



Sparrow Services & Experiences

Skip the crowded spa.
Plan a trip that feels relaxing, not rushed.

Perfect for couples, groups & girls trips





IN-HOME MASSAGE

\$240 | \$275 per person

60 + 90 Minute Restoration Sessions

[Learn more >>](#)

YIN YOGA & SOUND HEALING EXPERIENCE

\$395-\$695 per group

A guided yin/restorative yoga experience with sound journey in 432 hz for a complete nervous system reset.

[Learn more >>](#)

SIGNATURE EXPERIENCES

\$375 per person

Couples Getaway:

Our most restorative couples session, designed specifically because love always grows with renewal.

[Learn more >>](#)

Hiker's Dream Recovery:

Athletic recovery meets functional luxury. This experience is built for hikers, athletes, adventure travelers and active groups who want their bodies back after demanding days.

[Learn more >>](#)

Sparrow Spa Immersion:

A full-day private spa experience brought directly to you.

[Learn more >>](#)

Total Group Reset:

A fully facilitated immersion including personalized bodywork, guided Yoga, sound integration and full coordination. Delivered as a complete container.

[Learn more >>](#)

[CHECK AVAILABILITY >>](#)

Most people don't realize ...

This one thing affects their entire trip to Sedona.

A lot of people come to Sedona expecting to relax... but leave feeling like the trip went by too fast, or didn't feel as good as they imagined.

It's not because they chose the wrong place. It's because of *how* they planned their time.

This guide will show you how to do it differently.

Sparrow Massage Sedona



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The Most Common Mistake...

Most people treat wellness like an add-on. They book activities first... hiking, dinners, excursions... and try to fit relaxation in wherever there's time left.

By the time they book a massage, they're already tired, sore or rushed.



Why the spa isn't always the best part of the trip...

A lot of people assume going to a spa will be the most relaxing part of their trip. But in reality, it often means:

- Driving to a location
- Waiting in a lobby
- Rushed or inconsistent sessions
- Leaving right when you're finally relaxed

For many guests, it ends up feeling like just another thing on the schedule.





What actually creates a relaxing trip...

The most memorable trips are built around *how you feel*, not just what you do.

Instead of adding wellness at the end, anchor your trip around it.

- Book your recovery before or early in your trip
- Stay in your space instead of going out
- Choose experiences that allow your body to fully relax
- Give yourself time to enjoy the after-effect, not rush past it





A simple way to structure your trip

Day 1: Arrive, settle in, light evening

Day 2: Activity (hiking, exploring)

Day 3: In-home massage or recovery day

Day 4: Free day or light plans

This creates **balance** instead of *fatigue*.





What Guests Say ...

"This is SUCH a vibe, I'm so glad we did this..."

"I'm so excited for this. I can't wait."

"THIS is why I came to Sedona..."

"It completely changed the experience for our group..."





Want help planning your experience?

We specialize in in-home massage and private wellness experiences for groups, couples and retreats in Sedona.

Check availability or text us to start planning:

[CHECK AVAILABILITY >>](#)

[TEXT US TO PLAN YOUR GROUP >>](#)





Sparrow In-Home Massage & Wellness Experiences

Designed for groups, couples and elevated stays.
We bring the full spa experience to your home or retreat.
Perfect for Couples, Girls trips, Special Occasions, Retreats & Groups.
Pricing is all-inclusive.

[CHECK AVAILABILITY >>](#)

