imagine that you are entering a sacred space. Unsettled business or frustrations with loved ones in your personal life affect your psychological well-being. Try to resolve these issues as much as possible.

Take your favorite book to the spa instead of technological devices that contain needs from others. Separate yourself from computers and phones for a few hours. Part of your time in the spa should be about quieting the mind and allowing for some "me" time.

Consider arriving in your workout clothes and begin the experience with a vigorous workout to get the blood flowing and oxygen ignited in the body. Your massage or spa treatment should be a treat for the hard work you have exerted.

preparing right before a spa treatment

Hydrotherapy is the art of using water, in its many forms, topically on the body. It is an essential part of preparing for a spa service. From the moist heat of the steam to the dry heat of the sauna, both of these therapies create different physiological changes in the body.

Add a cool shower, a warm Jacuzzi and then a few cold compresses while relaxing on a chaise lounge to ensure proper preparation for a spa service. The muscles will be melted and stress subdued.

calm mind

during a spa service

A spa service starts with a brief discussion with your provider. This is the time to note any needs and preferences. Don't be shy! During the service, remember to speak up. If the pressure is not enough or too much, it is important to let the therapist know. By the time you decide to say something the session might be over.

Be mindful of your breath during the entire service. It is easy to get caught up in talking. This takes away from creating the quiet place where the mind, body and spirit can reside and identify peace.

after the spa service

Your day at the spa should be about tending to self. Just as a garden needs to be tended, we require certain personal steps and time for preparation and closure to ensure the fullest of experiences.

Maybe it's time to read from a book you brought along while you find a chaise lounge for relaxation. Maybe this is the time to get a piece of stationary and practice the dying art of writing a letter, or make an entry in a personal journal, in your most relaxed state. These forms of self-expression therapy will help conclude your experience with peaceful clarity.

treatment experiences

wellness journeys

full spectrum style

allow 7 hours

A package that is all about looking good and feeling good. Enjoy a full day with a 60-minute Serena Custom Therapy Massage, 60-minute Organic Firming Facial, 45-minute manicure of choice, 60-minute pedicure of choice, shampoo and style and mineral makeup application. Lunch included.

4 components of wellness

allow 5.5 hours

A comprehensive physical and mental wellness journey. Start with a personal fitness consultation for 60 minutes, then journey to nutrition with a 60-minute assessment of healthy eating habits to overcome health issues with our certified expert. Visit the Medical & Skin Spa for a Visia Digital Complexion Analysis and Signature Anti-Aging Treatment with Dermal Planing. Finish with the reward for all your hard work, a 90-minute massage of choice. Lunch included.



retreats

pure beauty retreat allow 3 hours
Be immersed with the aroma of the plumeria flower traveling in the air. 60-minute Pure Plumeria Polish, 45-minute Pure Plumeria Manicure and 60-minute Pure Plumeria Pedicure to leave you feeling polished and beautiful.

desert tranquility retreat allow 2 hours
Partake in the desert's naturally curative powers with a 60-minute Cactus and Date Scrub and 60-minute Flowing Palms Swedish Massage to leave feeling rehydrated and relaxed.

the serena retreat allow 2 hours
Touch upon every area of Agua Serena Spa with a sampling of services tapas style. Includes a 60-minute body scrub of choice, 30-minute Targeted Tension Relief Massage and 30-minute Petite Facial.

raindrop revitalization allow 2 hours
Start with a dry brushing of the skin for revitalization. Then relax under a bar of rain in our Vichy Shower for 30 minutes while your skin is exfoliated with a loofah mitt and a cleansing bath gel. Finish with a relaxing 60-minute Flowing Palms Swedish Massage.

duet services

duet massage 60 | 90 minutes
Enjoy any two specialty massage services, side-by-side, in a couple's suite.

duet serena bath soak 45 minutes
In a private couple's suite, enjoy a relaxing bath filled with organic salts by candlelight and a toast of champagne.

duet services

duet "honor the feet" gesture 15 minutes
Side-by-side foot soak ritual, a symbolic service advised to enhance a duet massage. Includes choice of beverage.

duet suite time 30 | 60 minutes
Extra relaxation time in a private couple's suite.

duet journeys and retreats

4 components of wellness for couples allow 5.5 hours
A comprehensive physical and mental journey to build health and wellness together for a lasting bond. Start in fitness with a personal training session for two for 60 minutes. As a couple, journey to nutrition with a 60-minute assessment of healthy eating habits to overcome health issues with our certified expert. Visit the Medical & Skin Spa for a Visia Digital Complexion Analysis and a Signature Anti-Aging Treatment with Dermal Planing for two. Then finish with a reward for all your hard work, a 90-minute Duet Massage. Lunch for two included.

desert healing duet allow 2.5 hours
Take the path to well-being together with this perfect place to purify and protect. Includes any two 60-minute specialty massages and two 90-minute Cactus and Date Scrubs, including a side-by-side "Honor the Feet" gesture.

couples outdoor paradise allow 2.5 hours
This journey affords a private outdoor suite for 60 minutes, consisting of a treatment area and a fully-furnished space for side-by-side relaxation. Take advantage of a champagne table during the day or a fire table at night with an attendant available for food and drink service. A 90-minute massage for two seals the ultimate together time. A package for the indulgent couple who aspires to live the spa lifestyle.

facials

petite preservation

30 minutes

Refreshing maintenance facial addressing basic needs. An esthetician will analyze your skin type, then treat a key concern with cleansing, mask and a small essence of massage. Ideal for those with limited time, we identify small skincare steps to achieve a radiant glow.

serena skin specifics

60 | 90 minutes

Utilizing deluxe skincare to suit your needs and concerns. The use of enzymes and eco-certified ingredients will be the first step to identify your prescriptive experience. Customized steps of cleansing, mask, massage and hydration will leave skin renewed. Includes a hand massage in the 60-minute treatment and a deeper cleanse and foot massage in the 90-minute experience.

anti-aging fruit enzyme

60 | 90 minutes

Fruit and vegetable enzymes, such as papaya and pumpkin, renew and resurface skin. This anti-aging treatment enlivens skin without the harsh side effects of a chemical peel. Hand and arm massage and extractions included (90-minute treatment includes a specialty firming and tightening mask).

organic firming

60 minutes

Firm and rejuvenate skin with powerful antioxidants from organic sources. Remove impurities with a sun-dried Sea Algae peel off mask that will re-mineralize and oxygenate the skin. Restorative essential oils from pomegranate and rose will renew elasticity for a more radiant complexion. Hand and arm massage and extractions included.

facials

antioxidant cleanse

60 minutes

Antioxidant rich cranberry and raspberry enzymes deeply cleanse oily, active skin types. Skin is refined with a cranberry activator and gommage to decongest and minimize pores. A customized soothing mask completes the experience, leaving skin smooth and hydrated. Hand and arm massage and extractions included.

desert sun brightening

60 minutes

A regenerating facial for sun damaged skin utilizing spirulina and green clays to clarify and balance. Organic licorice extract and flower seed oils naturally lighten and brighten skin for a smoother, youthful look. Hand and arm massage and extractions included.

clarifying back balancer

30 minutes

Restore balance, radiance and smoothness for this large skin surface. Wild-crafted sandalwood, organic lemon and bitter orange exfoliate and purify the skin while decongesting pores. Sun-dried green and white clays help control excessive oil production and remove impurities.

facial enhancements

hand and foot salt exfoliation and hydration

15 minutes

eye treatment

15 minutes

ice globe dermal infusion

15 minutes

nurturing scalp massage

15 minutes

facial and body waxing

time varies



massage

targeted tension relief 30 minutes
Targeted stress relief for head, neck and shoulders loosens these chronic tight areas.

serena custom therapy 60 | 90 minutes
Experience true transformation with a massage created just for you. Following a consultation of your needs, custom techniques will address areas of concern and reduce muscle tension. This massage delivers therapeutic touch with medium to deep therapy.

flowing palms swedish 60 | 90 minutes
Fan palm oases found in the San Jacinto Mountains are havens of shade, water and tranquility. Find your own oasis with the lulling, light and relaxing Swedish strokes of this traditional massage.

serena sleep 90 minutes
Achieve deep relaxation and sound slumber with an experience recommended for the end of the day. Utilizing organic lavender essential oil in a rhythmically slow massage, the body is given permission to slow down and prepare for sleep. A cocoon blanket-wrap comforts while your therapist performs a marma point facial massage to end this journey. A card is presented with sleep tips to ensure sound sleep is attained beyond the spa.

athletic restoration 60 | 90 minutes
A massage to support the athlete's unique needs. Cross fiber muscular techniques, sports therapy and stretching relieve lactic acid buildup and discomfort due to golf, tennis and other active sports.

traditional thai 60 | 90 minutes
An energizing and rigorous massage based on muscle compression, joint mobilization and acupressure. This is an earth-bound service performed with guest clothed in comfortable cotton clothing. Therapists use hands, knees, legs and feet to move you into a series of gentle yoga-like stretches and rhythmic openings to create expansion and relaxation in the body.

massage

desert hot stone 60 | 90 minutes
Experience the warmth of desert with hot stones and custom massage techniques to melt away muscle tension. Stone placement on specific areas of the body calms and alleviates stress.

reflexology 30 | 60 minutes
In this ancient practice, thumb and finger pressure is applied to specific points on the hands and feet to bring relief to corresponding areas of the body.

mom-to-be 60 minutes
For the expectant mother, special techniques and body-support pillows are used for a fully satisfying experience. Customization on all levels based on progression into pregnancy. This massage is also advised post pregnancy, up to 3 months after childbirth for hormonal and health care.

massage enhancements

aromatherapy no extra time

hand and foot salt exfoliation and hydration 15 minutes

nurturing scalp massage 15 minutes

serena bath soak 30 minutes
Includes choice of bath salts.

"honor the feet" gesture 15 minutes
Foot soak ritual.

body

cactus and date scrub

60 | 90 minutes

Indigenous to the desert, Nopal Cactus and Medjool Dates have been used medicinally for centuries for their healing properties. These two powerful desert botanicals blended with sage, grapefruit and juniper create an energizing experience. In 60 minutes, date sugar exfoliation and a hydrating cactus moisturizer is applied. In 90 minutes, a cactus date foot soak starts the experience, followed by concentrated exfoliation and in-depth massage.

thai lemongrass scrub

60 minutes

An invigorating and refreshing experience using botanical butters and Thai lemongrass sea salts to soothe and repair the skin with its gentle antiseptic essence. The perfect preparation for the skin before applying a rich, rehydrating lemongrass moisturizer.

pure plumeria polish

60 minutes

Natural essence and exotic perfumes, with the aroma of plumeria in a salt and sugar base, exfoliate and hydrate the skin. An outdoor shower removes the exfoliant, yet leaves remaining oils to keep skin moist. A rich apricot and safflower body butter completes the experience, leaving skin hydrated.

juniper berry polish and vichy

60 minutes

Dry brushing starts this experience to warm the body and aid in increased blood flow. Next, an olive stone and sea salt body polish with raindrop Vichy will invigorate and cleanse the skin. Finally an application of rich organic jojoba, almond and apricot, blended with juniper and cypress, leaves the skin detoxified and uplifted.

pumpkin enzyme body renewal

60 minutes

Cold-pressed enzymes and active fruit acids smooth and exfoliate the skin. Serum and cream applications work to naturally rehydrate, fortify and protect. Sensitive skin types benefit from this gentle yet effective treatment.

body

cactus sun repair wrap

60 minutes

Nopal Cactus delivers strong healing and soothing properties, ideal as an after-sun treatment. A dry brushing application stimulates pores before an application of antioxidant-rich cactus and date masque. A warm blanket wrap soothes skin, followed by a massage using cactus date moisturizer to protect skin cells from sun damage.

desert clay detox wrap

60 minutes

Unrefined sun-dried green clay, blended with spirulina, defines this experience that will regenerate, detoxify and balance the skin. Mature or sun-damaged skin will be restored, rehydrated and protected with extracts like juniper, cypress and rosemary. A light blanket wrap comforts the body.

agave nectar hydrating wrap

90 minutes

Rejuvenate dehydrated skin with agave nectar infused aromatherapy oil. A whipped honey scrub exfoliates and a humectant honey balm softens and calms. Sweet almond cream massage application completes the experience, making it ideal for hydrating and repairing dry skin.

body treatment enhancements

nurturing scalp massage

15 minutes

serena bath soak

30 minutes

Includes choice of bath salts.

“honor the feet” gesture

15 minutes

Foot soak ritual.

raindrop vichy add-on to body scrub

15 minutes

men

Agua Serena selections focused to embrace the needs of any man, whether spa shy or spa savvy.

organic man facial

60 minutes

Full deep-cleansing facial using certified organic products that have a no-nonsense approach for the spa man who wants results, yet wants to honor the earth. Before the facial, shave carefully for a smooth touch. If in a hurry, better not to shave.

targeted tension relief

30 minutes

Targeted stress relief for head, neck and shoulders loosens these chronic tight areas.

athletic restoration

60 | 90 minutes

A massage to support the athlete's unique needs. Cross fiber muscular techniques, sports therapy and stretching relieve lactic acid buildup and discomfort due to golf, tennis and other active sports.

the little spa goer

Mini experiences for the "mini me" in our lives. It is essential to grow and nourish little spa spirits that know how to take care of themselves for a lifetime. Little ones ages 10 to 15 are welcome. Use of locker facilities is not permitted. Little spa guests will be greeted in spa lobby.

mini duet

30 | 60 minutes

Side-by-side massage takes place with mom, dad or an adult. Same gender therapist for the little one. Custom massage for relief of little stressors with the little person in mind.

elementary skincare

30 minutes

During this skin session the elementary principles of proper skin care will be addressed to build a first foundation for proper skin basics.



the little spa goer

happy feet / happy hands

30 minutes

A little one can choose 30 minutes for their feet, 30 minutes for their hands, or combine to create a 60-minute intro to proper nail care. Soak, conditioning, shaping and a splash of color makes for a little happiness.

happy hair

For the young and fabulous, this simple wet cut is wash and go requiring little maintenance but lots of spa style.

salon essentials

hands and feet

pure plumeria

45 | 60 minutes

45-minute manicure. 60-minute pedicure. Natural essence and exotic perfumes with the aroma of Plumeria are used to polish and protect hands and feet. Sugar and salt exfoliation with soak, massage and paraffin to hydrate.

sage purification

45 | 60 minutes

45-minute manicure, 60-minute pedicure. A desert sage purification soak, massage, purifying clay and salt scrub. Skin is moisturized and supple.

vitamin infused gel manicure

50 minutes

Long-lasting gel lacquer is applied to natural nails. Antioxidant and pro-vitamins help to protect and promote healthy nail structure with incredible shine and a beautiful color palette. Treatment includes cuticle care, buff, gel lacquer application and a light hand massage.

gel nail lacquer removal

25 minutes

Finger tips are wrapped in a moisturizing solution for gel removal and hands are cocooned in a warm towel wrap.

hands and feet

sole relief

30 minutes

A sure pick-me-up after a workout, instead of the polished steps of a pedicure, we focus on intense massage and moisture therapy for dry soles.

nail enhancements

Polish Change
French Polish

Glycolic Callus Treatment (feet)
Paraffin Treatment (hands or feet)

style

Women's Cut and Style
Shampoo and Style
Bride Trial Updo
Bride Wedding Day Updo

Formal Updo
Men's Cut and Style
Bangs Trimmed
Deep-Conditioning Treatment

color

Permanent
Semi-Permanent
Full Highlights

Partial Highlights
Color Correction by Consultation

makeup

Makeup Application
Trial Bridal Makeup

Bridal Makeup



how to spa

reservations

To make your reservation at Agua Serena Spa, please call 760.674.4100 or dial extension 4100 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 in advance.

spa hours

Spa facilities	7:00 a.m. to 8:00 p.m.
Fitness center	24 hours for resort guests
Spa services	8:00 a.m. to 7:00 p.m.
Salon	9:00 a.m. to 7:00 p.m.
Medical and Skin Spa (Tuesday-Saturday)	9:00 a.m. to 5:00 p.m. (Tues-Sat)

online booking

Appointments can be made from the comfort of your home in moments by visiting the Agua Serena website at aguaserenaspa.com. Full descriptions of services and confirmations for real time booking are in place.

pre-arrival information

We encourage you to arrive a minimum of 30 minutes prior to your scheduled treatment time to take advantage of the spa facilities. For the full hydrotherapy experience, we advise arriving at least 60 minutes prior. We respectfully ask that you leave cell phones turned off so that the tranquility of the Agua Serena experience may be preserved. Please be prompt in your arrival as all appointments will end on time and be charged in full regardless of late arrival.

nutrition

There are many ways at Agua Serena to have a day of health. Our spa menu features fresh, healthy food delivered to you when requested. Even a glass of wine or alcoholic beverage in moderation can add to enjoyment. Aside from a great meal, we offer an opportunity to learn about eating habits and proper nutrition by meeting with a certified nutrition specialist during your spa day.

how to spa

spa attire

Agua Serena Spa is pleased to provide a plush robe and sandals for your comfort. A secure locker is provided for storing your personal belongings. For your fitness workout, may we suggest our Stay Fit exercise wear, available for purchase in the spa or delivered to your guest room upon request. Private men's and women's hydrotherapy does not require a bathing suit; you are welcome to wear one for your comfort.

groups and special occasions

Host your bridal party, have a romantic evening with a partner or enjoy a group event in one of our Outdoor Garden Suites complete with a private outdoor shower, patio for lounging and breathtaking views. Take advantage of a champagne table during the day or fire table at night. Food and beverage service is readily available to serve your party's needs.

boutique

We are pleased to offer a selection of natural skincare, body and hair care for home use. Our boutique features our signature cactus and date products and StayFit exercise wear.

valuables

We strongly recommend that you not wear jewelry to the spa, as Agua Serena is not responsible for lost or misplaced items. Resort guests should deposit valuables in their guest room safe.

amenities

Spa guests will enjoy the complimentary use of our private men's and women's facilities, including relaxation room, eucalyptus steam room, dry sauna, Jacuzzi and outdoor showers. Enjoy our co-ed Reflection Patio and relax to the sound of dancing waters.

how to spa

fitness center

Spa guests receive complimentary use of our spa facilities and fitness center on the day of treatment. Without a spa treatment, use of the spa facilities for a resort guest is \$20 per day. Non-resort guest day pass is \$35 per day. Please inquire with a spa concierge about long-term spa memberships.

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 providers are subject to your discretion.

age limitation

Agua Serena Spa is an adult facility and is available to both men and women 16 years of age and older. Younger guests are invited to take part in a service from the "Little Spa Goer" section of the menu. The minimum age for use of the fitness center is 16.

cancellation policy

Please notify Agua Serena Spa eight hours prior to your scheduled appointment time should you need to change or cancel your reservation to avoid a 50% cancellation charge.

gift certificates

Gift certificates are available for purchase online or at the spa desk and can be used for all Agua Serena Spa treatments.

spa concierge

If you have any questions or need help planning your spa experience, please do not hesitate to contact the spa concierge at 760.674.4100.