



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

SKINCARE

NATUROPATHICA®

Ingredients with Integrity

Naturopathica takes a holistic approach to well-being with ingredients that work in harmony with the skin and body's natural processes. Our Skincare collection is designed to address inflammation, the primary cause of premature aging in skin, using proven botanical ingredients and clean cosmeceuticals to deliver results. Experience the best in holistic skincare with Naturopathica at The Peaks.

The Peaks Pure Results Facial

Custom Tailored to address your skin's unique needs.

60 minutes - \$165 / 90 minutes - \$215

Engage the natural skin correcting properties of botanicals with this organic high performance facial. After an expert analysis of your skin, natural and highly active masks and serums are chosen by your esthetician to promote your skin's natural balance, health and radiance. Our premier facial addresses conditions such as:

- * Dehydration with White Tea and Hibiscus
- * Lines and Wrinkles with Argan Stem Cells and Retinol
- * Hyperpigmentation, Age Spots with Sweet Cherry and Vitamin C
- * Sensitivity with Sweet Lupine and Aloe
- * Oiliness and Blemishes with Rosemary and Pumpkin

Served with our Skin Radiance Tonic

High Altitude Bio Energy Facial

Oxygenating and Revitalizing

60 minutes - \$185 / 90 minutes - \$235

This luxurious treatment delivers instant skin rejuvenation by accelerating cellular respiration, bringing fatigued, over-stressed skin back to life. Skin is re-energized with a blend of a Copper & Amino Acid Complex, peptides, vitamins and minerals that firm, lift and revitalize the skin. Ideal for hikers, skiers or city dwellers, or for those seeking firmness to restore the skin's natural contours.

Served with our Skin Radiance Tonic

Après Soothe & Restore Facial

Calming, soothing, hydrating

60 minutes - \$165 / 90 minutes - \$215

This soothing facial is designed for skin types stressed by environmental factors. Using potent anti-inflammatory extracts such as German Chamomile and Calendula, skin is soothed, calmed and redness is dramatically reduced. Brings immediate and lasting relief to irritated skin.

Served with our Skin Radiance Tonic

Men's High Performance Facial

60 minutes - \$165 / 90 minutes - \$215

Customized for the unique needs of men's skin, this balancing facial effectively renews skin tone and texture while helping to soothe and restore devitalized, sun-damaged or razor-burned skin.

Served with our Skin Radiance Tonic

FACIAL ENHANCEMENTS

ADD TO ANY NATUROPATHICA FACIAL

15% Glycolic Peel Enhancement

15 minutes - \$45

This powerful exfoliating treatment combines Alpha Hydroxy Acids derived from Sugarcane with soothing Aloe Vera to re-texturize fine lines and wrinkles.

Matcha Décolleté & Hand Treatment

15 minutes - \$45

A luxurious treatment featuring a powerful blend of antioxidants layered with Matcha Brightening Décolleté & Hand Cream to help boost skin's radiance and reduce signs of aging, for a firm, bright and rejuvenated décolleté.

Lash and Brow Tinting

Lashes - \$25 / Brows - \$25



SKINCARE



Advanced Skincare Backed by Science

Research and innovation are at the core of the SkinCeuticals mission, and their 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

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

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

Deep Pore-Cleansing Treatment

60 minutes - \$185

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

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/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

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 restore the skin back 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 - \$185 / 90 minutes - \$245

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 Tonic***

Regenerating Respiration

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

This treatment is designed to strengthen respiratory health and aid in acclimatization 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 - \$185 / 90 minutes - \$245

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 - \$185 / 90 minutes - \$245

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***



Swedish Massage

60 minutes - \$165 / 90 minutes - \$215

This deeply relaxing treatment is designed to ease fatigue and soothe an over-stressed nervous system.

SPECIALTY MASSAGES

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

Hot Stones * Deep Tissue * Reflexology
Thai Massage

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) 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 Tonic - muscle & joint tea & muscle tincture

Anti-inflammatory Tumeric 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 to empower personal transformation for the mind, body, and spirit.

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

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 scrub, the body is drenched in Alpine Arnica to soothe, smooth and promote deep hydration.

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

Deep Forest Detox (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 dry brushing, layering a warm mineral-rich Seaweed serum infused with aromatic Japanese Ume Plum Extracts to revitalize the skin and is followed by an application of our Sea Fennel 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 Oil. Finishing with a cleansing and hydrating face treatment using antioxidant rich products.

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

THE SALON

ALL PRICES STARTING AT:

WOMEN'S STYLING & DESIGN

* Women's Cut & Style	\$70
* 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	\$100+
* Retouch One Process	\$80+
* Full-Foil Highlights	\$180+
* Partial Foil Highlights	\$150+
* Balayage	\$190
* Partial Balayage Natural Highlights	\$150

MEN'S STYLING & DESIGN

* Cut & Style	\$40+
* One Process Hair Color	\$60
* Beard Trim	\$15+
* Clean Up	\$10+



WAXING / TINTING

* Lip, Ear or Chin	\$20
* Brow	\$35
* Full Face	\$50
* Underarm	\$35
* Full Leg	\$90
* Half Leg	\$50
* Bikini	\$50
* Brazilian Bikini	\$75
* Brow Tint	\$25
* Lash Tint	\$25

NAIL CARE

Spa Signature Manicures & Pedicures: After a hike in the mountains or a day on the slopes, treat yourself to a relaxing 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 **Rosemary Citron Sea 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 Manicure/Pedicure	additional \$20

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

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

Express Services: include nail prep, polish and exfoliation.

* Express Manicure	25 minutes	\$45
* Express Pedicure	30 minutes	\$65

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. DipLOM, LAC, LMT, commonly known as "Jay," Acupuncture is a branch of Chinese Medicine which has 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

HYPNOTHERAPY

Gayle R Worth- NLP Clinical Hypnotherapist. Hypnotherapy is a therapeutic technique in which a certified practitioner induces a meditative state designed to reveal the subconscious mind and assist with the clients' desired transformation.

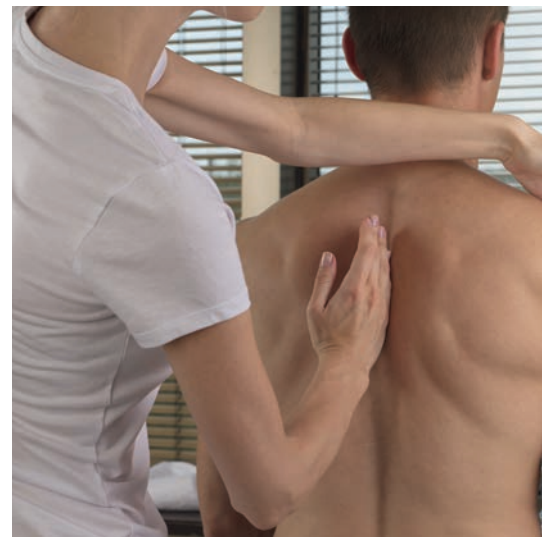
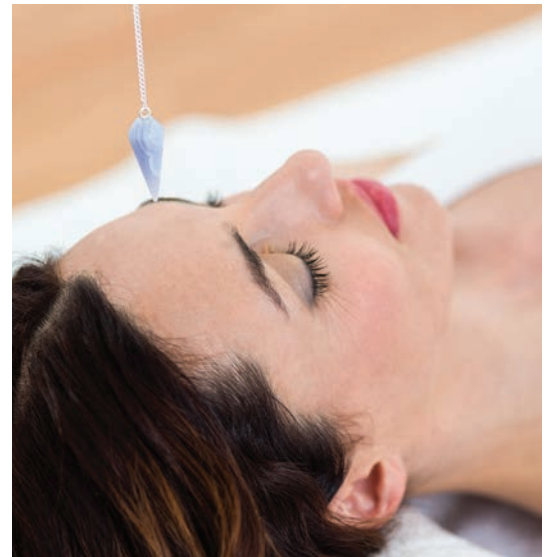
60 minutes - \$150 / 10 Pack - \$85 each

- * Stress and Anxiety
- * Overcoming Addictions
- * Overcoming Fears and Phobias
- * Surgery Preparation
- * Personal Problems
- * Past Life Regression - \$170
- * Depression
- * Pain Management
- * Weight Loss
- * Goal Achievement
- * Spiritual Connection

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.

Family Private Yoga

Up to 5 People - \$200

This experience incorporates a guided flow of yoga poses, breathing exercises, and one on one attention with your instructor. This is a wonderful opportunity for family bonding.

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 18% 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, to temperature or any other concern that may arise.

Age Requirements

Guests must be at least 16 years of age to access 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.



S P A
AT THE PEAKS
TELLURIDE

SPA HOURS

Spa Facilities Open Daily • 7am – 8:30pm
Pool Slide Hours • 9am – 5pm
Hours are subject to change

TO BOOK YOUR SPA SERVICES

855.998.5322 • ThePeaksResort.com/Spa
136 Country Club Drive • Telluride, Colorado 81435