



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 lounges and 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

855.998.5322 • [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. Each treatment was curated to be unique and indulgent, allowing the advanced techniques and technologies to work wonders.

### Travelers Recovery Facial

*Energy boost for revitalized skin*

**60 minutes - \$185 / 90 minutes - \$245**

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.

### Moisture Infusion Facial

*Hydration therapy for quenched skin*

**60 minutes - \$185 / 90 minutes - \$245**

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.

### Complexion Perfection Facial

*Pore refining for balanced skin*

**60 minutes - \$185 / 90 minutes - \$245**

Achieve balance and improve the look of skin's tone and texture with a complete complexion perfecting reset. Harnessing the power of natural exfoliants and masks, you'll be polished to perfection to reveal soft, even vibrant skin. A soothing massage ensures both you and your skin are left feeling healthy, balanced and renewed.

### Time Rewind

*The ultimate luxury for youthful skin*

**90 minutes - \$275**

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.



### Men's Deep Cleansing Facial

*Energizing treatment for refreshed skin*

**60 minutes - \$185 / 90 minutes - \$245**

Energize your skin with this invigorating, deep cleansing ritual, designed to purify, minimize the appearance of pores and prevent and soothe ingrown facial hairs. This revitalizing treatment will leave you looking well-rested and refreshed.

# 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 and Firming Treatment

**60 minutes - \$185 / 90 minutes - \$245**

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 - \$185 / 90 minutes - \$245**

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 - \$185 / 90 minutes - \$245**

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.

## Calming Treatment for Sensitive Skin

**60 minutes - \$185 / 90 minutes - \$245**

This treatment is designed to help calm and soothe compromised skin. The Vitamin C Firming Masque will aid in reducing erythema, irritation, and inflammation associated with problematic and rosacea skin types.

## Refining Treatment for Men

**60 minutes - \$185**

This treatment is designed specifically for men who suffer from ingrown hairs brought about by shaving. The treatment is good for all skin types and can be also be used on neck, chest, arms, back or legs.

## Alpha Beta Peel Treatment

**60 minutes - \$215 / 90 minutes - \$265**

This intermediate peel treatment is for a wide range of skin types and combines alpha and beta hydroxy acids to reduce surface lines, smooth out rough skin texture, aid in clearing acne, and help fade hyperpigmentation. The acids in these peels remove dead cells from the surface without irritating the skin. Additionally, the Vitamin C Firming Masque is added to boost radiance.

## Peaks Custom Restore and Replenish Treatment

**2-parts, 60 minutes each - \$400**

Two part exfoliating facial treatment to beat the signs of aging, sun spots, dehydration, and texturized skin. The first part of your facial series will include a manual exfoliation accompanied by a medical grade dual action peel that revitalizes the skin and destructs the aging process. Part two in your facial series will include a relaxing and replenishing facial to meet all of your skincare needs and bring your skin to its best health ever.

# MASSAGE & BODY TREATMENTS

## 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 - \$190 / 90 minutes - \$250**

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.

*Served with our Muscle & Joint Recovery Elixir*

### Regenerating Respiration

**60 minutes - \$190 / 90 minutes - \$250**

This treatment is designed to strengthen respiratory health with the power of pine, balsam and fir. Using the Deep Forest Bath and Body Oil.

*Served with our Detox Tonic*

### Mountain Meditation

**60 minutes - \$190 / 90 minutes - \$250**

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

*Served with our Mood Lift Tonic*

### Destination Relaxation

**60 minutes - \$190 / 90 minutes - \$250**

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

*Served with our Mood Lift Tonic*

## PEAKS CUSTOM MASSAGE

**60 minutes - \$180 / 90 minutes - \$240**

This deeply relaxing treatment is designed to ease fatigue and soothe an over-stressed system utilizing Swedish and deep tissue techniques.

## SPECIALTY MASSAGES

**60 minutes - \$190 / 90 minutes - \$250**

Hot Stones \* Cupping \* Reflexology  
Thai Massage \* Pre-Natal \* CBD (+\$45)

## HERBAL REMEDIES

A truly holistic experience with unique and delectable tonics and elixirs that work with the body's natural processes to promote skin radiance, relieve stress, restore sore muscles and enhance vitality. Blending herbal teas, tinctures (liquid herbal extracts) and fortified honeys to promote wellness from the inside out.

### *Skin Radiance Tonic - skin tea & skin tincture*

Antioxidant rich Burdock, soothing Lemon Balm and Calendula promote healthy radiant skin.

### *Muscle & Joint Recovery Elixir - muscle & joint tea & muscle tincture*

Anti-inflammatory Turmeric with Calcium and Magnesium to support muscle and joint health.

### *Mood Lift Tonic - stress tea & stress tincture*

Combat daily stress with Chamomile, Schisandra Berry and Holy Basil.

### *Detox Tonic - vitality tea & cleansing tincture*

Build vitality and support liver health with Elderflower and Spearmint, while Echinacea supports the immune system.

# BODY TREATMENTS

## NATUROPATHICA®

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

60 minutes - \$190 / 90 minutes - \$250

### 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 with 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 - \$45 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.

## FACE AND BODY

### The Peaks Ultimate Treatment

120 minutes - \$325

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 a facial treatment customized to your skin's unique needs.

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

# THE SALON

ALL PRICES STARTING AT:

## WOMEN'S STYLING & DESIGN

|   |      |
|---|------|
| * Women's Cut & Shampoo Blow Out.....   | \$85 |
| * Shampoo & Blow-out.....               | \$65 |
| * Shampoo & Blow-out with Styling ..... | \$75 |
| * Updo's & Special Event Styling .....  | \$75 |

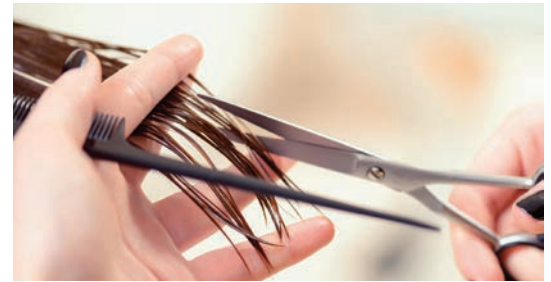
## HAIR COLORING & ENHANCEMENTS

*(includes shampoo & blow-out)*

|  |        |
|--|--------|
| * One Process Hair Color .....           | \$125+ |
| * Retouch One Process .....              | \$100+ |
| * Highlights & Balayage .....            | \$150+ |
| * Scalp Treatment & Deep Condition ..... | \$100  |
| * Repair Treatment .....                 | \$ 25  |
| * Correction/Multi Process .....         | \$250+ |
| * Extensions .....                       | \$500+ |

## MEN'S STYLING & DESIGN

|                                |       |
|--------------------------------|-------|
| * Cut & Style .....            | \$40+ |
| * One Process Hair Color ..... | \$60  |
| * Beard Trim .....             | \$15+ |
| * Clean Up .....               | \$15+ |



## WAXING / TINTING

|  |                    |
|--|--------------------|
| * Lip, Ear or Chin .....                   | \$20               |
| * Brow .....                               | \$35               |
| * Full Face .....                          | \$50               |
| * Underarm / Half Arm .....                | \$35               |
| * Full Leg .....                           | \$90               |
| * Half Leg .....                           | \$50               |
| * Bikini .....                             | \$50               |
| * Brazilian Bikini .....                   | \$85               |
| * Back .....                               | \$75               |
| * Brow Tint.....                           | \$25               |
| * Lash Tint .....                          | \$35               |
| * Makeup Application.....                  | \$100+             |
| * Eyelash Extentnsion + Spray Tanning..... | Price Upon Request |

## 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 **Coconut Oil 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 follow.



|                            |                  |                 |
|----------------------------|------------------|-----------------|
| * Signature Manicure ..... | 45 minutes ..... | \$65            |
| * Signature Pedicure ..... | 60 minutes ..... | \$85            |
| * French Polish .....      | .....            | additional \$20 |

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

|                          |                   |      |
|--------------------------|-------------------|------|
| * Express Manicure ..... | .25 minutes ..... | \$45 |
| * Express Pedicure ..... | .30 minutes ..... | \$65 |

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

|                          |                  |      |
|--------------------------|------------------|------|
| * Shellac Manicure ..... | 45 minutes ..... | \$65 |
| * Shellac Pedicure ..... | 45 minutes ..... | \$85 |
| * Shellac Removal .....  | 30 minutes ..... | \$20 |
| * Shellac Upgrade .....  | .....            | \$20 |

# WELLNESS SERVICES

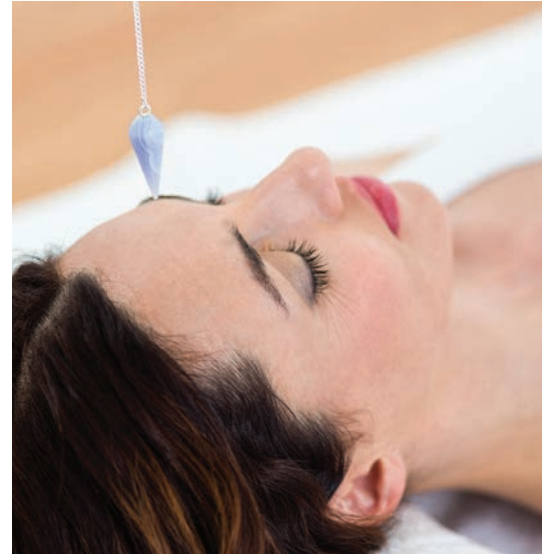
## NUTRITION SERVICES

Discover a personalized diet that is both enjoyable and healthy. Our dietitian, Eliza Gass, MS, RDN will work with you one-on-one to assess your current eating patterns and bring them in alignment with your health and nutrition related goals for:

**60 minutes - \$130**

Packages available

- \* Weight loss
- \* Bridal Menu Planning
- \* Disease Prevention and Management
- \* Digestive Wellness
- \* Athletic Performance
- \* Detoxification
- \* Food Allergies, Intolerances, and Sensitivities



## ACUPUNCTURE

John Atkinson Holt, Jr. Dipl. OM, LAC, LMT, 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.

**60 minutes - \$185**

- \* 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 - \$130 / 90 minutes - \$180**  
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 & tennis training, strength training, yoga, pilates, self defense, functional fitness, swimming, event training, weight loss, and conditioning.

## PRIVATE YOGA, PILATES AND MEDITATION

**60 minutes - \$130 / 90 minutes - \$180**  
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. \$130 for one participant and \$15 for each additional participant.

## 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. Rescheduled appointments within the 24 hours are subject to a \$35 rescheduling fee. 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

To enhance your spa experience we invite you to arrive at least 30 minutes prior to your first scheduled treatment to obtain a locker, robe and slippers and begin the relaxation process. As a spa guest you will also have access to our wonderful amenities: saunas, steam rooms, and Roman tubs. Though you will be getting a locker, we suggest leaving all valuables in your guest room.

Your treatment will begin and end at its designated time as a courtesy to 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. Our couple's rooms are a wonderful option for a parent/child service.



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## SPA HOURS

Spa Facilities Open Daily • 7am–8:30pm  
Pool Slide Hours • 2pm–6pm  
Hours are subject to change

## TO BOOK YOUR SPA SERVICES

855.998.5322 • [ThePeaksResort.com/Spa](http://ThePeaksResort.com/Spa)  
136 Country Club Drive • Telluride, Colorado 81435