



## 2011 SPA MENU

### SONGS OF THE MOUNTAIN PACKAGES

Packages intended to set aside time for you to “hear” your inner soul

#### **Rocky Mountain Retreat- 4 Hours**

**\$444.00 (includes service charge)**

##### **Body Beautiful Inside and Out**

One hour, one on one outdoor fitness training session, 80 minute cellulite body service, and essential oil infused mountain spa manicure and pedicure. This package includes a complimentary smoothie or glass of wine.

#### **A Day in the Life- 3 ½ Hours**

**\$504.00 (includes service charge)**

##### **Take Some Time to Pamper Yourself**

50 minute custom massage including a 10 minute hot neem and coconut scalp treatment, 50 minute Ling vitamin C infusion facial with a 10 minute healing hand mask, and essential oil infused mountain spa manicure and pedicure. This package includes a complimentary smoothie or glass of wine.

#### **Body and Soul- 2 ½ Hours**

**\$371.00 (includes service charge)**

##### **Healthy Spine Healthy Mind and Body**

One hour group yoga class, 50 minute four handed massage, and 25 minute Dr. Obagi Ossential Stimulator Peel. This package includes a complimentary smoothie or glass of wine.

#### **Happy Together- 1 ½ Hours**

**\$243.00 (includes service charge)**

##### **Celebrating a Milestone with Your Significant Other**

50 minute couples custom massage and 25 minute couples scalp treatment. This package includes a complimentary smoothie or glass of wine.

**Songs of the mountain prices includes the service charge. No discounts apply.**

## ROCKY MOUNTAIN RITUALS – 80 MINUTES

#### **Renew**

**\$199**

##### **Coco Cream Wrap and Scalp Treatment**

A luxurious blend of warm coco cream and coconut oil infused with vanilla and bergamot envelopes the body in this nourishing wrap. Followed by a hot neem scalp treatment and relaxing massage. This is an ideal pairing for dry, dehydrated skin needing extra healing.

#### **Revive**

**\$199**

##### **Peppermint Rosemary Exfoliating Scrub with Custom 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 therapeutic custom massage completes this treatment for an overall body revitalization.

#### **Balance**

**\$199**

##### **Hydrating Milk Bath, Healing Foot Ritual and Custom Massage**

This treatment begins with a hot hydrating bath allowing your mind to wander as you relax in an oversized soaking tub, followed by a custom massage to address your bodies’ specific needs. Lastly, a cooling mint pumice exfoliation is applied to stimulate this overworked area.



## MASSAGE

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

**\$149/\$199**

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/\$199**

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/\$199**

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/\$199**

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+/\$189+**

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/\$189**

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.

### Treatment Enhancements and Add-On's:

(Must be done in conjunction with a massage)

Perfect Sense Paraffin hands or feet (10-minutes)

**\$29 each**

Hydrating Hair Mask (10-minutes)

**\$29**

Aroma Therapy (no additional time)

**\$9**



## BODY TREATMENTS WITH INTENTION

### **Cellulite Body Treatment (80-minute)**

**\$199**

This treatment is designed to eliminate toxicity, smooth cellulite deposits and aid in mineralizing the skin. Seaweed hydra gel and cellulite activity cream help stimulate blood circulation, bringing oxygenation and nourishment to sluggish skin.

### **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.

### **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.

### **Coco Cream Wrap (50-minute)**

**\$149**

A cleansing and hydrating treatment that encourages the body's own natural healing process while replacing lost nourishment. Organic coconut oil, ultra moisturizing coco butter infused with vanilla extract and bergamot uplifts the senses and calms and soothes tension. Ideal for dry skin needing extra 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.

### **Exfoliating Body Glow (25-minute)**

**\$89**

Custom body exfoliation created to slough off dry skin allowing new skin to regenerate quicker and leaving a polished, clean and hydrating look and feel. A perfect add on to any treatment.



## FACIALS

### The Quick Fix

#### Dr. Zein Obagi Ossential-Stimulator Peel (25-minute)

**\$149**

Stimulates cellular turnover, focuses on fine lines and wrinkles while improving the overall skin tone, texture and clarity. This peel is rich in retinol, hydroxyl acid and antioxidants.

#### Ultrasonic Microderm (35-minute)

**\$129**

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.**

#### High Altitude Relief (25-minute)

**\$119**

This facial is specifically designed to combat the harsh Rocky Mountain elements from exposure to sun and wind. Ling Rescue Peel penetrates deep into the lower layers of skin gently removing damaged skin cells without stressing the living tissue. Ginseng moisture mask which highlights aloe vera to soothe, collagen to firm and Panax ginseng to revive and tone is applied generously on the effected area's to rehydrate.

## 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.

**\*\*Suggested Add On: Rice Therapy Mask for added hydration infusion\*\***



**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 C 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.

**Botanical Facial (50-minute) \$149**

Powerful antioxidants, including white and green tea, borage seed oil and vitamin A, C, and E encourage cellular repair for all skin types. Let nature's botanical elements feed and exfoliate your skin with minerals, and natural source vitamins to firm and revitalize. Cleansing, exfoliation, and rehydration of dehydrated skin are the focus of this facial.

**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: (must be done in conjunction with a facial)**

- Oxygen Boost with Ultra Sound (no additional time): Additional \$29
- Collagen Boost with Ultra Sound (no additional time): Additional \$29
- Product Infusion with Ultra Sound (no additional time): Additional \$19

**Add on's: (must be done in conjunction with a facial)**

- Add on Neck, Scalp and Shoulder Massage (25-minutes): Additional \$59
- Add on Ling Rice Therapy Mask (10-minutes): Additional \$49
- Add on Perfect Sense Paraffin Hands (10-minutes): Additional \$29
- Add on Hydrating Hair Mask (10-minutes): Additional \$29
- Add on Lip Treatment (10-minutes): Additional \$29
- Add on Eye Treatment (10-minutes): Additional \$29
- Add on Scalp Treatment (10-minutes): Additional \$29

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

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 bikini top.

AriaSpaClub.com | 800.439.1531  
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## WAXING

Eye brow 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>