



HEALTH CENTER

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

Enjoy our steam room before and after your treatment. Complimentary organic teas and snacks are offered.



FACIALS

FIVE-STAR FACIAL

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

HIGH ALTITUDE FACIAL

\$165/50 MIN

This specialized facial is targeted to soothe skin sensitivity from the effects of the wind, sun and high altitude exposure, a perfect recovery for our Rocky Mountain environment. It works to quench parched skin leaving your skin soft, healthy and radiant.

INTENSIVE AGE-DEFYING FACIAL

\$165/50 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 leaving a more plumped, toned and luminous effect. A collagen-infused eye cream turns back the hands of time.

THE GENTLEMEN'S FACIAL

\$165/50 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

\$165/50 MIN | \$240/80 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 behind.

SPORTS MASSAGE

\$165/50 MIN | \$240/80 MIN

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

DEEP TISSUE MASSAGE

\$165/50 MIN | \$240/80 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 60 minute massage. For a full-body massage, please allow for 90 minutes.

PRENATAL MASSAGE

\$165/50 MIN | \$240/80 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

SHIATSU MASSAGE

\$165/50 MIN | \$240/80 MIN

This massage stimulates the blood and energy flow using specifically applied pressure points throughout your body. A perfect way to center oneself.

HOT STONE MASSAGE

\$250/80 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.

REFLEXOLOGY TREATMENT

\$175/50 MIN

This therapeutic treatment focuses on the lower legs and the highly sensitive regions of your feet. Your therapist will be soothing and hydrating your lower legs and feet. Reflexology will complete this treatment by using unique pressure points and massage motion to rejuvenate the entire body.

DOUBLE BLISS

MASSAGE & FACIAL COMBINATION \$260/80 MIN

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

MASSAGE WITH REFLEXOLOGY +\$25

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

IN-ROOM MASSAGE +\$20

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



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

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



THE
LITTLE
NELL

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Please note we have a 24-hour cancellation policy.