



- LA CANTERA RESORT & SPA**
 HILL COUNTRY • SAN ANTONIO
 16641 La Cantera Parkway, San Antonio, TX 78256
 lacanteraresort.com | 210.558.6500
- East: 2200 - 4223 | West: 1000 - 4064 | Citadel: 4100 - 7188**
- 1 Lobby / Front Desk
 - 2 Sire Bar & Bocardo
 - 3 Plaza San Saba
 - 4 Meeting Rooms (3rd Floor)
 - 5 Emily's Rose Court
 - 6 San Antonio Grand Ballroom
 - 7 La Cantera Ballroom
 - 8 Esparza Lawn
 - 9 SweetFire Kitchen
 - 10 Primera Cantina
 - 11 Primero Terrace
 - 12 Pool Towel Bar
 - 13 Fitness Center
 - 14 Topaz
 - 15 Arcade
 - 16 Bocce Court
 - 17 Resort Pool
 - 18 Resort Hot Tub
 - 19 Adult Pool
 - 20 Adult Pool Cabanas
 - 21 Adult Hot Tub
 - 22 El Fortin Lawn
 - 23 Vista Grille
 - 24 Kids Pool & Slides
 - 25 Tennis Courts
 - 26 Shuttle to Six Flags/ Shops/ Rim
 - 27 City View Terrace
 - 28 Loma de Vida Spa & Quenche
 - 29 Henrietta's Market
 - 30 Snack Shack at the Turn
 - 31 Resort Course Pro Shop
 - 32 Grille 254
 - 33 Armour & Weiskopf Rooms
 - 34 Palo Duro
 - 35 Signature Restaurant
 - 36 La Sierra at Sweet Fire Kitchen
 - 37 Pool Shop & Kids Club
 - 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: 8am-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

BOCARDO

Open Daily 4pm-10pm

LA CANTERA GOLF & SPA

TOPAZ

Daily: 7am-9pm

VISTA GRILLE

Seasonal

DAILY SHUTTLE SERVICE

Monday-Friday 7AM-8PM
 Saturday and Sunday 7AM-9PM

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 & PCHong's), The Rim (at Target & The Palladium), Six Flags
 Dial 2439 | Visit Concierge for Details



LOMA de VIDA

Spa & Wellness

JULY 2024

SCAN FOR SPA MENU

MONTHLY VENDOR & PRODUCT HIGHLIGHT

skinauthority®
 The Healthy Skin Lifestyle Company.™

Cocktail of the Month
 AT QUENCHE

IN THIS ISSUE

PRODUCT HIGHLIGHT
 Skin Authority's SkinSuit™ & SGF-4 Technology™

MESSAGE THERAPY WITH ALTON HIGH
 Hear from one of our Massage Therapists

FEATURED SERVICES & OFFERS

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



ANNE MELBY

A Letter from the Director of Spa & Recreation

Happy Independence Day!!

With July comes celebrations and enjoying life outdoors. There is a heightened importance of skin protection through sunscreen, protective clothing and skin products. I'm excited to introduce you to our Skin Authority Skin Illuminating Body Treatment and Wrap and 2 new facials that will help put Vitamin D back into your skin. Your skin is your largest organ and the only place where you produce Vitamin D. Vitamin D will only replenish where you have Vitamin D so the topical solutions are critical to replenishing Vitamin D deficiencies.

For those of you celebrating July 4th at the pool, please come see our selection of swimwear here at Loma de Vida Spa and Wellness Center as well as our pool toys over at the Pool Shop.

We are hosting a complimentary 4th of July family yoga on Friday 7/5/24 at Plaza San Saba (Resort). We look forward to hosting you this summer! Be sure to check out our Kids Time Activities which will update via the QR code.

In Health & Happiness,
Anne



Scan for Family Activities | Call 2247 for Reservations



FITNESS SCHEDULE

SOCIAL YOGA | \$45

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

FAMILY YOGA

FRI JULY 5 | 9 AM | PLAZA SAN SABA
Join us at the main Resort for a special complimentary yoga class, perfect for the entire family!

SATURDAY YOGA | \$20

SAT JULY 6, 13, 20, 27 | 9 AM
SPA MOVEMENT STUDIO

POWER YOGA | \$20

SAT JULY 6, 13, 20, 27 | 10:15 AM
SPA MOVEMENT STUDIO

MEDITATION | \$20

SUN JULY 7 & 21 | 10:15 AM
SPA MOVEMENT STUDIO

SOUND BOWLS | \$20

SUN JULY 14 & 28 | 9 AM
SPA MOVEMENT STUDIO

SUNDAY YOGA | \$20

SUN JULY 7, 14, 21, 28 | 10:15 AM
SPA MOVEMENT STUDIO

MASSAGE THERAPY With Alton High

Hello, my name is Alton High. I am one of many amazing massage therapists here at Loma Da Vida Spa and Wellness Center. I've been a part of the Loma team since 2018. I have also been a licensed massage therapist since 2008. My background has been primarily in Therapeutic Massage working alongside many different physical therapists and even working with a neurologist for a period of time as well. With my background I feel that it has allowed me to create a custom experience for each of my guests offering a great balance of relaxation and relief.



Ultimately, I would like to develop a program that would allow me to teach expecting fathers to perform massage on their infant children, giving them an outlet to aid with bonding and combating common issues such as colic. Giving dad a specific role in a new baby's life is not only important but gives dad a task that he can complete and feel that he can contribute in a meaningful manner.

FREEDOM 75 | \$15



Cocktail of the Month

AT QUENCHE

Satisfy your stars & stripes this Fourth of July with our refreshing patriotic cocktail, the Freedom 75. It boasts sweet & citrus notes that make for a delightful drink on a hot summer day. Made with dragon fruit syrup, lemon juice, Los Californias Gin & La Marca, you will want to enjoy this while basking in the warmth of the Texas sun.

Product Highlight

SKINSUIT™

Activates skin superpowers against environmental damage and digital aging with three key technologies: Mineral Active Protection™, Skin Immunity Boost, and Biome Enhancing.

- **D3+ SERUM**
Topical dose of D3, retinol, Vitamin K & peptides power-up skin immunity. Reduces signs of photo-aging, environmental stress, and sun damage.
- **NUTRIENT 9X OIL**
Anti-inflammatory blend of 9 protective oils restores skin moisture barrier. Delivers nutrients and hydration to skin, hair & nails for a healthy glow.

SGF-4 TECHNOLOGY™

Patented protein-rich formula for smoother, firmer, line free appearance. In clinical trials, 87% saw fuller looking skin, 85% saw smoother skin, and 78% saw firmer skin.

- **COMPLETE SERUM**
Wrinkle Reversing Serum Concentrated formula of body natural skin growth factor proteins helps restore a smoother, fuller, line-free look.



skinauthority[®]
The Healthy Skin Lifestyle Company.™

Featured Treatment

ILLUMINATING BODY TREATMENT & WRAP

This body treatment combines the relaxation of a massage with the results of a facial for the skin on your body. Natural sugar cane exfoliators smooth away dry, dull skin and stimulate collagen. A luxurious, rejuvenating mask replenishes depleted skin with an infusion of vitamin D to boost skin immunity and protection from environmental damage. This treatment is finished with a nourishing cream with essences of jasmine, sage, and citrus. Skin is left feeling revived, brighter, hydrated, and ultra-smooth. Pregnancy safe, post first trimester. Ideal for concerns with sun damage, anti-aging, acne, or to extend a facial experience from head-to-toe.



COMPLETE FIX FACIAL

Skin will appear more youthful, fuller, even toned, & radiant with natural hydration. Powered by our best-selling, patented SGF-4 Technology™ this treatment is clinically shown to boost the skin's regeneration process promoting collagen production, healthy circulation & accelerated cell renewal. This facial delivers an advanced, anti-inflammatory exfoliation paired with a blend of Growth Factors that repair, correct imperfections, fill, volumize & smooth uneven texture. 50 min includes derma stamping 75 min includes derma stamping & D-Stress Scalp Therapy 90 min includes derma stamping, D-Stress Scalp Therapy, & Dermaflash Ideal for signs of aging, hyperpigmentation, acne, sensitivity, or scarring.

SKIN IMMUNI-D BOOST FACIAL

Designed to address signs of aging and environmental damage, this powerful treatment restores luminosity using an advanced exfoliation paired with skin immune boosting vitamins D, C, and K, peptides, and quinoa and avocado extracts. A spirulina mask restores balance to environmentally depleted skin. SkinSUIT is applied to prevent damage from environmental exposure to screen and wireless devices, UV, heat, and pollution. Ideal for dry, sensitive, or environmentally sensitized skin.