

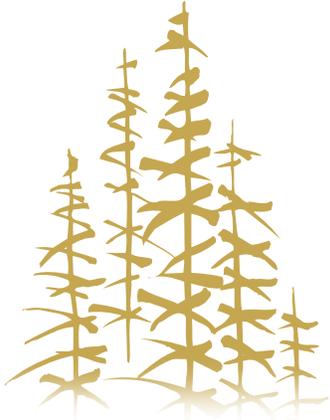


INTENTIONAL WELLNESS FROM THE OUTSIDE IN

Nestled in the heart of the steadfast, serene San Juan Mountains, the Spa at the Peaks is your preeminent location for nurturing your whole *body - mind- spirit*.

Timeless treatments elevated with modern technologies are synthesized with the mineral-rich history of our beautiful region.

Unlike anywhere else, the combination of adventure and luxury in this rugged yet refined setting allows for a reconnection with self amidst soaring peaks and relaxed indulgence.





SPA
AT THE PEAKS
TELLURIDE

SKINCARE

Time Resist

60 **\$250**

Youth enhancing physio-aromatic anti-aging treatment for deep wrinkles.

Peaks Rx

60 **\$250**

Retinol reduces stubborn hyper-pigmentation and boosts collagen production, includes LED light therapy.

Platinum Hydrafacial

90 **\$450**

Lymphatic Drainage plus Deluxe Hydrafacial incorporating Dr. Dennis Gross Retinol booster plus bio-cellulose mask and LED treatment. Ultimate brightening and refining.*

Glo2Facial

60 **\$300** 90 **\$375**

Patented oxygenation process to naturally increase oxygen levels in skin. Anti-aging, anti-inflammatory. Improves all conditions and skin types.

Peaks Signature

60 **\$265** 90 **\$365**

Thirst-quenching and rejuvenating phyto-aromatic customized treatment for dehydrated skin.

Vitamin C 25

60 **\$250**

Anti-aging, unifying, and brightening treatment for sublime skin health.

Deluxe Hydrafacial

60 **\$350**

Signature treatment plus customized booster (brightening, anti-aging, or nourishing) and LED light therapy.*

*add Hydrafacial Perk for lips or eyes **\$40** includes take-home gift

Facial Enhancements

\$50 each

Cupping
Scalp Treatment
Vitamin C 25 Massage
KNESKO Masque + Serum Gift

Gua Sha
Dermaplaning

MEDICAL AESTHETICS

Botox **\$ 375/u**
Kybella **\$1200+**
Microneedling **\$ 350+**
RF Body Contouring **\$ 400+**
HRT **\$ 500+**

Fillers **\$600-\$1200+**
PRP **\$600-\$1000**
Laser Hair Removal **\$200+**
Skinvive (HA) **\$500+**
Weight Loss Meds **\$500+**

Sculptra **\$1200+**
PDO Threads **\$1000+**
IPL **\$300+**
IV Therapy **\$250+**
(incl Peptides)



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MASSAGE

Peaks Custom Wellness Remedy

60 **\$250** 90 **\$350**

Customized by pace, pressure, and your choice of aroma wellness blend, this wellness-focused massage is tailored to fit your ideal preferences. Our skilled therapists personalize your massage using a range of techniques to release muscular tension, ease fatigue, and soothe overstressed nervous systems.

Peak Performance

60 **\$250** 90 **\$365**

Focus on muscle recovery after a day on the mountain. Medium to firm pressure massage relieves muscle soreness and stiff joints with our therapeutic, power-packed formula. Targeted areas specifically treated with arnica liniment and muscle recovery gel.
 (90 min. includes roll-on muscle reliever take home gift)

ANTARA CBD

60 **\$275** 90 **\$365**

Take your massage to the next level with ANTARA. This massage includes a water-soluble CBD trifecta featuring a massage oil, body butter, and Vitality Elixir that will provide relief from stress. May improve muscle recovery and sleep. Non-intoxicating.

Ashiatsu Massage

60 **\$265** 90 **\$365**

A deep and luxurious massage originating from Japanese Bodywork. Ashiatsu translated as “foot pressure” utilizes the broad surfaces of the feet and an overhead bar system to deliver both a therapeutic and relaxing massage experience.

Destination Rejuvenation

60 **\$250** 90 **\$350**

The perfect reset after a long day of travel or adventures. This massage focuses on tension release techniques paired with our signature formulas to work out the kinks and help you recharge and refresh mind, body, and energy. Choice of: **Altitude Adjustment, Travel Reset, Evergreen Forest, or Immune Boost.**
 You have arrived!

The Ultimate Unwind

90 **\$365**

Indulge in necessary reprieve from an amped up, overworked nervous system and sink into a deep rest, allowing the body to heal and recover from the daily push of an active life and/or overactive mind.
 (Includes roll-on REST take home gift)

Mama Bear

60 **\$265**

A nourishing and nurturing massage featuring an aromatherapy botanical oil blend, aimed specifically at benefiting new or expecting mothers. A special soothing, skin -nourishing calendula cream for hands and elbows and feet.
 (Includes a take home repair cream)

Thai Massage

60 **\$265** 90 **\$365**

A part of traditional Thai medicine, Thai massage is performed on the floor using a cushioned thai mat and with the client fully clothed. Thai massage incorporates stretching and compressions that stimulate and balance the energy lines of the body. Please arrive with clothes that are loose and or stretchy.

MASSAGE ADD-ONS

15 **\$50**

- Tech Neck Relief** *targeted massage for neck and shoulders*
- Revitalizing Head & Scalp Massage** *decompress, clear the mind, and nourish hair & scalp*
- Sole Revival** *after a day on the mountain, revive tired legs and feet with a revitalizing reflexology foot massage*
- Hand & Foot Skin Softening** *nourish and soften dry, chapped hands and feet*

Massage Enhancements

\$50 each

- Cupping
- Hot Stones
- CBD
- KNESKO Masque + Serum Gift



BODY TREATMENT

Wellness Escape

60 **\$245** 90 **\$340**

Choose from four distinctive aromatherapy journeys that transform your skin, mind, and body. All Escapes include sugar exfoliation and specialized massage modalities.

A Walk in the Forest firms and oxygenates with cedar, cypress, and rosemary.

A Run Around the Sun energizes with sweet orange and mandarin.

A Stroll Through the Valley Floor balances and detoxifies with lavender, everlasting, and petitgrain.

A Nap Under the Stars relaxes and soothes with sweet tiare flower and jasmine.

Spirit of Life

105 **\$395**

The Peaks iconic treatment returns! Inspired by the most sought after Ayurvedic rejuvenation rituals, this star of India combines ancient Shirodhara and herbal body glow, using warm herbal-infused oils and exotic herbs for body, mind, and spirit holistic healing.*

**contains nut oils.*

Sanctuary of the Mountains

90 **\$375**

Refuge in the mountains begins with a grounding, evergreen forest massage, calming the mind and providing deep rest for the body. This is followed by a native-inspired purification for hands and feet, preparing you for sacred ground with a corn and clay exfoliation, steam blankets, and arnica and calendula healing balm.

Acupuncture

Available by appointment only.





SPA
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SALON

HAIR

Women's

Cut & Shampoo + Blow-out	\$125
Shampoo & Blow-out	\$85
Shampoo & Blow-out w/Styling	\$95
Updos & Special Event Styling	\$150+

Hair Coloring & Enhancements *(includes shampoo & blow-out)*

One Process Hair Color \$150+	Retouch One Process Hair Color	\$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+

WAX / TINT

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

NAILS

Signature Manicure	\$80	Shellac Manicure	\$80
Signature Pedicure	\$100	Shellac Pedicure	\$100
<i>French Polish additional</i>	\$30	Shellac Removal	\$30
Express Manicure	\$60	Shellac Upgrade	\$30
Express Pedicure	\$80		

Express Services include nail prep, polish, and exfoliation.

These are dry treatments that include all of the basics of an express manicure + nail prep and polish.

Dazzle Dry

Manicure \$80 Pedicure \$100

Dries in 5 minutes - applied and removed like regular nail polish!



FITNESS

The Spa at the Peaks offers 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 and balance as well as the mind-body element for movement. Packages and group rates are available.

Personal Training

60 **\$150** 90 **\$200**

Our experienced personal trainers conduct an overall fitness assessment, work with you to determine your health, strength, and movement goals, and 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, and Meditation

60 **\$150** 90 **\$200**

Scheduling a 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 focused on gaining confidence and knowledge prior to joining your first group class or creating a home practice. A private session is beneficial if you would like to focus on a particular area for strength or flexibility, or have a physical condition that may require more attention to ensure you are practicing safely.

Please inquire for group rates.

Golf Simulators

\$35 per 30 minutes (2 hour maximum)

Golf clubs provided at no additional charge. Lessons or club fitting sessions available by appointment. Closed Monday and Tuesday. Please call **970-424-3470** to schedule.

Scheduling

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

Age Requirements

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

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 to temperature, or any other concerns that may arise.

Arrival

Your treatment will begin and end at its designated time as a courtesy to you and our guests. 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.

Cancellation Policy

Should you need to reschedule or cancel any spa appointment, please notify the spa 24 hours in advance to avoid a 100% charge. Canceled or missed appointments without proper notice will incur a 100% charge.

Gratuity

A 20% gratuity will be added to all treatment prices upon checkout. Additional gratuities for exceptional service may be added at your discretion.

Spa and Lounge areas are CELL PHONE FREE zones.





SPA

AT THE PEAKS
TELLURIDE

SPA HOURS

Spa Facilities Open Daily **7:00 am - 8:30 pm**
Pool Slide Hours **10:00 am - 6:00 pm**

Hours are subject to change

TO BOOK SPA SERVICES

970 . 728 . 2650

ThePeaksResort.com/Spa

136 Country Club Drive • Telluride, CO 81435

