

# KEYSTONE SPA MENU



## MASSAGE TREATMENTS

### [Keystone Customized Massage 55 min \\$135 | 85 min \\$180](#)

This massage gently eases tension and relieves weary muscles, providing the ultimate in relaxation. Your therapist will use varied pressure to customize this massage to your individual needs. \*Add \$10 for deep tissue\*

### [Mother Nurture Massage 55 min \\$135 | 85 min \\$180](#)

This gentle massage is designed to relieve tension and strain experienced during pregnancy. Your therapist combines specialized therapies to alleviate hip and back pain, improve circulation, and provide much needed serenity for the mom to be. \*Note: not recommended during the first trimester or high risk pregnancies.

### [High Country Stone Massage 85 min \\$190](#)

In this extremely relaxing massage, your therapist combines Swedish massage techniques with warm stones to deeply penetrate sore muscles and relieve stress.

### [Altitude Massage 55 min \\$185 | 85 min \\$260](#)

We want you to get more out of your vacation and at an elevation of more than 9000' that can be difficult. This customized massage is paired with oxygen and is designed to loosen stiff muscles, relieve altitude discomfort, calm your mind and induce a more restful sleep.

### [Ashiatsu Massage 55 min \\$155 | 85 min \\$200](#)

Ashiatsu massage is a great alternative for people who love deep tissue. The therapist uses barefoot techniques and consistent strokes to help free up bundled nerves, elongate muscles, improve posture and decrease pain.

### [Detoxifying Scrub & Massage 85 min \\$195](#)

This nourishing treatment begins with a body scrub to detoxify and exfoliate the skin, followed by a full body massage. A decadent body butter is then applied to drench the skin in moisture.

## BODY TREATMENTS

### [Blueberry Soy-Licious Wrap 85 min \\$195](#)

This rejuvenating treatment starts with a Blueberry Sugar Scrub, followed by an application of Blueberry Soy Slimming Body Masque. You are then enveloped by a thermal body wrap which allows antioxidants and skin firming herbs and plant extracts to penetrate the skin more effectively. While the masque sets, you will enjoy a blissful scalp and foot massage. This luxurious treatment is finished with the gentle application of a Blueberry Soy Massage Soufflé.

### [Coco-Luscious Wrap 85 min \\$195](#)

This treatment begins with your body being buffed to perfection using a Coconut Sugar Scrub that contains raw sugar cane granules and potent virgin coconut oil. Mango Pineapple Enzyme is then applied and you are enveloped in a thermal body wrap which accelerates the activity of the gentle fruit acids to provide exfoliation and help lighten pigmentation. The finishing touch to this luscious treatment is a deeply hydrating Coconut Firming Body Lotion that instantly improve skin firmness, texture and tone.

### [Cranberry Divine Scrub 55 min \\$155](#)

This hydrating, skin polishing body scrub will reduce the appearance of cellulite and help increase circulation. An antioxidant rich Cranberry Sugar Scrub is used to exfoliate and rejuvenate the skin. Then your therapist finishes with the gentle application of an active hydrating lotion. The Cinnamon Paprika Body Lotion will warm, oxygenate, tighten, and firm the skin.

### [Microcurrent NuBody Treatment 55 min \\$150](#)

This treatment helps you achieve what nutrition and exercise alone cannot. The NuBody skin toning device is specially engineered with four treatment spheres that work together to deliver a powerful yet gentle flow of targeted micro-current to 5 areas of the body: upper arms, abs, buttocks, front and back of thighs, and inner and outer thighs. You will notice an improvement in the appearance of dimples and firming and toning of sagging skin. To compliment this service we are offering 10% off any NuFace or NuBody product on the day of your service.

## ENHANCEMENTS

### [Foot Refresher 20 min \\$45](#)

Get energized with a detoxifying salt scrub that softens your feet and increases circulation. Warm towels are applied to deepen relaxation and enhance the application of a rich, hydrating lotion to finish.

### [Scalp Massage and Treatment 20 min \\$45](#)

Warm, antioxidant rich oils are massaged deep into the scalp to alleviate oiliness, dryness, and sensitivity. Your hair and scalp will exuberate vitality and shine after this treatment.

**Call Keystone Spa @ 970-496-4118 or book online:  
<https://ssobe.vailresorts.com/#/en-US/keystone/spa/>**