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Pavilion Wellness at Camp Sarika

Camp Sarika follows the organic contour of the eastern mesa that rears skyward alongside, invoking the majestic power of the earth. Immersing in the striking nature here, we adapt and find balance with the contrasts of light and shade, heat and cold, wind and stillness. This invites mindfulness of the interaction between the external and internal environments, to appreciate and dive deep into your time in this special place.

At Camp Sarika, the Aman Spa experience is elevated as your Pavilion becomes your spa center to receive exclusive indoor and outdoor services, such as a guided hike to our natural Amphitheater for a sound bowl experience and returning to your Pavilion for customized treatments.



Camp Sarika Journeys



Open Sky Sound

2 hours

Hike with your Wellness Facilitator to Camp Sarika's natural Amphitheatre nearby. Sense the power of the space as you recline on cushions and listen to the reverberations of singing bowl tones as they swirl and reflect off the towering mesa cliffs all round. Return to your Pavilion and integrate the experience with customized therapeutic bodywork.

Sarika Mindfulness Path

4.5 hour
Half or multi-day

Experience a curated program of mindfulness sessions to enhance awareness and vividly connect with the inspiring natural environment enveloping Camp Sarika. Our advisors will assist in the selection and sequencing of your wellness itinerary. The program components include Walking and Movement Meditations, Breathwork, Guided Meditation, Yoga, Myofascial Release and a Fire Pit Aroma Scent-Story.

Oasis

4 hours
Half or multi-day

In this arid climate, take refuge in the water element and let it teach you in movement practices and soothe you in treatments. This is a spa journey of 'health through water' or *solus per aqua*.

Begin with Ai Chi, a total water-based body relaxation and strengthening process based on Tai Chi and Qi Gong, characterized by slow movements coordinated with deep breathing. In Floating Meditation, the therapist will suspend you on the water's surface and guide you through gentle waves of peaceful consciousness. Aqua Fit-Board Yoga will generate strength and exhilaration by navigating stability as you do asanas on water (or substitute with a land-based Yoga Flow class). Finally experience buoyant bodywork with Water Shiatsu, when a facilitator glides you through the water in massaging ranges of motion, or savor a traditional Thai massage with fluid stretching and compression.

In-Pavilion Spa & Wellness

Personalized Bodywork

60 | 90 minutes

This treatment offers customized pressure and a blend of modalities to suit your needs, whether therapeutic, Thai, deep tissue, hot stone, Swedish, aromatherapy or prenatal. Experience this massage indoors or out with complimentary enhancements of your choice. A bath will be drawn towards the end of your treatment and your therapist will leave a bath bomb to scent your leisurely soak.

Singing Bowl Soundscape

30 | 60 minutes

Settle into cozy meditation cushions and let your being resonate with the frequencies of the singing bowls as you hear and feel their vibrational waves. Your headspace will be cleared of distractions and mental chatter and filled instead with wonder, imagination and peace.

Holistic Fitness

60 minutes

Your Pavilion can become your movement studio for Yoga, Mat Pilates or Strength Training. Your instructor will focus on functional and body weight exercises with breathing techniques and movement modifications to optimize exercise results and condition whole-body physicality.

Presence Sessions

30 | 60 minutes

Steep your mind in the power of presence with meditations customized to meet you where you are in the moment. Sessions employ silence and sound, stillness and movement to heighten sensory awareness and expand one's notion of time.

* Customized durations available with advance booking

Spa Reminders

Operating hours

Camp Sarika Spa Suite treatment

Daily from 9am to 9pm (last treatment 8pm)

Appointments

Advance booking is highly recommended to ensure that your preferred time and service are available. Please dial extension 4161 for spa or +1 435 675 4161 directly.

Pricing

All prices are subject to local tax and 18% service charge. Spa treatments outside of operating hours are subject to an additional surcharge.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of 12 hours' cancellation notice to enable someone else to enjoy that time. Cancellations made within the respective notice period will be subject to full charge for the service booked.



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