



ROCKRESORTS SPA® AT THE LODGE AT VAIL



ROCKRESORTS SPA® AT THE LODGE AT VAIL
OFFERS A WARM ALPINE-LODGE-STYLE AMBIANCE,
EXCEPTIONAL PERSONALIZED SERVICE AND
A VARIETY OF SERENE AMENITIES.



*Experience tranquility amid casually elegant touches
such as a stone “journey” walkway and rock-covered fireplaces.
In a warm, serene environment, the spa features 11 treatment rooms, including
a couples’ treatment room with a fireplace and bath. Relax in the steam room,
sauna or whirlpool, then indulge in a personalized massage, an indigenous body
wrap or a rejuvenating facial.*

*Our therapists are trained to combine their unique skills to customize each
treatment, and our treatments are designed to help you catch your breath, find
your balance and renew your energy. So relax your body and replenish your
spirit at the RockResorts Spa at The Lodge at Vail.*

MASSAGE ENHANCEMENTS

A la carte services are available to enhance your massage experience. These enhancements must be booked in conjunction with a 50-minute or longer spa service.

MITTENS OR BOOTIES | HANDS/FEET

A rich blend of essential oils and shea butter applied to the hands or feet leaves the skin soft and supple.

Please ask our Spa Concierge about availability and pricing for additional massage treatments, such as Reflexology, Shiatsu and Thai.

BODY THERAPIES

HERBAL SCALP TREATMENT | 20 MIN

Ideal for fatigue, jet lag or altitude adjustment, this treatment stimulates circulation, nourishes the hair and clears the mind.

WILD THYME & PUMICE FOOT SCRUB | 20 MIN

Experience an aromatic treatment with essential oils of peppermint, eucalyptus, tea tree and wild thyme. This treatment includes an exfoliation and moisturizing massage for tired feet and toes.

ORGANIC COFFEE BODY SCRUB | 50 MIN

This full-body exfoliation utilizes the detoxifying properties of caffeine and sea kelp, which are infused into a finely ground pumice with the uplifting scent of grapefruit. Followed by tangerine and rose dry oil, your skin is left smoother and further nourished.

BAMBOO GINSENG POLISH | 50 MIN

Reveal smooth skin with a potent infusion of revitalizing ginseng and ginkgo blended with gentle exfoliating bamboo beads. High in antioxidants and cellular regenerative properties, this refreshing scrub revitalizes weary skin. Relax as you receive a meditative face and scalp massage, followed by Balinese body palming and a hydrating application of tangerine and rose body moisturizer.

MASSAGE THERAPIES

THE LODGE AT VAIL PERSONALIZED MASSAGE | 25/50/80 MIN

This traditional massage is specifically catered to your enjoyment. Per your request, therapists will use light, medium or deep pressure to help enhance circulation, relieve muscle pain and tension and stimulate lymphatic flow to flush out toxins. This treatment encompasses Swedish, sports and deep-tissue modalities.

AROMATHERAPY MASSAGE | 50/80 MIN

Our personalized massage with your choice of essential oils to stimulate the senses.

APRÈS-SKI THERMAL MASSAGE | 50/80 MIN

Utilizing a Thermal Red Pepper Oil in conjunction with targeted compressions, stretching techniques and pressure-point massage, this treatment deeply regenerates overworked and tired muscles. This experience will help you quickly recover from your day on the mountain and get you ready for the next one. The 80-minute session begins with a wild thyme and pumice foot bath.

HOT STONE MASSAGE | 50/80 MIN

Using heated basalt stones and warmed oils, this massage treatment helps melt away tension as the stones are massaged at strategic points on the body. The heat penetrates deep into the muscles and slowly transports your mind and body to a relaxing and peaceful place.

COUPLES MASSAGE | 50/80/105 MIN

Indulge in a relaxing massage in our luxurious private couples' room. During the 105-minute session, share a soothing fireside bath for two and enjoy our chef's specialty dessert with champagne.

PRENATAL MASSAGE | 50/80 MIN

This rejuvenating massage utilizes special body cushions that allow you to lie face down and on your side to aid in total relaxation and permit your therapist to relieve pains only pregnant women know about. This treatment is recommended for women in their second or third trimester.

IN-ROOM MASSAGE | 50/80 MIN

Enjoy our personalized massage in the comfort of your own guest room. (Advance reservations are strongly encouraged.)

COCO CREAM COCOON | 50 MIN

Therapeutic dry brushing prepares the skin for a luxurious blend of warm organic coco cream and coconut oil infused with vanilla and bergamot. Relax in a warm wrap of natural cloth for an uplifting face and scalp massage with Sacred Tamanu Anointing Oil. After a jasmine foot massage, the blend is smoothed into your skin even further to reveal a highly nourished and protected body.

NOURISHING CLAY WRAP | 80 MIN

Exquisite silky clays from the Australian Outback bring truly detoxifying benefits to all skin types. The clay is first warmed, then smoothed onto the body to gently refine, soften and remineralize your skin. Relax in a warm cocoon of natural cloth, then enjoy as a meditative face massage restores balance inside and out. After you soak in an exotic rose bath, this treatment is finished with an application of pure tangerine and rose body lotion.

TEA & ALOE HYDRATING WRAP | 50 MIN

Green tea and beta-carotene are absorbed into the skin as a blend of soothing aloe gel and warm macadamia oil are smoothed onto the body. While wrapped for warmth and comfort, relax with a restorative face massage that leaves the skin nourished and soothed.

SUNLESS BODY GLOW | 15/45 MIN

Enjoy this full-body, sunless spray tan in the shadow of Colorado's Gore Range—and go home looking like you spent your vacation on the beach. To aid in the lasting effects of this professional application and to give the tan a more balanced and natural appearance, the 45-minute option is combined with an island escape sugar scrub.

BATHS

EXOTIC ROSE BATH | 25 MIN

This traditional soak will soften the skin and restore the soul using pure rose milk and petals.

COUPLES RETREAT BATH | 25 MIN

Enjoy a relaxing, quiet moment with your significant other as you bathe beneath the light of our tranquil fireplace.





FACIALS

THE LODGE AT VAIL PERSONALIZED FACIAL | 25*/50/80 MIN

Customize your own spa experience with a personalized facial. Our licensed estheticians will tailor this treatment to your skin type, and products will be chosen to address your individual skin concerns.

**25-minute facial does not include extractions*

HYDRAMAX FACIAL | 50 MIN

Gentle exfoliation, restorative clays and nourishing oils high in essential fatty acids encourage increased hydration by effectively restoring normal function to the skin. Harmonized with regenerative rose, jasmine, evening primrose and calendula, skin will be supple with improved elasticity and moisture—perfect for the altitude in Vail.

ANTI-AGING VITAMIN FACIAL | 50/80 MIN

This facial turns back the hands of time by rebuilding collagen, accelerating cell renewal and combating free radicals. Using enzymes, this skin-comforting, gentle yet extremely active mask imparts a slight, enjoyable warming action on skin that works to immediately increase blood circulation. This mask is also formulated with additional active ingredients (vitamins B and E, kaolin, zeolite and natural pumpkin enzymes) that synergistically complement one another to deliver quick, professional-grade results.

PURIFYING DEEP-CLEANSING FACIAL | 50 MIN

A perfect treatment to cleanse and detoxify congested or imbalanced skin. Purification begins with gentle exfoliation using willow bark extract and finishes with a deep-cleansing mud therapy mask. Powerful plant extracts of birch, vetiver, burdock and juniper effectively balance excess oil production, reducing inflammation, congestion and breakouts.

MEN'S WELLNESS FACIAL | 50 MIN

This relaxing treatment, specifically designed for men, deeply cleanses and soothes skin that has been exposed to environmental aggressors such as shaving, sun and extreme sports. Utilizing natural enzymes and antioxidants that fight the signs of aging, this highly effective facial leaves the skin healthy and revitalized.

REGENERATIVE PURE C FACIAL | 50/80 MIN

Ideal for restoring prematurely aging skin. Uspa's potent Pure C Complex Serum reestablishes the defenses in the skin to protect against environmental damage and intense high-altitude sun exposure. Gentle exfoliation and therapeutic botanicals provide instant radiance and even skin tone and provide elements for increased collagen production. Highly anti-inflammatory, Pure C allows a more youthful skin to emerge.

THE ULTIMATE BACK TREATMENT | 50 MIN

This treatment features deep cleansing with an invigorating bamboo scrub to remove dead skin cells, clean out pores with a relaxing steam and hydrate and revitalize the back with an application of moisturizer.

FACIAL ENHANCEMENTS

A la carte services are available as an addition to enhance your facial experience. These enhancements must be booked in conjunction with a 50-minute or longer service.

COLLAGEN EYE TREATMENT

Reduce fine lines and wrinkles as well as dark circles and puffiness by receiving a collagen mask followed by a vitamin C serum.

LIP REJUVENATION TREATMENT

Start the treatment with an exfoliating lip scrub, followed by a collagen lip mask, and finished with a moisturizing lip plumper.

MITTENS OR BOOTIES | HANDS/FEET

A rich blend of essential oils and shea butter applied to the hands or feet leaves the skin soft and supple.

ANTI-AGING HAND TREATMENT

Treat those sun spots on your hands with Swiss Apple Stem Cells in our Handprint Hand Serum. It penetrates deep into the skin and regenerates skin cells, promoting healthy, youthful skin. This treatment delivers a high concentration of plant actives to renew and restore hands back to their youthful radiance.

WAXING

BROW

CHEEK OR JAW

CHIN OR LIP

BROW, LIP AND CHIN

UNDERARM

FULL BACK OR CHEST

HALF ARM

FULL ARM

HALF LEG

FULL LEG

HALF LEG/BIKINI

FULL LEG/BIKINI

BIKINI

FRENCH BIKINI

HAND & FOOT

THE LODGE AT VAIL PERSONALIZED MANICURE & PEDICURE

Take a sensory journey with us and tailor your manicure and/or pedicure to your specific needs. Choose a scent to follow you through the soak, scrub and hydration steps of your relaxing nail services.

THE EXTREMITY REMEDY | MANICURE/PEDICURE

This deluxe manicure/pedicure is the personalized treatment plus an extra treatment using warm essential oils as well as a micro-cleansing Clarisonic scrub. Includes Anti-aging Hand Treatment.

HAND & FOOT ENHANCEMENTS

A la carte services are available to enhance your nail treatment experience. These enhancements must be booked in conjunction with a manicure or pedicure service.

MITTENS OR BOOTIES | HANDS/FEET

A rich blend of essential oils and shea butter applied to the hands or feet leaves the skin soft and supple.

FRENCH POLISH | HANDS/FEET

Add clean and elegant white tips to your hands or feet. Please allow extra time.



GENERAL INFORMATION

AGE Children who wish to use the spa and fitness center must be at least 15 years of age and accompanied by an adult. For massages, guests ages 15 to 17 must have a parent or guardian present during the treatment. For facials, guests under 16 must have a parent or guardian present during the treatment. Manicures and pedicures do not require a minimum age, though children under 16 must have parental approval.

APPOINTMENTS & RESERVATIONS To ensure availability of services and appointment times, we recommend scheduling your appointment(s) prior to arriving at the hotel. Spa reservations for treatments and services may be made up to three weeks in advance and guaranteed with a credit card. If you prefer to request either a male or female therapist, please make it known at the time of the reservation. Unless you state a preference, bookings are scheduled with the first available therapist of either gender. We can accommodate large parties and group events. For more information or to schedule, please call our spa concierge.

ARRIVAL TIME If this is your first visit with us, please arrive 30 minutes prior to your scheduled appointment to fill out a quick questionnaire regarding your health and any special needs. For frequent guests, arriving 15 minutes prior to your appointment time will allow you enough time to change into your robe and slippers. We encourage you to arrive earlier to relax and enjoy the steam room, sauna, whirlpool or shower before your treatment session. As a courtesy to our guests, all appointments end at their scheduled time, regardless of start time.

FOR YOUR COMFORT We invite you to discuss your preferences and/or special needs with us so that we can help select the treatment and/or therapist best suited for you. To ensure your comfort, we also encourage you to communicate with your therapist regarding room temperature, pressure and technique. Resort guests are encouraged to leave all personal items and valuables in their hotel room. We recommend that you do not wear any jewelry during your spa service. For your comfort and the comfort of all of our guests, we ask that you speak quietly throughout the spa, particularly in the waiting areas and in treatment corridors. Smoking is prohibited in the hotel and in the spa.

WHAT TO WEAR A luxurious spa robe and sandals will be provided for use during your spa experience. Our therapists are trained in proper draping procedures to ensure your complete comfort at all times. However, if you prefer to remain partially clothed, you are welcome to wear undergarments during your treatment(s).

FOR YOUR SAFETY AND CONSIDERATION Please be sure to inform your therapist if you are pregnant (especially if you are in the first trimester) or if you have high blood pressure, a heart ailment and/or any condition that may prohibit you from receiving heat, massage or skin care therapies. Use of the steam room, dry sauna and whirlpool are not recommended during pregnancy or for individuals with heart conditions or varicose veins. To prevent irritation, women should avoid shaving prior to body treatments. Please be sure to inform your therapist of any inflamed joints or muscles. We recommend you receive only one heat treatment per day. Following all spa treatments, it is important that you rest and avoid rigorous activity for at least one hour. Please drink plenty of water before and especially after exercise and all spa treatments. Guests receiving facial or waxing treatments should inform the aesthetician of any medications, including Accutane or any form of Retinol product.

ELECTRONIC DEVICES To preserve the ambiance of peace and tranquility, the spa is a cell-phone-free environment. We kindly ask that you do not bring cell phones, PDAs or other electronic devices into the spa. We invite you, however, to bring your iPod and dock into our system for a personalized listening experience during your treatment.

GRATUITIES For your convenience, a 20% service charge will be added to each spa service you receive and may be adjusted at your discretion.

CANCELLATIONS & NO-SHOWS If you need to cancel or reschedule an appointment, please provide us with at least 24 hours' notice. If you do not show up or fail to cancel your appointment, your room or credit card will be charged at full value of the treatment. For groups of six or more, we require 72-hour notification.

GIFT CARDS RockResorts gift cards may be purchased for any dollar amount and used in the spa toward treatments or retail purchases. Gift cards must be presented at the time of service to be redeemed. The spa is not responsible for lost or stolen cards.

MASSAGE THERAPIES

	25 MIN	50 MIN	80 MIN
THE LODGE AT VAIL MASSAGE	\$90	\$145	\$225
AROMATHERAPY MASSAGE		\$150	\$230
APRÈS-SKI THERMAL MASSAGE		\$150	\$230
HOT STONE MASSAGE		\$155	\$235
COUPLES MASSAGE*		\$290	\$450
PRENATAL MASSAGE		\$150	\$230
IN-ROOM MASSAGE		\$190	\$270

* THE COUPLES MASSAGE IS ALSO AVAILABLE FOR 105 MINUTES FOR \$525

MASSAGE ENHANCEMENTS

MITTENS OR BOOTIES	\$20 HANDS/\$20 FEET
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BODY THERAPIES

	50 MIN	80 MIN
ORGANIC COFFEE BODY SCRUB	\$150	
BAMBOO GINSENG POLISH	\$150	
COCO CREAM COCOON	\$150	
NOURISHING CLAY WRAP		\$230
TEA & ALOE HYDRATING WRAP	\$150	
HERBAL SCALP TREATMENT	\$75 FOR 20 MINUTES	
WILD THYME & PUMICE FOOT SCRUB	\$75 FOR 20 MINUTES	
SUNLESS BODY GLOW	\$45 FOR 15 MINUTES \$100 FOR 45 MINUTES	

BATHS

EXOTIC ROSE BATH	\$75 FOR 25 MINUTES
COUPLES RETREAT BATH	\$75 FOR 25 MINUTES

FACIALS

	25 MIN	50 MIN	80 MIN
THE LODGE AT VAIL FACIAL	\$90	\$145	\$225
HYDRAMAX FACIAL		\$145	
ANTI-AGING VITAMIN FACIAL		\$145	\$225
PURIFYING DEEP-CLEANSING FACIAL		\$145	
MEN'S WELLNESS FACIAL		\$145	
REGENERATIVE PURE C FACIAL		\$145	\$225
THE ULTIMATE BACK TREATMENT		\$145	

FACIAL ENHANCEMENTS

COLLAGEN EYE TREATMENT	\$35
LIP REJUVENATION	\$35
ANTI-AGING HAND TREATMENT	\$35

WAXING

BROW	\$25	HALF ARM	\$35
CHEEK OR JAW	\$25	FULL ARM	\$55
CHIN OR LIP	\$20	HALF LEG	\$50
BROW, LIP & CHIN	\$55	FULL LEG	\$80
BIKINI	\$45	HALF LEG/BIKINI	\$75
FRENCH BIKINI	\$55	FULL LEG/BIKINI	\$100
UNDERARM	\$30	FULL BACK OR CHEST	\$65

HAND AND FOOT

THE LODGE AT VAIL MANICURE	\$45
THE LODGE AT VAIL PEDICURE	\$75
EXTREMITY REMEDY MANICURE	\$60
EXTREMITY REMEDY PEDICURE	\$90

HAND AND FOOT ENHANCEMENTS

MITTENS OR BOOTIES	\$20 HANDS/\$20 FEET
FRENCH POLISH	\$15 HANDS/\$15 FEET



A RockResort

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