



- East: 2200 - 4223 | West: 1000 - 4064 | Citadel: 4100 - 7188
- |                              |                                    |
|------------------------------|------------------------------------|
| 1 Lobby / Front Desk         | 27 City View Terrace               |
| 2 Sire Bar & Bocado          | 28 Loma de Vida Spa & Quenche      |
| 3 Plaza San Saba             | 29 Henrietta's Market              |
| 4 Meeting Rooms (3rd Floor)  | 30 Snack Shack at the Turn         |
| 5 Emily's Rose Court         | 31 Resort Course Pro Shop          |
| 6 San Antonio Grand Ballroom | 32 Grille 254                      |
| 7 La Cantera Ballroom        | Armour & Weiskopf Rooms            |
| 8 Esparza Lawn               | 33 Palo Duro                       |
| 9 SweetFire Kitchen          | 34 The Villas                      |
| 10 Primera Cantina           | 35 Signature Restaurant            |
| 11 Primero Terrace           | 36 La Sierra at Sweet Fire Kitchen |
| 12 Pool Towel Bar            | 37 Pool Shop & Kids Club           |
| 13 Fitness Center            | 38 Nature Trail                    |

**DINING OPTIONS & MENUS**

Open Camera to Scan for All of Our Dining Options, including In-room Dining.

**Sweet Fire KITCHEN**

Mon-Fri Breakfast: 7am-11am  
Lunch: 11am-2pm  
Sat-Sun: 8-10pm  
Weekend Buffet: 7AM-11AM (\$28 for adults & \$14 for kids)

**PRINCE OF PEACOCK**

Sun-Thurs: 11am-10pm  
Fri-Sat: 11am-11pm

**Henrietta's MARKET**

Open 24 Hours

**Signature**

Dinner: Mon-Sat | 5:30pm-10pm  
Sunday Brunch: 10am-1:30pm  
Sunday Dinner: 5:30pm-9pm  
Signature Hour: Mon-Fri 4:30pm-6pm

**SIRE BAR**

Open Daily 4pm-2am

**BOCADO**

Open Daily 4pm-10pm

**LA CANTERA GOLF & SPA**

**TOPAZ**

Seasonal

**VISTA GRILLE**

Seasonal

**GO**

Sunday-Thursday 7AM-9PM  
Friday & Saturday 7AM-10PM

**DAILY SHUTTLE SERVICE**

Shuttle Runs from 6:30AM- 11 PM, Upon Availability.  
\*Please allow 10-15 min in-between stops.\*  
The Shops at La Cantera (at Perry's & P.F.Chong's), The Rim (at Target & The Palladium), Six Flags  
Dial 2439 | Visit Concierge for Details



APRIL 2024

# LOMA de VIDA

## Spa & Wellness

**IN THIS ISSUE**

**PRODUCT HIGHLIGHT**  
ComfortZone

**REFLEXOLOGY WITH SUSAN WILKINSON**  
Learn all about the benefits of Reflexology

**FLOAT AWAY WITH ME**  
Escape into relaxation under the Solar Eclipse - floating beds, meditation, sound bowls & more! Details inside!

**FEATURED SERVICES & OFFERS**

MONTHLY  
VENDOR & PRODUCT  
HIGHLIGHT

**[comfort zone]**  
conscious skin science

*Float Away with Me*

TOTAL SOLAR ECLIPSE  
SOUNDBOWL EXPERIENCE

- GIVE US A FOLLOW!**
- @lomadevida
  - @lacanteraresort
  - @signaturesanantonio
  - @lacanteragolf
  - @grille254
  - La Cantera Resort & Spa



ANNE MELBY

*A Letter from the Director of Spa & Recreation*

April showers & fresh blooming flowers are upon us. With fresh blooms, Wedding Season & Wedding Packages arrive at Loma de Vida. We are looking forward to celebrating these lifetime best moments with you!

April 8th also brings with it a historic total solar eclipse. Per Forbes, the shadow of the moon will completely obscure the sun whereas last year, there was a "ring of fire" fringe available. La Cantera Resort is partnering with the University of Texas, San Antonio Department of Physics & Astronomy, which will bring telescopes for our hotel guests. Our recreation department has Stargazing as one of our favorite programs with this being extra spectacular. Loma de Vida has 2 packages to celebrate this event as the moon moves in front of the sun. There are limited spots in our Solar Eclipse Sound Bath float sessions. The combination of the unique light & sound will create a once in a lifetime experience.

April 22 is Earth Day. Here at Loma de Vida, we appreciate skincare/body lines that support regenerative organic agriculture. Our product partner [comfort zone] created the first European Regenerative Organic Research Center (EROC). [comfort zone] aims to serve as a hub for sustainability research and farmer training beyond the beauty industry. I love their products with Sublime Skin Intensive Serum being my favorite.

Many may not know that we have quite an extensive Take-Home Program Retail Center which offers not only skincare and body care but also swimwear, flipflops, fitness outfits as well as books, beach bags and blankets. One of my favorite beach blankets is Sand Clouds. It is a line that is based on a dream that became a mission. Sand Clouds' mission is simple: to protect our oceans & save marine life. With every product sold, they pledge to donate 10% of their profits to charities that support their mission. We have beautiful blankets in all colors so come find your favorite while doing a good deed for mother earth.

In Health & Happiness,  
Anne

## Product Highlight

### OPTIMAL WATER TEMPERATURE FOR SKIN COMFORTZONE BLOG

Achieving radiant skin begins with understanding the impact of water temperature. The right water temperature is crucial for maintaining the skin's natural balance and health. While a hot shower may be enticing, exposure to hot water may cause skin discomfort, including dryness and heightened sensitivity. Hot water tends to strip away essential oils from the skin, making it even more important to protect the skin's natural protective layer.

Using lukewarm or cool water for cleansing offers numerous benefits. Ideally, **keeping the water temperature close to body temperature, around 98-100°F or 37-38°C**, is optimal. This approach minimizes shock to the skin, helping to **retain its natural moisture & preserve the integrity of the skin barrier**. Lukewarm water strikes the right balance, effectively cleansing without causing unnecessary dryness or irritation. Consistency is key. By prioritizing the appropriate water temperature, you can ensure that you are sustaining healthy skin over time.



**INTENSIVE SERUM - REFILLABLE SKIN PLUMPING SERUM**  
Discover the natural filler effect with this intensive serum combining the best of science & sustainability. This facial cosmetic treatment contains specific bio-actives such as hexapeptide with a botox-like effect, macro hyaluronic acid & anti-aging achillea botanical extract from regenerative agriculture. Clinically proven efficacy in **reducing wrinkle depth by 25% & making skin look firmer, smoother & tighter**.



This watermelon sangria is the perfect tease of summer. The sweet, comforting summer flavor of watermelon pairs perfectly with a delicious chilled BEV Sparkling Pinot Gris & Cointreau. Sip this after your spa treatment or while you're staying cool in the pool.

**WATERMELON SANGRIA**  
\$14



## FITNESS SCHEDULE

SOCIAL YOGA | \$45

**FRIDAY, APR 12 | 5:30 PM**  
Enjoy a glass of champagne, plus access to Loma de Vida Spa after class until 8 PM.

SOUND BOWLS | \$20

**SUN APR 14 & 28 | 9 AM**

SATURDAY YOGA | \$20

**SAT APR 6, 13, 20, 27 | 9 AM**

SUNDAY YOGA | \$20

**SUN APR 7, 14, 21, 28 | 10:15 AM**

POWER YOGA | \$20

**SAT APR 6, 13, 20, 27 | 10:15 AM**

MEDITATION | \$20

**SUN APR 7 & 21 | 9 AM**



## Service Feature



### BRIDE TO BE - EYES ON ME

Revitalize, lift & nourish your skin health with this combination of purifying, youth promoting & results focused selection of services. Three sessions recommended at 5, 3, & 1 month before your special day.

60 min LDV Swedish, Deep Tissue or Hot Stone Massage

60 min Hydrafacial Boost

60 min Hill Country Texan Body Scrub

60 min LDV Spa Pedicure

Trial Bridal Hair

Spa Lunch & a Glass of Bubbly

### GROOM - RELAX, SHE SAID YES!

Designed distinctly to promote total body revitalization & de-stress to support the groom arriving in style. Recommended 1-2 days prior to the wedding.

50 min Gentleman's Classic Facial

90 min LDV Swedish Massage

60 min LDV Signature Pedicure

30 min LDV Men's Manicure

Spa Lunch & Brew on us

## Reflexology

WITH SUSAN WILKINSON

Hello & Welcome to Loma de Vida! My name is Susan & I am a professional & licensed massage therapist. I've worked at the Resort intermittently since 2003 & have been full time at Loma de Vida since 2017. During the COVID-19 shutdown, I sought out other approaches to massage therapy, such as vibrational therapy through the use of a Theragun, which is a great enhancement to a sports massage. I also perform bodywork through cupping therapy, which uses negative pressure instead of positive pressure & allows the space needed for the fresh oxygenated blood to flow through, to nourish the cells & achieve a level of homeostasis, balance & wellness. I'm one of the therapists here for Manual Lymphatic Drainage technique. One of my favorite avenues to achieve comfort & relationation for the body, mind & spirit is to perform Reflexology: the systematic application of pressure techniques to the feet & hands to effect corresponding parts of the body & overall sending messages via the reflex system to your whole body, to release the stress it has experienced. Why do we focus on the Feet? Besides being the most overused & underappreciated parts of the body, millions have chosen to take advantage of the body's natural balancing act... it's reflexes. Reflexology exercises pressure sensors in the feet to adjust the body's tension level, toning its tempo & exercising its capability for wellness. The wear & tear of walking links us to many individuals around the world and throughout history who have enjoyed the benefits of Reflexology, relaxation, body awareness & health enhancement. You too should try it out! Feel better!!



## SOLAR ECLIPSE SPA SPECIALS



### Float Away with Me

Escape into a realm of serenity at our Eclipse Sky Spa experience. Immerse yourself in bliss as you float effortlessly on our beds, drifting into a state of deep relaxation. Accompanied by the tranquil melodies of our sound bowls, let go of all tension and stress. Join us for this transcendent journey into inner peace, where each moment is a luxurious retreat for the mind and body. Reserve your spot for just \$150 per float, starting at 1 PM.

APRIL 8 | 1 PM | \$150 PER FLOAT

Please call 210-558-2252 for reservations.



### ECLIPSE OASIS

Indulge in an unparalleled luxury experience at our exclusive spa retreat. Treat yourself to a 50-minute massage or facial, where skilled therapists will rejuvenate your body and spirit. As a token of our appreciation, enjoy a complimentary gift, to be revealed, along with a delightful champagne toast at our scenic viewing area on the pool deck. Elevate your senses and unwind in opulent comfort with us.

APRIL 8 | \$250/PERSON

LIMITED TO 60 GUESTS

Please call 210-558-2252 for reservations.