

SPAMMENDU

2019/2020



# THE SPA

AT VAIL ATHLETIC CLUB

*Authentic treatments infused with nature*

## SPA PACKAGES

**Mountain Zen** 125 minutes \$350

*25 minute 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 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

**Gemstone Mantra Custom Massage** 75 minutes \$230

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.

**High Altitude Recovery** 75 minutes \$230

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.

**Nature Body Spirit** 100 minutes \$295

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.

**Moor Remedy** 100 minutes \$295

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% gratuity is suggested on all services.

## MASSAGES

<b>CBD Massage</b>	<b>50   75   100 minutes</b>	<b>\$175   \$250   \$315</b>
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.		
<b>Hot Stone Massage</b>	<b>75 minutes</b>	<b>\$250</b>
Heated river stones and warm oils melt away tension, ease muscle soreness and increase circulation resulting in reduced stress and deep relaxation.		
<b>Magnesium Wellness Massage</b>	<b>50   75   100 minutes</b>	<b>\$155   \$230   \$295</b>
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.		
<b>Custom Massage</b>	<b>50   75   100 minutes</b>	<b>\$155   \$230   \$295</b>
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.		
<b>Deep Tissue Therapy</b>	<b>50   75   100 minutes</b>	<b>\$155   \$230   \$295</b>
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.		
<b>Swedish Massage</b>	<b>50   75   100 minutes</b>	<b>\$155   \$230   \$295</b>
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.		
<b>Reflexology</b>	<b>50 minutes</b>	<b>\$155</b>
Acupressure techniques performed on the hands and feet with warm stones. Decreases stress and anxiety in the entire body.		

## MASSAGE ENHANCEMENTS

<b>CBD Oil</b>	<b>\$20</b>	<b>Eye Refresh Gel Mask</b>	<b>\$20</b>
<b>Hand Hydrating Treatment</b>	<b>\$20</b>	<b>Arnica Balm</b>	<b>\$20</b>

## 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 \$230 | \$295  
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.

**Rose Quartz Custom Facial** 75 minutes \$230  
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.

**Vitamin C Refining Facial** 75 minutes \$230  
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 | 75 minutes \$185 | \$285  
An effective resurfacing facial that stimulates collagen and elastin and leaves your skin glowing. The 50 minute facial includes a micronized peel or microdermabrasion and the 75 minute facial includes dermaplaning. Both are followed by LED anti-aging light therapy. Perfect for those seeking dramatic results while leaving the skin deeply hydrated and supple.

**Custom Facial** 50 | 75 minutes \$155 | \$230  
This classic facial offers skin specific cleansing, steam, extractions and a hydrating mask. Improves tone and texture and reveals glowing hydrated skin. Perfect for all skin types.

## FACIAL ENHANCEMENTS

**Hydrating Hand Treatment** \$20

**Lip Plumping Mask** \$20

**Brow and Lash Tint** (add 30 minutes) \$75

A 20% gratuity is suggested on all services.

## WAXING

Brow, lip or chin	20 minutes	\$25 each	Half leg	30 minutes	\$60
Bikini	30 minutes	\$60	Full Leg	45 minutes	\$85
Brazilian	45 minutes	\$85	Back	45 minutes	\$85

## BODY TREATMENTS

**Cinnamon Vanilla Brown Sugar Polish**      50 minutes      **\$155**

An indulging experience, this natural blend of brown sugar and honey has excellent humectant properties that soften and smooth the skin. Combined with the light aroma of vanilla and cinnamon, this scrub is a treat for all of the senses. Following a warm shower receive a light massage to hydrate the skin.

**Green Tea & Ginger Sea Enzyme Body Wrap**      100 minutes      **\$295**

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.



## 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  
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