

RELAX REJUVENATE REVITALIZE

MASSAGES

SWEDISH **\$200/50 MIN | \$280/80 MIN**

Indulgent and uniquely relaxing, our signature massage stimulates circulation and soothes tight muscles. Our gifted therapists adapt their eclectic techniques to your particular needs and preferences to enjoy the body work that is right for you. Tension dissolves, leaving only comfort and well-being.

HOT STONE **\$350/80 MIN**

The healing power of the earth is in your therapist's hands in the form of smooth, rounded basalt stones which are gently heated then lubricated with oil and used to persuade even the tightest muscles to let go completely. The warm, soothing weight and radiant heat of the stones, combined with therapeutic essential oil, penetrates muscle tissue inducing deep relaxation.

SPORTS **\$250/50 MIN | \$325/80 MIN**

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



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DEEP TISSUE \$250/50 MIN | \$325/80 MIN

This treatment is recommended for those who regularly receive massages and who enjoy intense body work. Specialized, focused techniques reach deep muscle layers and address points of attachment as well as the belly of the muscle. As these techniques tend to be slow and coordinated with deep breathing, just two or three areas can be addressed in a 50-minute massage. For a full-body massage, please allow for 80 minutes.

PRENATAL \$225/50 MIN | \$300/80 MIN

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

ADD-ONS

MASSAGE WITH CBD OIL + \$55

CBD oil may be added to any massage. It is known to prevent and relieve muscle pain, soreness and spasms, joint pain, nerve pain and inflammation.

MASSAGE WITH REFLEXOLOGY + \$40

A Reflexology treatment may be added to any massage offering, with the exception of the Prenatal Massage.

FLEXPOWER GEL + \$55

All botanical-based, scent-free muscle and joint pain relief product, feeling good has never been easier.

TRAINER INFO

Please contact the concierge to schedule a personal training session or fitness class.



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