

## SPA SERVICES AT THE HOTEL TELLURIDE

*Whether you will be enjoying a day of play in the mountains or a quiet and restful vacation, our spa services offer a rejuvenating retreat and a refreshing opportunity to restore your health, vitality and well-being.*

*Guests may choose from a variety of spa services in the peaceful seclusion of one of our treatment rooms or in the privacy of a guest room. Enjoy massage and yoga therapy, beauty and wellness services, along with the option of creating a spa package especially designed to personalize and perfect your spa experience.*

### Massage

Massage is a therapeutic healing art which benefits the mind and body in many important ways. By increasing overall circulation, massage enhances the general health and vitality of the body, offering a renewed sense of well-being and improved strength and immunity. Massage can also effectively help to treat conditions such as chronic pain and discomfort and is especially helpful for symptoms of long-term stress, creating an overall effect of calm and centeredness.

#### Custom Massage

*Certified massage therapists trained in varieties of massage and body work such as deep tissue, swedish, hand and foot reflexology, energy balancing, and sports massage create a therapeutic massage session based on your individual needs and preference.*

In-Treatment Room

60 minutes- \$120

90 minutes- \$175

2 Hours- \$225

In-Guest Room

60 minutes - \$145

90 minutes -\$200

2 Hours - \$250

#### Hot Stone Massage

*Using traditional massage strokes with smooth, warmed river stones, a hot stone massage utilizes the elements of heat and stone to relieve stiff and sore muscles, promoting deep relaxation and increased circulation. Pressure is customized to your preference. Perfect for après ski and sport!*

75 minutes - \$175

90 minutes - \$200

#### Gemstone Balancing

*Isun Organic Skincare's luxurious, rich herbal infused healing gemstone serums and oils are used with heated basalt & gem stones in this aroma-therapeutic massage. This hot stone massage also works to balance the body's energy centers and channels, the chakras and meridians, through healing sound vibration.*

90 minutes - \$200

### Skin Care

The benefits of facials include renewed muscle tone, deep cellular hydration and the cleansing and anti-aging benefits affected by massage and rejuvenation pressure point methods. Our skin care services are individually customized to address your specific skin care needs, including dry, aging and problem skin. Our treatments take into consideration the physical and spiritual aspects of beauty and are designed to promote beauty and skin wellness, and to bring serenity to the entire being; mind, body and soul.

#### Custom Facial

*The traditional European Facial with the added benefits of Isun Organic Skincare, a clinically effective, dynamically active and all natural skin care line. With nourishing cleansing actions, mild to intense exfoliation, and highly active moisturizing and repair, your skin will look and feel perfect.*

60 minutes - \$120

#### Gemstone Facelift

*Refreshing lemon balsam facial cleanse and gentle botanical peel; followed by anti-aging massage including facial rejuvenation point work based on Tibetan, Chinese, and Ayurvedic methods using traditional energy healing, tuning forks and crystals.*

45 minutes - \$100

#### Ultimate Face and Body

*Relax and Renew! A full-body complete renewal system; this treatment re-mineralizes and exfoliates the skin and increases cellular vitality with Isun Organic Skin Care Full Body Rejuvenation System. Hot steamy towels are included to facilitate full absorption and complete relaxation. Mini-facial and massage of head, neck and feet are included in this service.*

90 minutes - \$175

***To book your spa service today at The Hotel Telluride call:  
(970) 369-1188 or toll free (866) 469-3501***



### **Yoga Therapy**

*Yoga has been shown to lower blood pressure, help relieve arthritis and headache pain, reduce stress and help with sleeping problems. Included in the session are pranayama, mantra, and meditation techniques; all personalized in order for you to create or enhance your own yoga practice.*

In-Spa

60 minutes - \$120

In-Guest Room

60 minutes - \$145

### **Reiki**

*Experience the deep relaxation and peaceful renewal of a Reiki Treatment. Reiki is an ancient system of energy healing that utilizes the body's own innate intelligence and power to heal. By balancing and restoring the body's natural energy flow, Reiki has been documented to reduce pain, increase white blood cells, and increase overall health and vitality.*

In-Spa

60 minutes - \$120

In-Guest Room

60 minutes - \$145

### **Therapeutic Detox Treatment**

*This full-body detoxification treatment with herbal masque includes an energizing dry brush massage, painted wheat grass detox masque application, hot steamy towels, and is followed by a full body massage designed to gently stimulate the lymphatic and circulatory systems affecting a gentle detoxification and energizing of the whole body.*

75 minutes - \$150

## Total Wellness...

### **'Be Well' Package**

*Turn your stay with us into a wellness retreat.*

*Rejuvenate your mind and body in the inherent sanctuary of transformative Telluride.*

*Create a wellness adventure based on your individual goals with varying emphases on:*

*Age renewal, detoxification, nutritional & dietary lifestyle changes, yoga & meditation.*

*Along with the hotel's on-site spa services, we are happy to consult with you on your interests in alternative healing, while assisting you in setting up appointments with local health practitioners and can set up wellness activities such as:*

*Herb walks, guided hiking, yoga classes, pilates, nutritional counseling and acupuncture.*

### **'Be Well' Packages Include:**

- Wellness consultation & goal setting
- Recommendations and appointments with healthy practitioners in town
- Own daily spa service of choice

'Be Well Package' - \$195 per day



### Spa Guidelines

#### Scheduling

*All appointments are scheduled through the front desk. The Hotel Telluride Spa Services has limited space availability; booking in advance is the best way to ensure availability of service. All services are based on therapist availability.*

#### Cancellations

*Cancellations without a minimum of 4 hours will incur full treatment charge. Cancellations on packages require 24 hours notice or full treatment charge will be incurred.*

#### Arrival

*Please arrive 5 minutes prior to your appointment time. Late arrival will limit the time available for your treatment. All treatments will end on time so as not to delay the next guest.*

#### Clothing

*Please wear comfortable clothing, so that you continue to feel relaxed when you are done with your service. The hotel offers the use of robes and slippers in your room.*

#### Water

*It is important to drink plenty of water prior to and following any type of bodywork, particularly after a massage. Remember, we are at a high altitude in a dry climate, so stay hydrated!*

#### Tipping

*Gratuities are not included in the pricing of spa services. Gratuities are welcomed and at your discretion.*

for questions on what is the best treatment for you email  
Caycee Ames, Wellness Director  
[Cames@destinationhotels.com](mailto:Cames@destinationhotels.com)

To Book Your Reservation Today Call  
(970) 369-1188  
or toll free (866) 468-3501

*We offer a full line of herbal support products custom designed retail spa baskets and gift certificate options. All spa retail, herbal and supply products are sustainable & ethically harvested from local resources.*

*We are happy to assist you in creating a personalized spa service package and are here to answer your questions and give any possible support for spa and wellness.*

*Please contact the front desk if you would like to schedule a complimentary spa and wellness consultation.*

