

RockResorts Spa™
AT THE
LODGE AT VAIL





The RockResorts Spa™ at The Lodge at Vail offers a warm, alpine lodge-style ambiance, exceptional personalized service and a variety of serene amenities.

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Experience tranquility amid casually elegant touches such as a stone “journey” walkway and rock-covered fireplaces.

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 THERAPIES

THE LODGE AT VAIL CUSTOMIZED MASSAGE | 50/80 MIN

This traditional massage is specifically catered to your enjoyment. Therapists will tailor soft, medium or firm pressure to your needs in order to help enhance circulation, relieve muscle pain and tension and stimulate lymphatic flow to flush out toxins. This treatment encompasses Swedish, sport and deep-tissue modalities and includes your choice of aromatherapy oils.

MOUNTAIN GEM | 80 MIN

A deeply relaxing massage that uses sacred energized oils that correspond with gemstones for an all-over, heavenly experience. This treatment will relax, de-stress and nourish the mind, body and soul. This is our signature experience that brings better balance and flow throughout the body's energy fields, elevating you to another world.

ELITE RECOVERY | 80/105 MIN

Our optimum sports recovery massage utilizes targeted compressions, stretching, pressure point techniques and sports balm. Your choice of lymphatic cupping or RAD massage tools for specific problem areas plus oxygen therapy and a sports recovery drink.

HOT STONE MASSAGE | 75 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.

MOTHER TO BE 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 known only to pregnant women. This treatment is recommended for women in their second or third trimester.

ORTHO-BIONOMY | 60/90 MIN

Gentle techniques to hold you in a comfortable position that allows your body to change the stress and pain patterns that are causing discomfort, therefore alleviating pain, increasing flexibility, improving circulation and relaxing the entire body and mind. Comfortable, loose clothing is suggested to allow full range of motion.

ELEVATE YOUR TREATMENT

Hypervolt is a hand held percussion device that relieves muscle tension, improves range of motion and promotes circulation. This can be added to any treatment with no extra time or can be used alone as a 25 minute treatment.

BEST DAY EVER

An everlasting day at the spa to immerse your mind, body and soul for as long as you want to "treat yourself." We suggest starting your day with a full body exfoliation to soften the skin and open up the pores for the all over nourishment ahead. Ascend into a fireside soak and onto our 50 or 80-minute massage to take away all those aches and pains or just relax into another realm. Build your own Best Day Ever by combining any of our add-on services such as Oxygen, Foot Treatment, or Moisture Melt.

Can't find what you're looking for? Ask a spa concierge to help you design a package for the ideal spa day.

BODY THERAPIES

CUSTOMIZED BODY POLISH | 50 MIN

Exfoliate, tighten and firm with your choice of sugar, salt or coffee scrub infused with essential oils. We finish this treatment with a rich shea butter body cream to make your skin feel like new.

PERFECTING BODY TREATMENT | 80/105 MIN

This treatment powerfully addresses multiple body imperfections and promotes a visibly even and smooth appearance from the neck down, including cellulite, sagging skin, and discoloration. Enjoy a full-body stimulating body wash and scrub to clear the skin of toxins and debris. Soak off in an infused fireside bath and conclude with a firming moisturizer to further enhance skin tone and hydration. Make it flawless with our Nubody microcurrent device on that specific problem area.

DETOX HERBAL BODY WRAP | 80 MIN

We begin with a dry brush to exfoliate and stimulate lymphatic flow. The body is then wrapped for warmth and relaxation as the herbal clay and essential oils help to release toxins and excess fluid retention. The skin is left smoothed and toned as we finish with a stimulating herb oil rich in aromatic essential oils. This session includes your choice of a scalp massage or mini facial. *Contraindications: Pregnant or nursing women*

HONEY AVOCADO SCRUB AND WRAP | 80 MIN

Refining sea salts and moisturizing shea butter provide the perfect combination for a full-body exfoliation. Relax while you are wrapped in an intensely moisturizing product, including high-altitude, wild-crafted honey teeming with live enzymes and nutrients, which is blended with rich, moisturizing avocado butter. Honey extract yielding 60 percent lactic acid is added to facilitate deeper penetration of the nourishing and moisturizing benefits. A touch of cardamom and vanilla essential oils also help with assimilation and impart a subtle, delicious aroma. We finish with a nourishing herb-infused shea butter. *Contraindications: Allergy to bee products*

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.

BACK TO NATURE | 50 MIN

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

WAXING

Half Leg

Half Leg with Bikini

Full Leg

Full Leg with Bikini

Bikini

Lash Tint

Brow Tint

Brow Shaping

Brow

Underarm

Forearm

Full Arm

Full Back or Chest

TREATMENT ENHANCEMENTS

MOISTURE MELT | HANDS/FEET

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

LYMPHATIC CUPPING

Suction cups rapidly loosen and lift connective tissue, while increasing blood and lymph flow to skin and muscles in ways not possible with massage.

LED LIGHT THERAPY

LED LIGHT THERAPY FOR HAND
OR DECOLATTE | 10 MIN

KINESIO TAPING

Kinesio tape is applied strategically to support and help stabilize the muscle or muscles of your choice. Kinesiology tape can effectively relieve both acute and chronic pain, reduce swelling and inflammation, help speed up recovery of overused muscles and allows athletes to remain active while injured.

COLLAGEN EYE

A moisture rich treatment that specifically targets fine lines, dark circles, puffiness and stressed skin.

BROW TINTING

A semi-permanent option for a thicker, natural looking brow.

NUBODY MICROCURRENT

A microcurrent body device that helps tone and firm body skin while smoothing away the look of dimples.

SCALP TREATMENT

This revitalizing treatment will improve the condition of your scalp and the quality of your hair.

DRY BRUSHING

Dry body brushing helps shed dead skin cells resulting in smoother and brighter skin. Vascular blood circulation and lymphatic drainage are also improved.

ALTITUDE RECOVERY TREATMENT | 20 MIN

Come to the spa and let us help you recover. 20-minutes of oxygen, Zaca recovery tablets and electrolytes are exactly what you need to feel energized and hydrated.

OXYGEN

Oxygen therapy has shown to boost energy levels, ease altitude adjustment and increases your endurance. You can add this to any treatment with no extra time or relax in our lounge for 20 minutes of pure oxygen.

TREAT YOUR FEET

Bring your tired feet in for a complete revival.

FIRESIDE SOAK

Soothe, Breathe, Relax, Unwind, Revive & Detox.
Which Himalayan bath soak will you choose?

ADDITIONAL MASSAGE OPTIONS

Reflexology, Reiki, Shiatsu and Thai.
Please inquire about pricing and availability.

FIRE AND ICE | 25 MIN

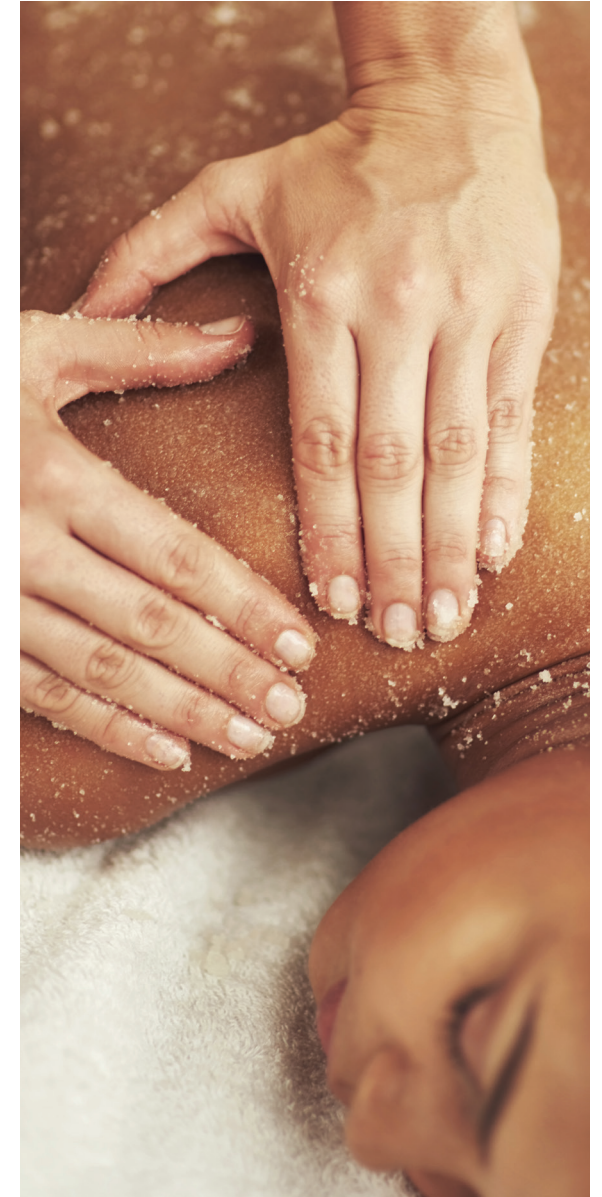
Moisture Melt hand and foot treatment while receiving 2 cryotherapy sessions.

HOW COOL ARE YOU? | 10MIN

A cryotherapy stream of nitrogen vapor that is recommended for localized injuries, skin care, migraines and cellulite treatment.

ELEVATE YOUR TREATMENT | 25MIN

Hypervolt is a hand held percussion device that relieves muscle tension, improves range of motion and promotes circulation. This can be added to any treatment with no extra time or can be used alone as a 25 minute treatment.



GENERAL INFORMATION

AGE Children who wish to use 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 18 must have written approval of a parent or guardian.

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. For more information or to schedule, please call our spa concierge.

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 is 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 esthetician 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 the 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.



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