

## massage therapies

### REJUVENATION MASSAGE

**25 MIN | 50 MIN | 80 MIN**

This massage gently eases tension and relieves weary muscles, providing the ultimate in relaxation. Your therapist will use varied pressure to customize this massage to your individual needs. \*Add \$10 for deep tissue\*

### ATHLETIC RECOVERY MASSAGE

**50 MIN | 80 MIN**

Specifically designed to stretch and stimulate muscles used in alpine sports activities. This technique combines active stretching while incorporating firm, broad strokes to lengthen the muscles, stimulate blood flow and aid in joint mobility.

### MOTHER NURTURE MASSAGE

**50 MIN | 80 MIN**

This gentle massage is designed to relieve tension and strain experienced during pregnancy. Your therapist combines specialized therapies to alleviate hip and back pain, improve circulation, and provide much needed serenity for the mom to be. \*Note: not recommended during the first trimester or high risk pregnancies.

### HIGH COUNTRY STONE MASSAGE

**50 MIN | 80 MIN**

In this extremely relaxing massage, your therapist combines Swedish massage techniques with warm stones to deeply penetrate sore muscles and relieve stress.

### OXYGEN MASSAGE

**50 MIN | 80 MIN**

We want you to get more out of your vacation and at an elevation of more than 9000' that can be difficult. This customized massage is paired with oxygen and is designed to loosen stiff muscles, relieve altitude discomfort, calm your mind and induce a more restful sleep.

## body treatments

### BLUEBERRY SLIMMING BODY WRAP

**80 MIN**

This rejuvenating treatment begins with a blueberry sugar scrub followed by an application of our blueberry soy-slimming mask, which drenches your skin in antioxidants and skin-firming herbs and spices. After a blissful scalp and neck massage, a blueberry lotion is gently applied leaving your skin refined with a warm glow.

### DETOX BODY SCRUB

**50 MIN**

This detoxifying, skin polishing body scrub will reduce the appearance of cellulite and help increase circulation. An antioxidant rich Cranberry Sugar Scrub is used to exfoliate and rejuvenate the skin. This treatment is finished with an application of an active lotion which will tighten and firm the skin.

## enhancements \*must be paired with service

### DEEP TISSUE

**NO ADDITIONAL TIME**

Add deep tissue to any service for added pressure.

### FOOT REFRESHER

**20 MIN**

Get energized with a detoxifying salt scrub that softens your feet and increases circulation. Warm towels are applied to deepen relaxation and enhance the application of a rich, hydrating lotion to finish.

### SCALP MASSAGE & TREATMENT

**20 MIN**

Warm, antioxidant rich oils are massaged deep into the scalp to alleviate oiliness, dryness, and sensitivity. Your hair and scalp will exuberate vitality and shine after this treatment.

**call 970-547-8815 or book online:**

<https://ssobe.vailresorts.com/#/en-US/breckenridge/spa/>

## massage therapies

### **REJUVENATION MASSAGE**

NON PEAK: 25 min \$85 | 50 min \$135 | 80 min \$180

PEAK: 25 min \$100 | 50 min \$150 | 80 min \$195

### **ATHLETIC RECOVERY MASSAGE**

NON PEAK: 50 min \$145 | 80 min \$190

PEAK: 50 min \$160 | 80 min \$205

### **MOTHER NURTURE MASSAGE**

NON PEAK: 50 min \$135 | 80 min \$180

PEAK: 50 min \$150 | 80 min \$195

### **HIGH COUNTRY STONE MASSAGE**

NON PEAK: 50 min \$145 | 80 min \$190

PEAK: 50 min \$160 | 80 min \$205

### **OXYGEN MASSAGE**

NON PEAK: 50 min \$185 | 80 min \$260

PEAK: 50 min \$200 | 80 min \$275

### **ENHANCEMENTS** \*must be paired with massage

FOOT REFRESHER | 20 min \$45

SCALP MASSAGE & TREATMENT | 20 min \$45

FACE, NECK & DECLOTTE MASK | 20 min \$55

## body therapies

### **BLUEBERRY SLIMMING BODY WRAP**

NON PEAK: 80 min \$190

PEAK: 80 min \$205

### **DETOX BODY SCRUB**

NON PEAK: 50 min \$150

PEAK: 50 min \$165

## enhancements

### **DEEP TISSUE**

No additional time \$10

### **FOOT REFRESHER**

20 min \$45

### **SCALP MASSAGE & TREATMENT**

20 min \$45

## helpful information

### **RESERVATIONS**

Advance reservations are recommended to ensure your preferred treatment and times are available. All reservations must be secured with a credit card or room number.

### **CANCELLATION POLICY**

Should you need to cancel or reschedule your reservation, we ask that you provide 24 hours' notice. Failure to do so may result in being charged for the full value of the treatment.

### **GRATUITIES**

A 20% gratuity will be added to the price of your service(s) for your convenience. Additional gratuities are a matter of personal discretion and should reflect your satisfaction with your services.

### **ARRIVAL**

Please arrive 5 minutes prior to your reservation. Arriving late to your reservation will limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied.

### **COMFORT & SAFETY**

Please discuss your preferences and special needs with your service provider so that we may provide the best experience possible for you. Please be sure to inform your provider if you are pregnant, have high blood pressure, a heart ailment, allergies, take medication, and/or any other condition that may prohibit you from receiving heat, massage, or skin therapies.

### **PRICING**

Prices are subject to change without notice. Contact the Spa for up to date pricing.