



Lantana·Spa

JW Marriott San Antonio Hill Country Resort



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LANTANA SPA

For over 500 years, Curanderos cared for the people along the Texas-Mexico border by capturing the curative properties of indigenous plants and herbs. They created a healing tradition passed on from generation to generation. Through this deep understanding of the Earth's prolific restorative qualities, the Curanderos became known as village healers.

Inspired by this rich past, Lantana Spa draws upon San Antonio's history to create timeless treatments which will leave you feeling rooted in the folklore and romance of the Curandero's grace. Here, you will be embraced by the healing culture and rituals that have surrounded the Texas Hill Country for centuries.





THE RITUAL OF LOS SIETE NUDOS

Upon arrival at Lantana Spa you will be given a piece of red ribbon for the “Seven Knots Ritual,” to release worries and stress and prepare you for the spa experience. Historically, Curanderos suggest tying seven knots in the ribbon, one for each worry, the seventh knot creating a complete circle. At the end of your spa journey you can simply leave your worries behind and start anew.

MASSAGE THERAPY

CITRUS & SUNFLOWER ORGANIC HERBAL MASSAGE

Enjoy this balancing blend of organic essential oils of citrus notes and sunflower in this full body, classic massage. *50/80 minutes*

RESTORATIVE ORGANIC MASSAGE — A JW MARRIOTT SIGNATURE TREATMENT

This hypnotic restoration ritual by Naturopathica begins with a citrus inhalation and vigorous scalp massage to restore mental clarity and is followed by a steaming hot towel massage and foot treatment. Feel tension-bound muscles become unraveled in this deeply relaxing treatment. *50 minutes*

JUNIPER, LAVENDER & ROSEMARY ORGANIC HERBAL MASSAGE

A fragrant blend of organic essential oils is featured in this cleansing and uplifting massage designed to relieve sore muscles, and improve circulation. *50/80 minutes*

LAVENDER ORGANIC HERBAL MASSAGE

Organic essential oils of wild-crafted lavender will relax and restore the mind and body in this fragrant aromatherapy massage. *50/80 minutes*





HEATED STONE MASSAGE

Heated stones have been used throughout the years in Texas to ease sore muscles and keep the body warm through long winter nights. Feel the Earth's strength and energy as warm stones are applied to your body and massage your muscles, leaving you to feel deeply grounded and relaxed. *80 minutes*

RIVER BIRCH SPORTS MASSAGE

Designed to rebalance the body and quicken recovery after athletic endeavors, this massage is the perfect choice after a day of golf. This session includes a scalp massage while wrapped in comforting linens. *50/80 minutes*

SWEDISH MASSAGE

Inducing a feeling of deep relaxation, this well known massage technique features light to medium pressure in traditional movements including long muscle strokes and kneading. *50/80 minutes*

DEEP TISSUE MASSAGE

Affecting the deeper structures of the body, deep tissue massage provides excellent relief for sore and overused muscles. *50/80 minutes*

PRENATAL MASSAGE

Especially designed for the mother-to-be, this massage is very beneficial to help ease tension and stress during this period of change. *Offered to guests in their second or third trimester. 50 minutes*



BODY TREATMENTS

SPIRIT OF THE CURANDEROS ENERGY SPA JOURNEY

Relax and breathe in the calming and balancing benefits of wild lavender. Experience an ancient tradition of healing designed to calm both the material body and the spiritual mind. First you will be cleansed in a gentle body exfoliation with natural mineral salts combined with healing botanicals. Next, during a state of peaceful rest, experience a massage with wild-crafted organic lavender oil and warm healing stones. This treatment finishes with a comforting body wrap and a soothing scalp massage using warm lavender oil. You will emerge feeling relaxed and restored. *105 minutes*

EARTH'S JOURNEY REMEDY

Using Earth's elements, this treatment features mineral-rich mud, healing spring water and organic wild-crafted oils to detoxify your body and relax your mind. Begin with a therapeutic mud wrap using herb-soaked linens to stimulate detoxification. Next, a facial mask of thermal mud is applied to exfoliate and hydrate. Emerge from your wrap and enjoy a mineral-rich bath followed by a massage using organic juniper, fennel and mandarin orange oils mixed with a therapeutic mineral cream to sooth sore muscles. *105 minutes*

TEXAS HERBAL REMEDY

Medicinal plants were used by the Curanderos of south Texas in their homemade remedies. In this tradition, this herbal remedy will renew your skin with a soothing chamomile body scrub. Next you will replenish your body in an herbal bath chosen for your specific needs. Choose from eucalyptus, chamomile or wildflower mixtures. Finally, this remedy concludes with a hydrating massage with the aroma of fresh pine. *105 minutes*

TEXAS SARSAPARILLA & COFFEE BEAN TREATMENT

Finely ground and richly fragrant coffee beans are blended with Texas sarsaparilla, honey, tobacco and black silt clay in this detoxifying multi-purpose scrub and mud treatment. A finishing application of bourbon vanilla body lotion completes this south Texas ranch-inspired spa experience. *50 minutes*

CHAMOMILE BODY POLISH

Youthful layers of smooth skin emerge as your body is gently cleansed and exfoliated with a soothing chamomile polish. Next, a revitalizing loofah scrub and skillful massage application leaves you in chamomile bliss. *50 minutes*

LAVENDER SALT GLOW

The balancing aroma of lavender fills the room as the body is exfoliated with stimulating salts rich in minerals and trace elements. A loofah scrub follows with a bath gel rich in minerals. A skillful lavender scented massage application leaves you feeling completely restored. *50 minutes*

EARTH'S ELEMENTS BODY WRAP

This body wrap features a therapeutic mud wrap using herb-soaked linens to stimulate detoxification and soothe tired muscles. During your wrap, a facial mask of thermal mud is applied to your skin to exfoliate and hydrate. After you emerge from the wrap, enjoy a massage application of organic juniper, fennel and orange oils mixed with a therapeutic mineral cream to soothe sore muscles. *50 minutes*

TEXAS SUNSET BODY WRAP

After a day in the harsh Texas elements, enjoy this body treatment which blends warmed aloe vera with pure algae. This fast absorbing therapy will soothe your body as you drift through a luxurious scalp, hand and foot massage with wild-crafted lavender essential oils. *50 minutes*



FACIAL SKIN CARE



CITRUS BLOSSOM SIGNATURE FACIAL

The air of the Rio Grande Valley is filled with the sweet scent of citrus blossoms each spring and this facial builds on that tradition with the aroma of orange blossoms and the healing elements of Vitamin C. Powerful antioxidants promote cellular renewal in a natural spirulina mask rich in protein, vitamins, minerals and botanical extracts. This facial provides your skin with a healthy glow using natural glycolic acid, jojoba, borage seed oil, lavender and rose. A take-home Vitamin C ampoule provides an antioxidant treatment that stimulates collagen production and leaves your skin feeling smooth and vibrant. *Recommended for all skin types. 80 minutes*

ACTIVE ORGANIC FACIAL — A JW MARRIOTT SIGNATURE TREATMENT

The natural healing properties of plants merge with state-of-the-art skincare technology to achieve maximum results in this facial by Naturopathica. Refine your complexion with clinical grade wild cherry enzymes to exfoliate, reduce fine lines and promote a smoother, brighter complexion. *Recommended for mature skin. 50 minutes*

SAVING FACE FACIAL — A JW MARRIOTT SIGNATURE TREATMENT

This customized botanical facial by Kerstin Florian maximizes your skin's performance, dramatically increasing moisture which results in clear, healthy and vibrant skin. This results-oriented treatment includes a gentle enzyme peel and a healing mask. You will also receive a relaxing upper body massage as well as a nourishing hand treatment. *Recommended for all skin types. 50 minutes*

ADVANCED REPAIR FACIAL

This results-oriented treatment is customized to address specific skin conditions including hyper pigmentation, sensitivity, congested skin and premature aging. Featuring a professional 30% multi-acid peel on the face, neck, décolleté and hands, your skin will feel renewed. A deep cleansing massage promotes circulation and a personalized masque will balance and nourish your skin. *Recommended for all mature and problematic skin types. 80 minutes*

TEXAS CAVIAR FACIAL

This luxurious facial firms, tones, refines and deeply hydrates the skin with protein rich caviar and powerful antioxidants. Exclusive caviar products infuse the skin with age-defying nutrients to smooth fine lines and improve texture. An AcuLift Massage visibly firms and tones and our Marine Biomatrix Sheet provides intensive hydration to instantly restore radiance. Results are immediate, leaving your skin looking supple, healthy and luminescent. *Recommended for dehydrated and mature skin. 80 minutes*

SUGAR CANE REFINING FACIAL

This regenerating treatment, using clinical grade AHAs, gently exfoliates away dead skin cells, reducing fine lines and wrinkles and diminishes the appearance of acne scars, leaving the skin feeling and looking polished and smooth. *Recommended for mature and problematic skin. 50 minutes*

CUSTOM PURIFYING FACIAL

This purifying treatment is customized to your specific skincare needs. It includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious facial massage, a deep-cleansing masque and botanical extracts to rejuvenate and nourish your skin. Your experience is completed with a heated hand treatment. *Recommended for all skin types. 50 minutes*

PURE RESULTS FACIAL

In this gentle facial featuring the use of pure ingredients, soothing oats and jojoba beads gently sweep away dry, flaky skin. Impurities are gently removed and the face is left looking and feeling soft and radiant. *Recommended for sensitive skin. 50 minutes*

HOT TOWEL FACIAL FOR MEN

This deep-cleansing, therapeutic facial is designed specifically for a man's special skin care needs. You will enjoy a luxurious facial massage, a deep-cleansing mask and a satisfying hot towel treatment for your skin, reminiscent of the barber shop experience from days gone by. *50 minutes*

EYE RESCUE TREATMENT

This is an intensive eye treatment designed to diminish fine lines and wrinkles, improve dark circles and relieve puffiness to create brighter and more luminescent eyes. *25 minutes*



NAIL CARE

TEXAS WILDFLOWER SIGNATURE MANICURE

Transform your tired hands with this luxurious herbal infused manicure customized to meet your personal needs. This treatment includes warm floral infusions that cleanse, exfoliate and drench your skin in ultimate hydration. Your hands will emerge feeling younger, softer and renewed following an indulgent warm oil massage and mask. *50 minutes*

TEXAS WILDFLOWER SIGNATURE PEDICURE

Restore your feet with a pampering, floral infused foot ritual customized just for you. Following warm floral infusions to cleanse, exfoliate and hydrate your feet you will receive an indulgent warm oil massage and mask. Your feet will emerge feeling softened, energized and renewed. *50 minutes*

DOUBLE HAPPINESS MANICURE & PEDICURE — A JW MARRIOTT SIGNATURE TREATMENT

June Jacobs Spa Collection delivers the ultimate luxury experience with invigorating peppermint and rejuvenating ingredients. This treatment begins with a “facial” for the hands and feet, including a revitalizing massage and a gentle skin resurfacing that leaves your skin feeling silky smooth and renewed. Finished with expert nail grooming care and polish application. *80 minutes*





EXPRESS SPA MANICURE

Designed to give you everything you need in just the right amount of time. This manicure includes a moisturizing massage, precise nail grooming care and expertly applied polish. *25 minutes*

EXPRESS SPA PEDICURE

Take care of your feet even when time is of the essence. Our Express Pedicure includes a comforting foot soak and moisturizing massage in addition to precise nail grooming and expertly applied polish. *25 minutes*

CATTLE BARON'S MANICURE FOR MEN

For the discerning gentleman who works with his hands. This buff and shine service will leave your rough hands looking impeccably groomed and refreshed. *25 minutes*

CATTLE BARON'S PEDICURE FOR MEN

When you need to kick off your boots for a little restoration, this is the treatment for you. Your rough, dry feet will be buffed and moisturized to leave you feeling refreshed. Included is a cuticle trim, nail shaping and foot massage that are designed specifically for him. *25 minutes*

PARAFFIN HAND OR FOOT IMMERSION

Compliment any of our manicures and pedicures with a warm paraffin immersion to sooth your joints and rejuvenate your skin.

FRENCH POLISH UPGRADE

Upgrade any of our nail services with an exquisite French polish application.

TREATMENTS FOR TWO

SPIRIT OF THE CURANDEROS ENERGY JOURNEY FOR TWO

Relax and breathe in the calming and balancing benefits of wild lavender. Together, experience an ancient tradition of healing designed to calm both the material body and the spiritual mind. First, you will both receive a gentle body exfoliation with natural mineral salts infused with healing botanicals. Next, experience a side-by-side massage with wild-crafted organic lavender oil and warm healing stones. Finish by experiencing a body wrap and scalp massage with warm lavender oil to completely restore. *105 minutes*

TEXAS WILDFLOWER FOOTBATH & MASSAGE FOR TWO

Enjoy an unsurpassed level of relaxation in the couple's massage room that begins with an aromatic ritual to calm the mind while your feet are refreshed in a bath of wildflowers. Following, you will intuitively choose your organic wild crafted aromatherapy oils to customize your massage experience. *80 minutes*

MASSAGE FOR TWO

Share the experience of massage with a loved one or a friend in one of Lantana Spa's beautiful suites especially designed for two. *50/80 minutes*





SPA PACKAGES

LANTANA SPA ULTIMATE ESCAPE

Begin by choosing between one of these three amazing spa journeys: Spirit of the Curanderos Energy, Texas Herbal Remedy or Earth's Journey Remedy. Next, enjoy your choice of any 50 minute facial. Finally, partake in the exclusive Double Happiness Manicure and Pedicure. *Lunch in Replenish Spa Café is also included in your day of wellness and relaxation. *Approximately 4.5 hours*

SPACATION GETAWAY

Enjoy a spa getaway that includes your choice of one 50 minute or 80 minute treatment and *lunch in Replenish Spa Café. *50/80 minutes*

TEXAS TWO STEP

Choose any 80 minute treatment and any 50 minute treatment for a customized spa experience. *2.5 hours*

TEXAS TRIO

Pick and choose any three 50 minute spa treatments for a half day of rejuvenation. *3 hours*

**Lunch at Replenish Spa Café includes your choice of one entrée and one non-alcoholic beverage.*

SPA INFORMATION



LANTANA SPA

Spa use with treatment: Complimentary

Spa use without treatment: \$30 per day

Daily Spa use includes access to the following amenities: three relaxation lounges, private outdoor spa pool and whirlpool, men's and women's steam rooms, saunas, whirlpools and inhalation rooms, luxurious men's and women's locker rooms, spa robe and slippers, complimentary healthy refreshments and fitness center.

SPA FITNESS CENTER

Fitness Center use only: \$15 per day

Mind & Body Fitness Classes: \$12 per class

The Spa Fitness Center features a state-of-the-art presentation of Life Fitness exercise equipment including cardiovascular machines, weight training machines and free weights. Weekly classes are hosted in our movement studio including yoga and Pilates. Personal training and private instruction are available by appointment.

SPA BOUTIQUE

The Boutique at Lantana Spa offers a luxurious array of skin care products as well as bath and body products featured in our treatments. Additionally, the Boutique is a great place to purchase items for the home such as aromatherapy candles, spa apparel, and gift items.

REPLENISH SPA CAFÉ

At JW Marriott San Antonio Hill Country Resort & Spa we share a deep appreciation of our collective role in the vibrant health of our environment and guests. Our chefs partner with local artisan and organic farmers to deliver authentic cuisine for the sophisticated palate. Replenish Spa Café offers food and beverage options designed to compliment the relaxing and stress free environment of Lantana Spa.

RESERVATIONS

Please reserve spa appointments at least two weeks prior to arrival so that we may best meet your scheduling requests by contacting us at 210-276-2300. A credit card will be required at time of reservation.

AGE REQUIREMENT

Lantana Spa is available to guests 18 years of age and older. For guests ages 16 and 17, nail and facial services and the Spa Fitness Center are available with a parental chaperone.

CANCELLATIONS

Treatments are reserved especially for you. We kindly request a 24 hour notice of cancellation or reschedule to avoid a full service charge of the treatment price. Group reservations are subject to contracted agreement.

GRATUITIES

Gratuities may be given at your discretion in appreciation of outstanding service by your service provider.

GIFT CERTIFICATES

Gifts certificates are available through the spa concierge.



HOW TO SPA



SPA ARRIVAL

Please arrive 30 minutes prior to your appointment to begin your relaxation experience and take advantage of our Spa amenities. Arriving late will limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed.

COURTESY

While enjoying Lantana Spa's treatments and facilities, we kindly ask that you enjoy quiet conversation and refrain from using cell phones and other electronic devices. The Spa and Pool are smoke-free environments. To ensure complete privacy for you and other guests, please avoid camera usage in the spa.

HEALTH CONDITIONS

Please advise your therapist if you have any health concerns or questions about which treatments are best for you. Heat treatments are not recommended for pregnant women, guests with heart conditions or sensitivity to heat. When making reservations, please let us know your preference for male or female therapists. We will do our best to honor your request.

SPA ATTIRE

We suggest that you wear comfortable clothing and do not bring your jewelry or valuables to the spa. A spa robe and slippers will be provided for you. Our therapists are professionally trained in proper draping techniques to ensure your privacy and comfort.



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JW Marriott San Antonio Hill Country Resort

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