



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

- 1 Lobby / Front Desk

2 Sire Bar & Bocada

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 Primera 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 The Villas

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
Dinner: 5-10pm
S-Sat: 11am-11pm
Weekend Buffet: 7AM-11AM
(\$28 for adults & \$14 for kids)

PRINCE

Henrietta's

MARKET

Sun-Thurs: 11am-10pm
Fri-Sat: 11am-11pm
Open 24 Hours

Signature

Bar

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

B O C A D O

Bar

Open Daily
4pm-10pm

LA CANTERA

CLUB

Daily: 7am-6pm

TOPAZ

Seasonal

Seasonal

VISTA GRILLE

Seasonal

Seasonal

GO

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

DAILY SHUTTLE SERVICE

Shuttle Runs from 6:30AM-11PM, 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



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Learn all about energy healing

FLOAT AWAY WITH ME
An experience at Topaz Pool - floating beds, meditation, sound bowls & more!
Details inside!

FEATURED SERVICES & OFFERS

MONTHLY
VENDOR & PRODUCT
HIGHLIGHT

Dr Dennis Gross

SKINCARE

jane iredale

BEAUTY WITH BRILLIANCE™

*Float Away
with Me*
SOUNDBOWL EXPERIENCE
AT TOPAZ POOL

GIVE US A FOLLOW!

@lomadevida
@lacanteraesort
@signaturesanantonio
@lacanteragolf
@grille254

La Cantera Resort & Spa



ANNE MELBY

A Letter from the Director of Spa & Recreation

We're off to a FUN & active Spring Break Season here at Loma de Vida (Hill of Life) Spa!

We want to recognize all fabulous women on International Women's Day. Wear green, purple & white to the spa on March 8th & receive a complimentary spa service enhancement.

As we near Bridal Season, we are proud to announce our partnership with Jane Iredale Cosmetics. It is dermatologist tested, sensitivity tested, heavy metal tested & allergy tested. Best of all, you can trust it to stay in place & keep you looking your best on your special day, as well as, every other day.

Another line that I have come to trust over the years is Dr. Dennis Gross. I have sensitive skin & rosacea which can be challenging to treat. One of my favorites is Dr. Dennis Gross's Daily Skin Peel Pads. Literally a box of peels sells every 2 seconds around the world. Dr. Dennis Gross's commitment statement says it all: Scientific Skincare. Proven. Responsible. Health First. All formulas are vetted with comprehensive laboratory, clinical & safety studies.

Here at Loma de Vida we have a **Dr. Dennis Gross Anti-Aging Facial**. \$270 (60 min) / \$330 (75min). This complexion-perfecting facial targets fine lines, enlarged pores & discolorations. Includes a retinol or alpha beta peel & light therapy treatment (LED).

One of our favorite evenings is our **GLOW event (March 22) from 7pm-10pm**. Our charity donation in March will go to UTSA Public Health Scholarship Fund. We have a lot of vendors in attendance; including: Comfort Zone; Jane Iredale; Super Goop; Gulcin Botanicals, Dr. Dennis Gross & more!

In Happiness & Wellness,
Anne



Product
Highlight

DR. DENNIS GROSS

Our products work. They deliver transformative improvement with the most optimized active ingredients for results without downtime. Based on Dr Dennis Gross' professional experience as a cancer researcher, practicing dermatologist and formula innovator, we have eliminated more than 1650 ingredients due to his concerns about their potential toxicity, safety and ability to harm or irritate skin. And we vet all of our formulas with comprehensive laboratory, clinical and safety studies before we bring them to you. You will never choose to stop because they never stop working for you. We will never do anything to compromise the health of your skin.

DERMINFUSIONS | 3D SERUM (TOP)

This doctor-formulated breakthrough formula reclaims visible, youthful 3D volume—up, down, and sideways, just like filler. It's clinically shown to provide visibly plumper skin immediately and over time. This serum features a MicroCelle Delivery™ system that reduces the size of water molecules for deeper and easier penetration of the key ingredients.

LIGHT IT UP (2ND DOWN)

In just 3 minutes a day, build collagen & clear your complexion with a LIMITED EDITION magenta FaceWare™ Pro. Follow your routine with our Intense Wrinkle Cream, Overnight Texture Renewal Peels & best-selling Triple Correction Eye Serum for visibly fewer fine lines & wrinkles & visibly firmer more radiant looking skin.

JANE IREDALE (3RD & 4TH DOWN)

Our full line of cruelty-free, good-for-your-skin makeup and skincare is noncomedogenic and free of parabens, talc and phthalates.

No compromises: Noncomedogenic, Paraben-Free, Talc-Free, Phthalate-Free

FITNESS

SOCIAL YOGA | \$45

FRIDAY, MAR 8 | 5:30 PM

Enjoy a glass of champagne, plus access to Loma de Vida Spa after class until 8 PM.

SOUND BOWLS | \$20

SUN MAR 3 & 17 | 9 AM

SATURDAY YOGA | \$20

SAT MAR 2, 9, 16, 23, 30 | 10:15 AM

SUNDAY YOGA | \$20

SUN MAR 3, 10, 17, 24 | 10:15 AM

POWER YOGA | \$20

SAT MAR 2, 9, 16, 23, 30 | 10:15 AM

MEDITATION | \$20

SUN MAR 10 & 24 | 10:15 AM

SUNSET MEDITATION | COMPLIMENTARY

FRI MAR 8 & 15 | 7 PM

SUNRISE YOGA | COMPLIMENTARY

FRI SUN MAR 10 & 17 | 8 AM



Reiki

WITH NAINA PITAMBER

Greetings everyone! My name is Naina Pitamber, I am of Hindu origin & was born in Zimbabwe, Africa. I've lived in San Antonio since 2007. I am passionate about complementary & holistic health which I have been practicing for over 37 years. I have been a proud associate with Loma de Vida Wellness & Spa for the last 5 years.

Ancient therapies have had immense success for centuries. Some of the numerous modalities of holistic health are: Reflexology, Reiki, Massage therapy, Craniosacral therapy, Emotional Freedom Technique, etc. The ultimate goal of all aforementioned treatments is homeostasis, a state of balance among all the body systems needed to survive & function correctly. As a Reiki master, it is important to emphasize how everything is energy! Energy has no beginning & no end. The human body has its own internal energy lines (passageways, meridians). Ill health can arise from an imbalance of energy. Energy healing is actually vibrational healing. For example, all colors and stones have various vibrations corresponding to the different body organs... just like in yoga the asanas (positions) stimulate and exercise different body organs and systems. Energy is the basis of all life and is intrinsic in healing. The human body has a marvelous capacity to heal itself given the right conditions and opportunities. After all, everyone desires a salubrious living! May good health of body, mind and spirit reign in your lives! Namaste!

Service
Feature



LOMI LOMI

This massage is powerful yet gentle, restoring a sense of harmony and balance to the mind, body and spirit. An ancient Hawaiian bodywork technique that uses fluid rhythmic motions mimicking the ocean waves. Try Lomi Lomi and see why it has been performed by Kahunas for generations.

While other styles of massage only focus on one section of the body at a time, Lomi Lomi uses long, flowing strokes to continuously work the muscles, bones, and fascia. **Benefits:** Increased blood flow, improved digestion, increased clarity & heightened senses, deeper relaxation.

25 MIN | \$105

Swimsuit in cabana

Ends with hydrating coconut drink



EVENTS



Float Away with Me

Enjoy a soulful sunrise meditation on floating beds with sound bowls and tealights at dawn around the pool. Wonderful for quieting your mind, letting go of things no-longer serving your soul and reinforcing purpose and vitality. This meditation will be centered around gratitude and love. It will create space and clarity in your mind and body to rediscover purpose, heal, build strength and recover.

60 MIN – \$60 PER PERSON

MARCH 13 | TOPAZ POOL | 7 AM



START YOUR SPRING WITH A GLOW

Join Loma de Vida Spa & Wellness, in partnership with Lalo Tequila for a sip and dip under the Texas stars. Roam freely within our walls as our spaces are transformed into a co-ed experience with live music, small bites, and a complimentary Mexican 75 cocktail. A perfect way to connect with your friends or partner, we invite you to discover and revive in our Himalayan Salt Saunas, Herbal Steam Rooms, Vitality Pools, and our Outdoor Infinity Edge Heated Pool & Jacuzzi.

MARCH 22 | 7:00 PM

\$95/PERSON | AGES 21+

TICKET INCLUDES VALET &

\$10 DONATION TO UTSA PUBLIC HEALTH

Swimwear Required at All Times
Purchase Tickets at Lomadevidaspa.com



Ginger is one of the best flowering plants / spices to support your health. It is known for its positive benefits for your heart, combatting nausea and headaches. It is also known for its antioxidant and anti-inflammatory properties.

GINGER SHOT | \$3
IMMUNITY JUICE | \$10 (16 OZ)
apples, spinach, ginger, orange, pineapple

