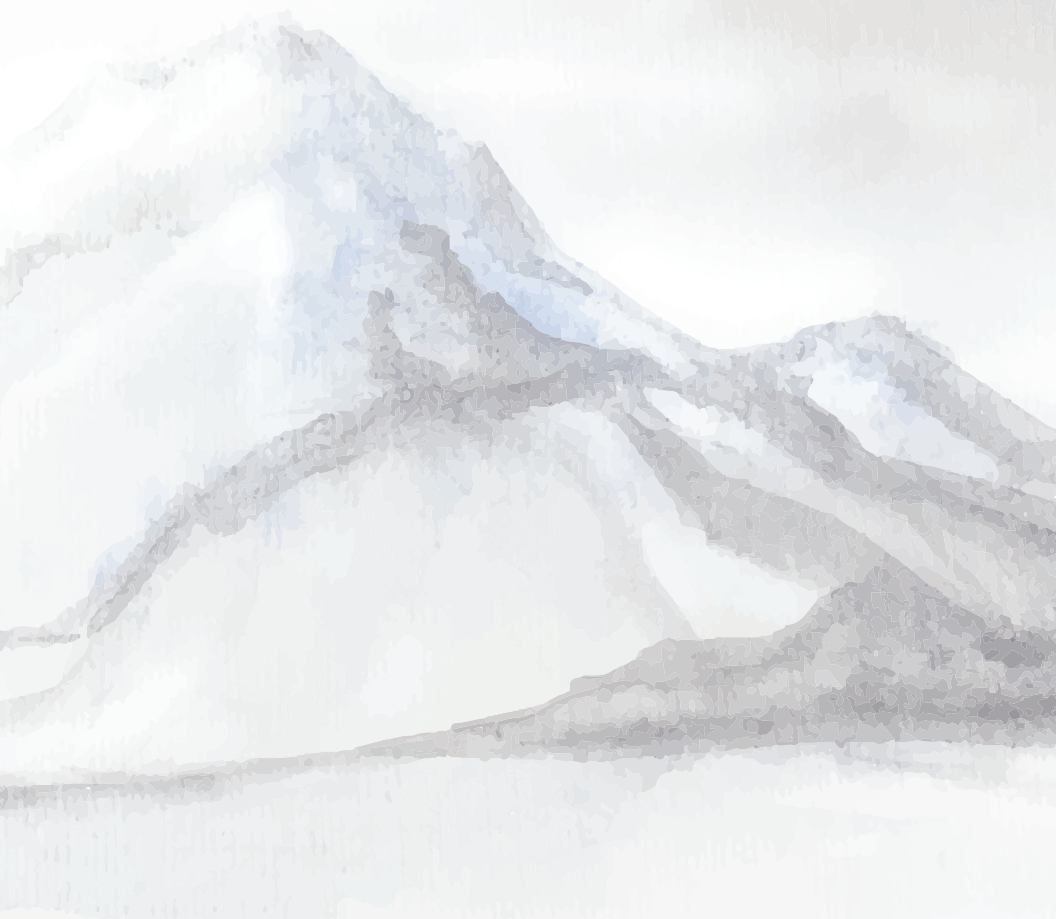




THE
LITTLE
NELL

Relax
Rejuvenate
Revitalize



HEALTH CENTER TREATMENT MENU

For the ultimate 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, free of paraben and preservative ingredients. This collection is designed to deliver unparalleled results.

FACIALS

OXYGEN FACIAL

\$225/50 MIN | \$325/80 MIN

Our certified estheticians use Intraceuticals, a professional skincare brand. The focus is on strengthening the skin's elasticity and helping to eliminate acne-causing bacteria, as well as reducing fine lines and wrinkles, evening out skin tone, and diminishing pores. There are three collections to choose from - Rejuvenate, Opulence or Clarity – as well as an option to add a booster of vitamin C+3, collagen, antioxidant or vitamin A. The Rejuvenate treatment targets the appearance of fine lines and wrinkles and dramatically enhances overall hydration. The Opulence treatment soothes and relaxes skin while also making it appear younger and brighter. The Clarity treatment refines acne-affected skin and helps defend against future breakouts. Add Atoxylene to your treatment for \$25 to smooth and firm expression lines.

FIVE-STAR FACIAL

\$185/50 MIN | \$260/80 MIN

Designed to leave your complexion completely rejuvenated, featuring a gentle peel enriched with pomegranate extract along with collagen stimulating antioxidants. After cleansing, toning, steaming and exfoliation, a neck and décolleté massage soothes the senses, while a mask of hydrating natural botanicals plumps the skin to reduce the appearance of fine lines and wrinkles. A hand massage along with warming gloves completes the treatment. This is the couture of the June Jacobs Spa Collection.

INTENSIVE AGE-DEFYING FACIAL

185/50 MIN | \$260/80 MIN

This facial targets fine lines and wrinkles, revealing an instant glow. High levels of age-defying nutrients dramatically boost cell regeneration for a more youthful-looking complexion. Powerful moisturizers and serums penetrate the skin for a more plumped, toned and luminous effect. A collagen-infused eye cream turns back the hands of time.

THE GENTLEMEN'S FACIAL

\$185/50 MIN

This relaxing treatment is designed to deep clean, tone and soothe the challenges of aging skin. June Jacobs products designed for men are fortified with vitamins and antioxidants to produce unmistakable results. A cool cucumber cleanse, green tea toner, moisturizing serums and rehydrating creams are part of this treatment. A shoulder, neck and hand massage is included.

MASSAGES

SWEDISH MASSAGE

\$185/50 MIN | \$260/80 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 MASSAGE

\$280/80 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 MASSAGE

\$185/50 MIN | \$260/80 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.

DEEP TISSUE MASSAGE

\$185/50 MIN | \$260/80 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 MASSAGE

\$175/50 MIN | \$250/80 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

IN-ROOM MASSAGE

+\$35

Any massage offering can be performed in the comfort of your room, with the exception of the Hot Stone Massage.

MASSAGE WITH CBD OIL

+\$40

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

+\$25

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

Our Health Center is located one level below the lobby and offers state-of-the-art Matrix equipment.

June Jacobs products and logo wear from The Little Nell, such as caps, fleeces and golf shirts are available.

Please note our 24-hour cancellation policy.

970.920.6390

SPA@THELITTLENELL.COM
THELITTLENELL.COM

675 EAST DURANT AVENUE
ASPEN, CO 81611



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