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.
GOOD TO KNOW

To make the most of your spa visit, come early to enjoy a steam and relax in our Serenity Room. It is best to shower before your spa treatments and “taking the waters” in our hot springs pools, so that essential minerals and oils can remain on your skin for as long as possible. In the European tradition, spa-goers wait until the following day to shower to achieve maximum benefit.

Arrive Early. It is best to allow a minimum of 30 minutes prior to your first scheduled appointment, as you will be asked to complete a brief in-take form. Each service is scheduled to begin precisely on time for your convenience and for the next guest.

Sanctuary. Spa of the Rockies is dedicated to maintaining a relaxing and quiet environment for your enjoyment. We are a non-smoking and cellular phone-free establishment.

Bring a Swimsuit. Please be advised that swimsuits are required for the outdoor therapy pool. Swimsuits may also be purchased at The Shop.

Alcoholic Beverages. Spa of the Rockies requires that all guests provide valid age identification. It is unlawful to serve alcohol to anyone under the age of 21 in the state of Colorado.

Cancellation Policy. Should you need to cancel your appointment, we require notification 24 hours in advance. Full payment is required should cancellations be received after this time.

Gratuity. Please note that gratuity is not included with services, but you are welcome to leave gratuity for your therapist in the envelope provided.

Age Restrictions. Spa admission is granted to guests 14 years of age and older. Patrons under the age of 16 may only receive nail services and teen facials. Patrons under 18 must be accompanied by an adult at reception and use a therapist of the same gender.

Gift Cards. Available for purchase in the Spa Boutique.
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-$21
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 minutes $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. This bath leaves the mind clear and the body feeling cleansed.

Flavored Oxygen Therapy 15 minutes $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 minutes $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 minutes $15/$75
Diminish the appearance of fine lines, wrinkles, and age spots with this unique photo-pulsation technology. Six consecutive treatments are recommended.

NuFace Micro-Current Facial Enhancement 15 minutes $29
Focus on the areas of concern that need instant lifting and toning with advanced micro-current technology. Best received in a series of 6 weekly treatments.

NuFace Red Light Enhancement 15 minutes $29
Treat target specific wrinkles with red light therapy. This treatment will assist in stimulating cell regeneration, speeding healing and rejuvenating the skin – leaving you with an instant glow.

Scalp Quench 15 minutes $19
A luxurious blend of Vitamin E, passionflower and coconut oil is drizzled over the scalp for a nourishing, soothing scalp massage and shine boosting treatment. For all skin types.
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 minutes $179/$199
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 minutes $185
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.

Hamman Ritual 90 minutes $185
East meets West in our version of the Moroccan Hamman. 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 minutes $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 minutes $269
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).

Geothermal Wellness Package 195 minutes $295
This is the perfect way to experience Spa of the Rockies and the geothermal hot springs. Balneotherapy is suggested before beginning this invigorating experience, which prepares the body to receive the services. Begin with a mineral bath (30 minutes), followed by a Himalayan Hot Stone Massage (90 minutes), and complete this journey with a Stonecrop Hydration Facial (60 minutes).
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.

**Himalayan Salt Stone Massage** 90 minutes $175

This Himalayan warm stone massage integrates Eastern medicine, Swedish massage, thermal therapy and salt therapies. The Himalayan crystal salt benefits the body by stimulating circulation, reducing inflammation, calming the nervous system and soothing sore muscles. This treatment will increase your sense of well-being and remove toxins from the body.

**Kneipp Healing Massage** 60 or 90 minutes $129/$169

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 minutes $199/$169

High altitude sickness tends to affect visitors at elevations above 5000 feet or 1500 meters. This treatment will increase your sense of well-being and remove toxins from the body.

**Unifying Reflexology Massage** 30 or 60 minutes $69/$125

The entire human body is mapped out based on reflexes in the feet and hands. By using a combination of thumbs, fingers, and salt stones, your massage therapist will stimulate the specific reflex zones on your hands and feet to ease organ function and increase blood flow. The 60 minute option includes a scalp massage as well.

**Classic Swedish Massage** 60 or 90 minutes $119/$165

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 minutes $119/$175

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 minutes $119/$169

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 minutes $135/$179

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 minutes $129/$155

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.

**Upper or Lower Body Massage** 30 minutes $75

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

**Lymphatic Drainage Massage**

60 or 90 minutes $119/$175

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.

**Sports Massage** 60 or 90 minutes $145/$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.

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**4 Hands Medley Massage** 90 minutes $289

Be nurtured by two massage therapists simultaneously. The soothing and comforting movements of four hands working together will be an uplifting and mesmerizing experience. The combined energy will leave you feeling rejuvenated and extremely relaxed.

**Bamboo Massage** 90 minutes $169

Known for its healing properties, this massage works at all levels to balance, calm and energize you physically, mentally and spiritually. This rejuvenating massage uses Indonesian Ginger oils paired with warm bamboo wands with varying degrees of pressure. The use of bamboo ensures healthy circulation, relief of muscle tension, deep relaxation and even aids in detoxification.

**21 Drops Aromatherapy Massage** 60 or 90 minutes $129/$165

Your massage begins with towels infused with your choice of aromatherapy oil that is applied to the body, followed by aromatherapy inhalations offering comfort and serenity. This Classic Swedish Massage is enhanced by one of seven aromatherapy 21 Drops oils sourced from sustainable, indigenous habitats that are 100% natural and organically grown or wild-crafted.
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.

Native Honey Steam Wrap 30 minutes $79
Honey has been used for thousands of years to moisturize and rejuvenate skin, soothe eczema, and help fight allergies with its natural local anti-allergen properties. Your treatment begins with a brief exfoliation to prepare the skin. Then organic, locally produced honey is gently fan brushed over your body, followed by a 10-minute steam session to allow the nectar to absorb and hydrate the skin. A quick rinse removes any residue, and you will take home a gift of the delicious, healing honey.

Brighter Body Scrub 60 minutes $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 Polish 30 minutes $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 and finishes with an aromatic body spray application, leaving the body feeling smooth, refreshed and hydrated.

Moor Mud Wrap 90 minutes $169
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 application of remineralizing body crème.

Herbal Rain Scrub 60 minutes $119
A creamy, aromatic scrub with Chamomile and gentle buffing grains sweeps away dull surface cells as an invigorating loofah massage stimulates circulation to leave the body feeling smooth. A soothing Vichy shower followed by an application of moisture rich chamomile that hydrates and completes this refreshing experience.
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 minutes**
- **$195**
  - 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.

**Intraceuticals Advanced Hydration Facial**
- **60 minutes**
- **$155**
  - 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.

**Intraceuticals Express Lift Facial**
- **30 minutes**
- **$75**
  - 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 Intraceluchs facial treatment, the amino acid blend in Atoxelene visibly firms, lifts, and plumps your skin for a youthful appearance.

**Stonecrop Hydration Facial**
- **60 minutes**
- **$125**
  - 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.

**Organic Male Gentleman’s Facial**
- **60 minutes**
- **$125**
  - 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.

**Intraceuticals Express Lift Facial**
- **30 minutes**
- **$75**
  - 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 minutes**
- **$149/$205**
  - The HydraFacial provides deep cleansing, exfoliation, and gentle vacuum-based extractions with new generation hydromicroabrasion, 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.

**Potent Revitalizing Organic Facial**
- **90 minutes**
- **$169**
  - Indulge in this luxury organic facial to experience advanced age prevention and correction. Super foods nourish and drench the skin with a potent dose of vitamins and nutrients. Breakthrough botanical technology delivers a stabilized infusion of antioxidants to the skin for supreme defense against free radicals, unparalleled healing ability and collagen boosting power. Discover nature’s true potential and achieve firmer, brighter, clearer and younger looking skin. Also, suitable for sensitive skin types. Includes lip and eye treatment.

**NuFace Illuminating Facial**
- **60 or 90 minutes**
- **$139/$199**
  - A complete facial treatment that features NuFace micro-current technology that will lift and tone muscle memory. Through micro-current technology, muscles are lifted and toned, resulting in skin that is firmer. Ask one of our licensed skin care professionals about incorporating the NuFace into your daily routine at home for continuous results.
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. A complimentary glass of bubbly is offered with your manicure or pedicure (21 and over only). You’ll leave relaxed and looking your best.

Wellness Manicure 60 minutes $59
Enjoy this natural and hypoallergenic manicure. Begin with a hand soak, followed by an exfoliation of the hands and arms with mineral salts. Mineral gel is then massaged in the hand, 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 quick dry and non-toxic polish application.

Wellness Pedicure 75 minutes $79
Enjoy this natural and hypoallergenic pedicure. Begin 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 quick dry and non-toxic polish application.

Zents Pedicure Ritual 60 minutes $55
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 minutes $39
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 minutes $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 minutes $25
Quick shape and polish
Polish Change for Toes 15 minutes $29
Quick shape and polish
Paraffin Add-On $19
Bubbly not included with add-on services.

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 $69 Tummy $15

MAKEUP

Bridal $79
Full Application $55
Makeup Consultation $55
Touch-Up complimentary
ABOUT OUR PRODUCTS

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.

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-aging 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.

Dazzle Dry
Fast-drying nail polish and a quick drying coat of the utmost speed unite to form the Dazzle Dry Quick Dry Nail System. Dazzle Dry is a natural, non-toxic, non-yellowing and vegan product.