

East: 2200 - 4223 | West: 1000 - 4064 | Citadel: 4100 - 7188

- | | | |
|------------------------------|-------------------------------------|------------------------------------|
| 1 Lobby / Front Desk | 14 Topaz | 27 City View Terrace |
| 2 Sire Bar & Bocado | 15 Arcade | 28 Loma de Vida Spa & Quenche |
| 3 Plaza San Saba | 16 Bocce Court | 29 Henrietta's Market |
| 4 Meeting Rooms (3rd Floor) | 17 Resort Pool | 30 Snack Shack at the Turn |
| 5 Emily's Rose Court | 18 Resort Hot Tub | 31 Resort Course Pro Shop |
| 6 San Antonio Grand Ballroom | 19 Adult Pool | 32 Grille 254 |
| 7 La Cantera Ballroom | 20 Adult Pool Cabanas | Armour & Weiskopf Rooms |
| 8 Esparza Lawn | 21 Adult Hot Tub | 33 Palo Duro |
| 9 SweetFire Kitchen | 22 El Fortin Lawn | 34 The Villas |
| 10 Primero Cantina | 23 Vista Grille | 35 Signature Restaurant |
| 11 Primero Terrace | 24 Kids Pool & Slides | 36 La Sierra at Sweet Fire Kitchen |
| 12 Pool Towel Bar | 25 Tennis Courts | 37 Pool Shop & Kids Club |
| 13 Fitness Center | 26 Shuttle to Six Flags/ Shops/ Rim | 38 Nature Trail |

LA CANTERA
RESORT & SPA
HILL COUNTRY • SAN ANTONIO
16641 La Cantera Parkway, San Antonio, TX 78256
lacanteraresort.com | 210.558.6500

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 Brunch: 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
Daily: 7am-6pm

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



MAY 2024

LOMA de VIDA
Spa & Wellness

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OTO Wellbeing CBD Skincare

ESTHETICS WITH AMANDA RUBIO
Learn all about the benefits of Cleansing, Exfoliating, Moisturizing your skin & applying SPF

FEATURED SERVICES & OFFERS

MONTHLY
VENDOR & PRODUCT
HIGHLIGHT

OTO

Cocktail
of the Month

AT QUENCHE

GIVE US A FOLLOW!

- @lomadevida
- @lacanteraresort
- @signaturesanantonio
- @lacanteragolf
- @grille254
- La Cantera Resort & Spa



ANNE MELBY

A Letter from the Dir. of Spa & Recreation

At Loma de Vida Spa we are celebrating our Mother's Day Sunday with a glass of bubbly, a cupcake bath bomb gift to take home and gerber daisy's. Mom's will receive 20% off of take-home care products and retail from May 10th -May 12th. If you are looking for a gift for your mom we will also honor the 20% discount.

For those trying to get pregnant, self-care comes into a core focus as the health & growth of follicles that contain eggs starts 3 months before ovulation. This means that what you eat, what you drink, your stress, the medicines you take, the products that you put on your skin, the injectables etc. that you use all matter and can have an impact.

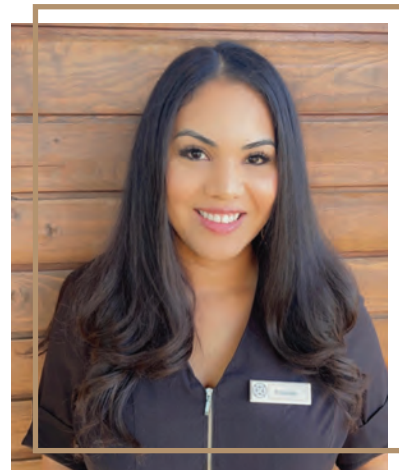
Massage for relaxation helps open up energy channels. Acupuncture specifically is being studied for this due to the increase in successful IVF cycles that has been noted. Mayan Massage (fertility massage) further works to release muscular armoring in the trunk and corrects poor blood flow in the abdomen and the organs vital to reproduction. Dulas are often trained in this and can be very helpful in the baby journey. The work of a mom is never done. Therefore, selfcare and wellness is important for the health of Mom and for the wellness of the family.

On May 9, Joan Childs, a renowned author and wellness expert as well as Clinical Social Worker specializing in individual and couple's therapy, will share her profound insights on the mind-body connection and the transformative power of self-care as part of La Cantera Resort & Spa's Women & Wellness Programming. The session will be in La Sierra from 4pm-5pm and will be moderated by Nancy Cheak-Zamora, MA, PHD a distinguished professor of public health at UTSA. The session will unpack the complex topic of mental health. Tickets are \$20, with a portion of proceeds benefiting UTSA Public Health & Community

In Health & Happiness,
Anne

Esthetics WITH AMADA RUBIO

Hello everyone! I'm the Lead Provider/ Esthetician here at LDV. I started my spa career 21 years ago as a massage therapist but came to realize my true passion was in skincare (extractions are my thing :)) The past 8 years I have resided here at LDV providing the best skincare knowledge & experience for all my guests. It has been so rewarding being able to help & inspire others. I know Skincare can be overwhelming, so where do you start? There are 4 fundamental steps to a good skincare routine: **Cleansing , Exfoliating, Moisturizing, &SPF**



- #1 Cleansing: Cleanse your skin daily! Everyday sweat, dirt & pollution impact your pores (eww). I recommend to double cleanse your skin to ensure you are thoroughly removing all makeup, oil, dirt residue that clogs your pores & causes breakouts.
- #2 Exfoliating: Helps get rid of your dead skin cells that make skin look dull or have a rough texture. Exfoliating brings fresh, bright new skin cells to the surface. But don't over exfoliate - this can strip your natural oils. Exfoliating 1x or 2x a week is perfect for any skin type.
- #3 Moisturize: Keeps your skin balanced & hydrated. Cleansing & exfoliating can remove some of our natural oils, so It's crucial to always nourish & hydrate. This aids your skin in repairing itself. Adding a serum or face oil (depending on your skin type) will help lock in that moisture & provide extra vitamins & essential acids you need to help fight the signs of aging.
- #4 SPF - The #1 product that will help protect your skin from UV rays, signs of aging, pigmentation etc. The sun is no joke, protect your skin & preserve all that you put in to it!

MAY FITNESS SCHEDULE

SOCIAL YOGA | \$45

FRIDAY, MAY 10 | 5:30 PM
Enjoy a glass of champagne, plus access to Loma de Vida Spa after class until 8 PM.

MEDITATION | \$20

SUN MAY 5 & 19 | 9 AM

SOUND BOWLS | \$20

SUN MAY 12 & 26 | 9 AM

SATURDAY YOGA | \$20

SAT MAY 4, 11, 18, 25 | 9 AM

SUNDAY YOGA | \$20

SUN MAY 5, 12, 19, 26 | 10:15 AM

POWER YOGA | \$20

SAT MAY 4, 11, 18, 25 | 10:15 AM

SUNRISE YOGA | COMPLIMENTARY

MON MAY 27 | 8 AM



Product Highlight

OTO

In the space between sound and silence comes healing... Translating to 'Sound' in Japanese, OTO leverages the emphasis of the relationship between sound and silence. Each needs and responds to the other to create balance, meaning, harmony and cohesion. OTO exists to help you 'Amplify the Silence' so that you can FIND YOUR SPACE. All our treatments are accompanied by soundscapes designed to affect the binaural rhythms.

THE PROBLEM

The overwhelming stress of modern, urban life causes the continuous misfiring of our fight & flight response, releasing cortisol which wreaks havoc on our mind, bodies and skin.

- 01. It makes it hard to relax and switch off, effecting the quality of your sleep. Impacting your body and mind's capacity to rejuvenate and reset.
- 02. It disrupts hormone systems including insulin production, thyroid regulation and reproductive hormones. It also effects your gut health and microbiome. Further stressing the body.
- 03. It reduces skin rejuvenation, impairing skin barrier function, increasing inflammation, accelerating aging, and increasing hormonal outbreaks.



OTO SOLUTION

Antidotes to modern life that harmonize mind, body and skin, fostering wellness, alleviating stress and restoring balance. Through effective solutions and immersive experiences that are grounded in nature and guided by modern science. We help people find their space in a noisy world.

PRICKLY PEAR MARGARITA | \$14



Cocktail of the Month

AT QUENCHE

This prickly pear margarita is the perfect tease of summer. The sweet, comforting summer drink is made with El Tequileno tequila, prickly pear, lime juice, and Cointreau. Sip this after your spa treatment or while you're staying cool in the pool.

MASSAGES FEATURING OTO



FOCUS: REJUVENATING MASSAGE

Focus the mind and restore the body with this full sensory experience from the award-winning wellness brand, OTO Designed to calm and refocus a busy mind. This whole body treatment with a stimulating scalp and foot massage uses CBD oil infused with Ginger, Black Pepper, and Frankincense, renowned for their anti-inflammatory and soothing properties. Combining the OTO signature soundscape and the harmonising qualities of aventurine crystal, feelings of anxiety will be reduced and concentration improved.

AMPLIFY: RE-ENERGIZING MASSAGE

Designed to ease tension and unravel tightness in tired muscles. This full body treatment uses CBD oil infused with Bitter Orange, Grapefruit and Juniper Berry, coupled with a handcrafted bamboo roller to rejuvenate deeper levels of the muscle. Combined with an OTO signature sound therapy and the placement of Red Jasper crystal, renowned strong grounding properties, for a profoundly regenerative experience.

BALANCE: DEEP RELAXATION

Designed to be deeply restorative and help with sleep. This full-body massage uses CBD oil, infused with Jasmine, Helichrysum and Roman Chamomile, to calm the nervous system resulting in deep relaxation. Combined with an OTO signature sound therapy and Rose Quartz crystal, used for its deep inner healing properties, for a powerful balancing and restoring experience.