



Spa Hours

12pm - 7pm

Massages

Thai Massage

80 minutes, \$280

A blend of stretching, acupressure, meditation, and healing arts helps to adjust the skeletal structure and increase flexibility, leaving you feeling relaxed and rejuvenated. Loose-fitting workout wear or yoga garments are required for this treatment.

Rebalancing Stone Therapy

80min, \$270

Your expert therapist will use hot stones to warm your muscles alleviating aches, pains and joint discomfort. The heat from the stones assists in healing of chronic pain, arthritic pain and insomnia. Perfect for someone who enjoys the benefits of a deep tissue massage with a lighter touch.

Silver Aspen Signature Massage

50min, \$190 / 80min, \$265 / 10min, \$350

Using a customized blend of techniques to address your needs, the therapist will consult with you to determine the perfect pressure and specific areas of concern to ensure optimum results.

Mountain "Healing"

25min, \$125 / 50min, \$190

Soothe and revitalize tired, sore legs and feet. An invigorating scrub exfoliates and refreshes aching feet while hot stones melt away tension, increase circulation, and eliminate toxins. This treatment restores peak performance to stressed muscles.

Deserving Mother's Massage

50min, \$190 / 80 min, \$265

A soothing treatment for the mother-to-be, this massage improves circulation and provides a gentle, soothing touch for expectant mothers. Designed for mothers-to-be who are in their second trimester or farther along.

Couple's Massage

50min, \$380 / 80min, \$530 / 110min, \$700

Enjoy a massage with a friend or a romantic partner on side-by-side massage tables set within our Couple's Suite. Two therapists work in harmony to provide an unforgettable shared experience.

In-Room Massage

50min, \$250 / 80min, \$325 / 110min, \$410

Enjoy one of our custom massage treatments in the privacy of your hotel room.

After hours massages will incur an additional \$100.00 charge.

Attention to Detail

25min \$125

This results-driven massage is designed to ease away muscle tension in a specific area. Can also be paired with other services.

Specialty Treatments

Anti-Inflammatory Massage

80min, \$285 / 110min, \$370

Relieve inflammation, increase circulation and assist in decreasing aches and pains in muscles and joints. You will start with a dry brush exfoliation to increase circulation and prepare your body to de-stress. A specialized massage using light tissue and lymphatic work will be performed to further relieve inflammation.

Off the Grid

50min, \$190

Disconnect and allow yourself to relax. Relieve tension from the areas affected by the constant use of electronics. During this treatment your therapist will focus on the areas most affected by the use of technology and everyday stressors. You will receive a deep massage with trigger point therapy concentrating on your head, neck, shoulders, and forearms. During the massage you will enjoy a collagen eye mask to hydrate your eyes for a deeper relaxation.



Facials

Swift Lift

80 minutes, \$280

The cutting-edge algae-based peptides, hyaluronic acid, and a variety of plant extracts help to noticeably firm and visibly diminish the appearance of fine lines and wrinkles, leaving skin younger, toned, and glowing. This facial includes a natural fruit acid exfoliation peel to rapidly remove dead skin cells.

Pure Radiance

50min, \$195 / 80min, \$270 / 110min, \$355

A journey of total renewal and relaxation, this treatment begins with aromatic warm facial compresses to soften and exfoliate, followed by the application of a nurturing face mask rich in herbal extracts to purify and hydrate the skin. This facial experience will leave your skin revitalized and fresh.

Calming Facial

50min, \$195 / 80min, \$270 / 110min \$355

A beautifully calming treatment to soothe and nourish overstimulated skin. Cooling mists and soothing aromatic gels nurture the skin, while unique plant essence blends and herbal extracts strengthen capillaries and de-sensitize. Skin is revived with a calm and even complexion.

Silver Aspen Custom Facial

50min, \$195 / 80min, \$270 / 110min \$355

Our expert estheticians will consult with you to customize your experience based on your skin needs. Indulge in this customized treatment for the ultimate skin rejuvenation and you will see instant results.

Mankind Facial

50min, \$195 / 80min, \$270 / 110min, \$355

Designed to treat men's specific skin concerns. A deep cleansing and exfoliating facial balances the skin's natural oils, soothing irritation and preventing ingrown hairs. The treatment closes with a relaxing massage to tone and firm facial muscles, leaving the face looking fresh and revitalized.

Beauty Treatments are offered at Stein Eriksen Lodge, including manicures, pedicures, hair services, and make-up application. Private Personal Training and Private Yoga Instructions are also available by appointment. Please contact the Silver Aspen Spa Concierge at (435) 940-6604 to confirm a session.

Reservations

We ask that you please arrive at least 15 minutes prior to your scheduled appointment in order to allow time to prepare for your treatments and enjoy the steam, sauna and whirlpool. Guests should plan to leave valuables in their rooms and silence cell phones during spa visits. Silver Aspen Spa is reserved for guests over the age of 18 and children ages 12-17 when accompanied by an adult. Any changes or cancellations must be done 24 hours in advance of service to avoid being charged in full.

Gratuity

For your convenience, a 20% gratuity will be added to all Silver Aspen Spa services. Upon check-out, please feel free to adjust this in either direction based on your experience.