



ESSENTIAL MINERAL THERAPY

It's in our natural hot springs water. You'll also find it in our award-winning spa. Essential minerals have the power to purify and revitalize your good health, and that's why you'll find them in our body treatments, facials and massages.

Spa of the Rockies uses essential minerals to revitalize the skin, calm nerves, detoxify the body and refresh oxygen levels. For maximum healthful benefits, all of our Signature Experiences include soaking in our outdoor mineral hot springs pool.

The health benefits of balneotherapy (mineral hydrotherapy) have been well documented for centuries, and today it remains a medical specialty throughout Europe and Asia. The ancient Utes called the source of our waters "Yampah," meaning big medicine. You'll call it simply wonderful.

ENHANCE YOUR EXPERIENCE

Our Signature Foot Ritual is a great way to start your spa experience, or you might want to add oxygen therapy, a private mineral bath or a mudpack. All 90-minute treatments or longer include our Signature Foot Ritual as a prelude to your services. All mineral baths include music, aromatherapy candles and custom brewed tea.

Athletic Club Upgrade \$17

Included with Signature Experiences

Spa patrons may use our Athletic Club for a discounted fee. The Spa Reception can provide you with a schedule for Pilates, yoga and other wellness programming. The Athletic Club also provides state-of-the-art cardio and strength training equipment.

Signature Foot Ritual \$25

Included in services 90-minutes or longer, or à la carte

Our natural mineral water is harvested daily from the hot springs' source to prepare a rejuvenating foot soak. Turkish salts with essences of eucalyptus, basil and lavender exfoliate rough skin, allowing your feet to absorb 60 essential minerals. Neroli Water from the bitter orange flower is misted over the feet and face, followed by a soothing application with Kerstin Florian Fuß Balm rich in pine and rosemary.

Signature Mineral Wellness Bath 30 min \$39

Hand-harvested, concentrated mineral crystals from Kneipp contain a rare balance of 60 essential minerals and trace elements for your private bath. Health benefits include helping muscles and joints to relax, and balancing essential minerals in the body. Leaves the mind clear and the body feeling cleansed.

Flavored Oxygen Therapy 15 min \$19

Enhance energy and alertness by increasing oxygen levels, a favorite remedy for late nights and altitude sickness. Choose from a variety of refreshing flavors.

Moor Mud Pack 30 min \$35

Mineral-rich Moor Mud soothes and relieves tired, aching and sore muscles. This 30-minute enhancement maximizes the therapeutic benefits of any massage by adding essential minerals to reduce muscle and joint pain.

LED Skin Treatments 15 or 30 min \$35/\$75

Diminish the appearance of fine lines, wrinkles, and age spots with this unique photo-pulsation technology. Six consecutive treatments are recommended.

Please remember Gift Cards are available for purchase in the Spa Boutique along with all of our featured product lines.





SIGNATURE EXPERIENCES

All of our Signature Experiences include our Signature Foot Ritual followed by a therapeutic soak in our mineral hot springs, as well as access to our Athletic Club for the day. Please bring a swimsuit for the outdoor therapy pool. Your therapist will escort you from the Serenity Room to the therapy pool and back for your scheduled services.

Ultimate Zen 90 or 120 min \$159/\$179

Our ultra-hydrating Zents treatment is tailored to your favorite aroma to heal every part of the body with therapeutic minerals, shea butter and soothing oils. Your aroma sensory element awakens the deepest part of the mind for a Zen state of relaxation and wellness. Includes body scrub, wrap, massage and scalp quench.

Ginger Renewal 90 min \$179

Essential minerals are combined with ginger's healing properties in an invigorating full body exfoliation. A warm stone ritual with organic ginger oil soothes the neck and shoulders. Your treatment culminates with a luxurious foot and scalp massage while you relax inside a warm and nourishing cocoon.

Hamмам Ritual 90 min \$179

East meets West in our version of the Moroccan Hammam. Your journey begins on a warm Vichy table with a mineral-based exfoliating scrub followed by

a hydrating body wash with signature scalp massage and hair wash. Your skin is then hydrated with organic aromatherapy products from Europe.

Mineral Mud Ritual 90 or 120 min \$199/\$249

Your experience begins with a steam and is followed by a nutrient-rich body scrub with Warm Moor Mud. After your Vichy or Sunflower shower, your therapist will escort you to the outdoor therapy pool for a mineral soak. This treatment concludes with a massage in a magnesium rich body oil and lotion blend.

First Time Spa-Goer Package 195 min \$249

This package covers all the bases and is guaranteed to please. You'll start with a Signature Mineral Bath (30 minutes), followed by our Classic Swedish Massage (60 minutes) and Therapeutic Cleansing Facial (60 minutes). You'll finish with a Zents Ritual Pedicure (45 minutes).

Patron's Choice 120 min \$229

Enjoy quality time with a master technician that can perform anything on our spa menu. You select the services you desire, and we'll include our Signature Foot Ritual and a therapeutic soak in our mineral hot springs. Also includes a day pass to our Athletic Club.

MASSAGE COLLECTION

Most of the treatments in our massage collection can be extended from 60 minutes to 90 minutes, and all may be shared with a companion in one of our specially designed couples suites. All 90-minute massages include our Signature Foot Ritual.

Signature Organic Aromatherapy Massage

60 or 90 min \$125/\$165

Your massage begins with warm lavender-infused towels applied to the body followed by our signature Calm Mind Ritual imparting comfort and serenity. Your Classic Swedish Massage is enhanced by one of six organic aromatherapy body oils derived from wild-crafted sunflowers, plants and assorted additional botanicals.

Colorado River Stone Massage

90 min \$169
A warm river stone is a wonderful and simple device used to release muscle tension. We collect our smooth basalt stones from our very own Colorado River and warm them to perfection. Muscle tension melts into a blissful relaxation with this moderate pressure, full-body massage.

Kneipp Healing Massage

60 or 90 min \$109/\$165
19th century priest and naturopath Sebastian Kneipp often said that Arnica Montana is “worth its weight in gold” when it comes to relieving sore muscles, sprains and bruises. Our healing massage combines Kneipp Arnica products with heat therapy for your back and shoulders to ease joint and muscle pain.

Altitude Adjustment Massage

60 or 90 min \$109/\$165

High altitude sickness tends to affect visitors at elevations above 5000 feet or 1500 meters. This full body massage includes an Intraceuticals Oxygen Inhalation to relieve the nausea, headaches, and dizziness associated with altitude sickness. You'll finish with a clear head, ready to enjoy your vacation.

Classic Swedish Massage

60 or 90 min \$109/\$159
With light to moderate pressure, Swedish massage is perfect for first-time spa-goers and discriminating spa connoisseurs alike. The long, smooth movements of Swedish massage stimulate circulation, soothe muscles and encourage deep relaxation.

Lymphatic Drainage Massage

60 or 90 min \$115/\$169

The lymphatic system is your body's best defense against infection and disease. Lymphatic drainage is a European-style massage that uses a light, delicate touch to help your body heal itself. This technique has been known to achieve powerful results for those recovering from surgery and illness, as well as improving acne, scarring and cellulite.

Reiki Energy Balancing

60 or 90 min \$109/\$165
The power of human touch can have profound results. Reiki involves placing the hands on specific locations of the body to stimulate internal healing. This treatment was founded in Japan using traditional healing techniques, and though it does not incorporate massage, it certainly promotes wellness and relaxation.

Deep Tissue Massage

60 or 90 min \$119/\$175

A slower, stronger massage that penetrates deeper into muscle tissue to release tight and contracted muscles. This is an intense therapeutic experience designed to promote healing.

Prenatal Massage

60 or 90 min \$119/\$149

A safe and relaxing massage that relieves many of the typical discomforts of pregnancy, such as backaches, stiff neck, leg cramps, headaches and swollen limbs. Prenatal massage stimulates blood and lymph circulation and reduces pressure on weight-bearing joints.

Unifying Reflexology

30 min \$65

The entire human body is mapped out based on reflexes in the feet and hands. By using a combination of thumbs, fingers, and forearms, your massage therapist will stimulate the specific reflex zones on your hands and feet to ease organ function and increase blood flow.

Upper or Lower Body Massage

30 min \$69

Enjoy a nurturing and efficient refresher massage on your back, neck, and shoulders, or the thighs, calves, and feet.

Sports Massage

60 or 90 min \$139/\$179

Enhance athletic performance with a massage focused on muscle groups and joints specific to your athletic activity. Your therapist will use deep tissue work, trigger-point release and range-of-motion techniques that stretch muscles and introduce pliability to ligaments and tendons. Comfortable, flexible clothing is recommended but not mandatory.



BODY COLLECTION

Skin is the largest organ of the human body and absorbs most minerals and nutrients within 15 minutes. Our body collection rejuvenates and restores your skin with essential minerals and vital nutrients. Please note that all 90-minute or longer treatments also include our Signature Foot Ritual.

Brighter Body Scrub 60 min \$159

Illuminate your body from head to toe with this results-driven treatment. Exfoliating bamboo, fruit enzymes and multipurpose, alpha hydroxy-rich exfoliants are applied with body buffing techniques that refine texture and brighten skin. Product application follows with a blend of organic ginger oil and a multi-vitamin firming crème rich in shea butter and nutrient-rich algae. A brightening masque application is available for the décolleté.

Chamomile Body Scrub 30 min \$89

A gentle body scrub recommended for normal to delicate skin types. A creamy, aromatic scrub with chamomile and gentle buffing grains sweeps away dull surface cells with an invigorating loofah massage, stimulates circulation leaving the body feeling smooth, refreshed and hydrated.

Moor Mud Wrap 90 min \$165

Moor Mud is legendary for its powerful therapeutic properties derived from rich botanical materials and thermal mineral water. The full body wrap remineralizes, soothes and rejuvenates tired muscles and dull skin. An invigorating Vichy or Sunflower shower is followed by a magnesium-rich body massage of remineralizing body crème.





FACIAL COLLECTION

Underneath layers of dull skin cells is a bright and youthful complexion waiting to be revealed. Our professional aestheticians clean, exfoliate, nourish and hydrate your skin for a healthy glow. All facials include a fine mineral dusting of La Bella Donna sunblock. Monthly facials will keep you looking and feeling vibrant and healthier. All 90-minute facials include our Signature Foot Ritual.

Ultimate Age-Defying Facial 90 min \$189
Atoxelene and Rejuvenate serums by Intraceuticals visibly reduce the appearance of fine lines and wrinkles while tightening and firming the contours of the face. Special care is taken to smooth, open, and refine the eye area. Lips are plumped and hydrated. Includes an LED light treatment and our Signature Foot Ritual.

Aroma Transformation Facial 90 min \$165
Totally customized for your specific skin needs with a deep-cleansing enzyme treatment and a relaxing 12-point acupressure massage. A firming eye and hand treatment addresses these often neglected areas that show early signs of aging. Your transformation is completed by color-matching your skin tone with our La Bella Donna natural mineral makeup line. Includes our Signature Foot Ritual.

Intraceuticals Advanced Hydration 60 min \$149
Reveal glowing skin with this quenching experience that provides intense hydration. A unique blend of vitamins, antioxidants, and humectants produces visible results. Your aesthetician will help you select the right blend for your skin.

Stonecrop Hydration Facial 60 min \$115
Indigenous to our region, stonecrop is an ultra-hydrating plant that encourages cell regeneration in all skin types. Sensitive skin is calmed, oily to dry skin is normalized and pigmentation spots are lightened. This treatment also helps diminish signs of sun damage.

Radiance Facial 60 min \$125
Reveal youthful skin with this superior clinical peel. The proven lightening and exfoliating effects of lactic acid are combined with a superior anti-oxidant blend that reverses the inflammation and redness typical of most clinical peels. This treatment does not use steam or include extractions. Finish with our La Bella Donna natural mineral make-up.

Organic Male Gentleman's Facial 60 min \$115
Male skin differs from female skin in several significant ways. Organic Male products are specially formulated for men and tailored to four basic skin types. Our aesthetician will help you select the treatment that's right for you.

Therapeutic Cleansing Facial 60 min \$115
Designed for a feel-good clean, this facial incorporates classic cleansing methods with proven purifying plant and mineral extracts to clarify and tone skin. The cleansing facial includes a blissful facial massage and purifying masque.

Teen Facial 60 min \$115
A growing number of teenagers — both girls and boys — are getting facials as part of a healthy approach to skin care, which also provides a valuable education during these hormonally-influenced years. Our aesthetician will analyze your skin and design a facial just for you.

Cleansing Back Treatment 60 min \$115
A deep cleanse and detox for the skin on your back. The skin is prepared for an invigorating exfoliation with mineral-rich salts. Soothing hot towels are used to remove excess exfoliant before treating with a calming mist and a balancing masque. Aromatherapy oil is applied to the spine in an energy-balancing massage.

HydraFacial 30 or 60 min \$139/\$199
The HydraFacial provides deep cleansing, exfoliation, and gentle vacuum-based extractions with new generation hydradermabrasion, which is similar to microdermabrasion, but uses purified water and leaves no crystals behind. This non-invasive medical-grade treatment will give you immediate results.

Intraceuticals Express Lift 30 min \$69
This targeted treatment is the perfect non-surgical alternative to achieve visible reduction in the appearance of wrinkles. Excellent on its own, or as an add-on to any other Intraceuticals facial treatment, the amino acid blend in Atoxelene visibly firms, lifts, and plumps your skin for a youthful appearance.

NAIL CARE

It's more than good grooming; professional nail care is important to your health and wellbeing. Our menu features minerals and botanicals with therapeutic qualities that soothe aching joints and nourish the skin. You'll leave relaxed and looking your best.

Signature Mineral Manicure 45 min \$49

Begin with a hand soak, followed by an exfoliation of the hands and arms with mineral salts. Mineral gel is then massaged into the hands, fingers and wrist joints. Next, paraffin is applied to enhance mineral absorption followed by a final application of moisturizing mineral balm. Finish with nail and cuticle shaping, includes polish application.

Signature Mineral Pedicure 60 min \$69

Relax with an aromatic foot soak, followed by a mineral salt exfoliation. Mineral gel is then massaged into the feet and lower legs, before encasing in paraffin to enhance mineral absorption. Mineral balm leaves your feet soft and supple. Finish with nail and cuticle shaping, includes polish application.

Zents Manicure Ritual 30 min \$35

Everything you love about the Zents pedicure, but tailored to your hands and fingernails. Explore a new aroma adventure, choosing from Mandarin, Oolong, Sun, Fresh, Earth and Ore.

Zents Pedicure Ritual 45 min \$49

Organic, biodynamic herbs grown in Boulder, Colorado are specially formulated to hydrate and nourish your feet. Choose from a variety of aromatherapy experiences to customize your pedicure. You will be left with perfectly manicured toes and well-nourished feet.

Men's Sport Manicure 30 min \$35

Well-groomed and healthy looking hands say a lot about a man. Not only will you look and feel your best, you get to relax and re-energize with our mountain botanicals in our sport manicure. Includes a complete nail treatment.

Men's Sport Pedicure 45 min \$49

Improve foot health and relieve stress with our sport pedicure. Exfoliation removes dead skin that has the potential to cause many problems. This is followed by botanical oils that add anti-bacterial protection and finishes with a complete nail treatment.

Polish Change for Fingers 15 min \$25

Quick shape and polish

Polish Change for Toes 15 min \$29

Quick shape and polish

CND Shellac Add-on \$19

Shellac Removal 15 min \$19

Paraffin Add-On \$19

WAXING

Spa of the Rockies aestheticians are trained in professional hair removal with hard wax for smaller, sensitive areas like lip and brow, and strip wax for larger areas like legs, back, arms and chest. Both men and women enjoy the benefits of smooth, waxed skin for athletics and aesthetics. A wax treatment typically restricts hair growth for three to four weeks, and regrowth is diminished with regular waxing. Plan for 15 to 30 minutes for most wax treatments, and up to 45 minutes for Brazilian waxing.

Full Leg	\$59	Bikini	\$39
Half Leg	\$45	Back	\$49
Full Face	\$55	Chest	\$45
Chin	\$25	Full Arm	\$39
Lip	\$19	Half Arm	\$35
Brow	\$19	Under Arm	\$29
Brazilian	\$65	Tummy	\$15

MAKEUP

Bridal	\$79
Full Application	\$55
Makeup Consultation	\$55
Touch-Up	complimentary



ABOUT OUR PRODUCTS



Zents

A personal journey of healing inspired Zents Founder Cord Coen to create powerful healing compounds from organic, biodynamic herbs grown on the Zents farm in Boulder, Colorado. Those sensitive to synthetic scents will find the all-natural Zents aromas to be gentle and enticing.

Kneipp

In 1891, Father Sebastian Kneipp entrusted his friend and fellow pharmacist with the healing formulas still being used to this day. Kneipp bath salts, essential oils, body washes, lotions and skin conditioner are revered for their extraordinarily high quality botanicals and proven formulas.

Kerstin Florian

Outer beauty and inner health go hand in hand with every Kerstin Florian product. The company relies on natural ingredients including thermal mineral water, mud, algae, herbal extracts and essential oils. Kerstin Florian sources throughout the world to obtain the highest quality ingredients.

Intraceuticals

Professional grade skincare products from Intraceuticals combine powerful anti-ageing ingredients with vitamins, antioxidants and multi-weight hyaluronic acid to transform the look and feel of your skin. These no-nonsense products provide four basic treatment modalities for hydrated skin.

Éminence

The Éminence tradition began in Hungary more than 50 years ago in a small village where family knowledge of using medicinal herbs, fruits and plants in natural remedies spanned generations. Today the precious ingredients are still hand-picked and hand-mixed in small batches and are combined with thermal hot spring water to enhance healing.

Organic Male

Organic Male OM4 is a complete, type-specific, organic skin care system for men. 21 products address the needs of sensitive, oily, normal and dry male skin. Precise formulations of natural, and whenever possible organic and biodynamic botanicals, yield OM4's distinctive results.

La Bella Donna Cosmetics

It's a revolutionary, pioneering concept in cosmetics: minerals that behave like makeup. It is a complete collection of mineral-based formulas that are actually healthy for the skin. Not all minerals are created equal. La Bella Donna's minerals contain only pure minerals from rock that benefit the skin.

