



SPA

AT THE PEAKS

TELLURIDE

## WELCOME TO THE SPA AT THE PEAKS

It is our mission to provide an exceptional experience that invites relaxation, rejuvenation and overall well-being. All spa guests receive complimentary access to our amenities to help bring balance to the body, mind and soul.

The spa treatment areas are places of peace and tranquility. To maintain a pleasant environment, we kindly ask you refrain from using any electronic devices during your visit and to keep conversations to a whisper.

IMMERSE YOURSELF IN TRANQUILITY, WELL-BEING AND EXCEPTIONAL SERVICE

970.728.2650 • [ThePeaksResort.com/Spa](http://ThePeaksResort.com/Spa)

# SKINCARE



**TATA HARPER**<sup>TM</sup>  
NEXT GENERATION BEAUTY  
100% NATURAL & NONTOXIC

**Designed to Deliver Targeted Results Without a Single Drop of Synthetic Chemicals**

100% FREE FROM GMO'S, TOXINS, FILLERS, ARTIFICIAL COLORS, ARTIFICIAL FRAGRANCES AND SYNTHETIC CHEMICALS.  
Tata carefully crafted her facials to deliver supremely soothing, yet transformative results without a single drop of synthetics.

## Travelers Recovery Facial

*Energy boost for revitalized skin*

**60 minutes - \$225 / 90 minutes - \$325**

Revitalize travel-weary or tired skin with this energizing ritual. Your skin will be purified and perfected with a deep cleanse, designed to purge aging and environmental aggressors from the surface. Gentle stimulation from advanced massage techniques improves microcirculation and encourages natural detoxification, reversing the look of fatigue and leaving skin soft, smooth and refreshed.

## Time Rewind

*The ultimate luxury for youthful skin*

**90 minutes - \$350**

Indulge your skin with the ultimate facial experience. This lavish treatment pairs the height of green biotechnology with multiple facial massage techniques to nourish and lift the look of your skin, while rejuvenating hand treatments help you find deep relaxation. Warm and cold eye therapy is the finishing touch for skin that feels instantly revitalized with the glow of youth.

## Moisture Infusion Facial

*Hydration therapy for quenched skin*

**60 minutes - \$225 / 90 minutes - \$325**

Quench thirsty or sensitive skin with this calming therapeutic treatment, designed to replenish skin to give you a soft, supple and lifted look. Combining deeply moisturizing formulas with our Raw Organic Honey Mask, this treatment will give your skin essential hydration for long-lasting comfort.

## FACIAL ENHANCEMENTS

ADD TO ANY FACIAL - \$85 EACH

### Dermaplaning

Removes dead skin & small hairs to smooth & rejuvenate the skin.

### Peel

Uses a blend of acids to dramatically boost radiance, refine pores, clear breakouts and smooth appearance of fine lines and wrinkles.

# hydracial

## Signature hydracial

**30 minutes - \$240**

This treatment deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acids.

## Platinum hydracial

**90 minutes - \$425**

The ultimate hydracial experience! Begin the detoxification process with Lymphatic Drainage. Then, the Signature hydracial deeply cleanses, exfoliates, extracts and hydrates the skin while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the signs of aging.

## Delux hydracial

**60 minutes**

An invigorating treatment that includes all of the essentials of the Signature hydracials while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the signs of aging. Select a treatment option below:

- \* **Restorative hydracial** ..... **\$350**  
Includes CTGF<sup>TM</sup> to improve the appearance of skin tone, texture, and elasticity.
- \* **Age-Refinement hydracial** ..... **\$290**  
Includes DreamBuilder<sup>TM</sup> to reduce the appearance of fine lines and wrinkles.
- \* **Radiance hydracial** ..... **\$290**  
Includes Briteno!<sup>TM</sup> to minimize the appearance of dark spots.
- \* **Clarifying hydracial** ..... **\$290**  
Includes Extended Extractions & Blue LED Light Therapy.

# SKINCARE



## Advanced Skincare Backed by Science

Research and innovation are at the core of the SkinCeuticals mission, and our dedication to science has established the brand as a leader in the advanced skincare arena. The company's founding was the direct result of a revolutionary discovery that set the standard for antioxidant formulation. SkinCeuticals continues to pioneer next-generation products that will optimize the health and beauty of the skin—and change the face of skincare for years to come.

### Reconditioning & Firming Treatment

**60 minutes - \$225 / 90 minutes - \$325**

This treatment is ideal for dehydrated, aging, and environmentally damaged skin. The use of specific cleansing, toning, masque and protective products will help to leave a healthier, firmer appearance to the skin.

### Pigment Balancing Treatment

**60 minutes - \$225 / 90 minutes - \$325**

This treatment is customizable, targeting hyperpigmentation to improve uneven appearance of photo damaged skin. Combining high-performance brightening and anti-inflammatory agents, this facial accelerates cell renewal and diffuses hyperpigmentation.

### Deep Pore-Cleansing Treatment

**60 minutes - \$225 / 90 minutes - \$325**

This treatment is perfect for anyone experiencing congested pores, including those with teenaged skin. The combination of products helps to reduce oil without drying and gives the skin the hydration it needs. Botanicals in the corrective products are anti-bacterial, while a clay masque draws out impurities and oils that can be harmful to the skin and clog pores.



**Peaks Rx. . . . . 60 minutes - \$250**

Use the power of Alpha & Beta hydroxy acids alongside vitamin C to even skin tone and smooth away fine lines and texture, all with no downtime. Your skin will be immediately softer and more radiant. This facial includes a light therapy session to supercharge results.

**Peaks Rx+. . . . . 60 minutes - \$250**

The gold standard in anti-aging, retinal, works to reduce stubborn hyperpigmentation and boost collagen production in the skin for maximum correction with no irritation. This facial includes a light therapy session to supercharge results.

**Apres Ski . . . . . 60 minutes - \$250**

When life on the slopes stresses out your skin, this facial fights back with skin-strengthening niacinamide and soothing adaptogens & superfoods. This facial includes a hydration-infusing modeling mask to soothe, calm and nourish.

# MASSAGE

## NATUROPATHICA®

Naturopathica stems from Naturopathic medicine, which emphasizes healing with natural therapies.



These deeply revitalizing treatments use aromatherapy and massage to unwind the body, reboot the mind and transform stress into balance. Choose between four aromatherapeutic blends of exotic herbs and essences featuring such ingredients as warm and spicy Cardamom, hypnotic Neroli blossom, clarifying Balsam Fir needles or energizing Holy Basil to reinvigorate the senses and reboot the mind.

### Peak Performance

**60 minutes - \$250 / 90 minutes - \$350**

This stimulating massage encourages circulation and relieves muscle soreness and stiff joints while energizing the senses. Using our healing Alpine Arnica Bath and Body Oil.

### Regenerating Respiration

**60 minutes - \$250 / 90 minutes - \$350**

This treatment is designed to strengthen respiratory health with the power of forest woods and resins wrapped around uplifting citrus notes.

### Mountain Meditation

**60 minutes - \$250 / 90 minutes - \$350**

A warming herbal massage that grounds the mind, eases muscle tension and restores internal balance. Using our robust Ginger Bath and Body Oil.

### Destination Relaxation

**60 minutes - \$250 / 90 minutes - \$350**

This deeply relaxing treatment is designed to ease fatigue and soothe an over-stressed nervous system. Using our calming Lavender Bath and Body Oil.

## PEAKS CUSTOM MASSAGE

**60 minutes - \$225 / 90 minutes - \$325**

This deeply relaxing treatment is designed to ease fatigue and soothe an over-stressed system utilizing Swedish and/or deep tissue technique tailored to ensure the best individual treatment.

## SPECIALTY MASSAGES

**60 minutes - \$250 / 90 minutes - \$350**

Hot Stones \* Cupping \* Reflexology  
Thai Massage \* Maternity (60 minute only)

# CAUSE + MEDIC

CAUSE+MEDIC is an all-natural skincare line combining the healing properties of hemp with other active botanical ingredients, to enhance skin health and radiance. Every ingredient is consciously selected, responsibly sourced, and cruelty-free. The coveted spa collection features water-soluble CBD to ensure it nurtures and heals from the inside out.

## CBD MASSAGE

**60 minutes - \$260 / 90 minutes - \$360**

Take your massage to the next level with CAUSE+MEDIC. This massage includes a water-soluble CBD trifacta featuring a massage oil, body butter and targeted pain cream that will provide relief from aches and pains and calm the nervous system.

# BODY TREATMENTS

## NATUROPATHICA®

Naturopathica means healing with natural therapies empowering personal transformation for the mind, body, and spirit.

60 minutes - \$225 / 90 minutes - \$325

### Rocky Mountain Relaxation (restore)

A two-step body polish and hydrating wrap, this body treatment leaves skin radiant and deeply nourished. Bright citrus notes of Lemon Verbena and gentle buffing grains are blended with Aloe Vera, Oat Protein and Shea Butter to soften the skin and ease the discomfort of dryness. Following the exfoliation process, the body is drenched in Lavender Oil to soothe, smooth and promote deep hydration.

*Served with our **Mood Lift Tonic***

### Deep Forest Detox Treatment (purify)

Re-mineralize your skin while drawing out impurities. This detoxifying treatment begins with a vigorous exfoliation using a blend of volcanic pumice, Coffee Arabica, black silt clay, Indian Sarsaparilla, and honey. Following the scrub, the body is lavished in replenishing Sicilian Bergamot, and sealed with an aromatic blend of balsam and fir to smooth and firm the skin.

*Served with our **Detox Tonic***

### Mountain Moisture Drench (hydrate)

The ultimate skin conditioning treatment for the body. This session begins with a lymphatic dry brushing and a layering of a warm mineral-rich seaweed serum infused with aromatic Japanese Ume Plum Extracts to revitalize the skin and is followed by a delicate massage with our Sea Fennel Massage Wax to deeply seal in moisture for a silky, satin finish.

*Served with our **Skin Radiance Tonic***



## BODY ENHANCEMENTS

ADD TO ANY BODY TREATMENT OR MASSAGE  
15 MINUTES - \$50 EACH

### Wild Lime Scalp Treatment

This energizing scalp treatment is designed to promote relaxation, ease muscle aches and rebalance over-stressed nervous systems. Aromatic Wild Lime Scalp Oil is gently warmed and applied vigorously to the scalp, neck and shoulders to stimulate circulation and relieve muscle tension.

### Post Slopes Foot Therapy

Soothe sore or overworked muscles, tendons and joints before or after the slopes. Calves and feet are massaged with stimulating Ginger Oil and then cocooned in aromatic hot towels to relieve tired feet. Topped off with an application of our warming Sweet Birch Deep Muscle Rub to ease pain.

\* Both included in 90 min body treatments

## FACE AND BODY

### The Peaks Ultimate Treatment

120 minutes - \$450

Unravel tension, ease the mind, and instantly boost your complexion with this ultimate head to toe treatment. Begin with a relaxing massage using aromatherapy essential oils designed to calm, revitalize, or stimulate your senses. Next, a mesmerizing scalp treatment is performed with warm Wild Lime Scalp Oil. Finished with an indulgent face treatment.

*Includes: Full body massage, Scalp Treatment and Face Treatment ~ Served with **Mood Lift Tonic***

# THE SALON

## WOMEN'S STYLING & DESIGN

* Women's Cut & Shampoo Blow Out.....	\$100
* Shampoo & Blow-out.....	\$80
* Shampoo & Blow-out with Styling.....	\$90
* Updo's & Special Event Styling.....	\$150+

## HAIR COLORING & ENHANCEMENTS *(includes shampoo & blow-out)*

* One Process Hair Color.....	\$150+
* Retouch One Process.....	\$125+
* Highlights & Balayage.....	\$250+
* Correction/Multi Process.....	\$300+
* Extensions.....	\$600+

## MEN'S STYLING & DESIGN

* Cut & Style.....	\$60
* One Process Hair Color.....	\$100+
* Beard Trim.....	\$35+
* Clean Up.....	\$35+

## WAXING / TINTING

* Lip, Ear or Chin.....	\$30
* Brow.....	\$45
* Full Face.....	\$60
* Underarm / Half Arm.....	\$45
* Full Leg.....	\$120
* Half Leg.....	\$70
* Bikini.....	\$100
* Brazilian.....	\$150
* Back.....	\$100
* Brow Tint.....	\$40
* Lash Tint.....	\$50
* Makeup Application.....	\$150+

## KÉRASTASE | SIGNATURE SERVICES

PARIS

### Fusio-Scrub

5 minutes - \$40+

The deep cleansing power of scrubs and the relaxing properties of essential oils. Scrubs promote skin renewal, providing a healthy and detoxified scalp.

### Chronologiste Le Rituel D'Exception

10-15 minutes - \$50+

Essential revitalizing ritual for scalp and hair. Restores scalp and hair for renewed bounce and volume with anti-aging ingredients.

### K Water Shine

2 minutes - \$45+

The innovative resurfacing lamellar technology treatment for intensely shiny, lightweight, fluid hair. Recreate a flawless, smooth fiber. Hair fiber has reflective shine, detangling and decreased blow dry time.

### Genesis

10 minutes - \$45+

More Strength. Less Breakage. For hair fall due to breakage from brushing. This system provides immediate strength and softness, detangles, and adds moisture.

### Resistance Extentioniste Treatment

10 minutes - \$50+

Protocole Extentioniste Soin No1 & Protocole Extentioniste Soin No2 Reinforce and optimize the length of damaged hair.

### Fusio-Dose Customizable Treatment

5 minutes - \$45+

A tailor-made blend of the most active ingredients that penetrate each hair fiber for instant transformation. 20 customizable solutions for every hair need and concern.

## NAIL CARE

**Spa Signature Manicures & Pedicures:** After a hike in the mountains or a long day on the slopes, relax with an organic manicure or pedicure. Rooted in traditional herbal remedies, our highly reparative nail treatments begin with an aromatic compress with Sweet Birch Magnesium Bath Flakes to soothe and soften the skin, followed by an uplifting Salt Scrub. A nutrient-rich seaweed gel is applied and wrapped in warm towels for deep repair and intense hydration. To finish, select either a Lemon Verbena cream, rich with Omega-3 to nourish and protect skin or the Mighty Mint Rescue Cream to restore healthy circulation. Nail and cuticle care included.

* Signature Manicure.....	\$80
* Signature Pedicure.....	\$100
* French Polish.....	additional \$30

**Express Services:** include nail prep, polish and exfoliation.

* Express Manicure.....	\$60
* Express Pedicure.....	\$80

**Shellac Services:** This is a dry manicure that includes all of the basics of an express manicure. Nail prep and polish.

* Shellac Manicure.....	\$80
* Shellac Pedicure.....	\$100
* Shellac Removal.....	\$30
* Shellac Upgrade.....	\$30

# WELLNESS SERVICES

## R + R Wellness Center

### Nutritional Assessment . . . . . \$447

Nutritional therapy uses a wide array of tools for a comprehensive nutritional assessment to graph an individual's areas of strength and weakness (or "imbalances") of the six foundations of nutritional therapy. Weaknesses or imbalances in these foundations lead to a host of health problems. The six nutritional therapy foundations are Diet, Digestion, Blood Sugar Regulation, Essential Fatty Acids, Minerals and Hydration. We use diet of properly prepared, nutrient dense whole foods, and balance of the proper macro and micro nutrients to help you feel your best.

### 21 Day Purification Program . . . . . \$350

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins on a daily basis. These include pollutants, pesticides, and chemicals. Internally, our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel and metabolize these toxins and manage weight, which is important to maintaining your health and vitality.

### Ioncleanse Detox Foot Bath . . . . . \$60

Works by biocompatible electrical frequencies entering the water. The IonCleanse process ionizes the water by splitting H<sub>2</sub>O into OH and H<sup>+</sup> ions. These ions attract and neutralize oppositely charged toxins. Positively charged particles include: heavy metals, histamine, pesticides, and exotoxins. Negatively charged particles include: Glyphosate, Endotoxins, Mycotoxins, and Candida/Yeast. After a session clients feel calm, relaxed and focused.

### Near Infrared Saunas with Red Light Therapy . . . . . \$75

The Near Infrared Sauna is combined with Red Light Therapy, so you can double the health benefits all while saving time. Red Light Therapy is an easy way to add healthy light into your day. Healthy natural light is essential for our health and cellular function, just like nutrients from food, water and sleep.

### Genetic Testing . . . . . \$447

Understanding your genes so you can live a longer, healthier and better life. Most people are making health decisions based on generalized recommendations without ever truly understanding their body.

Your genes don't work in isolation- they work with each other and the body's environment. What we eat, how we move, our stress levels and our emotional lives affect how our genes behave. Understanding your individual genetic blueprint can guide you to make health choices that help you live happier, longer and more fulfilled lives. Every health decision you make should be personalized for you and your unique body.

## ACUPUNCTURE

John Atkinson Holt, Jr. Dipl. O.M., L.A.C., L.M.T., commonly known as "Jay," Acupuncture is a branch of Chinese Medicine with more than 5,000 years of history. It incorporates the insertion and manipulation of needles into various points on the body to relieve pain or for therapeutic purposes, to encourage the body to promote natural healing and improve functioning.

- \* Acute or Chronic Pain
- \* Headache
- \* Stress
- \* Insomnia
- \* PMS
- \* Backache
- \* Joint Pain
- \* Anxiety
- \* Altitude Sickness
- \* General Wellbeing

## PHYSICAL THERAPY

Peak Performance physical therapy provides services at The Spa at The Peaks for neck and back pain, knee injuries and more.

- \* Back Pain
- \* Splint and Orthotic Fabrication
- \* Neurological Rehabilitation
- \* Sports Therapy
- \* Aquatic Therapy
- \* Home Physical Therapy
- \* Injury Prevention
- \* Wellness
- \* Neck Pain
- \* Post Partum Rehabilitation
- \* Trigger Point Dry Needling
- \* Pilates
- \* Geriatric Care
- \* Pediatric Care
- \* Ski Conditioning
- \* Pelvic Floor Therapy

CALL 970.728.1888 FOR A PHYSICAL THERAPY APPOINTMENT

# FITNESS

The Spa at The Peaks offers a state-of-the-art Matrix gym, spin, Pilates, and yoga studios to help you maintain or advance your normal routine during your stay.

Our expert trainers and yoga and Pilates teachers are available for private sessions to address your individual fitness and body movement goals. Each session is customized to include exercises that focus on strength, flexibility and balance as well as the mind-body element for movement.

## PERSONAL TRAINING SESSION

**60 minutes - \$150 / 90 minutes - \$200**  
Packages available

Our experienced personal trainers conduct an overall fitness assessment and work with you to determine your health, strength and movement goals to design a workout program based on your specific needs. Golf and tennis training, strength training, yoga, pilates, self defense, functional fitness, swimming, event training, weight loss, and conditioning.

## PRIVATE YOGA, PILATES & MEDITATION

**60 minutes - \$150 / 90 minutes - \$200**  
Packages & group rates available

Scheduling a private or semi-private session with one of our talented meditation, yoga or Pilates instructors provides insight into your daily routine. Private fitness is a great way to receive one-on-one guidance to help gain confidence and knowledge prior to joining your first group class or creating a home practice. A private session is also beneficial if you would like to focus on a particular area for strength or flexibility, or if you have a physical condition that may require more attention to ensure you are practicing safely. Please inquire for group rates.



## Scheduling

To ensure availability of your desired services, we recommend booking your treatments in advance. A credit card is required upon booking to reserve your services and scheduled time.

## Cancellation Policy

Should you need to reschedule or cancel any spa appointment, please notify the spa 24 hours in advance to avoid a 50% charge. Missed appointments without proper notice will incur a 100% charge for all reserved services.

## Gratuity

For your convenience, an 20% gratuity will be added to all treatment prices upon check-out. Additional gratuities for exceptional service may be added at your discretion.

## Arrival Procedures

Your treatment will begin and end at its designated time as a courtesy to you and the next guest. Should you arrive late for your service, you will be deprived of valuable treatment time and the full cost of service will still apply.

Men receiving facials should shave no less than 4 hours prior to the scheduled treatment time.

## During Your Treatment

Your comfort and experience is of the utmost importance to us. Please communicate with your spa professional any details that can enhance your treatment, from depth of pressure, temperature or any other concern that may arise.

## Age Requirements

Guests must be at least 16 years of age to utilize all fitness facilities and receive private treatments. Massages and body indulgences for individuals under 16 will require a parent or guardian to be present.



**S P A**  
AT THE PEAKS  
TELLURIDE

## SPA HOURS

Spa Facilities Open Daily • 7:00am–8:30pm

Pool Slide Hours • 10:00am–6:00pm

Hours are subject to change

## TO BOOK YOUR SPA SERVICES

970.728.2650 • [ThePeaksResort.com/Spa](http://ThePeaksResort.com/Spa)  
136 Country Club Drive • Telluride, Colorado 81435