

# The Spa

## at The St. Regis Aspen Resort

*Embrace wellness at our Forbes Five-Star Award-winning Spa.*

We're committed to creating an exceptional experience for each guest. From sparkling wine and luxurious throws to customized treatments, our goal is to surpass all expectations and to help you escape to a sanctuary of indulgence and relaxation. Spa guests enjoy complimentary access to all spa features including steam caves, cold plunges, hot tubs, a fitness center, oxygen lounge and confluence waterfall pool.

# Facials

## The Customized Facial

After a one-on-one consultation and skin analysis, your spa esthetician will design a facial to address your individual needs, from reducing fine lines, recuperating from a long flight, addressing acne-prone skin, to refreshing dehydrated skin. With a focus on anti-aging, the Customized Facial includes thorough cleansing, exfoliation, extractions, face massage, mask, moisturizing and UV protection.

90 minutes starting at \$330 | 60 minutes starting at \$250

## The Gentlemen's Facial

An extension of the Customized Facial, this treatment addresses the specific skincare needs of men, with close attention paid to ingrown hairs and uneven skin tone caused by sun damage, stress and travel. Includes thorough cleansing, exfoliation, extractions, face massage, mask, moisturizing and UV protection.

90 minutes starting at \$330 | 60 minutes starting at \$250

## The Oxygen Facial

Reveal refined, glowing skin with this quenching experience that provides unparalleled, intense hydration. A unique blend of vitamins, antioxidants, and humectants work to reduce fine lines, and improve firmness. Your esthetician will select a customized serum to clear & calm, lift & tighten or smooth & brighten to focus your results.

90 minutes starting at \$395 | 60 minutes starting at \$315

## The Essential Hydrafacial

Unveil your most radiant skin with lasting results you can see and feel. Experience deep cleansing, exfoliation, extractions, while simultaneously bathing your newly revealed skin with serums of antioxidants, peptides and hyaluronic acid. Highly effective in addressing all of your individual needs including reducing fine lines, boosting hydration, refining texture, clearing congestion and restoring elasticity. Reveal healthy, beautiful vibrant skin.

90 minutes starting at \$520 | 60 minutes starting at \$380

## Enhancements

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| Collagen Face Mask \$50         | HydraFacial Lip or Eyes Booster \$50 |
| Collagen Neck or Décolleté \$45 | Lip or Chin Wax \$45                 |
| Collagen Lip or Eyes \$30       | Brow Wax \$55                        |
| DermaFlash \$35                 | Paraffin \$35                        |

# Signature Body Treatment

## Rocky Mountain Ritual

Created to exfoliate, smooth, and hydrate, this full body treatment starts with an invigorating exfoliation and soothing aromatherapy bath. Your body is then enveloped in a warm hydrating cream while you enjoy a foot and scalp treatment. The ritual closes with a soothing lotion application or may be extended to a full targeted massage.

*105 minute treatment | includes 90 minute massage starting at \$925*

*105 minutes treatment | includes 60 minute massage starting at \$850*

*105 minute treatment starting at \$515*

## The Customized Wrap

An exfoliation prepares the body to be wrapped in tranquility. While cocooned, enjoy an aromatherapy scalp and foot massage. The service concludes with an application of an aromatic blend. Skin feels noticeably softer and optimally moisturized.

*90 minutes starting at \$415*

## The Customized Body Scrub

This personalized treatment improves skin texture and appearance with a selection of scrubs that will gently resurface your skin. After exfoliation the body will receive an application of emulsion that leaves skin incredibly soft and luminous.

*120 minute treatment | includes 90 minute massage starting at \$555*

*90 minute treatment | includes 60 minute massage starting at \$415*

*60 minute treatment starting at \$305*

## The Great Bath

Enjoy berries, chocolate and sparkling wine as you relax in an aromatherapy bath. Conclude the service with a 60 minute massage. This service is also available as a couple's treatment.

*90 minute individual bath starting at \$415*

*90 minute couple's bath starting at \$830*



# Five-Star Massages

## Rocky Mountain Vibes

This combination of invigorating and recovery massage will stimulate circulation, ease muscle tension, and improve flexibility to help prevent injury. An exclusive massage therapy that combines stretching, acupressure, and vibrating massage. Your therapist will perform a tailored sports massage utilizing the healing properties of CBD or arnica to fade away muscle aches, inflammation, and joint pain while incorporating the percussion of vibration therapy.

*90 minute treatment starting at \$475*

## CBD Healing Massage

Elevate your massage with organic, natural and anti-aging CBD lotion. These pure, local Colorado ingredients decrease inflammation, pain and tension; while, allowing you to reach a deeper level of mind and body relaxation.

*120 minute treatment starting at \$600*

*90 minute treatment starting at \$450*

*60 minute treatment starting at \$315*

## The Customized Massage

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your massage therapist will customize your treatment using a variety of techniques to achieve ultimate relaxation, rejuvenation and results..

*120 minutes starting at \$550 / 90 minutes starting at \$400*

*60 minutes starting at \$285*

*Couples 90 minutes starting at \$830 / Couples 60 minutes starting at \$590*

## Specialty Massages

Prenatal\*, Neuromuscular, Myofascial Release, Sports, Table Thai

*90 minutes starting at \$425*

Prenatal\*, Myofascial Release, Sports, TMJ Release

*60 minutes starting at \$305*

*\* Prenatal massages are only offered for those in the second or third trimester*

*\*Please inquire with the Spa Service Expert to select the best service for your spa journey, along with additional modalities.*

## Enhancements

30 minutes Reflexology *\$145*

Hypervolt *\$35*

CBD or Muscle Rub *\$50*

Combination CBD &

Muscle Rub *\$65*

Paraffin *\$35*

Hot or Cold Stones *\$35*

Dry Brushing *\$35*

Scalp Treatment *\$35*

Exfoliating Foot Treatment *\$35*

In-room services available at an additional *\$150* during business hours, *\$250* outside of business hours.

# Health & Wellness

## **Organic Chakra Therapy**

Experience a one of a kind body treatment to nurture and balance your mind, body and spirit. Your therapist will guide through a holistic chakra journey complete with a full body massage, crystal placement, color light therapy, and sound healing. Featuring the use of local, organic body oils that are energetically infused with five elements of energy work - crystals, color therapy, bija mantras, affirmations and sound healing - to specifically address each chakra. Your therapist will provide you with affirmations to support you in manifesting your healing work and intentions into reality.

*90 minute \$445 | 60 minute \$295*

## **Reiki**

A Japanese healing technique that attunes the energy flow within the body and allows for natural healing processes to occur. It works on the body, mind, heart and soul. Reiki works with energy and is not a hands-on treatment. It will leave you feeling refreshed and clear-minded.

Please wear loose-fitting, comfortable clothing.

*60 minutes \$250*

## **Prenatal & Postnatal Fitness**

This multifaceted approach to exercise that encourages stretching, mental centering and focused breathing can have many benefits for pregnant women and their babies and can improve overall sleep. Your trainer will co-create a customized plan for your journey.

*60 Minutes \$165 – Advance Booking Required*

## **Health Nutrition & Life Coaching**

When challenged with various health or weight concerns, it's time to re-examine daily food choices. Receive specific nutritional and wellness advice on how to stay strong and balanced.

*60 Minutes \$165 – Advance Booking Required*

## **Personal Training**

Take your fitness to the next level with a personalized strength or cardio-based training session with one of our certified personal trainers.

*60 Minutes \$165 – Advance Booking Required*

## **Yoga**

Co-create a customized, private yoga session with one of our certified instructors and take your practice to the next level.

*60 Minutes \$165 – Advance Booking Required*

## **Mat Pilates**

Collaborate with one of our certified instructors to create a customized Pilates training session and elevate your practice.

*60 Minutes \$165 – Advance Booking Required*



# Spa Policies

## Spa Admission

Spa access is available to The St. Regis Aspen Resort guests for \$90 and \$150 for off property visitors; a suggested 22% gratuity will be added for the attendants and spa concierge. This per day fee allows for full access to the spa facilities, including use of lockers. Amenity access is included with reservation of any service \$225 or greater. The spa is an adult environment of tranquility and relaxation. Guests must be at least 18 years of age to utilize spa amenities and services; the spa is a non-smoking environment. Amenity access is subject to change.

## Arrival Procedures

We recommend guests arrive at least 30 minutes prior to your scheduled appointment time so you can enjoy the optimal spa experience. We also recommend showering prior to your service in order to receive maximum treatment benefit. We provide a robe, slippers and temporary storage for clothing. We recommend valuables be left at home or in the guest room safe. The spa is not responsible for any lost or stolen items. As a courtesy to all guests, should you arrive late for your treatment the service will end on time, regardless of when it began, and the full price of your service will be charged.

## Dining

We offer a full dining menu through the St. Regis Aspen in-room dining department. A room number or credit card must be provided at the time of order.

## Pricing

Spa menu and prices may change without notice.

## Cancellation & Change Policy

Should you need to cancel or change a reservation, we require notification 24 hours in advance. Full payment is required should cancellations or changes be received after this time.

## Gratuity

For your convenience, we have added a 22% gratuity in which 17% will go to your provider and 5% will go to our front of house team. You are able to modify these percentages at your discretion.

## Service of Alcoholic Beverages

To ensure Federal and State requirements are met; The St Regis Aspen Resort requires that all guests provide valid age identification. Valid age identification is defined as a government issued identification, driver's license and/or passport that contains the bearers' date of birth, a photograph and an expiration date. It is unlawful to serve alcohol to anyone under the age of 21 in the state of Colorado.

## Customization

We recognize that each guest, each face, each body is unique. We customize every treatment to meet your individual needs and deliver the benefits you seek.

## Availability & Reservations

Contact us at [aspen.spa@stregis.com](mailto:aspen.spa@stregis.com) or  
970.429.9650  
[www.stregisaspen.com](http://www.stregisaspen.com)

