



Wilde Haven Spa

928.340.5331 **DIRECT** 9AM – 6PM

@TheWildeResort **INSTAGRAM** [Social Media](#)

The Wilde Resort and Spa **TRIPADVISOR** [Reviews](#)

www.WildeHavenSpa.com **WEBSITE** [Online Booking](#)

SpaDesk@TheWildeResort.com **EMAIL** [General Information](#)

2250 West 89A, Sedona AZ, 86336 **LOCATION** [North West Corner of Resort](#)

WELCOME TO THE WILDE HAVEN SPA

Surrounded by the sacred beauty of Sedona's red rock landscape, our resort spa offers an immersive wellness experience where every treatment is thoughtfully curated to support holistic well-being — nurturing the physical, mental, and emotional self. Our extensive menu features an integrative blend of therapeutic massage, revitalizing facials, detoxifying body treatments, and transformative alternative wellness offerings. Each experience is uniquely designed to restore balance, enhance vitality, and align you with your inner harmony. The Wilde Haven Spa is rooted in both modern techniques and ancient healing traditions, allowing every session to invite deep relaxation while honoring the energy and spirit of Sedona.

Spa Day Packages

HOLISTIC VITALITY **LUXURY** [schedule in advance \(no guarantee\)](#)

Elevate your well-being with our spa day packages, thoughtfully curated to include soothing massages, rejuvenating body treatments, and revitalizing facials. Embrace harmony with alternative wellness therapies, creating a holistic journey to relaxation and renewal.

Discover your perfect day escape by choosing from one of our four luxurious packages, each designed to nurture mind, body, and spirit.

NATURAL CONNECTION **DYNAMIC HEALING** **5 HOURS \$1040**

STARS OF GEMINI body massage

MOON CHASING SUN body treatment, facial massage

WELCOME TO THE WILDE alternative wellness

HELLO GAIA **EARTH ENERGY** **5 HOURS \$1050**

CRESCENT MOON bath treatment, body massage

+TREE OF LIFE body treatment, facial massage

ASK THE ORACLE alternative wellness

GO WITH THE FLOW **PEACEFUL MOVEMENTS** **5 HOURS \$1050**

+MOUNTAIN & SEA body treatment, body massage

TRAILBLAZER facial massage

INTENTIONAL YOGA alternative wellness

UPGRADE ME **ADVANCE TECHNOLOGY** **5 HOURS \$1060**

MODERN WELLNESS body treatment

REVITALIZE TIME facial massage

HUMAN DESIGN alternative wellness

Seasonal Specials

AUTUMN **ENJOYMENT** **September 1, 2025 – December 21, 2025**

These seasonal treats have been curated to embrace the essence of the Autumn season, while bringing a fun twist to a holistic experience.

+HARVEST RELAXATION **BODY TREATMENT/WRAP** **45 MINS \$200**

Cozy up in this holistic wrap composed of pain relieving and stress soothing ingredients provided by our plentiful Earth. Enjoy a full body exfoliation to open your pores allowing you to deeply absorb the holistic benefits of Arnica, Turmeric, Black Seed, and CBD. As you are wrapped in these natural anti-inflammatory properties, your entire being will be in gratitude as you receive a stress reducing Rosewood hair and scalp treatment. Unwrap and arise with an abundance of Zen

SUGAR AND SPICE **BODY TREATMENT/MASSAGE** **90 MINS \$350**

Sugar and spice make everything nice! Warm up with Cinnamon and Sugar exfoliation to soothe inflammation pains away. Then rinse within the warmth of a shower before you transition to a sweet massage. Enjoy the holistic benefits of Arnica and Turmeric to reduce muscle and joint inflammation while the powers of Mint encourage circulation to provide full body relaxation.

ROSE GOLD GLOW

(FACIAL 60 MINS \$225) **(FACIAL/BODY TREATMENT 90 MINS \$350)**

Bask within Roses forged from our Northern Arizona mountains to create the perfect all natural facial, curated for all skin types. Improve your skin tone by mixing in some Gold to promote collagen production and the reduction of wrinkles. Enhance your facial experience to a 90 minute treatment and receive a full body exfoliation with the anti-inflammatory benefits of Lemongrass. Then replenish your skin with a deep hydration from the gentle yet powerful essence of Rose. Voilà, all that shimmers is you and your Rosy Golden Glow!

Massage & Bodywork

QUIET HAVEN RELAXATION 60 MINS \$220 90 MINS \$320

Escape distraction and relax in a haven of tranquility for stress reduction, relaxation, sleep inducement, and improved circulation.

Further your experience by selecting one of the following oils:

SEDONA FOREST breathe in the magical essence of Juniper, Cedar, Holy Sage, Cypress, and Palo Santo.

BLACK SEED a natural detox to reduce inflammation.

SUNFLOWER gentle yet bold, true beauty with no aroma.

THE ELEMENTS OF LIFE AROMATIC 60 MINS \$225 90 MINS \$325

Connect your being with soothing aromas while providing your body with deep hydration. Breathe in the fresh element of Air, ground your feet with the element of Earth, nurture your hands with the element of Water, and bask your body in sunshine with the element of Fire.

SEDONA'S WARM EMBRACE HEAT WRAP 60 MINS \$210

This therapeutic foot, hand, neck, shoulder, and scalp massage focuses on reflex points as hot wraps soothe fatigue. Enjoy the benefits of Arnica oil to relieve stress and inflammation while a Mint cream stimulates blood circulation and deeply hydrates the skin.

+SEVEN SACRED POOLS ENERGY WORK 75 MINS \$275

Awaken your chakras with raindrops of diamond and gold all chakra attuned essential oils, created by a Reiki Master in Sedona. Your chakras will become aligned as your body is massaged with an all chakra massage oil enhanced by an all chakra activated gemstone.

STARS OF GEMINI 2 PROVIDERS 60 MINS \$440 90 MINS \$640

Take your relaxation out of this world as two massage therapists orbit around you simultaneously to provide you with stellar tranquility. Your busy mind won't stand a chance as four hands carry you to euphoria.

HEATED MUD WRAPS HYDRATING DETOX 30 MINS \$90 (Available in the Meditation Lounge Only)

Sit back and relax as self heating marine mineral mud wraps sooth your hands and feet, detoxifying your discomforts away. Ease back with an abundance of Zen as your palms, forearms, souls, and calves are replenished with a deep hydrating concreta inspired to ground you back to reality.

MASSAGE ENHANCEMENTS: \$25 EACH (Enhancements don't add on time to your massage and are not stand-alone treatments)

Deep Tissue: the perfect therapeutic enhancement to assist in the release of sore, knotted, tense, stressed, overworked muscles.

Lomi Lomi: originating from the islands of Hawaii with motions to mimic the ocean waves, enjoy a true hybrid of relaxation with therapeutic benefits.

Hot/Cold Sedona Stone Therapy: creek stones are incorporated into massages; hot stones relax the body as cold stones reduce inflammation.

Reflexology: stimulating reflex points in the feet and hands encourages circulation throughout the entire body to relax muscles and organs.

Cranial Sacral: focusing on the flow of cerebral spinal fluid, this modality aids in treating headaches, migraines, whiplash, TMJ, and much more.

Reiki: originating from Japan, this healing energy work creates soothing relaxation and recharges the body from within, a peaceful energetic reboot.

Soothing Foot Wrap: pamper your feet with a gentle exfoliation of Arnica and Mint, then transition your soles peacefully into a soothing heat wrap.

Soothing Hand Wrap: pamper your hands with a gentle exfoliation of Arnica and Mint, then transition your palms peacefully into a soothing heat wrap.

Pain Relief CBD Balm: relieve muscle aches and ease tension with Cayenne, Arnica, and CBD (4,740mg) to aid in any hurting area of the body.

Calming CBD Oil: re-boot the mind/body with CBD (6,400mg) and Arnica enhanced oil to care for tired muscles and the stresses of the mind.

Relaxing CBD Bath Truffle: unwind within the comfort of warm water infused with a CBD (100mg) bath truffle to assist in full body relaxation.

Ayurvedic Healthy Hair Scalp Massage: nourish your scalp and hair with an Ayurvedic herbal oil infused with Sesame, Gotu Kola, and Rosewood.

Ayurvedic Healthy Beard Scalp Massage: nourish your scalp and beard with an Ayurvedic herbal oil infused with Juniper, Vetiver, and Coconut.

Massage Enhancements are available for Massages, Body Treatments, and Facials – by request only, not guaranteed.

RED ROCK RELEASE RELIEF 45 MINS \$175 60 MINS \$210

Allow tension to release from the chronic culprit areas as healing hands provide relief for your hips, back, shoulders, neck, and scalp.

SECRET CANYON CUSTOM 60 MINS \$250 90 MINS \$350

Experience a personalized massage with specialized enhancements and premium products selected by our expert therapists to meet your unique needs while providing therapeutic relaxation and rejuvenation.

CRESCENT MOON THERAPUTIC BATH 90 MINS \$350

Reflect in the serene waters of Sedona as you soak up the holistic benefits of a steamy detoxing bath of Eucalyptus, Sage, and Charcoal. Then, release distress with a Turmeric infused Arnica oil massage.

SHAMAN'S TRAIL BODYWORK 60 MINS \$240 90 MINS \$340

Due to injury and stress, the body undergoes various forms of pain resulting in the restriction of circulation and natural range of motion.

Personalize your healing by selecting one of the following modalities:

MYOFASCIAL the body's natural defense to injury will cause fascia to adhere to bodily systems. Assist the body to melt tensions away and provide structural stability.

SPORTS utilizing techniques of deep tissue, trigger point, and stretching will assist in enhancing overall performance.

CUPPING a natural detox to increase the lymphatic flow and stimulation of blood circulation. Assist the breakup of stagnant toxins within the body and central nervous system.

WILDE MAMA PAMPER 60 MINS \$230 90 MINS \$330

Escape pregnancy discomforts with a nurturing blend of Rose and Rosehip oils, a deeply hydrating Desert Rose balm, and a relaxing Rose aura mist. (2nd and 3rd trimesters only)

Body Treatments

+AYURVEDIC WELLNESS HERBAL WRAPS 45 MINS \$200

Begin with dry brushing the body before you're wrapped in [your choice of holistic salves](#), then end with an Ayurvedic hair and scalp massage.

Sedona Bliss: pinyon pine, palo santo, and white sage.

Peace and Calm: lavender, rose, and frankincense.

Fun in the Sun: aloe, coconut, neem, and blood orange.

MODERN WELLNESS DUAL TECHNOLOGY 90 MINS \$350

The most effective method to absorb essential nutrients deep within the derma, creating long lasting results. [Choose your area of focus:](#)

Healthy Hydration: legs and arms.

Repair Remedy: shoulders, back, and décolletage.

Youthful Tone: butt, thighs, tummy and obliques.

+TREE OF LIFE CHAKRA CONNECTION 90 MINS \$350

Elevate yourself with a Himalayan salt stone buff, followed by a black obsidian body mask and Sedona essence hydration wrap. Then indulge in a rejuvenating chakra balancing facial, as gemstone infused products work harmoniously with your body's vital energy centers.

MONSOON SHOWER NOURISHING 90 MINS \$350

Experience the power of nature with an aromatic exfoliation before you effortlessly transcend into a warm soothing monsoon shower. Replenish your body with a deeply hydrating nature inspired massage as your mind relaxes with the unforgettable aromas of the desert rain.

MOON CHASING SUN SENSORY 90 MINS \$350

This head-to-toe cryo-thermal experience transitions from soothing warmth to invigorating cold to deliver circulatory benefits and cellular repair. Face and body are doused with mineral rich marine extracts to oxygenate and depollute the skin. Indulge the body with a crystalized seawater scrub, a warm bubbly mud detox, and a cooling herbal wrap.

+MOUNTAIN & SEA PEACEFUL BATHING 120 MINS \$450

Relax into tranquility as you soak within warm marine minerals and exfoliate with a sea sponge. Indulge your hair with gemstone infused products and a scalp massage. Transition seamlessly into a Zen state with a massage using essences from the majestic mountains of Gaia.

FOUNTAIN OF YOUTH RENEWAL 90 MINS \$350

Flow into a holistic immersive experience targeted to provide lift, firm, and re-energize. An uplifting facial revitalizes and enhances your natural youthful glow with a cooling mask that envelops the skin as the body is renewed with a blended polish of sugar and rice powder.

+VORTEX MAGIC ELEVATING ENERGIES 90 MINS \$350

Experience the power of Sedona's magical energy as you indulge in a journey of tranquil relaxation. Begin by grounding yourself with a detoxing green tea and sandalwood infused bentonite clay wrap. Then replenish with a massage using high vibrational Pomegranate butter infused with Lavender and Rose oil, concluding with a Rose Aura mist.

+PHOENIX RISING TRANSFORMATION 90 MINS \$400

Address signs of skin damage with a gentle exfoliation from organic lava and cleansing clay, then rinse the ash away before you replenish your face and body with a blend of Vitamins while Antioxidants renew your skin by utilizing Dual Technology to assist product penetration. You will arise to smoother, more clarified, and a hydrated appearance.

+Take-home: includes a personal keepsake utilized within treatment.

Couple Massages

+WILDE COUPLE CLASSIC 60 MINS \$440 90 MINS \$640

Connect, as you disconnect from stress. These customizable massages enhance the ability for couples to share in a state of Zen. **(60 MINS) Additional \$10 for Pre-Natal (2nd and 3rd trimesters only)** **(90 MINS) Additional \$20 for Pre-Natal (2nd and 3rd trimesters only)**

+COUPLES IN HARMONY HEALING 75 MINS \$650

Immerse in a transcendent wellness experience designed for couples, where the art of massage and the healing power of crystal sound bowls intertwine to create a harmonious experience for two. **(75 MINS) Additional \$15 for Pre-Natal (2nd and 3rd trimesters only)**

+TWIN FLAMES OASIS ROMANTIC BATH 90 MINS \$660

A romantic candle-lit Oasis for two is an intimate bathing experience. Dozens of Roses create an amorous ambiance as you relax in the comfort of a steamy bath before receiving an aromatic massage.

Facials Massages

TRAILBLAZER CUSTOM 60 MINS \$250 90 MINS \$350

Experience a personalized facial with specialized enhancements and premium products selected by our expert estheticians to meet your unique needs, enjoy your natural glow and profound results that last.

DESERT ROSE CALMING 60 MINS \$220 90 MINS \$320

Perfect for sensitive skin, acne prone skin, complex skin, or unsure of what products are best. This results-oriented facial is meticulously customized to your skin's unique needs. You will see and feel an immediate improvement in your skin's texture, clarity and vitality.

+SEAS THE DAY HYDRATING 60 MINS \$230 90 MINS \$330

A restorative oceanic treatment that is packed with precious marine minerals, derived from organic ingredients. Bask in a warming mask of sunshine as the perfect combination of moisturizing performance and intense relaxation bathes the skin in the hydration it deeply craves.

FIVE STAR DELIGHT REPAIR 60 MINS \$240 90 MINS \$340

This crème de la crème facial is designed to instantly enhance the skin while supporting longevity. Featuring advanced ingredients to smooth texture and leave skin balanced, radiant, and revitalized.

REVITALIZE TIME ANTI-AGING 90 MINS \$360

Reverse time by utilizing electro-sonic Dual Technology to increase penetration of vitamins and peptides. Results driven and clinically proven, high-potency nutrients transform and restore aging skin.

FACIAL ENHANCEMENTS (Enhancements don't add on time to your facial and are not stand-alone treatments)

Dual Technology: combining sonophoresis and pulsed iontophoresis is scientifically proven to be the most effective method to enhance product efficiency and absorption by 400%. [Choose your area of focus:](#) **\$55**

Eye Treatment: decreases fine lines, reduces the appearance of shadow bags, and brightens delicate skin around the eyes.

Skin Tone: improves skin texture, pigmentation, wrinkles, wound healing, acne, scars, stretch marks, and sun damage.

Marine Mud Detox: relax in the therapeutic warmth of self-heating mud. Marine Mud is rich in natural minerals and trace elements. This treatment is applied to the spine of your back, which allows for full body detox. **\$45**

Lymphatic Cupping: naturally release the toxins accumulated within the face to reduce puffiness, bringing out the natural contours of the face **\$35**

Dermaplaning: safely plane the top layer of skin to provide a smooth appearance to minimize acne scars, scaly skin, hairs, and fine lines. **\$25**

Alternative Wellness

INTENTIONAL YOGA **CUSTOM YOGA**

60 MINS \$250 (1-2 people) \$350 (3-4 people) \$450 (5-6 people)

Enjoy a personalized experience connecting with your physical being as you encourage health and wellness. Begin by grounding yourself with a meditation and flow into a personalized yoga experience:

[Aroma, Sound, Nidra, Kundalini, Hatha, Vinyasa, Fusion, or Pre-Natal.](#)

SEDONA WISDOM CEREMONY **ENERGY CLEARING**

60 MINS \$250 (1-2 people) \$350 (3-4 people) \$450 (5-6 people)

Versed in the indigenous wisdom, a Sedona wise person will lead you in ceremonial energy clearing and intention setting. You are gifted the blessed gemstone, become one with yourself and this beautiful land.

SOUND HEALING **CRYSTAL ALCHEMY BOWLS**

60 MINS \$250 (1-2 people) \$350 (3-4 people) \$450 (5-6 people)

Sound healing has the power to create and shift energy. The tones made by crystal alchemy singing bowls are heard by the whole body. This vibrational healing promotes deep relaxation and reduces stress.

CRYSTALS AND CHAKRAS 101 **INTERACTIVE EDUCATION**

60 MINS \$250 (1-2 people) \$350 (3-4 people) \$450 (5-6 people)

Crystals harness their own unique energy, as do each of the chakras within our being. Learn how crystals entrain and influence our energy centers (chakras) and how to incorporate crystals into our daily lives. This class includes a chakra alignment as well as a gifted gemstone.

ASK THE ORACLE **INTUITIVE READINGS**

60 MINS \$250 (1-2 people) 90 MINS \$350 (1-2 people)

For Millenia seekers have consulted an Oracle for insight into their life questions. Be enlightened as a Seer sheds light to the unseen, choose your preferred method: [Tarot Cards, Spirit Guides, or Hand Reading.](#)

ACROSS THE STARS **ASTROLOGY READINGS**

60 MINS \$250 (1-2 people) 90 MINS \$350 (1-2 people)

Discover the influence and guidance the stars, planets, and zodiac signs have on your life experience through the revelation of your unique astrological chart. This offering requires your birthdate, time of birth, and birth city/state prior to reserving this service.

WELCOME TO THE WILDE **EXPERIENCE SEDONA**

120 MINS \$250 (PER PERSON) 180 MINS \$350 (PER PERSON)

Venture out into the beautiful Wilderness with a Shamanic Healer and experience Sedona while learning the sacred history. Choose your experience: [Meditative Nature Walks, Energetic Vortex Sites, Ancient Indian Ruins, or Scenic Sunset Views.](#)

HUMAN DESIGN **PERSONALIZED BLUEPRINT**

90 MINS \$350 (1-2 people)

Become acquainted with your unique self on a deeper level, learning how to work with the ebbs and flows presented in life. Human Design is a mix of Kabbalah, I'Ching, Myers-Briggs, astrology, biochemistry, genetics, and the chakra system all in one. Understanding how you are uniquely 'hard-wired' helps you gain insight and strategy for living your greatest good. This offering requires your birthdate, time of birth, and birth city/state prior to reserving this service.

CHAKRA SCAN AND ALIGNMENT **CHAKRA IMAGING**

60 MINS \$250 (1-2 people)

Embark on a transformative journey to see and balance your chakras with an Energy Assessment, powered by the cutting-edge technology of **Bio-Well™**. This advance device employs Electro-Photonic Imaging to make the invisible visible. Receive a snapshot of your energy field and then balance your chakras with gemstone activated essential oils.

HEART-MIND CONSCIOUSNESS **HIGHER-SELF IMAGING**

60 MINS \$250 (1-2 people)

Mitigate the effects of stress with the proven **HeartMath™** system. Find strategies for recognizing and interrupting negative thoughts and feelings. Learn techniques to engage and maintain heart-mind communication to expand intuitive thinking and self-awareness.

LOCAL HERBAL MOCKTAILS **DELICIOUS REMEDIES**

60 MINS \$250 (1-2 people) \$350 (3-4 people) \$450 (5-6 people)

Indulge in the ultimate happy hour of relaxation and rejuvenation with our Herbal Mocktails. Skilled mixologists craft a bespoke selection of three revitalizing, herb-infused elixirs. Learn what herbs rejuvenate your senses and receive recipes to enjoy this healthy fun at home.

CACAO CEREMONY **SPIRITUAL HEALING**

60 MINS \$250 (1-2 people) \$350 (3-4 people) \$450 (5-6 people)

Ceremonial Cacao was used by the ancient Mayans and is referred to as the "food of the shift" encouraging Spiritual awakenings and healings in Ceremony. Cacao can assist you in releasing uncertainty and stagnant energies while calling your power back into alignment.

MEDITATIVE TEA CEREMONY **EARTH CONNECTION**

60 MINS \$250 (1-2 people) \$350 (3-4 people) \$450 (5-6 people)

Experience serenity with a symphony of fragrant loose-leaf teas and the mesmerizing ritual of tea preparation. This tea ceremony is an invitation to connect with inner peace and profound relaxation.

WILDE HAVEN SPA Q&A

- **WHEN IS THE SPA OPEN?** Enjoy our spa 7 days a week, from 9AM to 6PM. Arrive at least 15 minutes prior to the start of your appointment.
- **WHAT AMENITIES ARE THERE?** The Sanctuary Lounge has meditative music, relaxation chairs, artisan teas, assortment of gemstones infused water, and chilled still water. The Haven Courtyard has 2 co-ed hot tubs, and relaxation areas. The Locker-rooms are equipped with day lockers, spa robes and slippers, eucalyptus steam rooms, and amenities. The resort offers a heated pool with pool bar, and Rascals Restaurant.
- **CAN I PURCHASE A SPA DAY PASS?** Absolutely! Enjoy all amenities for the day as a solo retreat or as a day outing with friends or family.
- **CAN MY APPOINTMENT TIME CHANGE?** Treatment times are subject to change by either 1 hour before or after original booking time.
- **WHAT IS THE CANCELLATION POLICY?** There is a 24-hour cancellation policy. Missed appointments are charged for the full price.
- **ARE THERE SERVICE CHARGES?** The Wilde Haven has an auto gratuity of a 22%, this percentage is your discretion at the time of checkout.
- **ARE THERE RESTRICTIONS?** Adults 16 years and older may enjoy all the spa has to offer, kids may receive treatments with their guardian.