



2010 Spa Menu

Mind, Body and Spirit of the Mountains

Songs of the Mountains

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

Time in a Bottle- 3-1/2 hours **\$ 415 (includes gratuity)**

Take some Time to Pamper Yourself

50-Minute Swedish Massage, 50-Minute Ling Vitamin Infusion Facial, Mountain Spa Manicure, and Mountain Spa Pedicure & Smoothie or Glass of Wine.

Young at Heart – 2-1/2 hours **\$ 280 (includes gratuity)**

To help you stay young – Perfect for Teens

25-Minute Target Massage, 25-Minute Ling Oxygen Express Facial, Traditional Manicure, Traditional Pedicure & Smoothie or Glass of Wine.

Singing The Blues – 2-1/2 hours **\$ 340 (includes gratuity)**

The Ultimate Detox

50-Minute Blue Detox Body Wrap & 80-Minute Triple Peel Detox Facial & Smoothie or Glass of Wine.

Rocky Mountain High – 3 1/2 hours **\$ 405 (includes gratuity)**

Experience Beauty Inside and Out

60-Minute Personal Training Session or Private Pilates Session, 50-Minute Custom Massage, 50-Minute Restorative Stone Facial, 25-Minute Rocky Mountain Healing Foot Ritual & Smoothie or Glass of Wine.

Pretty Woman - 3 hours **\$ 425 (includes gratuity)**

Train your body and your mind to look its best

60-Minute Personal Training Session, 50-Minute Rejuvenating Mud Wrap, 65-Minute Ling Non-Surgical Facelift & Smoothie or Glass of Wine.

Mountain Man – 1 ½ hours **\$ 220 (includes gratuity)**

Perfect for the Man in your life

50-Minute Therapeutic Sports Massage, 25-Minute Gentleman’s Facial & Smoothie or Glass of Wine.

Hush Little Baby – 3 hours **\$ 350 (includes gratuity)**

For the Mother to Be

Pre-natal Yoga or Pilates, Class, 50-Minute Pre-Natal Massage, 50-Minute Vitamin Facial & Smoothie.

Wedding Bells - 2 hours **\$ 305 per person (includes gratuity)**

Make Everyday your Honeymoon

Couples 50-Minute Swedish Massage, 25-Minute Scalp Treatment, 25-Minute Ling Oxygen Express Facial & Smoothies or Glasses of Wine for two.

Songs of the Mountain Prices include gratuity. No discounts apply.



Rocky Mountain Rituals – 80 Minutes

Balance \$195

Neem 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 \$195

Coffee & Sea Kelp Scrub with Swedish Massage

With this detoxifying scrub, your senses will be enriched with the smell of warming coffee, sweet vanilla and the freshness of grapefruit. A massage completes this treatment for ultimate smooth and silky skin.

Whisper \$195

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 \$195

Swedish Massage & Hydrating Soak

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

Renew \$195

Soak/Bamboo Polish/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 \$195

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

Target Massage (25-minute) \$85

Swedish massage targeting a specific area.

Reflexology (25-minute) \$90

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

Swedish Massage (50-minute/80-minute) \$125/\$185

Therapeutic massage using a variety of techniques to help promote relaxation, increase circulation and reduce stress.

Custom Massage (50-minute/80-minute) \$130/\$190

A custom massage combining various massage techniques to address the specific concerns of your body.

Therapeutic Sports (50-minute/80-minute) \$130/\$190

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) \$135/\$195

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.

Deep Tissue (50-minute/80-minute) \$135/\$195

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.

Couples (50-minute/80-minute) \$125+/\$185+

Enjoy any of our massage selections with your partner in our Duet Room. Please choose massage type when making your appointment. Price is per person.

Pre-Natal (50-minute) \$135

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) \$135

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

FACIALS

The Quick Fix

Ling Oxygen Express (25-minute)

\$95

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)

\$110

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)

\$110

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 Non-Surgical Facelift (65- minute)

\$225

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.**

Ling Ultimate Anti-Aging Facial (100-minute)

\$285

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.

Healing

ASTARA Restorative Antioxidant Stone Facial (75-minute)

\$185

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 Triple Peel Detox Facial (80-minute)

\$210

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.

Nourish

Ling Vitamin Infusion Facial (50-minute)

\$150

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 improve skin tone. It's an ideal treatment for all occasions when you desire a glowing, visibly youthful appearance.

Organic Facial (50-minute)

\$130

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)

\$90/\$130

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)

\$90/\$125

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 \$30**
- **Add on Eye Treatment:** Targets all eye concerns, dark circles, fatigue, puffiness and lack of elasticity with four results-oriented treatments. **Additional \$30**
- **Add on Lip Treatment:** A three step process to exfoliate and hydrate your lips. **Additional \$30**
- **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 \$30**

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

Waxing

Eyebrow Wax	\$25 & up	Bikini Wax	\$40 & up
Lip Wax	\$20	Half Leg	\$55 & up
Chin Wax	\$20 & up	Full Leg & Bikini	\$115
Brow, Lip, Chin Wax	\$50	Underarm	\$35
Sideburn Wax	\$35	Full Arm	\$25 & up
Full Face	\$55 & up	Back	\$80 & up

Body Treatments with Intention

Hydrate and Heal

Rocky Mountain Foot Ritual (25-minute)

\$85

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

Scalp & Hair Ritual (25-minute)

\$85

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

Bamboo and Ginseng Body Polish Ritual (50-minute)

\$130

Exfoliating bamboo and stimulating Ginseng are perfectly blended to make this revitalizing body scrub. This anti-oxidant combination is useful in combating wrinkles and the visible signs of aging.

Neem Body Wrap (50-minute)

\$130

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

Nourish

Gotu Kola & Walnut Scrub (50-minute)

\$130

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.

Organic Body Scrub (50-minute)

\$130

Exfoliate and hydrate your skin with a mixture of fruit and raw sugar cane granules. This nourishing blend is full of antioxidants, Vitamins A, C and E. Amazing for all skin types.

Detoxify

Coffee and Sea Kelp Scrub (50-minute)

\$130

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)

\$130

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.

Rejuvenating Mud Wrap (50-minute)

\$130

Our special mud is not only rich in mineral trace elements and antioxidants, but also contains stimulating cinnamon and paprika to detoxify and revitalize.

Invigorate

Omega 3 and Flaxseed Oil Scrub (50-minute)

\$130

A truly invigorating, exfoliating body treatment utilizing flaxseed oil, rich in Omega 3 to nourish the skin. Rich in antioxidant Rooibos tea to protect the skin. Your skin will be left healthy and radiant.

Organic Body Wrap (50-minute)

\$130

Our customized body facial will hydrate, rejuvenate and revitalize your entire body using an organic masque. Your skin will be hydrated and well nourished.

Nails

Manicure

Traditional Manicure	\$45
Spa Mountain Manicure	\$65
French Manicure	+\$10
Perfect Sense Paraffin for the Hands	\$20
Polish Change (Hands Only)	\$25

Pedicure

Traditional Pedicure	\$55
Spa Mountain Pedicure	\$75
French Pedicure	+\$10
Perfect Sense Paraffin for the Feet	\$20