

## TREATMENT MENU

relax • rejuvenate • revitalize

For the ultimate in post-mountain recovery, choose from a variety of luxurious massage or facial treatments offered by our highly skilled therapists. Our facial treatments offer the exclusive June Jacobs Spa Collection, derived from botanical and plant extracts and free of paraben and preservative ingredients. This collection is designed to deliver unparalleled results.

A complimentary hand treatment and herbal eye pads accompany all of our massages. Enjoy our steam room before or after your treatment. Complimentary organic teas and snacks are offered.



## **FACIALS**

#### FIVE-STAR FACIAL

This signature facial is as luxurious as it is effective. Restore your skin with a nourishing combination of natural botanicals, vitamins and anti-oxidants. This is the Couture of the June Jacobs Spa Collection.

#### CALMING FACIAL

This specialized facial is targeted to sooth sensitive skin. It will leave your skin ultra soft, visibly healthy and radiant. Perfect recovery from our Rocky Mountain climate.

#### INTENSIVE AGE-DEFYING FACIAL

Revitalize your complexion with a powerful combination of anti-oxidants, mild lactic acid, botanical extracts and skin hydrators. This treatment will restore your skin's youthful appearance.

#### GENTLEMAN'S ESSENTIAL FACIAL

After a rugged day in the mountains, this cooling cucumber facial is customized for men, to produce a deep state of relaxation and well-being. The natural botanicals stimulate and soothe the skin and relieve congestion.

## **MASSAGES**

#### COUPLES MASSAGE

A massage shared with your partner is an intimate and romantic experience that refreshes the mind and body and your relationship. Contact the Health Center to find out which massage therapies are available to couples. Available in-room only.

#### SWEDISH MASSAGE

Experience a tension-releasing treatment that restores the body and by extension, the mind. For a deeper state of relaxation, our massage therapists will gladly include aromatherapy and 100% essential oils with your session.

#### SPORTS MASSAGE

This promotes and speeds recovery of tired, strained, or sore muscles so you can bounce back for another day of action. It's ideal for those engaging in consecutive days of skiing or other Rocky Mountain activities.

#### DEEP TISSUE MASSAGE

This therapeutic and corrective treatment focuses on relaxing deep layers of muscle tissue. It's commonly used to soothe chronic pain caused by overstressed muscles

#### PRENATAL MASSAGE

Surrounded by soft pillows for your comfort, gentle massage strokes will relax your changing body. A soothing touch that is a wonderful treat for you and your baby.

#### THAI MASSAGE

Relax and let your therapist move your body through a sequence of yoga-based stretches while applying rhythmic pressure to critical energy points on your body.

#### SHIATSU MASSAGE

This massage stimulates the body's blood and energy flow through specifically applied pressure points throughout the body.

#### HOT STONE MASSAGE

A relaxing massage using warm river stones to increase circulation and decreased muscle aches. The warmth from the stones allows the therapists work to penetrate deeply using less pressure.

#### REFLEXOLOGY

This therapeutic treatment focuses on the highly sensitive regions of your feet, using unique pressure points and massage motions to rejuvenate the entire body. May be included with the Swedish, Sport and Deep Tissue 80 minute massages.



## MASSAGE ADDITIONS

To enrich your massage treatment, we recommend the following additions:

#### FOR RELAXATION & RENEWAL:

 $\frac{\text{Raindrop Essential Oil}^* \sim \text{Pure essential oils are dispensed like drops of rain and massaged along the vertebrae, followed by a warm compress. The effects of the oils may continue to work in the body for five to seven days.}$ 

Hot Towel Sugar Glow Lower Leg and Feet Treatment ~ Choose from Lavender Vanilla or Tropical Ginger leaving your skin exfoliated and hydrated.

<u>Tuning Fork Vibration Therapy</u> ~ The sound wave created by Ohm Tuning Forks work like kinetic energy removing disharmony and tension, while restoring a sense of well being.

Taste of Paradise Thai Herbal Treatment\* ~ To help relax, detoxify and increase blood flow, steamed muslin balls are filled with Thai herbs and spices including lemongrass, turmeric, prai, kaffir lime and tamarind. These herbs also leave your skin smelling wonderfully.

\*with an 80 minute massage

#### AFTER AN ATHLETIC-FILLED DAY:

<u>Arnica Oil Treatment</u> ~ Treats aches and pains and leaves your muscles relaxed and renewed. The oil is applied along with an ice pack.

<u>Ayurvedic Naranyan Oil Treatment</u> ~ Sore muscles are massaged with pure Ayurvedic oils to restore flexibility and encourage healing.

Cooling Pain Sombra Gel Treatment ~ Deep penetrating and long lasting relief for joint pain and backaches.

Our Health Center is located one level below the lobby and offers state-of-the-art Matrix equipment, personal trainers upon request, private treatment rooms and steam rooms.

Sundries, including magazines and books, June Jacobs products and The Little Nell logo wear such as caps, fleeces and golf shirts are also available.

#### THE LITTLE NELL.

675 East Durant Avenue Aspen, CO 81611 970/920-6390 www.thelittlenell.com

## TREATMENT TARIFF

#### **FACIALS**

FIVE-STAR FACIAL

\$165/50min

\$205/80min

CALMING FACIAL

\$155/50min

INTENSIVE

AGE-DEFYING FACIAL

\$160/50min

GENTLEMAN'S ESSENTIAL FACIAL

\$155/50min

### MASSAGES

COUPLES MASSAGE

\$290/50min \$410/80min

SWEDISH MASSAGE

\$145/50min \$205/80min

SPORTS MASSAGE

\$145/50min \$205/80min

DEEP TISSUE MASSAGE

\$145/50min \$205/80min

PRENATAL MASSAGE

\$145/50min \$205/80min THAI MASSAGE

\$145/50min \$205/80min

SHIATSU MASSAGE

\$145/50min \$205/80min

HOT STONE MASSAGE

\$225/80min

MASSAGE WITH REFLEXOLOGY \$215/80min

## MASSAGE ADDITIONS

Raindrop Essential Oil \$25

Hot Towel Sugar Glow Lower Leg & Feet Treatment \$15

Tuning Fork Vibration Therapy \$12

Taste of Paradise Thai Herbal Treatment \$25

Arnica Oil Treatment \$14

Ayurvedic Naranyan Oil Treatment \$14

Cooling Pain Sombra Gel Treatment \$14

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## **DOUBLE BLISS**

#### FACIAL & MASSAGE TREATMENTS

## MASSAGE & FACIAL COMBINATION \$220/80min

Feel refreshed and rejuvenated after a day in the mountains. A 40-minute massage treatment (either a relaxing Swedish or a Deep Tissue stress buster) along with a 40-minute Age Defying Facial. Hydrating hand treatment with warm mittens is included.

# MASSAGE & FACIAL COMBINATION WITH SUPER SKIN HYDRATION

\$245/80min

In addition to the massage and facial combination above, incorporate June Jacobs Intensive Age Defying Body Emulsion to your massage for super skin hydration.

# TASTE OF PARADISE THAI HERBAL MASSAGE & REFRESHER FACIAL

\$240/80min

A steamed compress filled with Thai herbs and spices increases blood flow and detoxifies lactic acid build up in the tissues when applied to the body. Lemongrass, turmeric, prai and kaffir lime relax the body/mind and leave the skin lightly scented. The June Jacobs Refresher Facial has high concentrations of botanical and plant extracts recognized for their soothing and restorative powers. This combination treatment will surely relieve tension and increase energy levels to challenge our high altitude lifestyle.

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## FITNESS BLISS

## PERSONAL FITNESS TRAINING & ACTIVE ISOLATED STRETCHING

Aspen takes fitness to yet another level. Join one of our expert Personal Fitness Trainers and experience highly effective strength training workouts incorporating the latest fitness high, Rip-coreFX. This breakthrough training was developed and launched in 2010 right here in Aspen. Benefits of this specialty workout include increased fat loss and leaner muscle, a faster workout, improved sports performance, reduced risk of injury, and increased energy.

Active Isolated Stretching (AIS) is a popular method used by today's athletes. It allows the body to repair itself and to prepare for ensuing activity. The technique involves holding each stretch for only two seconds and is known to work with the body's natural physiological makeup to improve circulation and increase the elasticity of muscle joints and fascia. Private AIS is performed on the massage table. Semi-private AIS is set up on the gym floor with yoga mats.

These programs may be booked individually or in combination:

PERSONAL FITNESS TRAINING \$125/50min

PERSONAL FITNESS TRAINING & SEMI-PRIVATE AIS \$195/80min

PRIVATE AIS \$155/50min

PRIVATE AIS & MASSAGE \$205/80min

**SEMI-PRIVATE AIS** \$85/30min

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