



# MASSAGE THERAPY

## HOLISTIC MOUNTAIN MASSAGE

30 min \$ 50      60 min \$ 70      90 min \$ 100

Our signature therapeutic massage integrates essential oils with classic Swedish, Hawaiian and Eastern modalities.

## CHAKRA MASSAGE 60 min \$ 70 90 min \$ 100

A Deep tissue massage on the back and spinal muscles, reflexology for the feet, and energy work for each of the chakras. A guided meditation enhances the benefits of stress relief, decreasing muscular tension and increasing energy.

## WARM FUSION STONE MASSAGE

60 min \$ 75      90 min \$ 110

Essential oils will encompass the senses while opposing sensations of warm stones and a Holistic Mountain Massage balances, soothes, and invigorates your body.

## RAINDROP THERAPY 90 min \$85

This massage brings renewed energy to a travel-weary body. Essential oils are dropped along the spine in sequential order along with a full body massage. Boosts the immune system and reduces inflammation.

## DEEP TISSUE/SPORTS MASSAGE

60 min \$75      90 min \$100

This massage is perfect before or after intense physical activity. Present a Ski Pass or a picture of yourself enjoying your favorite outdoor sport and receive a gift to take with you.

## AROMA REFLEXOLOGY FOOT MASSAGE

50 min \$55

Pressure is applied to various parts of the feet which correspond to vital systems of the body. Reflexology is believed to increase circulation, release blocked energy and relieve stress.

## CRANIAL SACRAL 30 min \$45 60 min \$65

Gentle traction and pressure techniques on the cranial bones release restrictions and tension. This therapy restores the flow of cerebral spinal fluid and proper balance within the system.

## PRENATAL MASSAGE 60 minutes \$65

This soothing body massage is designed specifically for mothers in their 2nd and 3rd trimesters. This gentle service brings improved circulation and relief to an aching body.

## MASSAGE FOR TWO

Enjoy an indulgent getaway together in our double treatment room. Choose from any of our massage techniques to best suit your needs. Pricing dependant upon service chosen.

## NEVER ENDING GIFT \$800

Give the gift of wellness that lasts all year long. You or your loved one will enjoy twelve 60 minute Holistic Mountain Massage Therapy sessions throughout the year.

## OUTCALL SERVICES AVAILABLE ::

*Holistic Mountain Massage, Deep Tissue/Sports, Massage for Two are available in the comfort of your own home for an additional \$20 per person.*

**THE EXTREME OUTCALL ::** *In the case of being required to reach you by helicopter, snowmobile or parachute. Price per massage based on how long it takes us to get to you and if we arrive in one piece. 60 min \$100 / 90 min \$150*



# FACIAL & EYE THERAPY

## SPECIALTY TREATMENT FACIALS

30 min \$55      60min \$75      90min \$110

Select one of the three treatments listed below:

### Essential Facial

Our signature facial delivers a surge of essential hydration to combat the harsh elements of our dry desert climate. Based on your skin's specific needs, we integrate essential oils into each step: From dry and dehydrated, to sensitive, oily and congested skin, we personalize this facial specifically for you.

### Illuminating Facial

A luxurious facial using powerful plant-active based formulas that act as a remedy for discoloration, age and sun spots. The powerful home care skin brightening system coupled with the in-spa treatment results in more even skin tone, illumination and clarity in just 8 weeks.

### Renewal Facial

Includes a polishing Botanical Resurfacing treatment that sloughs away dead skin cells and helps reduce fine lines, acne scars, age spots and sun damage. A safe and affordable microderm abrasion alternative to chemical and laser procedures.

### Age Defying Facial

Bliss out as this powerful treatment hydrates, rejuvenates & restores. Utilizing a combination of high-tech botanicals & a unique five phase intensive massage, it instantly & visibly repairs.

### Men's Pure-formance Facial

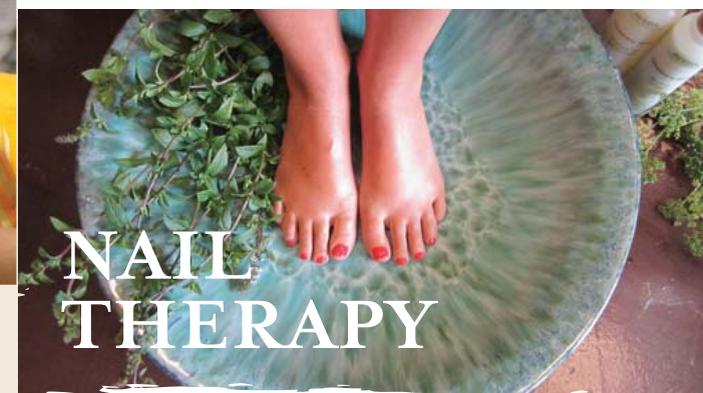
This is designed to meet men's skin care needs: customized to cleanse, exfoliate & hydrate for instant results.

### ESSENTIAL BACK TREATMENT 60 min \$65

The hard-to-reach area of your back is tended to during this deep-cleansing masque and massage. Shoulders, neck and back are purified, refined and massaged.

### AGE DEFYING PEEL \$20 (add to any facial)

A safe alternative treatment for Glycolic Acid Peels which reduces skin irritation and inflammation. This self-heating peel exfoliates dull skin cells while smoothing visible lines and wrinkles.



# NAIL THERAPY

## MANICURES & PEDICURES

Manicure 30 min \$35  
Pedicure 60 min \$50  
Manicure-Pedicure Combo 90 min \$75  
French Polish \$5

Select one of the three treatments listed below:

### Essential Manicure Or Pedicure

Our signature therapeutic indulgence. Relax in a warm foot soak of sea salts blended with your chosen essential oils followed by a creamy exfoliating leg and foot polish and replenishing moisture massage, complete with detailed nail care and polish.

### Caribbean Therapy Manicure Or Pedicure

A rejuvenating and nurturing treatment that improves the condition of nails, cuticles and hands. A special exfoliating paste and warm seaweed masque combined with Caribbean massage techniques o smooth and soften, relax and renew.

### Rosemary-Mint Pedicure

An invigorating experience for your feet. Enjoy a Peppermint foot soak, exfoliating paste and silky, rich moisture for foot and leg massage. Cools and revitalizes skin. Nails are groomed and polished to perfection.

### WARM PARAFFIN hands or feet \$15

Our warm, vitamin rich paraffin treatment infused with pure essential oils soothes dry skin on hands and feet. Add on to any of our hand or foot therapies.

### AVEDA HAND OR FOOT TREATMENT \$25

A nourishing addition to any facial or massage, hand treatment includes warm, citrus exfoliation and massage. Foot treatment includes warm peppermint foot soak, gentle exfoliation and massage to cool and nourish stressed feet.



# YOGA & RETREATS

## PRIVATE YOGA LESSONS

Enjoy the benefits of our one-on-one Private yoga lessons. We provide a spa setting in which you receive individualized attention from your yoga instructor on yoga poses, postures and breathing excersizes designed especially to suit your individual needs and goals while you practice at your own pace in a safe and efficient way.

- Private Lesson for One 1 hour \$30
- Couples Private Lesson 1 hour \$40
- Group Lesson in your home 1 hour \$20 per person

1 hour Private Yoga & 1 hour Massage & Aromatherapy Exfoliation & Steam Bath \$145

5 Private Lesson Pass  
\$150 ~ receive a \$40 Spa gift card.

10 Private Lesson Pass  
\$300 ~ receive a \$70 Spa gift card.

Please call to make an appointment for any of our yoga lessons. 745-3630

## OM SWEET OM -YOGA & MASSAGE HOME RETREAT-

Let us facilitate and cater your next wellness retreat with a group yoga lesson, massage therapy, and delicious and healthful Ayurvedic, Vegetarian and Vegan inspired snacks. Please call for pricing and details. 801-745-3630



# AVEDA SIGNATURE SPA TREATMENTS

## HIMALAYAN REJUVENATION & SHIRODARA

2 hours \$150

This nurturing treatment takes you beyond relaxation to a pure mind/body connection. A vigorous, full-body, dry-exfoliation precedes a rhythmic, friction massage with your specific massage blend. A Steam Bath canopy warms you with aromatic steam while a continuous stream of warmed, plant-based liquid is directed onto your forehead to elicit a deep sense of relaxation and transport you to a state of bliss.

## CARIBBEAN THERAPY BODY TREATMENT

90 min \$110

A rejuvenating spa treatment that uses healing touch and plant ingredients of mango nut butter, ginger root, lime and orange blossom to create inner calm and renew the body and senses. The treatment begins with a dry exfoliation, followed by a warm seaweed back and foot masque to smooth and detoxify. A restorative scalp elixir, face and body massage complete this island-inspired experience.

## AROMATHERAPY STEAM BATH

30 min \$45

Choose your own blend of essential oils for this purifying steam bath which may be added to any massage, facial or body treatment to help detoxify, remove impurities and enhance relaxation.

## ROSEMARY MINT AWAKENING BODY WRAP

90 min \$110

Renew body and mind with this stimulating and nurturing dry body wrap. Your body is exfoliated, smoothed, softened and wrapped in a warm cocoon. Essences of organic rosemary and peppermint will awaken your senses while a scalp and foot massage balance the whole body.



# AVEDA MAKE-UP

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Lesson \$35 Application \$25 Bridal \$50

Lash or Brow Color \$15

## EYE RENEWAL TREATMENT \$20

Special attention and acupressure are given to the delicate area to soften signs of aging, reduce puffiness and refresh tired, red eyes.

## NURTURING EYE PACKAGE \$40

Includes brow shaping, lash tint and brow tint.

## WAXING

Eye Brow	\$15	Arms 1/2	\$25
Lip	\$10	Arms Full	\$35
Chin	\$10	Under Arms	\$20
Cheek	\$10	Legs 1/2	\$30
Nose	\$10	Legs Full	\$45
Full Face	\$45	Legs w/bikini	\$55+
Chest	\$35	Bikini	\$40
Back	\$45+	Brazilian	\$60+



# FREE SPIRIT SPA & YOGA

## AVEDA



GIFT CERTIFICATES :: Give the gift of rejuvenation to that special someone with a Free Spirit gift certificate!

801.745.3630

www.freespiritmountainspa.com

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