

The Spa at the Sonnenalp Resort of Vail

SPA MENU 2009

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Sonnenalp Resort
of Vail

The Leading Small Hotels
of the World



Massage

SWEDISH MASSAGE

Our most popular massage relaxes and soothes tense, sore bodies.

50 minute treatment \$140
80 minute treatment \$210

SPORTS MASSAGE

A more invigorating massage, assisted stretching is incorporated to improve joint mobility.

50 minute treatment \$150
80 minute treatment \$225

AROMATHERAPY MASSAGE

Our Swedish massage with the addition of specially blended essential oils to assist the body in its own healing process.

50 minute treatment \$140
80 minute treatment \$210

TARGET MASSAGE

This therapeutic massage incorporates slow strokes with a very firm pressure and works best on targeted areas, not the full body.

50 minute treatment \$150
80 minute treatment \$225

HEATED STONE MASSAGE

A Native American-inspired healing technique that uses warm, smooth stones to bring relief to tense muscles, sore joints and weary spirits.

80 minute treatment \$230

PRENATAL MASSAGE

A gentle massage that provides relaxation for mother-to-be and baby. The focus is on relieving stress on weight bearing joints, neck and lower back discomfort and the effects of edema.

50 minute treatment \$140

REFLEXOLOGY

This hand and/or foot treatment will evoke a systemic reaction that relaxes and revitalizes your entire body. Available as a 50 minute treatment or as a 25 minute add-on to another treatment.

50 minute treatment \$150
25 minutes added to another treatment \$65

RAINDROP THERAPY

Essential oils are used to specifically treat a variety of back and spine issues. This is a very gentle and soothing massage.

50 minute treatment \$140
80 minute treatment \$210

COUPLE'S MASSAGE

Enjoy each other's company while indulging in a Swedish, Sports, Aromatherapy or Target massage in our duet room.

50 minute treatment \$150 each/\$300 couple
80 minute treatment \$225 each/\$450 couple

Body Treatments

BAVARIAN BODY POLISH

Our exclusive anti-aging, detoxifying and exfoliating treatment consists of a 25 minute body scrub followed by your choice of a 25 minute or a 50 minute massage.

50 minute treatment \$120
80 minute treatment \$175

MOUNTAIN BODY GLOW

Similar to our Bavarian Body Polish, this treatment uses a more active sugar scrub, followed by your choice of a 25 minute or a 50 minute massage.

50 minute treatment \$120
80 minute treatment \$175

ALPINE BACK TREATMENT

This treatment is ideal for a sore, stiff or tight back. After an exfoliation, we apply a healing mask to relax overworked muscles. We then follow up with a 25 or 50 minute massage.

50 minute treatment \$120
80 minute treatment \$175

HOT OIL WRAP

A full body exfoliation is followed by a deep penetrating wrap, with your choice of warmed aromatherapy oil.

80 minute treatment \$175
Add a 25 minute massage \$60

HYDRATING SEAWEED WRAP

This therapeutic wrap will firm, hydrate and re-mineralize dry, damaged skin. An exfoliation is followed by an application of warm seaweed and a moisturizer.

80 minute treatment \$175
Add a 25 minute massage \$60

DETOXIFYING MUD WRAP

This enzyme-rich body mask nourishes and tones the skin, stimulates circulation and assists the body in releasing toxins.

80 minute treatment \$175
Add a 25 minute massage \$60

Facials

Facials are recommended for men, women and teens. Each of our customized facials includes a hand treatment and a gentle facial massage. Your professionally trained, licensed aesthetician will assist you in determining which products and treatments best suit your skin's needs. Choices may include clarifying, rosacea, oxygenating, vitamin C or a combination of high altitude remedies.

50 minute Sonnenalp Facial \$135
80 minute Deluxe Sonnenalp Facial \$180

FIVE STAR SIGNATURE TREATMENT

The ultimate head-to-toe relaxation treatment combines a Sonnenalp Facial or a Deluxe Sonnenalp Facial with a 50 minute Reflexology treatment.

50 minute treatment \$275
80 minute treatment \$325

Hand & Foot Care

SONNENALP DELUXE MANICURE

A complete manicure with exfoliation, moisturizing, massage, paraffin treatment, cuticle work, nail shaping and choice of polish.

50 minute treatment \$70

SONNENALP DELUXE PEDICURE

A relaxing foot bath is followed by exfoliation and a hydrating foot and calf massage. Select a paraffin or callo peel treatment and finish with the polish of your choice.

50 minute treatment \$75

CLASSIC COMBINATION

This treatment includes shaping of the nails along with cuticle work, followed by massage and polish of hands and feet.

80 minute treatment \$98

POLISH CHANGE

A quick clean-up that includes light shaping and polish for the hands or the feet.

25 minute treatment \$45

GENTLEMAN'S NAIL GROOMING

Cuticle work, nail shaping, nail buffing and a moisturizing massage for the hands or the feet.

25 minute treatment \$45

Specialty Treatments

When available. Advance reservations required.

CAVIAR FACIAL

This restorative treatment hydrates and firms mature skin utilizing vegetable botox, crushed pearls and marine caviar for deep penetration and anti-aging repair.

80 minute treatment \$230

CAVIAR HAND TREATMENT

This specialty treatment is designed to reduce the signs of aging on the hands. Please note, this does not include a manicure or polish.

50 minute treatment \$70

ION SPA FOOT TREATMENT

Detoxifying foot bath with a foot scrub and a foot massage.

50 minute treatment \$65

ACUTONICS TREATMENT

Sound therapy combined with massage.

50 minute treatment \$140

80 minute treatment \$210

AIRBRUSH TANNING

Safe, sunless professional tan application.

25 minute treatment \$55

50 minute treatment, with full body exfoliation \$100

PERMANENT MAKEUP

Eyebrows, eye liner, lip liner and more.

Prices begin at \$275

SPECIAL EVENT MAKEUP

Great for bridal parties and other special events.

Prices begin at \$75

REJUVALIGHT™ TREATMENT

Our unique Rejuvalight system increases the production of collagen and elastin and helps with acne and pigmentation problems.

50 minute treatment \$110

80 minute treatment \$170

Ultimate Add-Ons

25 minute scalp massage added to any massage, body treatment or facial. \$60

25 minute Lymphatic face massage added to any massage, body treatment or facial. \$60

25 minute Firming Eye Treatment added to any facial. \$60

25 minute Bust Treatment added to any facial. \$60

25 minute Lip Treatment added to any facial. \$60

25 minute Rejuvalight Treatment added to any facial. \$60

Aromatherapy oils added to any treatment. No charge.

Waxing & Tinting

We offer professional waxing services followed by a soothing cream applied to the affected area to reduce tenderness.

WAXING

Brow, lip or chin \$20 / Full face \$40

Underarms \$25

Half leg \$50 / Full leg \$70

Half arm \$40

Back \$55

Bikini \$35 / French Bikini \$45 / Brazilian \$65

TINTING

Brows \$30 / Lashes \$40

Spa Packages

No substitutions please. All treatments in package must be scheduled for the same day. Packages are to be enjoyed by one person except the Mother/Daughter and Romance packages, which are designed for two people.

GENTLEMAN'S PACKAGE

50 minute Sports Massage

50 minute Men's Facial

25 minute Nail Grooming for hands or feet

2 1/2 hours \$280

MOTHER / DAUGHTER PACKAGE

Choice of two 80 minute Body Treatments

Two 80 minute Deluxe Sonnenalp Facials

Two 80 minute Classic Combos for hands and feet

4 1/2 hours \$815

MOM-TO-BE PACKAGE

50 minute Prenatal Massage

50 minute Sonnenalp Facial

80 minute Classic Combo for hands and feet

3 1/2 hours \$335

ROMANCE PACKAGE

80 minute Couple's Massage

Two 50 minute Sonnenalp Facials

Two 50 minute Sonnenalp Deluxe Pedicures

3 1/2 hours \$750

BUILD YOUR OWN PACKAGE

Combine three or more treatments of your choosing and receive 10% off your total bill.

General Information

Spa facilities are open from 6:00am to 10:00pm daily.

The Spa desk and Spa treatments are available from 8:00am to 8:00pm daily.

Sonnenalp Spa guests are invited to use all Spa facilities at no charge on the day of your treatment.

☞ Make the most of your Spa experience by giving yourself time to unwind before your treatment begins. Take a warm shower, enjoy the steam room, sauna or hot tub to relax your body and your mind.

☞ Private yoga instructors and personal trainers are available, please call the Spa for scheduling and prices.

☞ We offer a variety of food and beverage selections in the Spa, please ask for a menu.

☞ In order to respect the comfort of all guests we do not allow smoking, pets or cell phones in the Spa.

☞ Credit cards are required at the time of booking to reserve your Spa appointment.

☞ We highly recommend that guests book Spa appointments well in advance.

☞ Upon booking your treatments, please specify if you would like to request a male or female therapist.

☞ Cancellations must be received at least 24 hours prior to appointment time or the full service fee will be charged. If an appointment is rescheduled on the day of service, a \$35 charge will be assessed.

☞ Please arrive in the Spa no less than 15 minutes prior to your scheduled appointment time. Late arrivals will receive the remainder of their scheduled time at full price.

☞ Please check in at the Spa Desk upon arrival, you will be given a locker key, robe and slippers to change into. Please remember to check out when you are finished.

☞ Gratuities are not included in treatment prices.

☞ Please do not wear jewelry or bring other valuables in to the Spa. We cannot be responsible for lost or stolen items.

☞ Your privacy is a priority. While receiving treatments, undress to your level of comfort. You will be draped with sheets and towels throughout the service.

☞ Communication is the key to getting the treatment you want. Please discuss with your therapist areas to focus on and any areas to be avoided. You should not be uncomfortable at any time.

☞ Children under the age of 16 are welcome in the pool areas only and must be supervised by an adult at all times. Running, yelling and loud play are not permitted.

☞ Children under the age of 16 receiving a Spa treatment must have a parent present in the treatment room.

☞ Prices are subject to change without notice.