

# SPA MENU

2019



THE SPA  
AT VAIL ATHLETIC CLUB

*Authentic treatments infused with nature*

## SPA PACKAGES

**Mountain Zen** 125 minutes \$325

*25 Minute Mint Renewal Salt Scrub | 50 Minute Custom Massage | 50 Minute Custom Facial*

A perfectly curated trio of our most popular services evokes a state of Mountain Zen. A refreshing mint renewal salt scrub awakens the senses, preparing the skin for a nourishing custom massage, and ultimate relaxation. An aromatic facial completes the journey.

**CBD Remedy** 75 minutes \$275

*25 minute coffee scrub | 50 minute CBD Custom Massage*

Invigorate with a high mountain coffee scrub preparing the skin and body for a hemp oil massage. The healing properties of CBD penetrate to release sore muscles and alleviate chronic pain.

## SIGNATURE SERVICES

**Rose Quartz “Be Love” Custom Facial** 75 minutes \$235

The stone of the heart, rose quartz emits a vibration of unconditional love, peace, and joy. Channel compassion and self-worth while rose-scented hydrating serums are infused with cooling quartz. A heated gemstone mat aligns the chakras and detoxifies. Glowing skin brings forth harmony and confidence.

**Gemstone “Mantra” Custom Massage** 75 minutes \$235

Customize a stone massage blend while setting an intention to reduce stress with Aventurine, or enhance life flow with Sodalite, or promote joy using Rose Quartz. A heated gemstone mat detoxifies and palm stones center energy. Truly align body and mind.

**Nature Body Spirit** 100 minutes \$275

A VAC recommended treatment for over a decade. After an aromatic footbath, the skin is dry brushed leaving it receptive to an essential oil massage. The chest, neck and face are gently and rhythmically compressed with warm lavender. A reflexology-focused, scalp and foot massage elicits serenity.

**High Altitude Recovery** 75 minutes \$215

Ease altitude and travel fatigue symptoms. This treatment begins with a rejuvenating foot treatment. A tension melting massage features altitude adjustment essential oils, enhanced with warm compresses to moisturize thirsty skin. Finish with a Cellfood tonic to oxygenate the blood and hydrate.

**Moor Remedy** 100 minutes \$275

After a rhythmic body brushing, you are immersed in a moor mud bath. Austrian mud relieves inflammation, aches and pain. The body is prepared for a deeply relaxing massage with aromatic oils to truly transform.

A 20% customary gratuity will be added to all services.

## MASSAGES

**CBD Massage** 50 | 75 | 100 minutes \$170 | \$235 | \$295  
Our medicinal Nature's Root, organic hemp oil is renowned for relieving inflammation, pain and muscle cramping. Experience a deeper sense of relaxation and relief from muscle soreness and chronic pain.

**Magnesium Wellness Massage** 50 | 75 | 100 minutes \$150 | \$215 | \$275  
Magnesium promotes healthy muscle and nerve function, energy and sleep levels, and overall well-being. This full body massage allows magnesium to be absorbed through the skin to receive its full wellness potential while enjoying the art of touch with a full body massage. We recommend a 10 minute prelude in the steam room before the service.

**Custom Massage** 50 | 75 | 100 minutes \$150 | \$215 | \$275  
Soothe sore muscles, promote relaxation, or relieve tension, aches and pain. Choose light, medium or firm pressure, we customize to exactly what you need. Our highly trained therapists will draw from an array of healing therapies.

**Deep Tissue Therapy** 50 | 75 | 100 minutes \$150 | \$215 | \$275  
A therapeutic massage utilizing heat, firm pressure and addressing targeted areas of need. Essential oil of arnica relieves chronic pain, sports injury and muscle tension.

**Swedish Massage** 50 | 75 | 100 minutes \$140 | \$200 | \$250  
The classic massage technique that incorporates light to medium pressure and long relaxing strokes. Using your choice of aromatic oil, be transported to a state of sheer relaxation.

**Reflexology** 50 minutes \$150  
Acupressure techniques performed on the hands and feet with warm stones. Decreases stress and anxiety in the entire body.

## MESSAGE ENHANCEMENTS

With Swedish, Deep Tissue or Custom Massages:

Warm Stones		\$20
CBD Oil		\$20
Hand Hydrating Treatment		\$20
Eye Refresh Gel Mask		\$20
Warm Oil Scalp and Neck Treatment	add 20 minutes	\$45

## FACIALS

### Radiant Vitality

75 | 100 minutes

\$285 | \$350

A performance-based treatment with medical grade Diamondtome microdermabrasion or dermaplaning resurfaces the skin. Ultrasound increases serum penetration and dermal hydration. Radiant Vitality will transform the facial skin, neck and décolleté. Science plus luxury equates to noticeable results.

### Dr. Hauschka Signature Facial

75 | 100 minutes

\$225 | \$285

Transcend the ordinary with this holistic approach to skin care. Relaxation begins with warm lavender compresses. Harness the power of nature with customized serums, masks, moisturizers, and signature lymphatic stimulation. Complete with head, hand and foot treatment, it's unlike any facial you've experienced.

### Vitamin C Refining Facial

75 minutes

\$225

A renowned clinical-based skin treatment that provides thorough cleansing and extractions, an active peel to reveal fresh skin, Skinceuticals vitamin C clarifying mask, and deep hydration.

### Illuminate

50 minutes with peel or microderm

\$185

75 minutes with dermaplaning

\$270

A refining treatment using either a micronized peel, microdermabrasion or dermaplaning to exfoliate the skin, then followed by LED anti-aging light therapy. Your skin will glow.

### Custom Facial

25 | 50 | 75 minutes

\$85 | \$155 | \$200

Precise customization based on your skin type. Products and techniques selected to deeply cleanse, hydrate and reveal balanced skin. An essential treatment.

### Detoxifying Back Facial

50 minutes

\$175

This purifying back treatment targets congested skin. Microdermabrasion deeply cleanses and resurfaces. Warm herbal compresses and steam prepare the skin for a custom mask. Complete the experience with an emollient body cream and back massage to reveal renewed and clarified skin.

## FACIAL ENHANCEMENTS

### Hand Hydrating Treatment

\$20

### Brow and Lash Tint

add 30 minutes

\$50

### Lip Plumping Mask

\$20

### Brow, lip or chin wax

add 20 minutes

\$25 each

A 20% customary gratuity will be added to all services.

## WAXING

Bikini	30 minutes	\$60
Brazilian	45 minutes	\$85
Half leg	30 minutes	\$60

Half Arm	30 minutes	\$60
Full Leg	45 minutes	\$85
Back	45 minutes	\$85

## BODY TREATMENTS

**Mint Renewal Body Scrub** 50 minutes \$150

Awaken your skin's liveliness with sustainable volcanic rock and exotic Bora Bora sand, uniquely blended with sugar and salt to slough away dry, rough skin, revealing a flawlessly smooth, noticeably bright finish. Following a warm shower, receive a light massage to seal in minerals and hydrate the skin.

**Green Tea & Ginger Sea Enzyme Body Wrap** 100 minutes \$275

The skin is treated to an anti-oxidant rich grapeseed exfoliation followed by a remineralizing seaweed enzyme body wrap. The treatment is completed with a deeply hydrating body massage. Idyllic.



## WHAT TO EXPECT

We invite you to arrive early to take advantage of the amenities at Vail Athletic Club & Spa. Conveniently located in Vail Mountain Lodge in Vail Village, the Vail Athletic Club & Spa offers a complete wellness experience and is committed to helping you move, feel, and live better.

Complimentary access to the Club and unlimited fitness classes on the day of service are included with every treatment. The spacious fitness facility provides cardio and strength equipment, including Peloton bikes, an extensive group fitness, yoga and meditation schedule, and boasts Vail's only public indoor climbing wall.

Refresh with full service locker rooms, complete with indoor and outdoor hot tubs, sauna, steam rooms, showers and day use lockers. Day passes are available for purchase by non-spa guests.

## ABOUT US

Experience the nature-infused treatments available at The Spa at Vail Athletic Club to truly relax and recover faster for your next adventure. Recognized as the original spa in Vail, we continue to be a top-rated choice by locals and visitors alike for our authentic treatments and skilled team of therapists. We welcome you to experience the best the Vail Valley has to offer.



Open Daily | [VailAthleticClub.com](http://VailAthleticClub.com) | 970.476.7960  
352 East Meadow Drive Vail, CO

