THE SPA AT KEYSTONE

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

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.

THE KEYSTONE CUSTOMIZED MASSAGE | 25 minutes $80 | 50 minutes $125 | 80 minutes $170 |
This massage gently eases tension and relives 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 | 50 minutes $125 | 80 minutes $170 |
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 minutes $180 |
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 minutes $175 | 80 minutes $250 |
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. It should not be used if you have asthma,

COUPLES MASSAGE | 50 minutes $270 | 80 minutes $360 | 80 minute stone $380 |
Enjoy a relaxing customized massage with that special someone in our massage suite for two.

SUITE SURRENDER | 50 min massage + 20 min soak $360 | 80 min massage + 20 min soak $430 | 80 min stone massage + 20 min soak $450 |
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

FOOT REFRESHER | 20 minutes $45 |
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 minutes $45 |
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.

THE KEYSTONE CUSTOMIZED FACIAL | 25 minutes $80 | 50 minutes $125 | 80 minutes $170 |
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.

NUFACE CELLULAR LIFT | 50 minutes $140 | 80 minutes $185 |
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.

THE GENTLEMAN'S FACIAL | 50 minutes $125 | 80 minutes $170 |
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 | 50 minutes $135 | 80 minutes $180 |
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.

PUREST FACIAL IN THE WORLD! | 80 minutes $200 |
This treatment is a raw food diet for your skin. Using the purest ingredients Mother Nature has to offer, this service is organic and beyond relaxing. You will receive an anti-aging peel, firming serums, and hydrating masks that are all cold-pressed at their highest nutrient potency. You will also receive a mini "face lift" with our NuFace device, as well as an anti-aging hand exfoliation treatment.

ALPENGLOW FACIAL | 50 minutes $135 | 80 minutes $180 |
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.

ENHANCEMENTS

A-PEEL TO YOUR SENSES | No Additional Time $35-$50 |
Peels are an extremely effective way to treat sun damage, acne scaring, 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 minutes $45 |
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.

NAIL, HAND & FOOT TREATMENTS

THESE SERVICES ARE RECOMMENDED FOR BOTH MEN AND WOMEN. WE USE HIGH-END BEAUTY PRODUCTS AND INCLUDE A WARM TOWEL WRAP IN OUR TREATMENTS, WHICH WILL ENHANCE THE CONDITIONING AND SOFTENING OF YOUR HANDS AND FEET.

BUFF AND POLISH | Manicure: 25 minutes $25 | Pedicure: 25 minutes $35 |
Only have a few minutes? A quick nail shaping and polish change is all you need to keep you looking your best

MOUNTAIN MANICURE | 50 minutes $40 |
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 minutes $55 |
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 minutes $55 |
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 minutes $65 |
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. A buffing and polish application

TENDERFOOT PEDICURE | 50 minutes $75 |
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. The service finishes with a buffing or polish.

THE SUMMIT SIGNATURE PEDICURE | 80 minutes $85 |
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.

KIDS MANI-PEDI (age 12 and under) | Manicure: 25 minutes $30 | Pedicure: 25 minutes $55 | Mani + Pedi: 50 min $75
Don't leave out your little one! Choose a manicure or pedicure, or combine the two for the ultimate treat. Plenty of polish colors to choose from to finish off this fun, shared experience.

ENHANCEMENTS

FRENCH ADD ON | Manicure: 15 minutes $10 | Pedicure: 15 minutes $15 |

SHELLAC REMOVAL | Manicure: 15 minutes $15 | Pedicure: 15 minutes $20 |

BODY THERAPIES

ALL BODY THERAPIES INCLUDE A FULL-BODY SCRUB AND MASQUE, A BODY WRAP, AND A RELAXING AND REFRESHING RINSE FROM OUR FIVE-HEAD RAIN SHOWER BAR. CHOOSE FROM OUR FOUR DELECTABLE BODY THERAPY OPTIONS.

BLUEBERRY SOY-LICIOUS WRAP | 50 minutes $130 |
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 | 50 minutes $130 |
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 minutes $130 |
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.

ROCKY MOUNTAIN TREATMENT | 100 minutes $230 |
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.

ENHANCEMENTS

*All enhancements must be paired with a service

PERFECT PARING

THE KEYSTONE SPA INVITES YOU TO ESCAPE TO A WORLD OF PAMPERING AND RELAXATION. OUR "PERFECT PAIRINGS" ARE PACKAGES COMBING SEVERAL SIGNATURE SPA TREATMENTS, ALLOWING YOU TO INDULGE IN A VARIETY OF INVIGORATING SPA THERAPIES IN ONE DAY.

PERFECT PAIRING

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

BLISS | 100 minutes $230 | 160 minutes $320 |
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.

THE PERFECT DAY | 150 minutes $285 |
Combine the customized massage, customized facial, and sweet feet pedicure for 3 hours of pure relaxation.

THE KEYSTONE JOURNEY | 200 minutes $450 |
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 the 50-minute Keystone Customized Massage, Alpenglow 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 | $15 |
NOSE | $15 |
CHIN | $15 |
CHEEK | $15 |

BROW | $25 |
UNDERARM | $25 |
ARM | $50 |
HALF LEG | $50 |

BIKINI | $50 |
BACK OR CHEST | $75 |
FULL LEG | $75 |
BRAZILIAN | $90 |

HELPFUL INFORMATION

AGE: The Keystone Spa is intended to be an oasis of relaxation, pampering, and restoration. Guests 15 years of age and older may enjoy all of our spas services and facilities, while children 12 and under are invited to experience specialty pampering with our children's manicure and pedicures. Children 14 and under are welcomed in the pool area, with adult supervision.

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 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 6am-10pm, daily. This area is open to hotel guests and spa members. Fitness memberships are available for purchase for local guests or those not staying in the hotel.

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.

RESERVATIONS: Advance reservations are highly recommended. To book a treatment prior to arrival, please call 970-496-4118; to book during your stay please dial ext. 4118 from any in-room phone. All reservations must be secured with a credit card or hotel room number.

RETURN POLICY: If you are not satisfied with a product purchased at the spa, you may return it 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.

HAIR AND MAKEUP SERVICES: Whether getting ready for your big day, completing a simple color matching, or creating a photo-ready hair style, Keystone's expert team can get your whole party looking their best for any occasion. Keep an eye out for the Keystone Salon Grand Opening, Summer 2016.

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 keystoneresort.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 keystoneresort.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.

KEYSTONE
LODGE & SPA