

HEALING WATERS SPA

Open 9am to 6pm and By Appointment

MASSAGES

SIGNATURE CUSTOM MASSAGE

Choose from a light relaxing massage to a firm deep tissue massage.

60MIN \$125  90MIN \$180

COUPLE MASSAGE

Enjoy a side by side massage with your partner, a friend, or a family member

60MIN \$250  90MIN \$360

MINI ARNICA RESCUE

Arnica is an ancient herb known for its ability to penetrate deep into tissues to soothe sore muscles and joints. This is a focused massage and includes an application of Naturopathica's muscle and joint gel for your area of concern.

30MIN \$70

PLATTE RIVER WARM STONE MASSAGE

Enjoy a heated massage from stones found in the Platte River that will radiate warmth into your body, increasing blood circulation, as well as decreasing stress, tension and tissue stiffness.

60MIN \$145  90MIN \$190

MOUNTAIN YOGA MASSAGE (THAI MASSAGE)

An energetic, fully clothed massage combining reflexology, rocking, compression, stretching and yoga assisted poses. Balance energy, wake up tired muscles and increase joint flexibility.

60MIN \$125

REFLEXOLOGY

A hand and foot massage designed to help assist with the healing of ailments throughout the body.

30MIN \$70  60MIN \$125

POLARITY MASSAGE

Polarity Therapy is an energy modality utilizing contact at various places on the body. This engages the body's own natural healing mechanism by balancing the electromagnetic flow in the body. You will come away from a session feeling deeply relaxed, having gained new insight into your body and its story.

60MIN \$125

ENHANCEMENTS

Can be added to any massage treatment. (Included in the time of your treatment)

ARNICA MUSCLE REPAIR OIL	\$15
DEEP FOREST DETOX OIL	\$15
RELAXING LAVENDER OIL.....	\$15
ANTI- INFLAMMATORY GINGER OIL.....	\$15
HAND TREATMENT.....	\$25
FOOT TREATMENT.....	\$25
COOL MINT SCALP TREATMENT.....	\$25
BUBBLING MUD DETOX.....	\$25
SAGE SMUDGE.....	COMPLEMENTARY



BODY TREATMENTS

SUNRISE GLOW

This treatment is an invigorating, full body, non-abrasive scrub followed by a shower and an application of our hydrating golden body milk with 24 karat gold, sure to leave you with a healthy glow.

60MIN \$145

WARM HYDRATING MUD WRAP

This treatment is great for dry, itchy skin. Enjoy in a relaxing warm cocoon of hydrating mud as your therapist performs a fingertip face and scalp massage.

60MIN \$145

HONEY HEALING WRAP

This divine honey-based wrap seals in moisture and brings rich color back to your tired body. It is an ultra-smooth, non-greasy glaze and is addictive in every way. Along with being natural, it's paraben and sulfate free. To finalize your treatment, you will receive a full body lotion application of either Pink Moon or Hello Yellow Shea butter cream.

60MIN \$145

HEALING WATERS CONTOUR TREATMENT

This is not a wrap which is considered temporary but, a treatment that attacks fat cells in the adipose layer where fat is stored just below the skin. The fat cells are broken down and expelled naturally. 9 out of 10 women showed minimal appearance of cellulite and a noticeable change in the overall appearance of their cellulite after 3 days. For best results three treatments spaced a few days apart are recommended.

1 FOR \$175  3 FOR \$495 (FULL TREATMENTS)

Healing HW Waters

SPECIALTY TREATMENTS

BOURBON COWBOY

Take off your boots, kick back and relax those tired feet in a warm bath. This treatment will begin with a scrubbing bourbon foot massage. Next, you will retire to our massage table for a 60 min massage to heal those aches and pains.

90MIN \$190

MEDICINE MAN RAINDROP THERAPY

A medicine man inspired healing technique using pure essential oils. The oils fall along the spine like drops of rain. Raindrop Therapy combines aromatherapy, reflexology, massage and moist heat to create healing and cleansing through structural and electrical alignment to the body. The purpose of this therapy is to bring total balance, harmony, and body wellness – mental, physical, and emotional.

30MIN \$70  60MIN \$145

SACRED JOURNEY

Embark on a journey to find peace and healing with this Native American inspired treatment. We begin with a sage smudge stick known to cleanse the body. Then, a warm compress filled with lavender and mineral salts is rhythmically pressed into the body allowing for deep relaxation and absorption of key minerals. This is followed by long massage strokes designed to gain consciousness and a true understanding of one's own body, mind and soul.

90MIN \$200

SNOWY MOUNTAIN PUB RECOVERY

Too much fun in the Pub last night? We've got the perfect Rx: One dose of ginger oil massaged all over the body to settle the tummy and heal body aches. Four cold stones applied and massaged to the face to help alleviate eye puffiness and melt that headache. Finally, a lymph drainage massage to flush the body of toxins. Also beneficial for those who suffer from migraines.

60MIN \$145



SKINCARE TREATMENTS

HEALING WATERS SIGNATURE FACIAL

This customized treatment will provide you with the most advanced skincare to ensure that your skin receives the attention it needs. You will begin your session with a verbal consultation with our licensed esthetician followed by a thorough analysis of your skin to develop a treatment designed specifically to your skincare needs.

60MIN \$130  90MIN \$185

SPA PACKAGES

HEAD TO TOE RELAXATION

A Farm House Fresh foot spa treatment (soak, scrub, mask and massage) followed by a 30 min custom massage or Healing Waters Signature Facial. Finish with a cool mint scalp treatment.

90MIN \$150

MOUNTAIN RETREAT

This treatment includes a 60 min facial, 60 min custom massage, and 30 min foot spa treatment (soak, scrub, mask and massage.) The ultimate in mountain relaxation!

150MIN \$295

THE MANLY TREATMENT

Enjoy a spa treatment like a real man! We will provide you with a brewski from the Resort's Pub while you enjoy a foot scrub and rub. Then, receive your choice of a 30 min neck, back and shoulder massage or a custom facial. Our fingertip scalp massage will end this treatment leaving you feeling ready for whatever comes your way!

60MIN \$130

FOOT SPA TREATMENT

Relax and let go in our foot spa

BACKWOODS SOAK

Enjoy a foot bath in soothing warm mineral water, your choice of an all natural scrub, mask and lotion. We end with a relaxing thorough foot massage. Enjoy as a Lone Ranger or with a friend.

30MIN \$70/PERSON

For an extra \$10 upgrade your soak with a spa food plate and sip on sweet tea or lemonade, we can accommodate up to 6 people.

ADD \$10 PER PERSON

We have the right to refuse service to anyone in a state of intoxication, skin/body contraindications, more than 30 minutes late, or for inappropriate behavior. Please allow 24 hours to cancel any appointment. A credit card is required to hold your appointment. In the event of a cancellation with less than 24 hours notice, a full spa treatment will be charged to your credit card.

Our menu prices do not include gratuities for your therapist.