

CURRENT OFFERINGS AT TEN THOUSAND WAVES

We [require masks](#) indoors in conformance with the latest [health order](#) from the Governor of New Mexico. In addition, we have strict vaccination or testing requirements in place for all facilities and services. See [Vaccine Requirements](#) for details and necessary documentation. Please [click here](#) to understand why we are taking these measures.

Each [hot tub suite](#) is self-contained with a private outdoor tub, sauna, and changing room. Reserve online [here](#). We no longer offer non-reserved communal bathing. [Click here](#) to learn how this change has enhanced the sense of peace and relaxation at the spa.

Anyone receiving [massage](#), [spa treatments](#), or [skin care](#) has complimentary access to the [Grand Bath](#). Private changing rooms are available with each treatment. Please call 505-982-9304 to make your reservation.

[izanami](#), our spectacular izakaya restaurant, provides table service indoors, on our open-air patio, and in our outdoor pavilion. Check out our current [menu](#). Book your table [here](#).

Our [lodging](#) offers contactless check-in and check-out. Guests are welcome to check in at the front desk if they desire. Each room has complimentary access to the [Grand Bath](#) from 8:00 am - 9:00 pm and priority access to private hot tub suites at a discount. We are a quiet getaway near some of the best hiking and wilderness scenery in New Mexico and only minutes from the National Forest. Book online [here](#).

We are now offering a revolutionary new program called [Transformation](#) which combines the beauty and hospitality of our spa with the benefits of neuroscience and psychedelic medicine.

We're here to help you through this phase of the new world order. Read about the [extraordinary measures](#) we have in place to keep you safe. [Subscribe to our newsletter](#) for the latest information.

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