

The Spa **at Keystone**



welcome



welcome to the Spa at Keystone.

We combine the most relaxing environment, the most personalized treatments, and the most exceptional results to provide you with the spa experience of a lifetime. We offer a variety of professional spa treatments personalized for you: massage therapies, facial treatments, body treatments, hand, foot and waxing services, makeup applications, and perfect pairing packages.

With over 10,000 square feet of amenities, our facility is designed to be a sanctuary of serenity. The purchase of any spa treatment also provides complimentary access to the Relaxation Room, outdoor heated swimming pool (open year round), indoor and outdoor hot tubs, eucalyptus steam room, dry sauna, as well as a state-of-the-art fitness center. We also offer free valet parking service to all of our guests.



massage therapies

A close-up photograph of a woman with blonde hair lying on her back on a white massage table. Her eyes are closed, and she has a relaxed expression. A pair of hands is gently massaging her temples and the back of her head. The lighting is soft and warm, creating a soothing atmosphere.

Experience the unique benefits of massage, which have been recognized for centuries by different cultures for its ability to improve circulation, relieve pain, heal injuries and reduce stress.

massage therapies

THE KEYSTONE CUSTOMIZED MASSAGE 25 min | 50 min | 80 min

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*

ASHIATSU MASSAGE 50 min | 80 min

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

MOTHER NURTURE MASSAGE 50 min | 80 min

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- this massage is not recommended during the first trimester or high risk pregnancies*

HIGH COUNTRY STONE MASSAGE 80 min

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

ALTITUDE MASSAGE 50 min | 80 min

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

*Recreational oxygen used in a massage is not for medical use and is not intended to treat, cure or prevent any diseases.

DETOXIFYING SCRUB AND MASSAGE 80 min

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.

COUPLES MASSAGE 50 min | 80 min | 80 min stone

Enjoy a relaxing customized massage with that special someone in our massage suite for two.

SUITE SURRENDER

50 min massage + 20 min soak | 80 min massage + 20 min soak | 80 min stone massage + 20 min soak

Share an unforgettable bath with that special someone in our two-person infinity edge tub following your massage. This experience also includes champagne and a chocolate treat from Keystone's famous chocolatier, Executive Pastry Chef Ned Archibald

enhancements *must be paired with massage

FOOT REFRESHER **20 min**

Get energized with a detoxifying salt scrub that softens your feet and increases circulation. Warm towels are applied for further relaxation, with a deeply hydrating lotion to finish.

SCALP MASSAGE AND TREATMENT	20 min
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Warm, antioxidant-rich oils are massaged deep into the scalp to address oily, dry or sensitive scalps. Your hair and scalp are sure to get a large dose of vitality and shine.

facial treatments



All of our facials include thorough cleansing, a detoxifying steam, mild to deep exfoliation, pore extractions, serum and mask treatments, eye and lip protection, facial massage, and spf finish.

facial treatments

THE KEYSTONE CUSTOMIZED FACIAL **25min | 50min | 80 min**

This restorative facial will leave your complexion positively radiant. After an in-depth analysis of your skin, your esthetician will customize the facial using the best quality skin care products to suit your unique needs.

THE GENTLEMAN'S FACIAL **50 min | 80 min**

Whether you spent the day on the slopes, played a round of golf, or climbed a 14-er, this treatment will leave you looking refreshed and feeling revived. You work hard and play hard, now let us take care of your skin. This facial also includes arm, shoulder, neck, and scalp massage.

CLEAR UP FACIAL **50 min | 80 min**

This treatment is recommended for those who are looking for long term solutions to acne-prone skin. Not only will your esthetician customize the facial to your specific needs, they will also help you choose the proper care to keep your skin looking clear daily.

ALPENGLOW FACIAL **50 min | 80 min**

This facial uses a detoxifying mineral rich mud to draw out impurities and rehydrate the skin to clear up blemishes, redness, and uneven pigment. The therapist will also integrate essential oils into the scalp, shoulders, arms, hands, and feet. The treatment is finished with a facial massage using serums and moisturizers rich in minerals to tighten and tone the skin.

NUFACE CELLULAR LIFT **50 min | 80 min**

Coined as "Pilates for the face," this patented technology gently and effectively delivers soft micro-current waves to strengthen, lift, and tone facial muscles. This toning device also improves the appearance of your skin by increasing circulation and collagen production. Receive a \$25 credit towards the purchase of your own NuFace Trinity on the day of your service.

ULTIMATE FACIAL **80 min**

This stimulating Hydropeptide facial offers advanced resurfacing for long lasting radiance. An instant cooling mask treatment detoxifies and minimizes the appearance of pores and offers immediate firming and nourishing. A dual peel mixture erases fine lines, wrinkles, blemishes and rough textured skin.

enhancements *must be paired with facial

A-PEEL TO YOUR SENSES **No Additional Time**

Peels are an extremely effective way to treat sun damage, acne scarring, and dull skin, while kick-starting the process of smoothing out fine lines. Our gentle peels will enhance your skin in every way possible. Prices vary depending on peel grade used.

SCALP MASSAGE AND TREATMENT **20 min**

Warm, antioxidant-rich oils are massaged deep into the scalp to address oily, dry or sensitive scalps. Your hair and scalp are sure to get a large dose of vitality and shine.

body therapies



All body therapies include a full-body scrub, a body wrap, and a relaxing and refreshing rinse from our five-head rain shower bar. Choose from our four delectable body therapy options.

body therapies

BLUEBERRY SOY-LICIOUS WRAP

50 min

This rejuvenating treatment starts with a Blueberry Sugar Scrub, followed by an application of Blueberry Soy Slimming Body Masque, which drenches your skin in antioxidants and skin-firming herbs and spices. After a blissful scalp and neck massage and a refreshing rinse, a Blueberry Soy Massage Soufflé is gently applied to your body.

COCO-LUSCIOUS WRAP

50 min

Transport yourself to a tropical paradise. Utilizing a Coconut Sugar Scrub, your whole body is buffed to perfection with raw sugar cane granules and potent virgin coconut oil. We then wrap your body with our Mango Pineapple Enzyme Body Wrap, which uses gentle fruit acids to help lighten pigmentation and provide effective exfoliation. The finishing touch is a hydration drench of the nutritious Watermelon and Papaya Body Butter Soufflé.

BLUE RIVER MUD WRAP

50 min

Using products sourced from the Great Salt Lake, we begin by applying an exfoliating salt scrub mixed with mineral-rich oils. Your therapist then applies a detoxifying mud wrap, while you receive a scalp treatment using essential oils. After a refreshing rinse, body butter is lightly massaged into the skin. The treatment is concluded with a spritz of hydrating spray to leave skin feeling restored.

CRANBERRY DETOX MUD TREATMENT

50 min

This full body treatment will detoxify the skin, reduce signs of cellulite and help to increase circulation. An antioxidant rich Cranberry Sugar Scrub is first used to exfoliate the skin, followed by a Hungarian Herbal Mud Treatment. After an invigorating rinse, the service is finished with a Cinnamon Paprika Body Lotion to tighten and firm skin.

nail & salon services



These services are recommended for both men and women. We use all natural products to leave your hair feeling damage free, and nails soft and rejuvenated.

nail, hand & foot treatments

BUFF OR POLISH **Hands: 25 min | Feet: 25 min**
Only have a few minutes? A quick nail shaping or polish change is all you need to keep you looking your best.

MOUNTAIN MANICURE **50 min**
This nourishing treatment includes a gentle exfoliation, relaxing massage, and warm cream conditioning treatment to smooth and heal your hands, nails, and cuticles.

HEAVENLY HANDS MANICURE **50 min**
This signature manicure is the ultimate indulgence in hand and nail care and will leave your hands feeling silky and smooth. After a hand and forearm exfoliation, you will enjoy a soothing hand massage followed by heated mitts and a lavender paraffin treatment.

SHELLAC MANICURE **50 min**
Shellac is the breakthrough manicure service that combines the ease of polish with incomparable high-gloss shine and extended wear. A true innovation in chip-free, long-lasting color. *Available for hands only*

SWEET FEET PEDICURE **50 min**
Heal your overworked, tired feet with this relaxing treatment. After a warm foot soak, nails are cut and shaped, cuticles are softened and perfected, and feet are exfoliated and massaged. As a finishing touch, toenails are buffed to a natural sheen or your choice of polish.

TENDERFOOT PEDICURE **50 min**
This treatment includes a mineral-rich salt scrub exfoliation, detoxifying mud wrap with warm towels, essential oils, and muscle rub lotion for a light leg and foot massage. As a finishing touch, toenails are buffed to a natural sheen or your choice of polish.

THE SUMMIT SIGNATURE PEDICURE **80 min**
This pedicure is the peak of luxury. Sip on a glass of champagne while you enjoy gentle exfoliation, a light massage, and a wonderfully warm paraffin wrap. As a finishing touch, toenails are buffed to a natural sheen or your choice of polish.

hair & makeup services **All hair services include wash and blow-dry. Receive \$10 off any haircut when paired with a color service.

Women's Haircut	Root Color	Eye Makeup Application
Men's Haircut	Wash & Blowout (no style)	Enhancements:
All Over Color	Partial/Full Updo	Deep Conditioning Treatment
Partial/Full Highlights	Full Face Makeup Application	Style Add

perfect pairing

A photograph of a spa treatment room. On the left, a large white bathtub is set into a wall of small, square, light-colored mosaic tiles. Several lit candles are placed along the edge of the tub. To the right, a massage table is covered with a white sheet and a brown and black patterned blanket. A wooden cart with wheels holds several rolled-up white towels. A small potted plant sits on top of the cart. The room is warmly lit, and a sheer curtain hangs in the background.

The Keystone spa invites you to escape to a world of pampering and relaxation. Our "perfect pairings" are packages combining several signature spa treatments, allowing you to indulge in a variety of invigorating spa therapies in one day.

perfect pairing

All spa treatments included in each journey must take place on the same day by the same person.

BLISS

100 min | 160 min

Soothe away your tension and let the world disappear while you spend some time just for you. You'll begin with a relaxing customized massage, followed by a renewing customized facial.

ROCKY MOUNTAIN TREATMENT

100 min

This treatment combines the Blue River Mud Wrap with a 50 minute mineral-rich massage. The therapist will use a salt scrub exfoliation and detoxifying mud wrap mixed with essential oils of your choice. After a boost of water therapy, your body is now primed for a relaxing massage using mineral-rich oil and hydrating body butter.

THE PERFECT DAY

150 min

Combine the customized massage, customized facial, and sweet feet pedicure for 3 hours of pure relaxation.

THE KEYSTONE JOURNEY

200 min

Discover the ultimate in pampering. This lavish four hour journey begins with the Blue River Mud Wrap to soften and cleanse the skin, followed by Keystone Customized Massage, Alpenglöw Facial, and Tenderfoot Pedicure. For an added touch of luxury, a complimentary glass of champagne and assortment of snacks are included in this package.

waxing



LIP
CHEEK
ARM
BACK OR CHEST

NOSE
BROW
HALF LEG
FULL LEG

CHIN
UNDER ARM
BIKINI
BRAZILIAN



keystone kids

keystone kids (ages 5-14)

***Massage services available upon request. Must be booked in our couple's suite with a guardian.**

GIRLS HAIRCUTS 25 min

BOYS HAIRCUTS 25 min

HAIR STYLING 25 min

Includes wash, blow-dry and style.

MINI MANI OR PEDI 25 min

Choose a mini manicure or pedicure, or combine the two for the ultimate treat. Plenty of polish colors to choose from to finish off this fun experience.

CANDY CANE PEDICURE 50 min

This luxurious pedicure pairs a Peppermint Sugar Scrub with a warm towel wrap to leave feet soft and refreshed. The service is finished with a polish of your choice.

CHOCOLATE MOUSSE FACIAL 25 min

This relaxing facial is ideal for your child's pre-teen complexion. We use gentle, all organic ingredients to hydrate and protect their ever-changing skin.

MINI JOURNEY PACKAGE 100 min

This ultimate treat includes a 25 minute manicure, pedicure, facial and wash & blowout. Includes complimentary mocktail during blowout!



helpful information

ARRIVAL For maximum relaxation and comfort we suggest that you arrive at least 30 minutes prior to your reservation. Late arrivals may limit treatment time, lessening effectiveness as well as your pleasure. Treatments will end on time to ensure no impact on other guests, with the full value of your treatment applied. Guests are welcome to enjoy the Relaxation Room prior to and/or after treatment.

CANCELLATION & CHANGE POLICY Should you need to cancel or reschedule your reservation, we ask that you provide at least 24 hours' notice to avoid being charged for the appointment.

FITNESS Our fitness studio is open 24 hours for hotel guests, and 8am-10pm for non-hotel guests. Day passes and memberships are available for purchase.

COMFORT AND SAFETY Please discuss your preferences and special needs with your service provider so that we may provide the best experience possible for you. Please be sure to inform your provider if you are pregnant, have high blood pressure, a heart ailment, allergies, take medication, and/or any other condition that may prohibit you from receiving heat, massage, or skin therapies.

GRATUITY A 20% gratuity will be added to the price of your service(s) for your convenience. This is a discretionary charge that can be increased or decreased at your request.

PRICING Prices are subject to change without notice. Contact the Spa for up to date pricing.

RETURN POLICY If you are not satisfied with a product purchased at the spa, you may return it unopened within 10 days, with proof of purchase.

WEDDINGS, GROUPS & CELEBRATIONS Planning a special event? Let us help you! Whether you want to celebrate with friends, enjoy some family time, or reward your meeting attendees, we can help create a customized package that offers a truly one-of-a-kind spa experience.

STUDIO K Located on beautiful Keystone Lake, Studio K offers a variety of classes combining the fun and challenge of group fitness with the adventure and exhilaration of the mountains. We have something for everyone and all fitness/experience levels are welcome! Please call 970-496-4118 or visit kestoneresort.com/activities/studioK for class schedules and pricing.

TENNIS CENTER Visit Keystone's year-round Tennis Club, for indoor and outdoor court options, lessons, clinics, leagues and tournament play. Call 970-496-4220 or visit kestoneresort.com for more information.

RETAIL OFFERINGS Whether you forgot your moisturizer or mascara or are looking for a new, wonderful product, Keystone Spa has you covered with a variety of organic skin care lines, cosmetics, and clothing options. Receive 10% off any retail product when paired with a Spa service.



**For more information & to book your appointment:
Call us at 970-496-4117**

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