



## ARIA SPA'S SIGNATURE SERVICES

### **Ling Ultimate Anti-Aging Facial (100-minute)**

**\$289**

Look ten years younger in 100 minutes. This comprehensive facial brings new lift and new life to the skin through the combination of advanced technology and Ling Skin Care. You receive all of the benefits of our Non-Surgical Facelift, plus ultrasonic exfoliation, lymph drainage, targeted blemish reduction, light therapy, customized ginseng masque, and penetration of Freeze Serum. Whether your concerns are dull or tired looking skin, sagging facial muscles, fine lines, or blemishes, this single facial will address all of your concerns while making you feel pampered and relaxed.

### **Ling Triple Peel Detox Facial (80-minute)**

**\$219**

Uncover your very best skin with Ling's Signature Facial. Natural fruit acids, papaya enzymes, and Ling's unique Rescue Skin Peel are applied to slough away dead cells and balance the skin. A serum is then selected that meets your unique needs and is infused to achieve the best possible results. Finish off with a custom blended ginseng masque leaving the skin dewy and radiant. Simply a must have.

### **Balance**

**\$199**

#### **Blue Detox Wrap with Scalp Treatment**

A cleansing and hydrating treatment that encourages the body's own natural healing process with the benefits of replacing lost nourishment. Treatment includes a full body massage and scalp treatment using hydrating lotion to leave skin balanced and well-nourished.

### **Revive**

**\$199**

#### **Peppermint Rosemary Exfoliating Scrub with Swedish Massage**

An exfoliating scrub is essential for summer skin. Sea salt, ayurvedic oils and vitamin E sloughs off the dry skin allowing new skin to regenerate quicker and leaving a polished, clean and hydrating look and feel. A relaxing massage completes this treatment for an overall body revitalization.

### **Hot Stone (80-minute)**

**\$189**

Hot river stones are placed on your body with the trained hands of a therapist to further penetrate your muscles and help to reduce tension. Let your body and mind melt away with this ultra relaxing heat therapy.

### **Omega 3 and Flaxseed Oil Scrub (50-minute)**

**\$149**

A truly invigorating, hydrating and renewing body treatment utilizing flaxseed oil, rich in Omega 3 essential fatty acids to reduce inflammation of the skin. Paired with turbinado sugar, rich in molasses, vitamins and minerals aid in nourishment and exfoliation to the body. Your skin will be left healthy, radiant, and calm.





## 2010 SPA MENU

### ROCKY MOUNTAIN RITUALS – 80 MINUTES

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#### Whisper

**\$199**

##### Omega 3 & Flaxseed Scrub with Healing Foot Ritual

A truly invigorating, exfoliating body treatment utilizing flaxseed oil, rich in Omega 3, to nourish the skin is combined with our foot treatment to leave you relaxed from head to toe.

#### Escape

**\$199**

##### Swedish Massage & Hydrating Milk Bath

Relax in the private soaking tub followed by a full body massage to address your specific trouble areas.

#### Renew

**\$199**

##### Soak/ Exfoliating Scrub/ Massage

This cleansing ritual begins with a calming bath to help the body unwind. Followed by an exfoliating scrub to slough away calloused or flaky skin on hands, feet and body. A full body massage completes the treatment and helps to reduce tensions.

#### Soar

**\$199**

##### Soak/Massage/Foot Treatment

Your experience begins with a hydrating soak followed by a full body massage and concludes with a foot treatment focusing on revitalizing tired and overworked areas.





## MASSAGE

### **Custom Massage (50-minute/80- minute)**

**\$149/\$189**

A custom massage combining various massage techniques to address the specific concerns of your body. Moderate pressure is applied to very specific target areas of your body. Guide your therapists to your areas of need.

### **Therapeutic Sports (50-minute/80-minute)**

**\$149/\$189**

A vigorous and energizing massage that may incorporate stretching along with various massage techniques to help improve range of motion, circulation and flexibility. Great before or after skiing or any physical activity.

### **Hot Stone (50-minute/80- minute)**

**\$149/\$189**

Hot river stones are placed on your body with the trained hands of a therapist to further penetrate your muscles and help to reduce tension. Let your body and mind melt away with this ultra relaxing heat therapy.

### **Deep Tissue (50-minute/80-minute)**

**\$149/\$189**

This deep, therapeutic massage uses a variety of techniques including trigger point, deep fascia work, and cross-fiber friction to work deeper layers of muscle fibers, helping to release chronic patterns of muscular tension. Deep muscle pressure. Not recommended as a first time massage.

### **Pre-Natal (50-minute)**

**\$149**

Let us help relieve some of the aches and pains you're carrying around. Massage techniques and body cushions will help you relax and care for both you and your baby. This special pregnancy massage is ONLY for women in their second or third trimester.

### **Shiatsu (50-minute)**

**\$149**

A pressure point massage incorporating stretches to balance your meridians and leave you energized. Please wear loose fitting clothing.

### **Couples (50-minute/80-minute)**

**\$139+/\$179+**

Enjoy any of our extensive and therapeutic massage selections with your partner in our Duet Room. Two dedicated masseuses in our large couple's suit. Please choose massage type when making your appointment. Price is per person.

### **Swedish Massage (50-minute/80-minute)**

**\$139/\$179**

Traditional massage using a variety of techniques to help promote relaxation, increase circulation and reduce tension. Low pressure to encourage stress reduction.

### **Reflexology (25-minute)**

**\$99**

A firm pressure point technique on your feet designed to bring your body into balance.

### **Target Massage (25-minute)**

**\$89**

Swedish massage targeting a specific area.



## BODY TREATMENTS WITH INTENTION

### **Omega 3 and Flaxseed Oil Scrub (50-minute)**

**\$149**

A truly invigorating, hydrating and renewing body treatment utilizing flaxseed oil, rich in Omega 3 essential fatty acids to reduce inflammation of the skin. Paired with turbinado sugar, rich in molasses, vitamins and minerals aid in nourishment and exfoliation to the body. Your skin will be left healthy, radiant, and calm.

### **Gotu Kola & Walnut Firming Scrub (50-minute)**

**\$149**

Treat your body to a double dose of luxury with an invigorating yet gentle exfoliating scrub that detoxifies, polishes and softens both the skin and psyche. This scrub consists of natural walnut, chamomile, gotu kola, peppermint and calendula oils to hydrate and nourish the skin.

### **Coffee and Sea Kelp Scrub (50-minute)**

**\$149**

With this detoxifying scrub, your senses will be enriched with the smell of warming coffee, sweet vanilla and the freshness of grapefruit.

### **Blue Detox Wrap (50-minute)**

**\$149**

The ultimate detox. Your body is wrapped in fine clays colored with 100% azulene, mixed with medicinal herbs, detoxifying essential oils, therapeutic seaweed and sea plant extracts to allow your body to rid your system of toxins and relax your tense muscles.

### **Neem Healing Body Wrap (50-minute)**

**\$149**

A cleansing and hydrating treatment that encourages the body's own natural .healing. process while replacing lost nourishment.

### **Rocky Mountain Foot Ritual (25-minute)**

**\$89**

The ultimate foot exfoliation treatment created to relieve tired, aching, overworked feet. Recommended before or after any athletic activity.

### **Scalp & Hair Ritual (25-minute)**

**\$89**

A nourishing and balancing head, hair and scalp treatment, combining the luxurious blends of neem and coconut, enhanced with herbs, oils and flowers.

### **Healing Hand and Neck Ritual (25-minute)**

**\$89**

Tired and dehydrated skin of the hand is exfoliated and replenished with our custom Aria rehydration blend. While your hands are drenched in richness the neck is massaged and relaxed.

The logo for Aria Spa & Club, featuring the word "Aria" in a large, elegant, cursive script.

spa & club  
VAIL CASCADE

A photograph of a woman with her eyes closed, appearing to be in a state of relaxation or receiving a spa treatment. She is wearing a dark-colored top.

AriaSpaClub.com | 800.439.1531  
1300 westhaven drive |vail, colorado 81657

## FACIALS

### The Quick Fix

#### Ling Oxygen Express (25-minute)

**\$119**

In less than a half an hour your skin will be renewed and refreshed. A gentle exfoliation using Ling's exclusive Spotlight Papaya Peel combined with an ultrasonic Oxygen infusion, diminishes uneven skin tone, reduces the appearance of fine lines, and quenches the skin for ultimate hydration. This express treatment is perfect for those who want a lot of results, without a lot of time.

#### Ultrasonic Microderm (25-minute)

**\$119**

This advanced treatment utilizing the CACI International Ultra erases skin imperfections with minimal trauma to the skin. This cutting-edge technology exfoliates the surface of the skin and stimulates cell renewal, leaving your skin polished and refined. The microdermabrasion of the future. **Series of 3: \$315; Series of 6: \$600; Series of 12: \$1,140.**

#### Somme Vitamin Treatment (25-minute)

**\$119**

Highly energized vitamins (A, B3/B5, C, D and E) go deep within the skin, repairing years of sun damage, visibly reducing fine lines and wrinkles, treating and preventing moderate to severe acne and rosacea, as well as significantly improving discoloration, tone and clarity.

### Ageless

#### Ling Ultimate Anti-Aging Facial (100-minute)

**\$289**

Look ten years younger in 100 minutes. This comprehensive facial brings new lift and new life to the skin through the combination of advanced technology and Ling Skin Care. You receive all of the benefits of our Non-Surgical Facelift, plus ultrasonic exfoliation, lymph drainage, targeted blemish reduction, light therapy, customized ginseng masque, and penetration of Freeze Serum. Whether your concerns are dull or tired looking skin, sagging facial muscles, fine lines, or blemishes, this single facial will address all of your concerns while making you feel pampered and relaxed.

#### Ling Non-Surgical Facelift (65- minute)

**\$229**

Turn back the clock with this non-invasive treatment designed to lift and reeducate the facial muscles. Low level micro-current is utilized to achieve a firmer, more contoured, and youthful appearance. Ling's potent Freeze Serum is then infused to target and diminish both superficial and deep wrinkles. Notice visible results after only one treatment. A series of 3, 6 or 12 treatments is recommended to achieve long term results. **Series of 3: \$660; Series of 6: \$1,290; Series of 12: \$2,520.**

### Nourishing and Healing

#### Ling Triple Peel Detox Facial (80-minute)

**\$219**

Uncover your very best skin with Ling's Signature Facial. Natural fruit acids, papaya enzymes, and Ling's unique Rescue Skin Peel are applied to slough away dead cells and balance the skin. A serum is then selected that meets your unique needs and is infused to achieve the best possible results. Finish off with a custom blended ginseng masque leaving the skin dewy and radiant. Simply a must have.



**ASTARA Restorative Antioxidant Stone Facial (75-minute) \$189**

This Colorado-based high altitude facial offers a synergistic blend of antioxidants that strengthens and protects the skin from environmental damage. Combats aging on both topical and cellular levels while revealing healthy, toned, and vibrant skin. This facial incorporates hot stones and gem disks for an incredibly relaxing facial.

**Ling Vitamin Infusion Facial (50-minute) \$159**

This luxurious treatment will bathe your face with vitamins to both nourish and tighten your skin. Ling's highly potent Vitamin C serum is deeply penetrated into the skin with ultrasound to protect it from free-radical damage, combat aging, and improves skin tone. It's an ideal treatment for all occasions when you desire a glowing, visibly youthful appearance.

**Organic Facial (50-minute) \$139**

Let nature's organic elements feed and exfoliate your skin with botanicals and natural fruit acids. Our organic products derive extracts and juices containing powerful antioxidants, minerals, and natural source vitamins to firm and revitalize skin.

**Specialty**

**Teen Facial (25-minute/50-minute) \$99/\$139**

A beautiful complexion begins with good skin care. This Teen Facial includes cleansing, toning, exfoliation and a facial massage leaving your skin with a clean, healthy glow.

**Gentleman's (25-minute/50-minute) \$99/\$139**

A deep cleansing facial designed specifically for the special care needs of men. This facial relaxes the skin, as it refines pores and specifically addresses sensitivity and razor burn.

**Treatment Enhancements and Add-ons: (must be done in conjunction with a facial)**

- **Add on Product Infusion:** Treat any skin ailment utilizing ultrasonic infusion. Combining ultra-sound will deliver essential nutrients to the deepest layers of the skin. Uncover and restore your natural glow in minutes. **Additional \$39**
- **Add on Eye Treatment:** Targets all eye concerns, dark circles, fatigue, puffiness and lack of elasticity with four results-oriented treatments. **Additional \$39**
- **Add on Lip Treatment:** A three step process to exfoliate and hydrate your lips. **Additional \$39**
- **Add on Scalp Treatment:** A nourishing and balancing scalp treatment, combining the luxurious blends of neem and gotu kola, enhanced with herbs, oils and flowers. **Additional \$39**

**\*\*Each add on treatment is done within the facial and does not add any additional time to the facial\*\***

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## WAXING

Eyebrow Wax	<b>\$29 &amp; up</b>	Bikini Wax	<b>\$49 &amp; up</b>
Lip Wax	<b>\$29</b>	Half Leg	<b>\$59 &amp; up</b>
Chin Wax	<b>\$29 &amp; up</b>	Full Leg & Bikini	<b>\$119</b>
Brow, Lip, Chin Wax	<b>\$59</b>	Underarm	<b>\$39</b>
Sideburn Wax	<b>\$39</b>	Full Arm	<b>\$29 &amp; up</b>
Full Face	<b>\$59 &amp; up</b>	Back	<b>\$89 &amp; up</b>

## NAILS

### Manicure

Spa Mountain Manicure	<b>\$69</b>
Traditional Manicure	<b>\$49</b>
French Manicure	<b>+\$10</b>
Perfect Sense Paraffin for the Hands	<b>\$29</b>
Polish Change (Hands Only)	<b>\$29</b>

### Pedicure

Spa Mountain Pedicure	<b>\$79</b>
Traditional Pedicure	<b>\$59</b>
French Pedicure	<b>+\$10</b>
Perfect Sense Paraffin for the Feet	<b>\$29</b>