

THE SPA

RELAX & REJUVENATE

FOR SOME, IT IS AN INDULGENCE,
FOR OTHERS, A NECESSITY.

FOR EVERYONE, THE SONNENALP
SPA IS AN EXQUISITE RESOURCE
TO REJUVENATE MIND AND BODY.



Sonnentalp
Spa

(970) 479-5404
20 Vail Road
sonnentalp.com/spa



HAND & FOOT CARE

All hand & foot care treatments include a complimentary glass of wine, champagne or juice.

SIGNATURE MANICURE | 100
50 MINUTES ♡

Includes exfoliation, cuticle work, nail shaping, hand and arm massage, choice of polish.

Gel manicure | 105

SIGNATURE PEDICURE | 110
50 MINUTES ♡

A soothing footbath, nail shaping, cuticle work, heel exfoliation, foot and calf massage, choice of polish.

Gel pedicure | 115

ULTIMATE PEDICURE | 165
75 MINUTES

A pampering pedicure that includes a soothing footbath, nail shaping, cuticle work, softening foot scrub and paraffin treatment, an extended foot and calf massage, choice of polish.

ION SPA DETOXIFYING FOOT TREATMENT | 110
50 MINUTES

A detoxifying ionic footbath. Includes a foot scrub and relaxing foot massage.

ION SPA DETOXIFYING PEDICURE | 165
75 MINUTES

Our ionic footbath treatment followed by our Signature Pedicure.

KIDS MANICURE AND PEDICURE | 100
50 MINUTES

A manicure and pedicure with choice of polish.

Must be under 12 years old and accompanied by an adult.

HAND & FOOT CARE ENHANCEMENTS

| | | | |
|---------------------------------------|----|------------------------------|----|
| 20 min. Foot and Calf Massage ♡ | 95 | Paraffin for Hands or Feet ♡ | 30 |
| CBD Foot Soak ♡ | 25 | Paraffin with CBD ♡ | 40 |
| Revitalizing Vitamin C Hand Treatment | 20 | Shellac/Gel Removal | 20 |

MASSAGE TREATMENTS

SONNENALP MASSAGE | 50 MINS./75 MINS./100 MINS. ♡

215/305/410

A full-body Swedish style massage using light to medium pressure that will relieve your muscle tension, improve circulation, and promote deep relaxation. The perfect way to unwind.

TARGETED RELIEF MASSAGE | 50 MINS./75 MINS./100 MINS.

225/320/430

Using customized deep tissue techniques, your therapist will focus on tense and over exerted areas to break up adhesions, release stored toxins, and increase mobility.

SPA REFLEXOLOGY | 50 MINS,

215

A holistic healing massage that involves kneading the fleshy ball of the foot and heel of the hand, pulling the toes and fingers, all to stimulate points that correspond to specific organs. Much more than a foot rub that brings revitalization, relaxation, and healing to the body.

HIGH ALTITUDE MASSAGE | 50 MINS./75 MINS.

230/320

This customizable massage uses a special blend of frankincense, ylang ylang, peppermint and cypress essential oils to ease symptoms of high altitude. Combined with magnesium lotion for muscle relaxation and calming of the mind. Enjoy a 15-minute oxygen treatment and Liquid IV beverage to complete your treatment.

WARM HERBAL POULTICE MASSAGE | 75 MINS.

330

A Thai-inspired massage that immediately melts away tension. The herbal poultice delivers deep medicinal heat that reduce aches and pains, stimulates circulation, increases lymphatic drainage, as well as detoxifies and conditions the skin.

SERENITY SALT STONE MASSAGE | 75 MINS.

330

A calming and grounding massage using warm Himalayan salt stones to replenish the body with vital trace minerals that combat inflammation, ease the discomfort from chronic pain, and release muscle tension. Option of river stones.

MASSAGE ENHANCEMENTS

20 min. Self Heating Back Treatment

95

Our self-heating back treatment uses a unique thermal marine mud to relieve congestion and soothe nerves and muscles. As the heat increases, millions of little bubbles start a micro-massage, helping to absorb every trace of tension and improve tissue function.

♡ PRENATAL SAFE. PLEASE ADVISE SPA CONCIERGE OF PREGNANCY PRIOR TO BOOKING TREATMENT(S).
PRICES SUBJECT TO CHANGE





BODY TREATMENTS

NOURISHING BODY WRAP | 75 MINS./100 MINS.

315/410

We dry brush your skin to stimulate circulation, then apply a full body wrap that contains Longan fruit seed extract for slimming benefits, caffeine extract to metabolize fat cells, and hyaluronic acid for deep hydration. The 100 minute treatment includes a 25 minute massage.

SONNENALP SILKY BODY SCRUB | 50 MINS./75 MINS.

230/320

A gentle but effective body scrub that aids in improving rough patches while removing dead skin cells and impurities. This creamy, sulfate free, non-irritating scrub blends chamomile, aloe and rosemary to exfoliate for a smoother texture and silky soft skin. The 75 minute treatment also includes a 45 minute massage.

SONNENALP SHOWERLESS BODY SCRUB | 50 MINS./75 MINS.

230/320

A shower-free body scrub featuring a combination of three exfoliation methods, including enzymatic, acidic and mechanical to leave skin feeling ultra soft. Followed by a soothing body balm with refreshing notes of jasmine and iris to hydrate and tone your skin. The 75 minute includes a 45 minute massage.

DRY BRUSHING BODY TREATMENT | 50 MINS./75 MINS.

220/320

A full body exfoliation that stimulates the lymphatic system, promotes circulation, removes dead skin, naturally detoxifies, aids in digestion, and improves the appearance of cellulite. The 75-minute treatment includes a 45-minute massage.

LEMONGRASS MIMOSA BODY SCRUB | 50 MINS./75 MINS.

230/320

Combining sparkling notes of lemongrass with exotic florals of mimosa, jasmine and ylang ylang, this deeply exfoliating bamboo scrub improves skin suppleness and elasticity while safely removing dull and dry skin with anti-irritant and antioxidant properties. Completed with Manuka honey moisturizer loaded with amino acids, vitamins and antioxidants to heal, hold moisture and prevent inflammation.

BODY TREATMENT AND MASSAGE ENHANCEMENTS

| | | | |
|---|----|------------------------------------|----|
| 20 min. Hand and Foot Massage ♡ | 95 | Arnica Spot Treatment | 20 |
| 20 min. Head, Neck, and Scalp Massage ♡ | 95 | Rejuvenating Facial ♡ | 20 |
| 20 min. Hot Oil Scalp Treatment | 95 | Headache or Sinus Relief Massage ♡ | 20 |
| 20 min. Reflexology | 95 | Pevonia Moisture Infusion | 10 |
| Paraffin for Hands or Feet ♡ | 30 | Magnesium Leg Gel | 30 |
| CBD Fully Body | 40 | | |

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FACIALS

HYDRAFACIAL | 50 MINS./75 MINS.

320/405

Get the best skin of your life! This non-invasive treatment improves skin health and creates a glow like no other. The 50-minute HydraFacial includes a paraffin hand treatment and red-light therapy. The 75-minute option includes a lymphatic treatment, paraffin hand treatment, and red-light therapy.

HYDRAFACIAL ENHANCEMENTS

| | | | |
|----------------------------|----|-----------------------------------|----------|
| Neck ~ Décolleté Treatment | 75 | 20 min. Hydra Back Masque Therapy | 95 45 |
|----------------------------|----|-----------------------------------|----------|

SIGNATURE FACIAL | 50 MINS./75 MINS. ♡

215/305

AA facial customized to your skin type and needs using our Pevonia products. This facial includes exfoliation, extractions and personalized serums to leave your skin rehydrated and glowing. The 75-minute facial includes an advanced masque application and foot massage.

FIVE-STAR FACIAL WITH FOOT REFLEXOLOGY | 50 MINS./75 MINS

415/505

The ultimate spa treatment providing twice the relaxation by combining a Signature Facial while receiving a 50-minute foot reflexology massage. The 75-minute facial includes an advanced masque application and hand paraffin treatment.

CAVIAR FACIAL | 50 MINS./75 MINS

230/335

Utilizing a highly concentrated formula of collagen polypeptides, caviar extract, and hibiscus esculentus, this facial provides reparative ingredients that smooth, plump, and hydrate aging skin. The 75-minute facial includes an advanced masque application and foot massage. Recommended for all skin types, the benefits are instantaneous!

GUA SHA | 50 MINS./75 MINS.

215/305

Whether you are experiencing stress, aging or 'mountain facial bloat', this unique blend of facial massage techniques uses a skin balancing facial oil and Gua Sha sculpting tool stimulating collagen and elastin production to firm and lift, while increasing circulation to create a more radiant glow. The 75-minute facial includes extractions if desired, an advanced masque application, and foot massage.

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FACIALS, CONT.

DERMAPLANE GLÖ | 50 MINS./75 MINS.

230/325

Give us 50 minutes and we will have your skin glowing! We start by dermaplaning your skin to remove the top layer of dead skin cells and peach fuzz, then finish with an exfoliating treatment leaving your face ultra smooth. A hyaluronic and aloe mask is applied under red light therapy to firm and hydrate your skin. Märchenhaft! The 75-minute includes an advanced mask and foot massage.

SWEET CHERRY BRIGHTENING FACIAL | 50 MINS./75 MINS.

230/335

This exfoliating Cherry Enzyme peel helps brighten and smooth sun-damaged skin. Sweet Cherry Puree is a vitamin-rich anti-inflammatory while Resveratrol helps brighten and even skin tone. Manuka Honey's proven power to attract and maintain moisture on contact, combined with a blend of soothing carrot seed oil hydrates the skin and prevents redness with anti-inflammatory Evening Primrose oil. The 75-minute includes an advanced masque and foot massage.

FACIAL ENHANCEMENTS

| | | | |
|---|----|--------------------------|----|
| 20 min. Dermaplane ♡ | 95 | Parrafin Hand or Foot | 30 |
| 20 min. Head, Neck, and Scalp Massage ♡ | 95 | Rejuvenating Facial Mask | 30 |
| 20 min. Foot and Calf Massage | 95 | Masque Therapy | 45 |
| 20 min. Hot Oil Scalp Treatment | 95 | | |

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WAXING & TINT

WAXING ♡

| | |
|-----------|-----|
| Brow | 30 |
| Lip | 30 |
| Chin | 30 |
| Neck | 25 |
| Full Face | 70 |
| Underarm | 50 |
| Upper Leg | 65 |
| Lower Leg | 50 |
| Full Leg | 100 |
| Toe | 10 |
| Chest | 80 |
| Back | 80 |
| Bikini | 75 |
| Brazilian | 105 |

TINTING ♡

| | |
|--------|----|
| Lashes | 40 |
| Brows | 30 |

OXYGEN BAR

OXYGEN BAR| FIVE TO 30 MINUTES ♡ 2/min

Our oxygen bar is perfect for those experiencing the effects of altitude sickness or needing a boost of energy. The treatment produces 94.7% oxygen alleviating shortness of breath, light headedness, dizziness, headache, fatigue, weakness, and nausea.

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SPA PACKAGES

SELF CARE DAY | 3 HOURS

480

Enjoy a luxurious self-care retreat with our spa package, perfect for rejuvenating your body and mind. Your day will include:

- 50-minute targeted relief massage
- 50-minute signature facial
- 50-minute ion foot treatment
- 10-minute oxygen bar
- Complimentary beverage from the oxygen bar
- Lunch included*

ULTIMATE SPA DAY | 4.5 HOURS

715

Upgrade the Self Care Day to the Ultimate Spa Day with 75-minute treatments. Lunch included**

SPA DAY FOR TWO | 4 HOURS

750
/PERSON

Embark on a luxurious spa day for two, and rejuvenate your senses and enhance your well-being together. For you both:

- Two 75-minute Lemongrass Mimosa Scrub
- Two 50-minute five-star facials with foot reflexology
- Two 75-minute Ultimate Pedicures
- 10-minute oxygen bar
- Lunch included**

ROMANCE PACKAGE | 3.5 HOURS

565
/PERSON

Enjoy a romantic spa day together. Celebrate a special occasion or simply treat yourselves to a day of pampering and romance. Enjoy these services together:

- 75-minute Couples Massage
- Two 50-minute Signature Facials
- Two 50-minute Signature Pedicures
- 10-minute oxygen bar
- Complimentary prosecco and chocolate covered strawberries

HIGH ALTITUDE PACKAGE | 3.5 HOURS

580

Are you coming to visit from sea level? Feeling fatigued or having a headache? Our high altitude treatments will have you feeling your best. For your skin, body and mind:

- 50-minute Sweet Cherry Brightening Facial
- 50-minute Dry Brushing body treatment
- 50-minute Sonnenal massage with headache or sinus relief massage
- 15-minute oxygen bar
- Liquid IV beverage and fruit plate

*LUNCH INCLUDES SOUP AND SALAD WITH PROTEIN

**LUNCH INCLUDES CHOICE OF BULLY BURGER OR SOUP AND SALAD