



## Massage Therapy Treatments

### Swedish

30 min \$70 | 60 min \$120 | 90 min \$160

A Swedish massage relaxes you while it increases your circulation and encourages detoxification. Choose Swedish if you want the most relaxing massage without deep pressure.

### Deep Tissue

30 min \$80 | 60 min \$130 | 90 min \$170

The therapist penetrates the muscles in order to work out soreness and remove lactic acid, which causes sore muscles. Choose Deep Tissue if you have sore muscles, stiffness or muscle fatigue from skiing or other activities.

### Sports

30 min \$80 | 60 min \$130 | 90 min \$170

Our Sports Massage incorporates stretching and movement into the massage in order to address specific issues you may be having. Our therapists use all their knowledge and training in order to alleviate pain, soreness and stiffness, so you're feeling better and ready for your next mountain activity.

### Hot Stone

60 min \$140 | 90 min \$180

Smooth river stones are heated, placed on the muscles and incorporated into the massage. The stones penetrate heat into the muscles, making for a soothing and relaxing massage.

### Couples

Price based on massage selection: 60 min or 90 min available

Your Couples Massage is tailored to each of your individual needs to help relieve body tension and encourage relaxation. It's a great way to unwind and rejuvenate both you and your loved one, friend or family member as you enjoy this invigorating experience together.

### Pre-Natal

60 min \$130

Consider a Pre-Natal Massage as a healthy way to reduce stress and promote overall wellness. The massage relieves many of the normal discomforts of pregnancy, such as backache, stiff neck, leg cramps, headaches and swelling. You must be in your 2nd or 3rd trimester.

### High Elevation

60 min \$150 | 90 min \$190

This unique massage is specifically designed to help alleviate the symptoms of altitude sickness by stimulating the circulatory system and enhancing your body's ability to deliver more oxygen to your tissues.



*\*All prices and hours subject to change without notice and based on season.*

To book an appointment, please call 970-453-2044 or email [info@alpinespaandsalon.com](mailto:info@alpinespaandsalon.com).



## Skin Care Treatments

### The Lodge Signature Facial

60 min \$120 | 90 min \$170

This customized facial focuses on treating specific skin care conditions. It will brighten, hydrate and nourish your skin, leaving your complexion refreshed and radiant. This facial is great for all skin types.

### The Essential Anti-Aging Facial

60 min \$150

Your skin will achieve a new level of beauty and glow. Enhance your exfoliation with a deep enzyme or lactic mask. Reap the benefits of powerful antioxidants and a high dose of collagen and elastin-stimulating peptides. This facial works well for combination, normal or dry skin.

### Super Smoothing Facial

60 min \$150

If your skin is rosy, delicate and chapped, it will love this facial that will soothe, heal and protect. The treatment includes calming cleansers and masks that will help restore your natural glow. Great for even the most sensitive skin.

### Get Clear Clarifying Facial

60 min \$150

This facial deeply cleanses the skin and draws out impurities that cause acne. We include active cleansers, deep enzyme exfoliation, extractions and clay masks to absorb oils and treat congestion. This facial is ideal for combination and oily skin.

## Specialty Treatments

### Rejuvenating Facial Massage and Foot Treatment

30 min \$80

Hot steamed towels are incorporated throughout this relaxing experience. You'll enjoy a cleansing and moisturizing facial massage customized to relieve sinus pressure, headache tension and stress related to tightness in your jaw, neck and upper shoulders, along with a detailed exfoliation and cooling massage treatment for your feet.

### Reflexology

30 min \$80

Reflexology is a therapeutic treatment using pressure applied to the hands and feet to increase circulation and promote specific bodily and muscular functions. (Booked based on availability)

### Body Scrub

30 min \$90 | 60 min \$140

Treat yourself to an intensely moisturizing scrub that will leave your skin glowing from head to toe. The service is accompanied by a hydration application with a complimentary lotion. *Choose from Cranberry Yuzu, Wild berry or Pumpkin.*

*\*All prices and hours subject to change without notice and based on season.*

To book an appointment, please call 970-453-2044 or email [info@alpinespaandsalon.com](mailto:info@alpinespaandsalon.com).



### *Signature Packages*

*All packages reflect a 15% service discount and 20% gratuity.  
Don't see a package you like? Customize one by choosing 2 or more services.*

#### **The Awakening Renewal**

*Combine a 60 minute facial with either:*

60 min Swedish Massage	\$252
90 min Swedish Massage	\$294

#### **The Alpine Escape**

*Combine a 30 minute body scrub and a 30 minute facial with either:*

60 min Swedish Massage	\$304.50
90 min Swedish Massage	\$346.50

#### **The Full Body Retreat**

*Combine a 30 minute body scrub and a 60 min facial with either:*

60 min Swedish Massage	\$346.50
90 min Swedish Massage	\$388.50

### *Add-On Enhancers*

#### **Aromatherapy**

\$15

#### **Shea Butter Hydration**

\$15

#### **Peppermint Rosemary Foot Scrub**

\$15

#### **Wedding and Event Services**

Updos, Partial Updos | Make Up | Eyelashes

*Please call for pricing and additional services.*

#### **Waxing**

Eyebrow	\$30
Upper Lip or Chin	\$25
Cheeks	\$30
Full Leg with Bikini	\$100
Half Leg	\$55
Full Leg	\$80
Bikini	\$55
Brazilian	\$90
French	\$70
Underarm	\$40

### *To Make Your Experience More Pleasant...*

- Please arrive 15 minutes prior to your scheduled appointment time.
- A major credit card or room number is required to reserve your spa reservation. 24 hour notice of cancellation or rescheduling of your appointments. 100% of the value of the service will be charged for cancellation with less than 24 hours' notice.
- Complimentary use of the outdoor hot tubs and workout room.
- Gift certificates are available for purchase.
- We offer a discount of 10% on groups of 4 or more.
- Our "Locals Discount" is available with a local ID.
- Free shuttle service available.

*\*All prices and hours subject to change without notice and based on season.*

*To book an appointment, please call 970-453-2044 or email [info@alpinespaandsalon.com](mailto:info@alpinespaandsalon.com).*