

THE SPA

AT THE LITTLE NELL

the *Journal of the American Medical Association* (JAMA) and the *New England Journal of Medicine* (NEJM).

These two journals are the most widely cited in the field of medicine. The *JAMA* is published by the American Medical Association (AMA) and the *NEJM* is published by the Massachusetts Medical Society.

The *JAMA* and the *NEJM* are both peer-reviewed journals. This means that the articles published in these journals have been reviewed by other experts in the field of medicine.

The *JAMA* and the *NEJM* are both highly respected journals. They are both considered to be the gold standard of medical journals.

The *JAMA* and the *NEJM* are both published weekly. They are both published in print and online.

The *JAMA* and the *NEJM* are both published in English. They are both published in the United States.

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PEAK TRANQUILITY, PEAK TRANSFORMATION

Located at the base of Aspen Mountain, The Spa at The Little Nell is the region's sole ski-in, ski-out spa, deeply rooted in the 'Aspen Idea' - a holistic lifestyle philosophy that celebrates the life-affirming pleasure found in active pursuits, the feel-good effects of Mother Nature, and the integration of mind, body, and spirit - crystallized by one of the great 20th century visionaries, Walter Paepcke. Created as both a launch pad and recovery zone, treatments in The Spa are meticulously tailored to suit individual needs, whether a seasoned athlete looking to elevate performance or a traveler seeking respite. Here, tradition and innovation come together, marrying timeless practices with cutting-edge performance and recovery advancements to engineer positive change and ensure personalized wellness.

Our philosophy

NATURE, NURTURED

The Spa at The Little Nell provides an integrated approach to wellness that revolves around three therapeutic pathways highly attuned to the Aspen lifestyle, with targeted remedies for the high-altitude environment, active adventure, and high-performance living. The Spa has partnered with leading wellness brands to provide integrated rituals, bodywork, skincare, and quick fixes with tangible results:

Georgia Louise is a world-renowned facialist celebrated for her signature Lift + Sculpt techniques and non-surgical skin transformations. Her science-led, high-touch approach combines advanced technology with deep, customized manual treatments to deliver radiant, contoured, and luminous skin. Guests have exclusive access to her treatments in-residence, with facials performed by Georgia herself or elite aestheticians trained in her signature methods.

Seed to Skin Tuscany is an award-winning natural skincare line that merges ancient botanical knowledge with innovative science, years of research and development, and the highest levels of quality and efficacy. Developed by naturalist Jeanette Thottrup and cosmetic scientist Dr. Anna Buonocore, many of the herbs used to formulate the products are organically grown on their 300-acre estate in Tuscany.

ISUN is a hand-crafted and organic skincare line formulated in the San Juan Mountains of Colorado. The active plant-based ingredients are kept in their whole form throughout cold-processing to maintain the integrity of the live plant nutrients and minerals that penetrate the layers of the skin and nourish on a cellular level.





GEORGIA LOUISE

Winter in Aspen just got a glow-up. The Spa at The Little Nell welcomes Georgia Louise, world-renowned facialist and sculpting pioneer. Experience her signature Lift + Sculpt techniques—personally performed during exclusive in-residence visits, or by our elite aestheticians trained in her methods. Treatments blend precision, high-tech tools, and hands-on expertise, leaving skin radiant, contoured, and luminous. A curated selection of her award-winning products is also available on-property, bringing a touch of red-carpet magic to your alpine escape.

The Bespoke (60 minutes)

Transform your skin with curated modalities and deep serum infusion. Triple cleanse & exfoliation; Gentle extractions; Galvanic & sound-wave therapy; LED & Ozone mask; Sculpted glow. Fully customized facial with cleansing, exfoliation or peel, extractions, targeted serum infusion, Lift + Sculpt massage, and LED/ozone therapies for hydration and definition.

The Ultimate (90 minutes)

All-in-one advanced facial with multiple high-tech devices to renew and sculpt. Up to 7 devices including diamond abrasion, RF, ultrasound, microcurrent; Deep cleansing; Custom mask; Signature massage. Multi-modality treatment selecting 7 advanced devices personalized to skin needs, combined with expert massage and finishing mask for firmness and glow.

Hollywood EGF Facial® (90 minutes)

Once reserved for Georgia's A-list clientele, this advanced treatment delivers instant radiance using the Georgia Louise Hollywood EGF Micro-Needling System. Your service begins with a signature deep cleanse, followed by gentle yet effective micro-needling using 20 ultra-fine, single-use needles to enhance absorption and stimulate the skin's natural renewal process. A cooling galvanic attachment soothes, depuffs, and boosts product penetration, while a concentrated infusion of Georgia Louise Hollywood EGF Serum supports collagen and elastin for firmer, more luminous skin. Please note: mild redness or light pinpoint marks may appear for 24-48 hours as part of the rejuvenation process.

The Royale (120 minutes)

Indulgent comprehensive facial with extended massage and technology. Extended time & massage; Multi-device treatment; Chemical peel; Lymphatic drainage; Sculpt & refine. Luxurious facial blending deep cleansing, chemical peel, multiple energy devices, and prolonged Lift + Sculpt massage for dramatic contour and radiance.

Our treatments

RECOVER & REPAIR

Relief and repair from the wear and tear that comes from pushing the body to its limit through physical activities, training regimes, or the rigors of the mountain environment.

Mountain Metamorphosis Ritual (120 minutes)

Recover from active pursuits with a reset that begins with a salt-infused infrared sauna session to prime the body and boost the respiratory system, followed by a therapeutic deep tissue massage amplified by percussion therapy to release deep-seated tension. An LED red light is used for muscle recovery along with Nano Vi energized oxygen to promote repair at the cellular level.

The Deep Recovery Massage (90 minutes)

The perfect pairing of electrical stimulation to release deep muscle tension, followed by prescriptive bodywork to address problem spots and enhance mobility. During bodywork you'll receive the healing benefits of energized water inhalation through Nano Vi oxygen technology, as well as our ReLounge wave mat which provides customized electric stimulation to effectively reinforce postural muscles and relieve neck & back pain.

Reboot Body Therapy (60 minutes)

A trifecta of leading bio-hacking modalities come together in this dynamic tech circuit that combines electrical muscle stimulation to ease pain, compression therapy to boost circulation and supercharged oxygen inhalation to restore vital energy. During bodywork you'll experience the combined technologies of Nano Vi oxygen, ReLounge wave mat electrical stimulation and Recovery Air Jet boots which support the body against oxidative stress and assist in holistic recovery.





Our treatments

REPLENISH & RESTORE

Aspen's high altitude and alpine environment can take a toll on the body, prompting the need for restorative treatments that energize, nourish, and protect both externally and internally.

Altitude Adjustment Ritual (120 minutes)

Restore hydration and nourishment to distressed skin with this head-to-toe replenishment that starts with a full-body exfoliation and a detoxifying facial boost designed to promote skin's collagen production and increase elasticity, before shifting into a contrast steam shower. Then transition to a hydrating body mask amplified by infrared heat and negative ions, and finish with a restorative Swedish-style massage infused with a nourishing cocktail of ingredients and energized oxygen to restore vital energy.

The Flow Massage (90 minutes)

Warm herbal compresses help to ease aches and pains while fortifying the skin with high-performance botanicals, followed by a nurturing Swedish-style massage to restore your flow.

Nourish Body Therapy (90 minutes)

This head-to-toe overhaul begins with dry brushing to stimulate the lymphatic system, followed by a warm herbal-infused body wrap for deep nourishment and a hydrating facial refresh to boost your complexion. A final layer of rich body balm is applied with grounding massage techniques to soothe your mind and body.

Our treatments

RESET & REBALANCE

Shift into a relaxed and mindful state of being through modalities that promote deep rest, balance the central nervous system, and reset the mind/body connection.

Big Chill Ritual (120 minutes)

Your downshift begins with a salt-infused sauna to ground the mind and detoxify before shifting into a contrast steam shower to activate the body's self-healing power. Energetic bodywork realigns the mind-body connection with the enhanced benefits of a PEMF mat to calm the central nervous system and energized oxygen to promote healing at the cellular level.

The Zone Massage (90 minutes)

Reset the mind-body connection with this restorative session that includes guided breathwork, grounding scalp massage, and energy-balancing bodywork techniques while soaking up the healing benefits of infrared heat, crystal energy and negative ions.

Boost Body Therapy (90 minutes)

Kick-start your body's self-healing power with this head-to-toe reboot that starts with a purifying oxygen inhalation, followed by a warm oil massage infused with a cocktail of medicinal herbs. Settle into an infrared blanket to release toxins while enjoying a head, neck, and shoulder massage.





Our treatments

BY DESIGN

Distilled and focused, these personalized treatments achieve optimal outcomes based on individual needs.

The Quick Fix (45 minutes)

Energize the day or get supercharged for the mountain with a private steam shower and dual-action infrared halotherapy sauna session that includes refreshing elixirs and a DIY skin conditioning regime to heighten the experience.

Bodywork by Design (60 minutes / 90 minutes)

A curated approach that transcends traditional massage, combining prescriptive bodywork, topical remedies and therapeutic tools that are equally attuned to individual attention.

Little Nell Skin Renewal (60 minutes / 90 minutes)

Calibrated to individual needs and personal preferences, our in-house skincare experts will develop a customized plan utilizing an arsenal of manual techniques, prescriptive products, precision tools, and technology hacks to suit your specificity.

ETIQUETTE & POLICIES

Arrival please arrive 15 minutes prior to your scheduled appointment so that you may decompress and experience your full booking time. To maintain the spa's blissful environment, we ask that you silence your mobile phones and electronic devices upon arrival and speak in quiet tones. Regrettably, late arrivals may be subject to reduced treatment time in order to remain on schedule for subsequent guests.

Gratuities our staff is highly qualified and works hard to ensure you receive the very best service. For your convenience we apply a 20% service charge on the full-service price for our therapist and those assisting you today.

Cancellations a credit card is required upon booking your treatment in order to confirm your reservation. Cancellations or requests to reschedule must be received no less than 24 hours before your scheduled appointment to avoid a full-price charge for all booked services.

For Your Safety guests with medical conditions are advised to consult their doctors prior to booking any spa services. Kindly inform your spa technician of any existing medical conditions by completing a Guest Intake form prior to your treatment. If pregnant, or trying to become pregnant, it is your responsibility to communicate with the Reservation staff prior to booking a treatment. Guests in their first trimester of pregnancy are not eligible for services. In the event you are unwell we will waive the cancellation. The Little Nell Spa reserves the right to discontinue service for any reason to ensure the safety of all parties.

Minimum Age Requirements spa guests must be 18+ years to receive a massage or body treatment. Spa guests must be 16+ years to receive a facial and must have a consent form signed by a parent or guardian.

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Contact: spa@thelittlenell.com | 970.920.6390