



ANDA SPA HOURS

Monday through Thursday 9:00 A.M. to 7:00 P.M.

Friday through Saturday 9:00 A.M. to 8:00 P.M.

Sunday 10:00 A.M. to 5:00 P.M.

FITNESS STUDIO HOURS

Monday through Saturday from 6:00 A.M. to 8:00 P.M.

Sunday 9:00 A.M. to 7:00 P.M.

Anda Spa
201 South 11th Street
Minneapolis, MN 55403
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andaspa.com

OUR PHILOSOPHY

Like the best things in life, the philosophy at Anda, a Swedish word meaning ‘spirit’, is rooted in balance. Our modern wellness retreat focuses on a deeper sense of well-being, allowing you to reconnect your body, mind and spirit. Personalized spa treatments and rituals are inspired by a sense of vitality which offers you a calmer, more balanced, perspective on life.

Bespoke rituals were created to honor physical well-being and envelop the spirit. Anda Spa captures the essence of crystal-based wellness practices by blending holistic influences throughout a gathering place of energy. Holistic is defined by being “whole” or “complete,” Anda Spa honors this harmonious balance of mind, body, and spirit to attain optimal health.

SKIN RITUALS

LABRADORITE FACIAL

90 minutes

Reveal your best self with a stimulating transformation through our Labradorite immersion. Deliberate steps are taken to ground the parasympathetic nervous system and balance your heart chakra. Tension from the face, neck and jaw float away. Hydration levels become perfectly balanced, leaving a deeply nourished and vibrantly healthy complexion.

Includes: Facial cleansing, skin analysis, customized exfoliation, relaxing massage with Labradorite gemstone therapy, booster serum, customized mask and moisturizers, and homecare product recommendations.

BIO-ENERGY LIFT™ REMINERALIZING FACIAL

60 / 90 minutes

Experience instant rejuvenation by accelerating cellular respiration to bring fatigued and over-stressed skin back from the brink. Skin becomes re-energized with a cocktail of Copper & Amino Acid Complex, peptides, vitamins and minerals to firm, lift and revitalize the skin.

Includes: Facial cleansing, skin analysis, polishing enzyme exfoliation, soothing massage, lifting and firming booster serum, customized contouring mask and moisturizers, and homecare product recommendations.

MOISTURE DRENCH FACIAL

60 minutes

Nature's cure for thirsty, moisture deprived skin, this hydrating treatment instantly replenishes the skin with deeply hydrating botanical blends.

Includes: Facial cleansing, skin analysis, soothing enzyme exfoliation, hydration repair massage, booster serum, customized mask and moisturizers, and homecare product recommendations.

AURA FLASH

30 minutes

A facial for those on the run. It cleans, tones, exfoliates and hydrates all in a flash!

Includes: Facial cleansing, customized enzyme exfoliation, booster serum, customized moisturizer, and homecare product recommendations.

SKIN RITUALS

Our Skin Rituals are designed to reveal your healthiest, most radiant skin.

GEMSTONE REBALANCING FACIAL

60 minutes

Reboot your skin with this targeted treatment to reduce inflammation, the primary cause of skin aging. Featuring a soothing gemstone roller massage and a booster serum loaded with the revitalizing Echinacea and protecting Butterfly Bush, this treatment improves the appearance of fine lines and wrinkles while boosting radiance, smoothness, and firmness.

Includes: Facial cleansing, skin analysis, customized exfoliation, soothing gemstone roller massage, booster serum, customized mask and moisturizers, and homecare product recommendations.

ANDA HOLISTIC FACIAL

60 / 90 minutes

We believe that beauty is rooted in wellness and that radiant skin is a reflection of overall health and wellbeing. This treatment features an in-depth consultation focused on diet, gut health, and stress to identify your distinct Skin Personality, and create the ideal treatment for you.

Includes: Facial cleansing, skin analysis, detoxifying lymphatic brushing, customized enzyme exfoliation, relaxing aromatherapy massage, booster serum, bio-cellulose mask and moisturizers, and homecare product recommendations.

ROSE QUARTZ FACIAL

60 minutes

Recover skin over-exposed to the elements with botanicals blended with green biotechnology to cleanse, decongest, refine and oxygenate. Massage movements inspired by gentle rain and the ocean's soft, rolling waves coupled with Rose Quartz gemstones therapy revitalize skin and spirit.

Includes: Facial cleansing, skin analysis, customized exfoliation, relaxing massage with Rose Quartz gemstone therapy, booster serum, customized mask and moisturizers, and homecare product recommendations.

SKIN ENHANCEMENTS

AHA TREATMENT

15 minutes

This powerful exfoliating treatment is specifically formulated to promote cellular renewal, improve skin texture, diminish blemishes and brighten the complexion. Designed to deliver exceptional results for any skin type without the discomfort or recovery time of traditional resurfacing formulas.

ENZYME POWER PEEL

15 minutes

Create a personalized facial experience with herbal enzyme peels designed to treat skin imbalances such as blemishes, hyperpigmentation, fine lines and wrinkles.

EYE CONTOUR & HYDRATING LIP TREATMENT

30 minutes

An intensive eye treatment helps reduce puffiness, under-eye discoloration, and the appearance of fine lines and wrinkles. The accompanying lip treatment gently exfoliates and hydrates to leave lips feeling smooth and supple.

HYDRAFACIAL MD™ TREATMENTS

HydraFacial MD™ is a medical grade, non-invasive resurfacing procedure that thoroughly cares for the skin, providing deep cleansing, exfoliation, and deep hydration while infusing active booster serums into the skin.

HydraFacial is customized to meet the needs of your individual skin type and concerns—oily or dry skin, sensitive skin, fine lines and wrinkles.

PLATINUM HYDRAFACIAL™

90 minutes

The ultimate HydraFacial experience for your face, neck and décollete which includes lymphatic drainage, customized booster serum, and LED Light Therapy.

DELUXE HYDRAFACIAL™

60 minutes

Choose your own treatment path to address a specific concern, each finishing with LED Light Therapy.

Select a treatment focus below:

RESTORATIVE HYDRAFACIAL

Includes CTGF™ to improve the appearance of skin tone, texture, and elasticity.

AGE-REFINEMENT HYDRAFACIAL

Includes DermaBuilder™ to reduce the appearance of fine lines and wrinkles.

RADIANCE HYDRAFACIAL

Includes Britenol® to minimize the appearance of dark spots.

CLARIFYING HYDRAFACIAL

Includes Extended Extractions & Blue LED Light Therapy.

FLASH HYDRAFACIAL™

30 minutes

Hydradermabrasion technology in a flash! This treatment deeply cleanses, exfoliates, extracts, and hydrates the skin for amazing results fast.

MASSAGE & BODY RITUALS

HANDCRAFTED MASSAGE

60 / 90 minutes

Our skilled therapists will craft a bespoke journey tailored to your individual needs. This perfect blend of massage techniques will unwind and rejuvenate tense muscles to relieve stress and promote an overall feeling of well-being.

MATERNITY MASSAGE

60 minutes

Specially designed to nurture the expectant mother, this treatment relieves the unique stresses and strains experienced during pregnancy. Please note that this treatment is only appropriate following the first trimester of pregnancy.

HIMALAYAN SALT STONE MASSAGE

60 / 90 minutes

Elevate your massage by integrating philosophies from Eastern medicine, Swedish massage, thermal therapy, and halotherapy for an increased sense of tranquility and well-being.

Our halotherapy stones are pure Himalayan Pink Salt rich in 84 naturally occurring minerals and elements that revitalize the body. The stones are warmed and used as an extension of your therapist's hands to deliver a truly unforgettable experience.

Thermal salt therapy is known to increase blood circulation, reduce inflammation, and improve sleep.

COUPLES MASSAGE

60 / 90 minutes

Share the tranquility of our Handcrafted Massage with a trusted companion.

MASSAGE THERAPY ENHANCEMENTS

ALPINE ARNICA MUSCLE REPAIR ENHANCEMENT 15 minutes

Utilizing the best of nature's pharmacy, this intensive enhancement is designed to help soothe sore muscles, tendons and stiff joints with Arnica, Menthol, and Magnesium.

PEPPERMINT FOOT THERAPY

30 minutes

A revitalizing foot and lower leg treatment designed to invigorate the entire body. Calves and feet are massaged to enhance circulation. Feet are then cocooned in aromatic steamed towels to awaken the senses from head to toe.

BODY RITUALS

ESPRESSO MUD DETOXIFIER

60 minutes

This re-mineralizing and detoxifying treatment starts with a vigorous exfoliation using volcanic Pumice and Coffee Arabica to stimulate circulation and draw out impurities, followed by a warm wrap with mineral-rich Black Silt Clay and herbal extracts of Indian Sarsaparilla and Honey to help smooth and firm the skin.

MOISTURE DRENCH SKIN CONDITIONER

60 minutes

The ultimate skin conditioning treatment for the body begins with a hypnotic massage featuring a warm, mineral-rich Seaweed wrap infused with aromatic Japanese Ume Plum extracts to revitalize the skin followed by a detailed massage to deeply seal in moisture for a silky, satin finish.

RENEWAL RITUAL

90 minutes

An immersive journey of the senses inviting deep rest and renewal to reinvigorate body, mind, and spirit. Our treatment begins with a nurturing wrap of wild-craft Silver Fir extracts, luminizing Sea Salt, and mineral-rich Ocean Mud to detoxify and exfoliate away warm weather stagnation. A full body massage coaxes away tension and renews skin's softness and luminosity.

RITUAL BATHS

Bathing is a ritualistic harmony with water. Stimulating and detoxifying or sedative and relaxing, bathing allows the body and mind to heal physically and psychically.

ROSE QUARTZ INFUSED BATH SOAK

30 minutes

An elixir created exclusively for Anda Spa, soft Sambac Jasmine, French Lavender, Rose Absolute, and Ylang Ylang blend with Dead Sea Salt, Kaolin Clay, and Cocoa Butter and vibrationally attuned Rose Quartz to instill feelings of peace and deep inner healing.

LAVENDER + EARL GREY TEA INFUSED BUBBLE BATH

30 minutes

Allow the soft scent of organic Lavender and delicate Earl Grey Tea to create a creamy tub of relaxing, sleep-inducing bubbles.

ORGANIC BAMBOO CHARCOAL + EPSOM SALT SOAK

30 minutes

This soak detoxifies from the outside in with organic Activated Bamboo Charcoal to draw toxins and free radicals from the skin while the spicy oils of Basil and calming Lavender soothe the mind. Epsom and French Sea Salts relax aching muscles while a skin softening Coconut Milk envelops your entire body.

For even greater detoxification, we recommend a cold rinse immediately following your soak.

SWEET BIRCH MAGNESIUM BATH CURE

30 minutes

This Magnesium bath helps refresh sore muscles and overall fatigue and features your choice of a warm bath to help with symptoms of fatigue, or a hot, stimulating bath to ease sore muscles.

We recommend a visit to our Quartz Sauna immediately following this bath.

REST BATH CURE

30 minutes

A relaxing, warm Lavender Blossom bath eases nervous tension and stress-related symptoms.

We recommend a visit to our Quartz Sauna immediately following this bath.



ANDA EXPERIENCE

Anda Spa is honored to offer these experiences inspired by our philosophy to balance the body and mind.

ULTIMATE ZEN RITUAL

150 minutes

Recenter the mind and pamper the body from head to toe with our most indulgent experience. Featuring an ultra hydrating scrub, full body wrap, hot oil scalp ritual, and full body massage, this luxurious treatment brings healing to each part of the body while a personalized aroma-sensory element awakens the deepest parts of the mind and a Zen state of relaxation and wellness.

Also available as a Romance Ritual for couples.

THE NIGHT SPA: SUITE SERENITY

120 minutes

Couples are invited to step away from the hustle and bustle of everyday life and rediscover each other with our bespoke Night Spa Experience, where the lovely Anda Spa is exclusively yours.

Begin your evening with a soak in the quartz spa or detox in our quartz sauna before taking an Alchemy Aroma Journey, creating a custom scent to be used in this restorative ritual. The journey continues with an invigorating dry brushing to stimulate the senses before being cocooned in a warm Shea Butter wrap with an indulgent hot oil scalp treatment and side by side full body massages.



NAIL SERVICES

Our manicure and pedicure rituals feature a personalized aroma with this luxurious, nourishing treatment. This unique experience embraces the powerful connection between scent and memory, creating a lasting reminder of your time here at Anda Spa.

CLASSIC MANICURE 30 minutes

Our most popular manicure cares thoroughly for your hands and fingernails.
Includes: Nail and Cuticle Care with Nail Shaping and your choice of traditional polish.

CLASSIC PEDICURE 45 minutes

Take care of your hard-working feet with our most popular pedicure.
Includes: Nail and Cuticle Care, Nail Shaping, Foot Care, and your choice of traditional polish.

QUENCH MANICURE 45 minutes

This nourishing, hydrating manicure helps fight the signs of aging on hands.
Includes: Nail and Cuticle Care with Nail Shaping, ultra-hydrating Shea Butter moisture and massage, and your choice of traditional polish

QUENCH PEDICURE 60 minutes

Reveal your best feet and legs with this ultra-hydrating pedicure.
Includes: Nail and Cuticle Care, Nail Shaping, Foot Care, Massage and Mask with ultra-hydrating Shea Butter, and your choice of traditional polish.

GEL MANICURE 45 minutes

This nourishing, hydrating manicure helps fight the signs of aging on hands.
Includes: Nail and Cuticle Care with Nail Shaping and your choice of UV-cured gel polish

GEL PEDICURE 60 minutes

Our Classic Pedicure with long-wearing Polish.
Includes: Nail and Cuticle Care, Nail Shaping, Foot Care, and your choice of UV-cured gel polish.

We are committed to offering our guests the latest technology in clean beauty - and we have chosen nail varnish formulated free of the major toxins and allergens often associated with nail varnish. Our products are free of: formaldehyde, dibutyl phthalate (DBP), toluene, camphor, formaldehyde resin, TPHP, xylene, ethyl tosylamide, parabens, and gluten.

ANDA SPA POLICIES

MINIMUM AGE

For safety and security reasons, children under the age of 15 are prohibited from the Spa and Fitness areas. Children of all ages may receive Nail Salon services, but will not have access to the Spa areas. Children under the age of 16 may not receive body treatments, massage, or facials. Children between the ages of 16 and 18 may use Fitness equipment only when accompanied by a parent or legal guardian. Participation in fitness classes is restricted to those 18 and older.

RESERVATIONS

Reservations can be made by calling 612-353-3640 or by requesting a service online. We encourage you to reserve treatments at least one week in advance.

CANCELLATION

If you must cancel your individual appointment, please notify us six hours before your scheduled time to avoid being charged the full-service fee. Any appointments rescheduled within the six-hour window will incur a change fee of \$35. Cancellations of groups, packages of two or more services, or small private parties require 72-hour notice time to avoid being charged the full-service fee. Cancellations of groups of five or more require a 2-week notice time to avoid being charged the full-service fee. Therapists may terminate a treatment at any time without refund in the event of any inappropriate actions or language. A credit card number is required at time of booking.

ARRIVAL TIME

For your enhanced comfort and relaxation, we suggest that you arrive 30 minutes before your scheduled treatment. This will allow you to relax in our lounges, saunas and steam rooms.

LATE ARRIVALS

Arriving late will simply limit the time for your treatment, as your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied, regardless of late arrival.

PAYMENT OPTIONS

A valid credit card number is required at the time of reservation. All major credit cards with proper identification are accepted for payment. Spa services can also be charged to your hotel bill. For your convenience, payment is accepted prior to services at the time of check-in. Please present discounts, gift vouchers and gift certificates at check-in. Anda Spa cannot honor discounts, gift vouchers, or gift certificates after services are rendered. Discounts do not apply to spa packages, promotions, special events or holidays. All listed discounts are subject to black-out dates. Prices and services are subject to change.

SERVICE CHARGE & GRATUITY

A 20 percent service charge will be added to the total service price. A portion of the service charge will be dispensed to the spa technician who serves you and the remaining amount is a facility fee. At your discretion, you may leave additional gratuity for your therapist.

ANDA SPA POLICIES

SPA ETIQUETTE

It is good practice to shower before any treatment. Silence and peace are part of our philosophy. Please be considerate of other guests' space and journey by silencing any electronic device before entering the spa.

VALUABLES

If you are staying in the hotel, please leave valuable items in the safe in your guest room. Otherwise, lockers are available for your personal items in the spa facility. For your comfort, please do not wear any jewelry during your spa treatments. Anda Spa is not responsible for lost or damaged items during your visit.

FACILITY USE

Spa facilities, including locker rooms, Quartz spa, and relaxation areas, are exclusively available for registered Hotel Ivy guests and any Anda Spa guest receiving a massage, facial or body treatment during their day of service. Day passes are also available. Spa amenity access for guests not receiving treatments is subject to availability.

ATTIRE

Bathrobes, slippers and disposables are available at Anda Spa for your treatments. Bathing Suits are required to utilize the Quartz Spa.

HEALTH CONSIDERATIONS

Please notify our spa reservation department with complete and accurate health information before booking your treatments. Please notify the spa coordinator if you have high blood pressure, allergies, any other physical ailments or disabilities requiring special assistance, or if you are pregnant. If you have any concern at all, please let us know. If at any time during your services you experience discomfort, please alert your therapist immediately.

PREGNANCY

While there are a few services that should be avoided during pregnancy, there are many beneficial treatments that can be enjoyed. Please notify our spa coordinator if you are pregnant when you make your appointments so that they can offer guidance. Please note that pregnancy massage is only available during the second or third trimester.

