



*The* SPA

THE GLOBAL AMBASSADOR



DISCOVERY

VITALITY

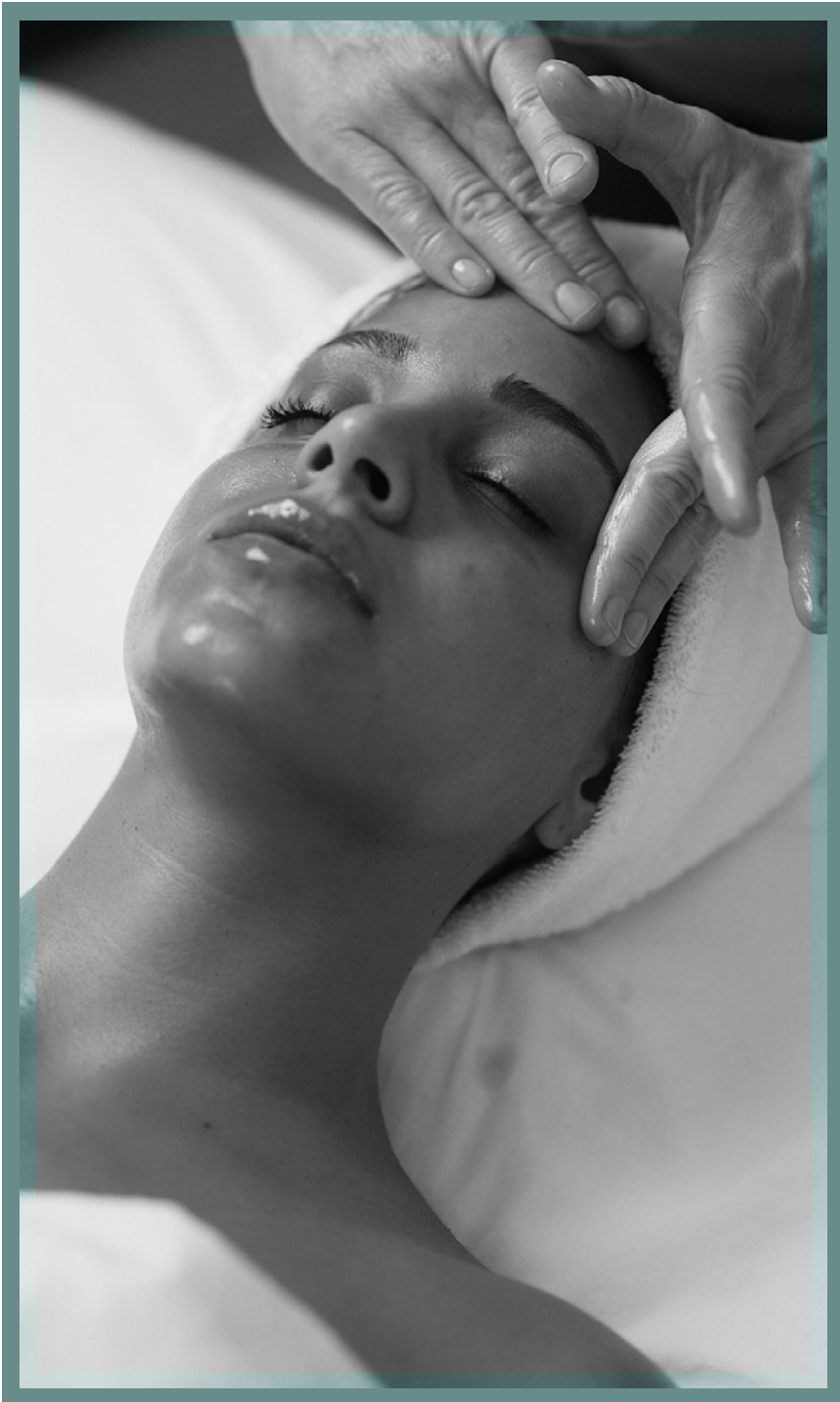
NOURISHMENT

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.

### THERAFACE MASK

*Results* Soothe / Firm / Enhance

Delivers full-face coverage, delivering clinically proven light therapy evenly across the entire face using 684 medial grade LED lights to visibly improve overall skin health.

### OXYLIGHT SAPPHIRE

*Results* Transform / Sculpt / Lift / Tighten

LED Panel, Ultrasound, Microcurrent and Microdermabrasion.



### 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

### 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.

60 MINUTES

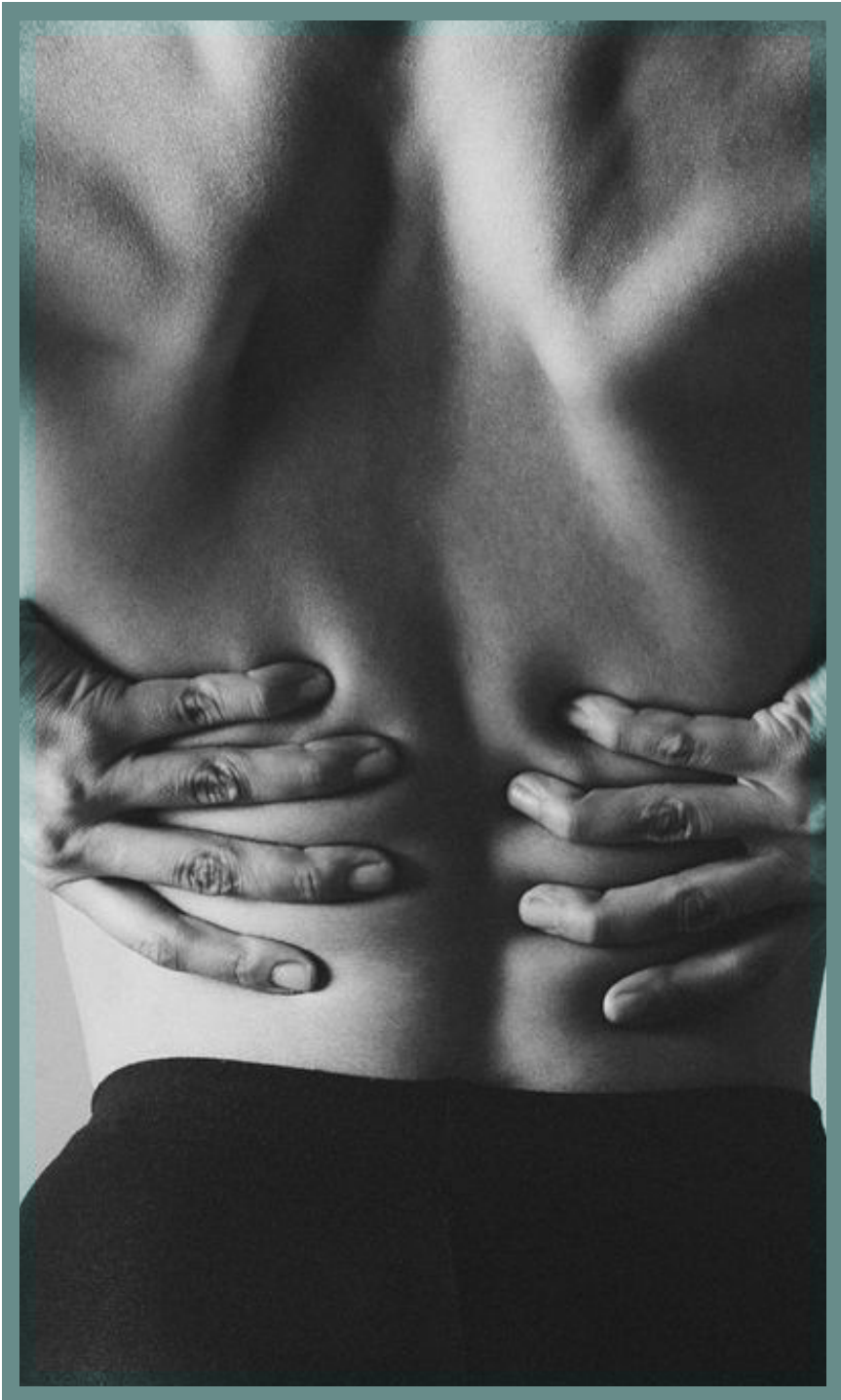
**STRUCTURAL LONGEVITY MASSAGE**

*Results* Vitality | Longevity | Reset | Discover

This is a comprehensive therapeutic treatment designed to reset the nervous system and optimize structural integrity. This treatment blends advanced bodywork techniques, including fascia reprogramming and myofascial release, to reduce inflammation, promote deep cellular healing and release structural tension. The treatment is enhanced with Pulsetto Vagus Nerve Stimulation, magnesium oil, targeted breathwork and abdominal massage with lymphatic drainage to activate your circadian rhythm and support gut-brain wellness. Complete with a rejuvenating 15-minute infrared sauna session. This hybrid approach merges the proven benefits of human touch with cutting-edge wellness technology to promote overall vitality.

*Includes 15 minute Infrared Sauna Session*

90 MINUTES | 120 MINUTES



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## *Massage*

### PHILOSOPHY

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

**BESPOKE**

*Results* Discovery / Balance / Soothe / Recharge

Experience a personalized wellness journey featuring your choice of Swedish, Deep Tissue or a fusion of both techniques 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 revitalizing full body treatment designed to boost circulation, ease fatigue and leave you refreshed to make the most of your stay, whether recovering from a flight or a lively night out. Begin with a detoxifying dry body brush, followed by an energizing full body massage infused with magnesium and essential oils. Relax with a restorative scalp massage and a cooling hydrogel eye mask to deeply hydrate and brighten. The ideal reset to restore balance and vitality.

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

**COUPLES**

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

A restorative stress and sleep intervention designed to recharge the body and calm the mind. You will leave feeling rested, centered and energized. This slow, meditative experience blends magnesium-infused essential oils with deep flowing massage to ease muscle tension, quiet the mind and restore balance. A breathing nasal strip enhances each breath throughout the session supporting relaxation and clarity, and is yours to take home to extend the benefits of deep relaxation and sleep. Emerge feeling rested, centered- grounded and re-energized with an overall sense of renewed vitality and wellbeing.

60 MINUTES | 90 MINUTES | 120 MINUTES

**ACUPUNCTURE INTEGRATION**

*Results* Balance / Reset / Discover / Holistic

A fusion of Traditional Chinese Medicine and massage techniques creates a deeply therapeutic experience. This treatment blends multiple massage modalities with acupuncture, cupping and moxibustion to restore balance in both Qi (energy) and the physical body. It offers a holistic, comprehensive approach to maintaining well-being in the 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 second and third trimesters, this nurturing massage provides comfort and care for both mother and baby. Our certified prenatal massage therapists use gentle, supportive techniques to ease backaches, soothe stiff necks and relieve tired legs — all while promoting deep relaxation and connection. Enjoy a soothing foot polish and massage, complemented by an ultra-gentle organic shea butter balm infused with botanicals to deeply hydrate and help prevent stretch marks. Your treatment includes a take-home Concreta balm to continue nourishing the skin beyond your visit.

60 MINUTES | 90 MINUTES

## — *Massage Enhancements* —

### FULL BODY DRY BRUSH

*Results* Detox / Exfoliate / Invigorate

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

### MAGNESIUM

*Results* Replenish / Vitality / Enhance

Boost your massage with topical magnesium chloride to ease muscle tension, soothe soreness and enhance relaxation.

### HOT STONE

*Results* Relief / Detox / Nourish

Experience the soothing warmth of hot stones to relax muscles, ease tension and deepen your massage

### 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.

### 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.

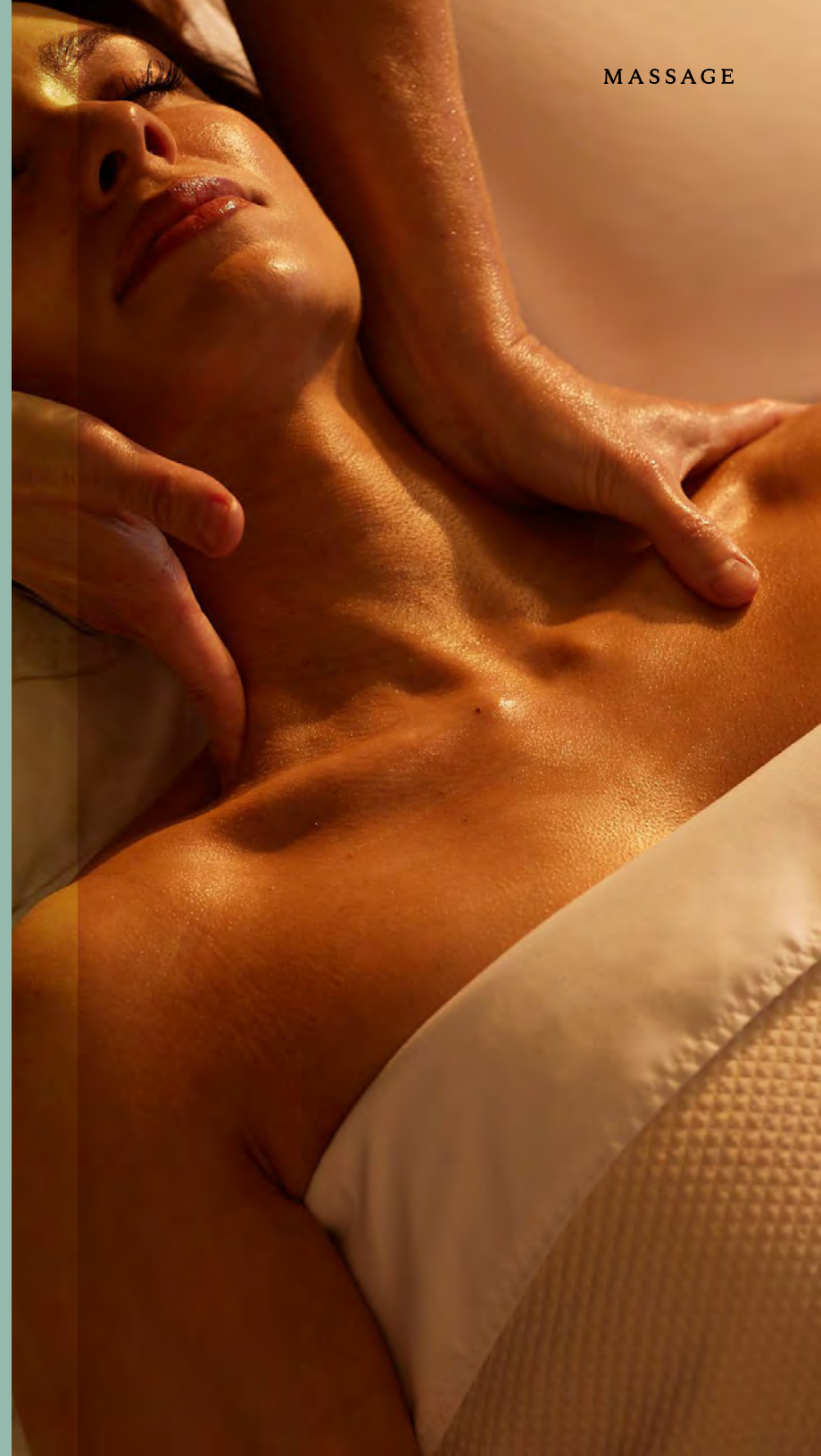
30 | 60 MINUTES

### 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



## 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.

## PARTNERS



### U BEAUTY

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

### ENVIRON

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

### MOVA BY CAMILA PEREZ

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



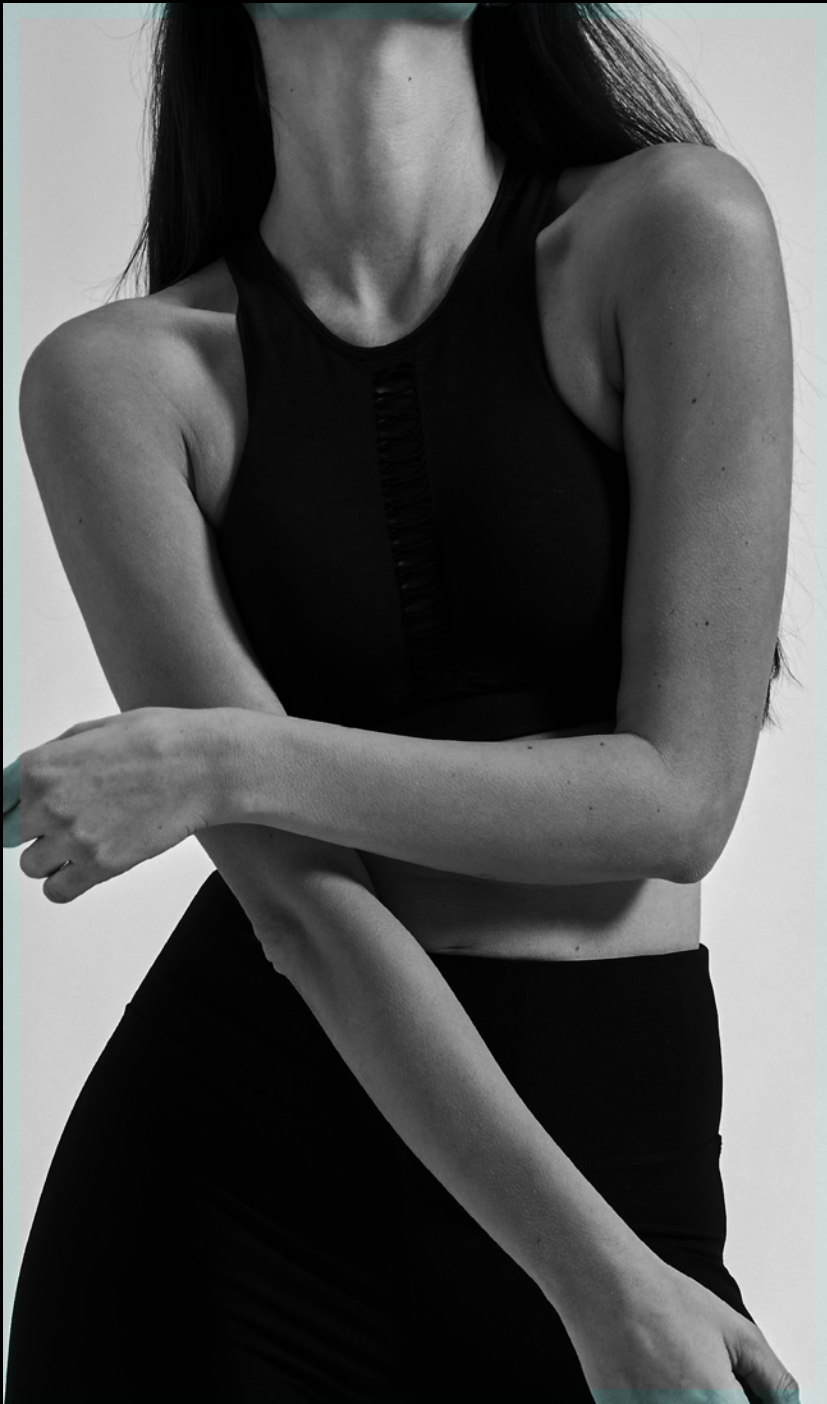
### BIOLOGIQUE RECHERCHE

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



### OXYLIGHT SAPPHIRE

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



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## *Recovery*

### PHILOSOPHY

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

## CRYOTHERAPY

*Results* Detox / Reinvigorate / Refresh

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

## FULL-SPECTRUM INFRARED SAUNA

*Results* Detox / Resilience / Glow

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

## IV HYDRATION

*Results* Hydrate / Purify / Recharge

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

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

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

30 MINUTES



## BIOHACKING CIRCUIT

*Results* Rejuvenate / Detox / Sustain

Our signature Biohacking Circuit will optimize your wellness and recovery routine. Combining four powerful therapeutic modalities: infrared sauna, cryotherapy, PEMF (*Pulsed Electromagnetic Field therapy*) and targeted leg compression therapy. This comprehensive approach delivers a wellness experience that addresses multiple aspects of physical recovery and performance optimization.

90 MINUTES



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## *Body + Mind*

### 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 2, 3 OR 4

*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 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 10 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 *Available as a duet or group class up to 4 people*

### 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 HOURS

## 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

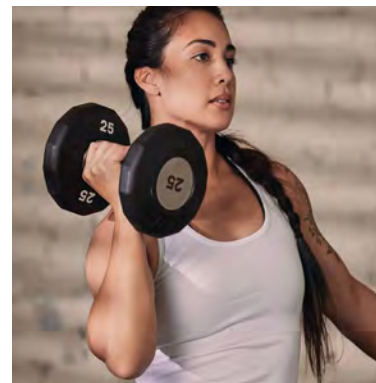


### THE NESS STUDIO

The ultimate boutique fitness destination, where trampoline-cardio meets sculpt-and-strength in a high-energy, low-impact format. This dance-inspired movement method fuses cardio with muscle-sculpting for full-body results, while fostering a tight-knit community of movers and shakers. The Ness brings joy to movement and now its signature experience is available exclusively in Arizona at The Global Ambassador.

### 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

## *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

## *The Ness*

### **BOUNCE & SCULPT**

*Results* Vitality/ Tone / Balance

Experience NYC's cult-favorite trampoline workout, exclusively at Global Ambassador. Enjoy a high-energy, full-body workout that's easy on your joints but big on results. Boost your mood, build strength, and support your lymphatic system for a natural, post-class glow.

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

## *Yoga*

### **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

### **MEDITATION**

*Results* Harmony / Presence / Reset

Experience an opportunity to relax and be present as you are guided through a peaceful evening meditation by our talented instructors.

60 MINUTES

## *Strength*

### **SCULPT**

*Results* Enhance / Strength / Endurance

Move with power in this beat-driven sculpt class that fuses the grace of barre, the strength components of resistance training and core precision. Interval cardio bursts keep you energized while controlled, flow-based sequences challenge your whole body.

60 MINUTES



# THE EXPERIENCE

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## THE SPA

Immerse yourself in restorative indulgence at our luxury spa, where holistic wellness meets refined sophistication. Our approach blends science-backed protocols with innovative treatments and dynamic movement programs, each designed to restore balance and elevate vitality. Discover personalized biohacking and recovery experiences tailored to your unique needs, helping optimize performance, enhance recovery and support overall well-being. Step back into the world with clarity, vitality and resilience, fully prepared to thrive in the fast-paced 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

Step into subzero temperatures for a rapid healing and rejuvenation experience. In just 3.5 minutes, cryotherapy can accelerate recovery, reduce inflammation, ease muscle and joint pain, and boost your mood, leaving you invigorated and refreshed.

## INFRARED SAUNA

Relax in the warmth of full spectrum infrared light, which penetrates deep into tissues to detoxify, increase circulation and relieve sore muscles. This gentle yet powerful therapy supports overall wellness while promoting relaxation and renewal.

## COLD PLUNGE

Take a brisk dip to mobilize blood flow, release endorphins and stimulate the nervous system. The cold plunge invigorates the body, enhances recovery and provides a refreshing energy boost.

## HOT PLUNGE

Soothe tired muscles by immersing in therapeutic warm water, which relaxes muscles, eases tension and promotes circulation, leaving the body calm.

## LEG COMPRESSION THERAPY

Sit back, relax and recharge your legs with our pneumatic compression system, designed to enhance wellness, accelerate recovery, improve training and maximize performance.

## IV NUTRIENT THERAPY

Replenish your body with fluids, electrolytes, essential nutrients, vitamins and minerals to feel better, faster. Whether you're looking to increase energy, support immunity, boost metabolism, or optimize performance, our therapy helps you achieve your wellness goals. Enjoy your session in our relaxation lounge, guided by experienced Nurse Practitioners, Physician Assistants or Registered Nurses dedicated to your health and well-being.

## 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 a luxurious environment of tranquility and relaxation for adults. You will enjoy full access to our luxurious spa amenities with a treatment of one hour or longer. For your peace of mind and privacy, cell phones and other electronic devices are not permitted in our facilities. Swimsuits are required for usage of our wet facilities.

### RESERVATIONS

To ensure we can accommodate your preferred time and service, please reserve your appointments in advance. A physical credit card is required upon check-in for payment processing. When booking, please inform our Reservation Agent of:

- Any allergies or medical conditions, including pregnancy
- Gender preference for your service provider or if you would like to request a specific provider

For a seamless and exceptional experience, a 22% service charge will be applied to each service, which includes gratuities for the spa team members.

### ARRIVAL

Please arrive 15–30 minutes before your scheduled treatment to enjoy our facilities and begin to unwind. Spa guests are invited to enjoy access to our facilities for up to 4 hours, in addition to the duration of the scheduled treatment. Your reservation is held exclusively for you, and arriving late may reduce the time available for your treatment, which can lessen its effectiveness and your overall experience. To ensure the next guest is not delayed, treatments will conclude at the originally scheduled time and the full value of your treatment will still be applied. A physical credit card is required upon check-in for payment processing.

### 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 spa services are secured with a valid credit card or room confirmation number. As your treatments are reserved exclusively for you, we kindly request that you notify us at least 24 hours in advance to reschedule or cancel. This allows us to maintain a seamless experience for all guests. Cancellations or no-shows within 24 hours will incur the full-service fee.

### SCHEDULE A TREATMENT

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

For parties of five or more guests, reservations must be made by phone.

### GIFT CARDS

Give the gift of wellness. Spa gift cards are available in any denomination online or at The Spa.

## SKIN

### Bespoke Signature Facial

60 MIN MON-THURS 265    60 MIN FRI-SUN 285  
90 MIN MON-THURS 390    90 MIN FRI-SUN 420

### The Method by Augustinus Bader

60 MIN MON-THURS 265    60 MIN FRI-SUN 285  
90 MIN MON-THURS 390    90 MIN FRI-SUN 420

### Men's Facial by Augustinus Bader

60 MIN MON-THURS 265    60 MIN FRI-SUN 285  
90 MIN MON-THURS 390    90 MIN FRI-SUN 420

### Oxylight Lift & Sculpt

60 MIN MON-THURS 350    60 MIN FRI-SUN 370  
90 MIN MON-THURS 525    90 MIN FRI-SUN 550

### Biologique Recherche Bespoke

60 MIN MON-THURS 285    60 MIN FRI-SUN 305  
90 MIN MON-THURS 425    90 MIN FRI-SUN 455

### Environ Age-Defying Skin Ritual

60 MIN MON-THURS 265    60 MIN FRI-SUN 285  
90 MIN MON-THURS 390    90 MIN FRI-SUN 420

### U Beauty Siren Glow Facial

60 MIN MON-THURS 265    60 MIN FRI-SUN 285

## SKIN ENHANCEMENTS

Dermaplane 75    LED Mask 55  
Oxylight Sapphire    Facial Wax 45  
Modalities 55    \*No Additional Time

## BODY

### Mova Brazilian Lymphatic Massage & Sculpt

60 MIN MON-THURS 285    60 MIN FRI-SUN 305  
90 MIN MON-THURS 425    90 MIN FRI-SUN 455

### Biologique Recherche Customized Body Exfoliation

60 MIN MON-THURS 265    60 MIN FRI-SUN 285

### Biologique Recherche Silhouette Shaper

90 MIN MON-THURS 395    90 MIN FRI-SUN 425

### U Beauty Resurfacing Body Glow Treatment

60 MIN MON-THURS 265    60 MIN FRI-SUN 285

### Structural Longevity

90 MIN MON-THURS 420    90 MIN FRI-SUN 440  
120 MIN MON-THURS 555    120 MIN FRI-SUN 580

## BEAUTY ENHANCEMENTS

**Eye Brow Shape & Tint**    **Blowout**  
30 MIN 80    45+ MIN 85  
IN-ROOM 125

**Makeup**  
45+ MIN 185+

## MASSAGE

### Bespoke

60 MIN MON-THURS 260    60 MIN FRI-SUN 280  
90 MIN MON-THURS 390    90 MIN FRI-SUN 420

### Deep Tissue

60 MIN MON-THURS 260    60 MIN FRI-SUN 280  
90 MIN MON-THURS 390    90 MIN FRI-SUN 420

### Global Traveler

90 MIN MON-THURS 395    90 MIN FRI-SUN 425  
120 MIN MON-THURS 525    120 MIN FRI-SUN 550

### Sleep + Restore

60 MIN MON-THURS 275    60 MIN FRI-SUN 295  
90 MIN MON-THURS 415    90 MIN FRI-SUN 440

### Reflexology

60 MIN MON-THURS 260    60 MIN FRI-SUN 280

### Acupuncture Integration

60 MIN MON-THURS 280    60 MIN FRI-SUN 300  
90 MIN MON-THURS 420    90 MIN FRI-SUN 450

### Reiki or Craniosacral Therapy

60 MIN MON-THURS 260    60 MIN FRI-SUN 280

### Expecting

60 MIN MON-THURS 265    60 MIN FRI-SUN 285  
90 MIN MON-THURS 395    90 MIN FRI-SUN 425

## MASSAGE ENHANCEMENTS

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

**Full Spectrum**    **Infrared Sauna**  
**CBD Relief\*** 65    30 MIN 40  
60 MIN 80

**Hot Stone\*** 65    \*No Additional Time  
**Magnesium\*** 65

## BODY + MIND

**Private Personal Training**  
Single    60 MIN 150

**Personal Training Session for 2**  
60 MIN 250

**Personal Training Session for 3**  
60 MIN 300

**Personal Training Session for 4**  
60 MIN 350

### Private Fitness or Yoga Class

Up to 10 people  
45 MIN 350    60 MIN 400    90 MIN 600

## 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 600  
6+ People 120 MIN 120pp

## RECOVERY

**Cryotherapy**  
UP TO 3.5 MIN 30

**Full-Spectrum Infrared Sauna**  
30 MIN 40    60 MIN 80

**IV Hydration** *Variety of Infusions*  
60 MIN 145+

**Therabody Recovery Compression**  
30 MIN 40

**PEMF Therapy**  
30 MIN 40

**Biohacking Circuit**  
*Compression Therapy, PEMF, LED Mask, Cryotherapy, Infrared Sauna*  
90 MIN Hotel Guests 250    Locals 350

## CLASSES

*Hotel Guests*

*The Ness* **Bounce & Tone** 60 MIN 35

*HIIT* **POWR** 60 MIN 35

*Yoga* 60 MIN 35

*Forma Pilates*

**Reformer** 60 MIN 85 Locals & Hotel Guests

**Mat** 45 MIN 60

One complimentary Bounce & Sculpt, 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.*