

Desert Dwellers

Spas are embracing the moisturizing and antiaging benefits of cactus. *By Jennifer Purdie*

Offering plumping rather than pricking, the Cactus Toning Wrap (60 min./\$90) at **Brilliant Bodywork (brilliantbodywork.com)** in Onalaska, Wisconsin, is designed to nourish and tighten the skin while increasing circulation. The treatment taps into the natural, hydrating properties of cactus, which enable the plant to survive in the desert's arid conditions. "The idea of incorporating a cactus wrap onto our menu arose because of the plant's toning benefits," says owner and founder Stephanie Andresen-Stevens. The wrap is marketed both as a stand-alone service and as a component of Brilliant Bodywork's healthy weight management offerings. "Every time a client loses five pounds with one of our programs, we advise them to come in for this treatment," explains Andresen-Stevens. For spas looking to incorporate a similar wrap as part of their menu, she recommends using complementary services and ingredients; possibilities include a citrus grass salt scrub to exfoliate pre-wrap and an aromatherapy massage featuring agave nectar oil immediately following the treatment.

Positioned along the world-famous strip, the **BATHHOUSE Spa at Delano Las Vegas (delanolasvegas.com)** offers a lavish Cactus and Desert Lily Firming Body Treatment (80 min./\$240 Mon.-Thurs.; \$250 Fri.-Sun.). In a playful nod to its desert location, this signature body service was designed to lure out-of-town guests and meet their wellness needs. Cactus is known to help soothe sun-damaged skin, an especially welcome benefit given Nevada's blazing heat. "Not only do our guests see immediate results, the treatment also aids in overall body circulation and relaxation," says Amy Meier, director of spa operations. A year-round menu favorite, this treatment provides a combination of stimulating dry-brushing massage techniques and traditional cupping to refine and improve skin tone. As the protocol's final step, a detoxifying cactus mask is applied to release excess toxins and water, resulting in better skin texture and overall firming.

Aji Spa at the Sheraton Grand at Wild Horse Pass (wildhorsepassresort.com/chandler-spa) in Chandler, Arizona, showcases one of the most popular desert plants in its HO'ISHP Sacred Prickly Pear Body Treatment (110 min./\$250 Mon.-Thurs.; \$270 Fri.-Sun.). This service is a staple of the spa's Indigenous Collection offerings, which form an authentic Native American spa menu. "The healing and relaxing benefits of Arizona's native prickly pear cactus are what make this service a standout for our guests," says spa director Sara Howard. "They experience a journey of detoxification with sacred prickly pear red clay, relaxation with a prickly pear and aloe massage oil, and healing moisturization with the application of an aloe and prickly pear gel." Known for its stress- and age-combating properties, the cactus is also flavorful enough to eat and drink—a warm, soothing cup of prickly pear tea concludes this indigenous experience.