

Massage Therapies

Riverstone Massage: 75 min.....\$190
A Native American ritual of healing, heat from the stones penetrate into the muscle tissue to release deep rooted tension and relieve sore muscles while creating a sense of total relaxation.

Cordillera Custom Massage: 50 min.....\$140 75 min.....\$190
Create an experience unique to your individual therapeutic needs by selecting from the following traditional therapies:

~ Pre-Natal ~ relaxing and therapeutic, exceptional care is given to both mother and child. Please specify term of pregnancy and note that a doctor's approval is recommended.

~ Relaxing Swedish ~ firm effleurage or long massage strokes promote circulation and stress relief.

~ Deep Tissue ~ with focus on more specific and localized areas, the deep pressure helps to break up stored toxin and relieve chronic muscle stress and tension.

Couples Bliss:
Reconnect with a loved one and enjoy a massage in our Bliss Couple's Suite.

Massage Enhancements

Sole Connection: 25 min.....\$70
In this "soleful" experience, pressure is applied to the feet to ease soreness and tenderness caused by everyday movement. This treatment includes a warming brown sugar foot scrub, the application of warm, moist towels, and a gentle foot massage.

Hair & Scalp Therapy: 20 min.....\$60
A great addition to any spa service, this relaxing scalp massage, which utilizes products rich in essential oils, will leave your hair shiny and silky smooth.

Fitness Therapies

Personal Training: 60 min.....\$90
Whether you're a professional athlete, an occasional sportsman or have never exercised before, you'll benefit from a private workout session with a certified personal trainer. Each session is customized to meet your individual needs and reach your unique fitness goals.

Group Training:
Two people.....\$60 per person, per session
Three to Five people.....\$50 per person, per session
Train with a friend or friends who have similar goals and interests.

Group Exercise Classes:
\$10 per person, per session for Lodge Guests & Members
Our schedule changes seasonally and includes a variety of classes designed to improve strength, flexibility, balance and core function.

Private Group Classes:
60 min.....\$120 90 min.....\$150
Includes a variety of classes designed for up to 8 people to improve strength, flexibility, balance and core function.

Private Yoga or Pilates: 60 min.....\$90
Our instructors have trained with industry leaders and continue to set the standard for alignment-based exercises and professional development. You can expect precision in posture, hands-on attention and recommendations specific to fit your needs.

Service availability and pricing subject to change without notice. 20% service charge will be added to full value of treatments for gratuities.

The Spa at Cordillera
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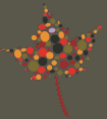
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The Spa at Cordillera

With a focus on wellness and longevity, the Spa at Cordillera exists to nurture your body, mind and spirit. Our dedicated and experienced professionals will help you achieve your goals for a healthy and well-balanced lifestyle through indoor and outdoor fitness and therapeutic spa services. Nestled in the heart of the Colorado Rockies with a picturesque landscape, The Lodge & Spa at Cordillera is your sanctuary in a secluded and peaceful mountain escape.





Body Therapies

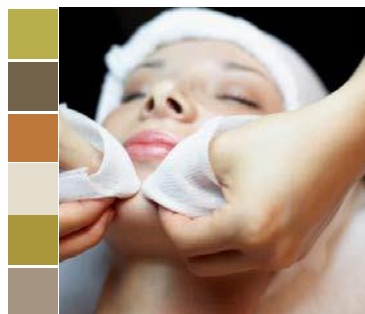


Cozy Chai Mud Mask 75 min.....\$190
This therapeutic treatment features Cordillera's exclusive Chai Mud Mask, containing Colorado Indian Clay, high in minerals and protein-rich soy. After an all-natural body scrub, the mask is applied, followed by a relaxing, moisturizing massage.

Eucalyptus Muscle Relief: 75 min.....\$190
Soothing sore muscles requires a good product applied with excellent technique. Cordillera's Old World Salt Scrub, combining sea salts and essential oils, provides a stimulating exfoliation. This is followed by a eucalyptus-aloe vera wrap, designed to reduce inflammation of sore muscles.

Balancing Wrap: 75 min.....\$190
This calming treatment begins with an herbal spice scrub, followed by a cedar wood, bergamot and ylang-ylang hydrating body wrap, and a delicious vanilla bean lotion massage. This treatment assists with balancing energy and reducing stress and tension.

Mountain Rain: 45 min.....\$150
After an all-natural body scrub, you will enjoy the feeling of a warm Vichy shower with the gentle application of a hydrating body cream massaged into the skin. Optional: A complimentary hydrating hair treatment that will leave your hair shiny and smooth. Choose from the following scrubs: Silky Sugar or Rosemary Salt Scrub.



Skincare Therapies



Cordillera Custom Facial: 75 min.....\$190
50 min.....\$150
Pamper your skin by customizing your own facial. Choose from organic, wild-crafted essential oils, volcanic clay, or Epicuren® enzymes to receive a customized facial to fit your needs and desires.

Hydrating Goji-Berry Facial: 50 min.....\$150
Using locally-grown ingredients from Colorado, this organic, wild-crafted product will soften skin, plump tissues with lasting hydration, moisturize and nourish. Phyto-antioxidants from goji and acai berries and oils from raspberries and cranberries help repair skin and provide protection. Your skin will emerge radiant and glowing.

Bionutrient Facial: 50 min.....\$150
For this specialized facial, we use a combination of marine plant, vitamin and cellular complexes. Each work together to restore the natural hydration of your skin, stimulate the production of new collagen, detoxify and renew skin tissue.

Volcanic Clay Facial: 50 min.....\$150
This purifying facial combines a blend of volcanic ash and China clay to detoxify the skin, leaving it cleansed, tightened and revitalized. This facial is great for oily and acne-prone skin.

Soothing Sun Relief Facial: 50 min.....\$150
Cooling aromatic coconut, and calming herbs infused into pure aloe vera provide immediate relief and set the stage for rapid healing of sunburned skin. Skin is hydrated, calmed and nourished with restorative nutrients and antioxidants.

Gentleman's Facial: 50 min.....\$150
This facial is specially designed for men, using products uniquely suited for a man's skin. After the treatment, your skin will be balanced and smooth.



Skincare Enhancements

Love your face a little more and feel the difference our skincare enhancements can make. Glow, lift, repair, or whatever your needs, our estheticians will make the perfect recommendation.

- Green Tea Peel-Off Mask.....\$25
- Espresso Peel-Off Mask.....\$25
- Collagen Peel-Off Mask.....\$25
- Cranberry (AHA) Peel-Off Mask.....\$25
- Glycolic Peel.....\$40
- Microdermabrasion.....\$35

Finishing Touches



- | | |
|---------------------|---------------------------------|
| Half Leg.....\$60+ | Full Leg.....\$80+ |
| Bikini.....\$55+ | Half Leg with Bikini.....\$115+ |
| Half Arm.....\$40+ | Full Leg with Bikini.....\$135+ |
| Full Arm.....\$60+ | Lip or Chin.....\$25 |
| Brow Wax.....\$30+ | Brow Tint.....\$30 |
| Full Back.....\$75+ | Underarm.....\$40+ |



Nail Therapies

Cordillera Manicure or Pedicure:
Manicure.....\$50 French Manicure.....\$55
Pedicure.....\$75

Manicure & Pedicure Combination.....\$110
Traditional manicure or pedicure includes shaping, soaking, hand and/or foot massage and polish.

Mimosa Manicure and Pedicure:
Manicure.....\$70 Pedicure.....\$95
This treatment includes a mandarin orange exfoliation, followed by a soothing Orange Blossom Protein Mist to tighten and tone. Orange Blossom Crème is applied during a soothing hand or foot massage. We top this off with a warm, hydrating paraffin wax to relieve dry, chapped skin.

Backcountry Pedicure: \$95
It begins with a warm Raw Earth Scrub, followed by a classic herbal liniment and aloe vera wrap, which tones the skin and relieves aching muscles. It concludes with an energizing lower leg and foot massage using a refreshing, hydrating lotion.