

THE SPA

AT THE LITTLE NELL

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:

Dr. Barbara Sturm is a renowned aesthetics expert and anti-inflammatory pioneer, famous for her unique skincare approach inspired by her training as an orthopedic doctor and years of research into anti-inflammatory medicine. Her range of skincare is based on ingredient innovations informed by molecular science and potent natural extracts that strengthen and improve the skin.

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.





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.

Exoso-metic Facial
(90 minutes)

Dr. Sturm's powerful skin regenerating technology improves appearance and texture, combining active ingredients with microdermabrasion, nano-stamping, and manual massage techniques for the most potent anti-aging effects possible. The result is radiant, refreshed and youthful-looking skin.

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.

Super Anti-Aging Facial (90 minutes)

Combining the effects of Dr. Sturm's Super Anti-Aging Serum with an exclusively designed re-sculpting massage, this cosmetic treatment reaches deeper layers of the skin, reducing the appearance of fine lines and wrinkles. You'll leave with replenished, moisturized skin for a smoother complexion and visibly lifted jaw and neckline.





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.

Signature Sturmglow Facial (60 minutes)

Dr. Sturm's Sturmglow treatment delivers hydration and nutrients to soothe irritation, boost radiance and improve overall skin health and functionality by increasing blood flow and oxygen levels while toning and defining the facial muscles for an instant, youthful glow.

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. Regretfully, 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