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The Spa at Vail Mountain Lodge At a Glance

ADDRESS: 352 East Meadow Drive
Vail, CO 81657

SPA RESERVATIONS: (970) 476-7721 or (888) 794-0410

WEBSITE: www.vailmountainlodge.com/vail-spa

LOCATION: The Spa at Vail Mountain Lodge is located at the Vail Mountain Lodge & Spa in the heart of Vail Village.

OVERVIEW: Intimate and elegant, The Spa at Vail Mountain Lodge offers Vail Valley's most extensive menu of holistic spa treatments delivered by top-tier practitioners in a tranquil setting overlooking Gore Creek and Vail Mountain. Among the spa's distinctions is its focus on fitness as an integral part of rejuvenation, a philosophy underscored by its innovative programming with the Vail Athletic Club, the full-service fitness center at Vail Mountain Lodge & Spa. This cooperation allows guests to create such individualized experiences as a guided snowshoe followed by an expert massage, and is also at the core of the spa's exclusively-for-women Mountain Divas program.

FACILITIES: The spa's 13 treatment rooms are softly illuminated with candles and crystal lamps, and feature hydrotherapy tubs and massage tables. A soul-cleansing solarium affords inspirational views of Gore Creek as guests relax in comfortable lounge chairs to await their treatment. Other features include a salon, steam, sauna and Jacuzzi.

SPA TREATMENTS:

Spa guests can select from a wide array of pampering and restorative massages, facials and body treatments. Several of these treatments incorporate the essential oils and botanicals of Dr. Hauschka, a German scientist whose organic medicinal herbs are renowned for their purity and superior quality. The spa also uses the first-rate Uspa and Epicurin lines of skin-care products.

Massages range from classic **Swedish** and **Shiatsu** to a **Steamed Herbal Poultice and Massage** ideal for relieving muscles sore from a day of adventure. Among the tempting facials are a **Classical Dr. Hauschka Facial**, which follows a deep cleansing with herbal steam, an exfoliating clay mask and a unique lymphatic stimulation; a **Gentleman's Facial**; and a **Microcurrent Non-surgical Face Lift**, an innovative, non-invasive treatment that visibly firms and contours the skin of the face and neck.

SPA SIGNATURES:

The centerpiece of the spa's ten signature services, each of which lasts 100 minutes, is the **Nature, Body and Spirit** treatment. It begins with dry brushing that leaves the skin receptive to an essential oil massage. Chest, neck and face are gently compressed and rhythmically treated. Scalp and foot massages complete the treatment, which can be enhanced with the addition of warm stones.

The **Lu'Lur Ritual**, another of the ten signature services, begins with a rhythmical body brushing, preparing the skin for a coating of coconut, camellia and marigold oil. Next, the skin receives an exfoliation with tumeric, rice powder and sandalwood. A ritual rose yogurt bath softens the skin prior to a relaxing massage with coco cream. A facial anointing with Sacred Tamanu Oil and jasmine complete this sensory journey.

Other signatures include a **Moor Remedy** that includes an immersion in 20,000-year-old Moor Mud from Austria; **Osmosis**, a customized treatment that combines colored lights and organic, aromatic essential oils by Dr. Hauschka; and **Come to Your Senses**, featuring warm body compresses

soaked in rosemary, followed by an organic Babassu sugar rub, luxurious milk bath and aromatherapy massage.

SPA PACKAGES:

For a more intensive spa experience, The Spa at Vail Mountain Lodge offers a selection of pampering day packages. These include the **Soulful Journey**, which combines a Lu'Lur Ritual and Uspa facial with a spa manicure and spa lunch. **Pure Therapy** features a Steamed Herbal Poultice and Massage, Dr. Hauschka Aromatic Facial and a Spa Pedicure. The **Morning Ritual** begins with a yoga session which is followed by reflexology, an Epicuren Crystalline Facial, spa lunch and a spa manicure.

MOUNTAIN DIVAS:

Exclusively for women, this motivational fitness program combines the spa lifestyle with outdoor activities that capitalize on the natural beauty of the Rockies. Programs are tailored to guests' fitness level, their choice of time frame – from one hour to a full week, and the level of challenge they seek.

Under the expert guidance of Ellen Miller, who was the first North American woman to summit Mt. Everest from both the north and south approaches, participants are led on daily energizing hikes and runs that, for instance, might lead to the chance to summit a 14,000-foot peak at week's end. Other options include one-day mountain biking and rock climbing adventures. Each day's fitness challenges are complemented by soothing spa treatments, strengthening Pilates and yoga classes, and wholesome, healthful cuisine served at the spa.

PRAJNIC HEALING:

Renowned healer Felix Lopez brings to the Spa at Vail Mountain Lodge his distinctive Prajnic healing methods. Designed to relieve mental, emotional and physical pain and stresses, this simple, no-touch technique uses "prana," a Sanskrit word for "life-force," to balance, harmonize and transform the body's energy processes.

SALON:

The spa's full-service salon offers hair and scalp therapy, hair design, color and highlights.

Manicures and pedicures include aromatic soaks, scrubs and moisturizing dips.

SPA CUISINE:

The wholesome cuisine of Terra Bistro, Vail Mountain Lodge & Spa's award-winning restaurant, keeps spa guests well-fueled and their palates inspired throughout their stay. A selection of smoothies, sandwiches and salads from the restaurant are available for guests' enjoyment as they relax in their robes in the spa solarium.

AWARDS:

Vail's Best Facial, *Vail Daily* Readers' Poll

SPA DIRECTOR:

Lisa DeKoster

SPA HOURS:

8 a.m. – 8 p.m. daily

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