

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 specialty blended essential oils to assist the body in its own healing process.

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

DEEP TISSUE/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.

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 \$300/couple
80 minute treatment \$450/couple

MASSAGE ADD ON'S

25 minute Acutonics \$65
25 Minute Scalp Massage \$65
25 Minute Foot Massage \$65

SONNENALP 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 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

HAND AND FOOT CARE

SONNENALP DELUXE MANICURE

A complete manicure with cuticle work, nail shaping, exfoliation and a moisturizing paraffin treatment. Leave pampered and polished.

50 minute treatment \$70

SONNENALP DELUXE PEDICURE

A complete pedicure with detail focused on nails, cuticle work and your choice of a callo peel or moisturizing paraffin treatment. Feel silky, smooth and polished.

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

ION SPA/PEDICURE COMBINATION

Ultimate foot experience starting with Ion Spa detoxifying foot bath. Release built up toxins prior to receiving Deluxe Pedicure.

80 minute treatment \$120

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

ADD ONS

25 minute foot massage with pedicure \$65
Hand or foot paraffin treatment \$10

WAXING & TINTING

WAXING

Brow, lip, chin or nose.

\$20
More than one \$15

Underarm.

\$25

Half leg.

\$50

Full leg.

\$70

Half arm.

\$40

Back.

\$55

Bikini.

\$35

French Bikini

\$45

Brazilian

\$65 and up

TINTING

Brows

\$25

Lashes

\$40

Both

\$60

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 \$65

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 \$65

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 \$65

SPECIALTY TREATMENTS

FACIAL SOUNDSCAPES

Integrates sound and vibration therapy into your facial experience using tuning forks to create activity in the muscles and promote collagen and elastin production. Relieves sinus conditions and puffiness.

50 minute treatment \$135
80 minute treatment \$180

ION SPA FOOT TREATMENT

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

50 minute treatment \$65

ACUTONICS TREATMENT

Our Acutonics treatment uses tuning forks on acupuncture points and the energy field to treat chronic conditions. Helps balance the spiritual, emotional and physical body. Breaks up scar tissue, reduces muscle tension and emotional trauma.

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

MRS2000

The MRS2000 mat improves general well being through invigoration of body cells. Therapy for pain relief, wound healing, relaxation and sleep improvement. Helps boost immune system and vitality.

25 minute treatment \$60

AIRBRUSH TANNING

Safe, sunless professional tan application.

25 minute treatment \$55
50 minute treatment with full body exfoliation \$100

PERMANENT MAKEUP

Eyebrows, eye liner

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

FACIALS

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

50 MINUTE FACIALS

CUSTOM FACIAL

Pamper your skin with our custom facial! Our aestheticians will analyze your skin and treat it accordingly. This includes cleansing, exfoliation, steam, and extractions (if desired). A personalized serum is applied to your skin with facial massage techniques. Finish your experience with a mask, leaving the skin hydrated and glowing.

50 minute treatment \$135

VITAMIN C PEEL -a superficial peel

A mild peel with no down time. The skin is immediately softer and smoother with noticeable improvement in skin tone and texture.

50 minute treatment \$135

LYMPHATIC DRAINAGE FACIAL -for sinus issues

A gentle, pressure-point massage to drain toxins by manually activating the lymphatic systems. The results include reduced puffiness, sinus and allergy relief. There are no extractions in this facial.

50 minute treatment \$135

80 MINUTE FACIALS

CAVIAR FACIAL -for mature skin

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

LUMINOUS FACIAL -for sun damaged skin

This three-layer Vitamin C treatment reduces fine lines, strengthens elasticity, counteracts photo aging and restores a youthful appearance. The astonishing results are immediately visible.

80 minute treatment \$180

ROCKY MOUNTAIN RADIANCE -for sensitive skin

The perfect treatment for your special occasion. The secret is in the rubber textured formulation mask that lifts off to reveal youthful, vibrant skin.

80 minute treatment \$180

REPAIR AND RENEW FACIAL -for damaged skin

An excellent treatment for mature skin to address the effects of aging. Your professional aesthetician will analyze your skin and create a unique treatment for your specific needs. Treatments may include collagen, elastin, or our anti-free radicals mask.

80 minute treatment \$180

FACIAL ADD INS -these treatments are performed during the facial

Firming eye treatment \$35
Lip treatment \$35
Decolletage treatment \$35
Hand paraffin treatment \$10

FACIAL ADD ONS -

-These treatments are performed in addition to a facial.

25 minute scalp massage \$65
25 minute lymphatic drainage \$65
25 minute rejuvalight treatment \$65
25 minute foot massage \$65

SPA PACKAGES

GENTLEMEN'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

The spa facilities are open from 6am to 10pm daily. The spa desk and spa treatments are available from 8am to 8pm daily.

- * We recommend booking Spa appointments well in advance. Upon booking your treatments, please specify if you would like to request a male or female therapist. Credit cards are required at time of booking.
- * Cancellations must be 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.
- * Allow time to unwind before your treatment begins with a warm shower, steam, sauna or hot tub. Arrive at least 15 minutes early. 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. All open accounts at the end of the day will be charged an auto gratuity. Gratuities are not included in treatment prices.
- * 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.
- * Healty food and beverage selections are available at the Spa bar.
- * We do not allow smoking, pets or cell phones in the Spa.
- * Please do not wear jewelry or bring other valuables in the Spa.
- * We cannot be responsible for lost or stolen items.
- * 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.

Private yoga instructors and personal trainers are available.

SONNENALP RESORT OF VAIL

SPA MENU 2010



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of the World®

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