



CIVANA

HOLIDAY 2019

Whether you are looking to cultivate your culinary skills, unwind with seasonal spa services, or develop and deepen your wellness practice, a unique and transformative experience awaits your arrival.

Enjoy these seasonal offerings November 1, 2019 through January 1, 2020.

CULINARY DELIGHTS

Reservations: 480-653-9049

Bottle & Board

Daily | 4-8 pm | \$25 | Terras

Choose your favorite Chef's Board (charcuterie & cheese or calamari) & a bottle of Trinity Oaks (Pinot Grigio, Chardonnay, Pinot Noir, Cabernet).

Happy Hour

Daily | 4-7 pm | Terras Lounge

Enjoy half off all beer, house wine, well cocktails, & all bar menu bites.

Tequila Sunset

Daily | 4-8 pm | \$20 | Terras

A trio of street tacos (steak, fish or chicken) with a flight of Tequila.

Private Chef's Table Experience

Wed, Thurs, Fri | 6-8 pm | \$150++ per person | Terras

Dine with the CIVANA chefs and taste the best of Terras with a custom four-course dinner, highlighting the season's best ingredients and perfectly paired wine. *Must reserve 24 hours in advance.*

CIVANA Friday Nights

Friday | 6-8 pm | Complimentary | Terras Lounge

Local musicians liven up the bar and go perfectly with happy hour.

Sunday Champagne Brunch

Sunday | 8 am-noon | \$25 per person | Terras

Enjoy a specialty menu featuring a variety of healthy and comfort classics; yogurt parfaits, savory creations, decadent charcuterie boards, plus a complimentary glass of champagne. *Reservations available.*

Thanksgiving & Christmas Dinner

Nov. 28 & Dec. 25 | 12-9 pm | \$65++ adult, \$32++ child | Terras

A holiday dinner celebrating the season's best flavors with an exclusive prix-fixe menu complete with all of the trimmings; featuring healthy, yet indulgent culinary creations. *Reservations available.*

New Year's Eve Celebration Dinner

Dec. 31 | Seating starts at 5 pm | \$120++ per adult | Terras

Ring in the New Year with a taste of CIVANA that delivers an abundance of action stations, including decadent carving stations, seafood bar, build-your-own mac & cheese bowls, flavorful salads, and assorted desserts, culminating in a champagne toast. *Reservations available.*

CULINARY CLASSES

Reservations: wellness@civanacarefree.com

Sustainable Juicing Interactive Workshop

Friday | 11-11:45 am | \$25 per person | Terras

Our Integrative Nutrition Health Coach showcases how to utilize the fiber from freshly pressed juice to create a pesto or tapenade.

Shake & Stir Cocktail Class

Friday | 4-4:45 pm | \$45 per person | Terras

Learn how to make healthy, hand-crafted holiday cocktails and seasonal culinary creations from the chefs of CIVANA.

Vines to Wines

Saturday | 3-3:45 pm | \$35 per person | Terras

Learn how grapes are grown, harvested and turned into wine, tasting basics, and tips and tricks to read and understand wine labels. Taste 3 wine varietals along with a small charcuterie board.

Bake Shop 101

Sunday | 3-3:45 pm | \$25 per person | Terras

Executive Pastry Chef Anna will inspire 'chefs in the making' with her tips for healthy holiday baking and the art of creating healthy desserts with unexpected indulgences. *Reserve by 8 am day of.*

SPA & SALON

Salon Sensations

Sunday-Tuesday | 20% off all salon services

A weekday retreat for a full array of natural nail and hair care offerings, including the signature Sound of Color services.

Sunset Spa Special

Sunday-Thursday | 4 pm-close | \$109 services

Choice of one 50-minute Swedish Massage or Moisture Drench Facial.

Seasonal Treatments

Enjoy seasonal offerings available at preferred pricing. **Reservations required, please call 480.653.9001.**

Warming Winter Escape Massage

90-minute | \$195 (\$225 value)

Unwind with this cleansing and detoxifying escape. A restorative treatment featuring warm stone placement and gentle, rhythmic massage with our seasonal herbal poultice. Enjoy the custom essential oil blend and herbs sourced from our medicine wheel garden.

Gemstone Beauty Ritual Facial

90-minute | \$195 (\$225 value)

Melt away tension and envelop skin and soul in a restorative refuge that allows both to renew, transform, and strengthen. Custom ANDA product blends are enhanced using specialized Gemstone and Gua Sha Techniques that improve complexion and skin wellness.

Winter Ritual Warm Stone Pedi

Daily | \$50 per service (\$79 value)

Ease your tired soles with a gentle exfoliation followed by a warm stone massage, all while enjoying one of our seasonal cocktails. Includes your choice of a seasonal beer, spirit or non-alcoholic beverage.

Gift with Purchase

Book the new Anda facial and receive 20% off any Anda product.

Available Nov. 1, 2019-Jan. 1, 2020. Based on availability, not valid with any other offers or promotions. Recommend booking 24-hours in advance. Seasonal services valid Sunday-Thursday, except Sunset Spa Special and salon offerings. Must be 18 or older. 20% gratuity is added to all services and treatments. Management reserves right to modify or cancel promotion at any time.

SEASONAL WELLNESS PROGRAMS

Every month, more than 70 wellness classes and experiences are included with every stay or day spa package. For a complete daily class schedule, private sessions, retreat pricing, and special events, visit civana.com or email wellness@civanacarefree.com.

New Moon Celebration Ceremonies

Nov. 26, Dec. 25

A celebratory sound bath and intention burning ceremony.

November: Gratitude Month

Immerse yourself in gratitude. From the science to the felt practice and practical tools, every stay and experience will be infused with this social glue that fortifies relationships and serves as the backbone of a well-functioning society.

December: Healthy Habits & Rituals

Our talented team of healers will guide you toward healthy habits through movement, manage any stress or anxiety with practical tools and mindfulness exercises, deeply ground you in ritual to connect to your spirit, and share creative holiday culinary tips.

Artists in Residence: Grandmaster Franklin Wood

Nov. 20-30 | Nov. 30 Private Sound Healing Mediation 2:30-4pm | \$25 pp

It is an honor to welcome Taoist Priest, Grandmaster Franklin Wood. Classes and experiences with this master healer and teacher include sunrise tea ceremonies, QiGong, Tai Chi, Fireside Taoist chats, Gong meditations, and more. Guests are welcome as we come together to achieve a holistic balance of mind, body, and spirit.

Hidden in the Hills Artist Studio Tour

Nov. 22-24 | Nov. 29-Dec. 1

More than 200 local artists open their doors for a peek inside their personal art studio & gallery, sharing their creations, story and passion. CIVANA guests will enjoy a daily private shuttle tour to assorted studios.

2020 Vision – New Year's at CIVANA

Dec. 31-Jan. 1

Invoke a clear vision as we bring in a new year that will call us up to our higher selves. Immerse yourself in contemplative practices like intention burning, vision board creation, mindful meditation, sound healing, astrology readings, aromatherapy classes, mala making, unique dining experiences with like-minded souls, and much more. This package includes a \$250 nightly resort credit, plus a complimentary night for a future visit to renew your intentions.

RETAIL THERAPY

CIVANA Gratitude Tree

This holiday season give the gift of wellness unbound. Visit our shop November 15 through December 31. Purchase \$200 in gift certificates and earn a mystery gift from the giving tree as our way of showing gratitude. Mystery gifts may be one of the following:

- 15% off dining experiences
- 15% off spa services
- 15% off retail
- 25% off a future stay
- Complimentary spa upgrade
- Complimentary 50 minute Sunset Massage or Sunset Facial