

Spa Struck Menu of Offerings

Massage

Full Body Massage

Our Certified Therapists will give you a full body massage using oil and firm massage strokes.

(50 Min. - \$105, 80 Min. - \$155, 110 Min. - \$205, Deep Tissue – add \$10)

Hydrating Swedish Full Body Massage

Our Swedish Massage combines firm muscle strokes with kneading of the tissue to work out stress and tension. It is performed utilizing a hydrating lotion mixed with essential oils to soothe dehydrated skin.

You leave relaxed and your skin is moisturized after this treatment.

(25 Min. - \$75, 50 Min. - \$115, 80 Min. - \$165, 110 Min. \$215, Deep Tissue - add \$10)

Hot Stone Full Body Massage

Hot polished lava stones massage your body, transferring the heat from the stones into your muscles, to warm them. This allows the therapists to then use their hands to virtually melt away stiffness, creating a feeling of deep relaxation and relief.



(50 Min. - \$125, 80 Min. - \$175, Deep Tissue - add \$10)

Aromatherapy Full Body Massage

A soothing massage using long, flowing strokes and essential oils to enhance energy flow while influencing your sense of smell and signaling your nervous system to release muscle tension. Stress and tension melt away by using the healing power of essential oils on your body and in the room.

Choose one of the following.

(50 Min. - \$125, 80 Min. - \$175)

~ **Anti-Stress.** This oil is a calming blend to relieve stress and anxiety. It has great soothing qualities that help clear the head and promote mental and physical tranquility.

~ **Mood-Rescue.** This oil is a complex blend that lifts your mood and re-balances your soul, naturally stimulating the clarity we all seek.

~ **Detoxifying.** This oil is a blend that stimulates diuretic functions and eliminates harmful body toxins assisting in a healthy body balance.

~ **Muscle Recharge.** This oil is a blend for post exertion of muscles to recharge tired overworked muscles, helping relieve stiffness and reduce fluid retention.

Athlete's Relief Sports Full Body Massage

Using a combination of muscle flushing strokes and light stretching techniques with our popular sports lotion, we reduce lactic acids and toxins helping you spend more time enjoying activities on the mountain.

(25 Min. - \$75, 50 Min. - \$115, 80 Min. - \$165, Deep Tissue – add \$10)

Deep Tissue Full Body Massage

For people experiencing chronic pain or just like a deeper massage. Trigger points are manipulated to release tension, restoring muscle integrity and overall body balance.

(25 Min. - \$75, 50 Min. - \$115, 80 Min. - \$165)

Prenatal Massage

A massage designed to target those areas most affected by pregnancy. Special techniques are used to relieve headaches, sinus congestion, backaches, leg cramps and sciatic pain.

(50 Min. - \$115, 80 Min. - \$165) Advance Notice Requested.

High Altitude Massage

For those adjusting from sea level or suffering from high altitude symptoms (shortness of breath, headache, nausea), this aroma-massage treatment uses special therapeutic essential oils that help promote respiration, relax the body, calm the nerves and soothe your headache.

(50 Min. - \$125, 80 Min. - \$175)

Couples Massage

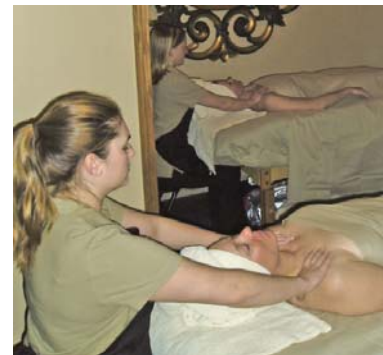
Unwind and relax, as you get massaged side by side, each with your own personal therapist in the same private environment. This treatment is the ultimate self indulgence for you and your partner.

(50 Min. - \$230)

Skier's Performance Massage

During the winter season this Spa Struck exclusive experience is used to help you improve your skiing performance. This combination of massage and stretching will decrease muscle soreness and increase flexibility in the muscles used while skiing. This treatment also aids in a rapid recovery so you can get back on the slopes. Whether you are an expert or novice, this treatment is a must for anyone who is planning multiple days on the slopes.

(50 Min. - \$125, 80 Min. - \$175)



Transcendent Tandem Massage

Two professionally trained therapists massage you simultaneously in a free-form dance of the hands that feels artfully choreographed to music. The result is a transforming experience that leaves you in a deep state of relaxation. An absolute indulgence.

(25 Min. - \$140, 50 Min. - \$220, Deep Tissue – add \$20)

Traveler's Back & Neck Relief

For those who don't have time for a full body massage. This treatment focuses on the upper body where stress and tension tend to accumulate.

(25 min. - \$65)

Specialty Treatments —

Foot Reflexology

An ancient Oriental massage technique using pressure points on your feet that correspond to specific organs of your body. Promotes relaxation, relieves stress and releases energy.

(25 min. - \$75)

Hot Oil Scalp Treatment

Do you love having your head rubbed? Relieve tension while stimulating hair vitality through this relaxing combination of hot-essential oils massaged into your head, neck and shoulders. Pure Luxury!

(25 Min. - \$80)

Sore Foot and Leg Relief

After a grueling day of skiing, golfing or biking, let us restore your tired feet and lower legs with our minty-cool conditioning massage cream.

(25 Min. - \$80)

Hand, Foot and Scalp Massage

It is proven that massaging the hands, feet and scalp induces total relaxation. This spa trio features medium-to-firm pressure massage of the hands, feet and scalp, complemented with aromatherapy in conjunction with a hand and foot treatment lotion to reduce tension and improve circulation.

(50 Min. - \$130)

Acupressure Chair Massage

Invigorating upper body massage received in the seated position with a specially designed chair without disturbing or removing everyday attire. Special attention is paid to the neck, scalp, shoulders, back, lower back, arms and hands. Through pressure on specific stress release points and gentle

manipulation, the body throws off tension and increases systematic circulation, leaving you feeling awake and alert.

(20 Min - \$45)

Massage Enhancements

(Must be combined with a massage)

Hot Toe Bliss

Pamper your toes with this ancient technique of stone placement. Warm stones massage the feet as small stones are placed between the toes for relaxation. May help clean toxins from the body and open energy channels.

\$20 (Must be combined with a massage.)

Warm Hands

Are your hands dried out in this Colorado air? Add a warm hand treatment to your massage and watch your hands absorb moisture. A mango moisturizer is applied to your hands while wrapped in warm mitts, leaving them silky soft and smooth.

\$20 (Must be combined with a massage.)

Warm Feet (secret foot remedy)

Are your feet cracking and dry? Add this warm boot treatment to your massage and your feet will thank you. This soothing foot wrap uses imported cream that will heal your feet. Ask about this imported foot relief for take-home use.

\$20 (Must be combined with a massage.)

Facials

Men and women of all ages can benefit from a Spa Struck Facial. Based on analysis of your skin and your skin care goals, your esthetician will assist you in determining the best facial for your skin type. Our staff is trained to focus on a variety of concerns such as aging, dryness, acne, sensitivity and sun damage. Every facial will give you just what you need to rejuvenate your skin and relax your mind....

European Facial

This introductory facial includes a preliminary cleansing, followed by a gentle exfoliation with steam. You are treated to a relaxing massage of the face and neck, which is followed by a skin-perfecting mask. A hydrating moisturizer finishes the treatment.

(50 Min. - \$115)

Sensitive Skin Facial

An intensive care facial to calm, soothe and reduce the redness of irritated, blotchy skin. It decongests and moisturizes tissue, regenerates and heals sensitive, reactive skin. Even the most fragile skin types benefit from this soothing procedure.

(50 Min. - \$125)

Age-Protection Facial

The key to beautiful skin is hydration. This treatment contains essential nutrients to restore your skin's ability to retain natural moisture. It reduces fine lines, strengthens skin's elasticity and restores a youthful appearance.

(50 Min. - \$125)

Clear Skin or Teen Facial

Whether you have oily skin or acne, get immediate and long lasting help for skin imperfections. Our correcting facial uses antiseptic and exfoliating properties to reduce breakouts and inflammation, leaving your skin perfectly clean and fresh. Teens can benefit with skin care tips from our estheticians.

(50 Min. - \$125)

Gentleman's Facial

Enjoy a facial designed especially for men with focus on toning and massaging the face, temples and jaw to exfoliate the skin and stimulate the production of collagen and elastin. As the mask takes effect, enjoy a scalp treatment and soothing foot massage. Resulting in skin that is firmer and more evenly defined.

(55 Min. - \$145)

Back Facial

This back treatment begins with an exfoliating steam treatment, deep pore cleansing, antibacterial extractions and a cleansing clay mask. Followed by a gentle back massage and hydrating lotion. This treatment is excellent for those suffering with breakout and blackheads on the back.

(50 Min - \$125)

Express Facial

The perfect mini treatment for between full facials includes cleansing, exfoliation with steam and moisturizer.

(25 Min. - \$85)

Specialty Facials —

Deluxe Facial

Designed specifically to nourish, tone and improve the texture of dry skin. It begins with a facial personalized to your skin, then adds a trans-epidermal collagen mask, plus an eye lift. These are complemented with a neck and décolleté repair, a relaxing hand massage and foot moisturizing wrap, leaving the skin deeply hydrated and healed to perfection.

(55 Min. – Separately \$210, Package Price \$165)

Ultimate Facial

Why not treat yourself to the best? This is a unique treatment that begins with European facial procedures, combined with an effective enzyme peel which precedes a neck and décolleté repair, an eye lift and a mango hand wrap and moisturizing foot massage. Designed to noticeably improve skin elasticity, tone and texture.

(55 Min. – Separately \$210, Package Price \$165)

Luxury Anti-Stress Facial

This facial is specifically designed for skin with microcirculation problems, couperose, rosacea and hyper-sensitive conditions. It begins with a gentle European-style facial with enzymes and steam. A mask that combines highly comforting and healing ingredients to bring visible results to dilated capillaries, congestion, blotchiness and irritability. An anti-stress face and lower neck massage. Your skin is renewed as its surfaces are decongested, soothed and hydrated to perfection.

(55 Min. – Separately \$210, Package Price \$165)

Caviar Facial

This treatment is ideal for skin conditions such as loss of elasticity, dehydration, and mature aging skin. A European-style facial utilizes French seaweed and vegetal coral with steam to balance moisture levels and achieve the most effective firming result. The secret is a combination of the latest advances in skin care, a nourishing fusion of rich botanicals, vegetable botox, crushed pearls and marine caviar which are layered together for deep penetration and anti-aging repair. Followed by an invigorating face and neck massage. It is a soothing relaxing treatment that reveals fresh and rejuvenated skin.

(55 Min. – Separately \$210, Package Price \$165)