

# Massage

## High Sierra Swedish Massage

Getting back to the basics, this Swedish based massage soothes tired muscles, reduces tension, improves circulation and restores harmony. Recommended for those new to bodywork or desiring a light to medium pressure relaxing massage.

50 min \$95.00    80 min \$120.00  
Couples \$190.00    Couples \$240.00

## Mountain High Deep Tissue Massage

A more intense, deep-muscle style massage utilizing a combination of Swedish and Deep Tissue techniques aimed at increasing flexibility and providing relief from chronic pain, spasms and muscle fatigue.

50 min \$100.00    80 min \$135.00  
Couples \$200.00    Couples \$270.00

## Skiers & Hikers Sports Massage

A combination of traditional massage with stretching and trigger-point therapy which targets muscles commonly used in athletic activities. This deep tissue style massage is ideal for enhancing athletic performance as well as muscle recovery after exertion.

50 min \$100.00    80 min \$135.00  
Couples \$200.00    Couples \$270.00

## Reflexology

Enjoy a relaxing treatment for your feet, hands and scalp. The nerves in your hands and feet will be stimulated by thumb pressure applied to the reflex-points on the soles of the feet and palms of the hands – releasing tension, reducing fatigue and improving physical balance to the entire body.

50 min \$120.00

## Mammoth Hot Stone Massage

The ultimate relaxation – warm stones alleviate pain and soothe the soul. Smooth river stones are heated and used to perform an intense and warm full body massage, giving you a grounding and balancing experience.

50 min \$115.00    80 min \$150.00  
Couples \$230.00    Couples \$300.00

## Maternity Massage

This is a great treatment for the mother-to-be. Our therapists are highly trained to give a relaxing, nurturing massage to fit your specific needs.

50 min \$100.00    80 min \$135.00

## Back to Back Massage

Get a full body massage, and then the Massage Therapist will start all over again! Your Body, Mind, and Spirit will melt...

110 min \$225.00    Couples \$450.00

# Body Treatments

## Hydrating Body Mask

A mineral complex mask with Aloe and Shea Butter designed to restore the skin's freshness and moisture levels. This mask may be personalized with your choice of therapeutic essential oils.

## Papaya Pineapple Body Scrub

A papaya pineapple base blended with the finest moisturizing oils and rich essential oils. This scrub offers an aromatic, nut-free exfoliation that will leave the body luxuriously smooth. An application of our after-bath lotion is the final touch. This scrub may be personalized with your choice of therapeutic essential oils.

## Cinnamon Vanilla Brown Sugar Scrub

An indulging experience, this natural blend of brown sugar and honey has excellent humectant properties that soften and smooth the skin. Combined with the light aroma of vanilla and cinnamon, this scrub is a treat for all of the senses.

Body Treatments \$95.00

# Aroma Therapy

## Emotional Release Massage

Emotional health refers to overall psychological and emotional well-being. When you are emotionally healthy, you are in control of your behavior and you are better prepared to handle life's challenges, build healthy, strong relationships and recover from disappointments. The doTERRA Emotional Aromatherapy System is designed to help individuals improve emotional health, counteract negative emotions, and increase positive mood.

50 min \$125.00    80 min \$145.00

## Aroma Healing Touch Massage

This massage focuses on balancing the sympathetic and parasympathetic nervous systems of the body by applying eight key essential oils along energy meridians and contact points of the back and feet that relate to key organs and body systems. This technique creates a wonderfully aromatic experience, which leaves the body feeling relaxed and grounded.

50 min \$135.00    80 min \$165.00

# Facials

## Classic Facial

This customized facial includes cleaning, gentle exfoliation, a treatment mask, facial massage and moisturizer.

50 min \$100.00

## Sierra Nevada Skin Quench

A hydrating rich treatment for travelers with moisture-deprived skin that has been exposed to the high altitude and dry climate of the Sierra Nevada.

50 min \$105.00    80 min \$145.00

## High Altitude Facial (for Anti-Aging)

Skin will appear dramatically lifted, tightened, and firmed.

80 min \$160.00

## Purifying Facial

The skin texture will be noticeably refined, balanced and radiant.

50 min \$105.00    80 min \$145.00

## Recovery Facial

After the skin is thoroughly cleansed and exfoliated, a moisture-rich mineral mask restores the skin's vitality.

50 min \$105.00    80 min \$145.00

## Back Facial

Back facials can be beneficial in cleansing those tough-to-reach spots, targeting a variety of skin care needs such as clogged pores, back acne, and dehydrated skin. You will receive a deep cleansing, extractions, and purifying masks followed with a application of lotion, leaving you feeling refreshed.

50 min \$85.00

# Waxing

Brow design	\$20.00
Lip	\$20.00
Chin	\$20.00
Full leg	\$65.00 and up
Half leg	\$45.00 and up
Under arm	\$25.00
Bikini	\$45.00 and up

To make an appointment call 760.934.2515  
or book online at  
[TheSierraNevadaResort.com/Spa](http://TheSierraNevadaResort.com/Spa)

