



# SPA STORY

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Resplendent mountains, crowned with either sun or snow. The ebbing and flowing of a lively creek. Breaths of crisp, alpine air. Open your senses to the splendor of nature at The Spa at Hotel Talisa.

At an elevation of 8,150 feet, this is a place where the healing powers of nature coalesce to create relaxing and customized experiences, drawing on the surrounding landscape for inspiration.

Set upon Gore Creek and Vail Mountain, this transcendent respite is complemented by state-of-the-art treatments and native ingredients that pay homage to the European Alps, creating an experience you won't soon forget.

## PRODUCT LINES

### **Aromatherapy Associates | London**

Experience the powers of a core range of expertly blended essential oils mixed with active botanicals free from harsh chemicals and unnecessary synthetics.

### **Comfort Zone | Italy**

Comfort Zone's mission is to promote a holistic, soulful, healthy and sustainable lifestyle, with advanced science-based conscious solutions to visibly improve skin, body and mind.

### **Phia | Colorado**

Phia Lab believes that the complex molecular structures of nature's purest ingredients contain beneficial attributes and energies that synthetics will never possess.

## SIGNATURE TREATMENTS | 120 min.

### **Summit of Serenity**

This aromatherapeutic treatment promotes relaxation and focus. First, a chamomile and olive grain scrub to refresh the legs and feet. Pure frankincense is then used to rebalance the chakras and release cranial pressure. Finish out the treatment with an ayurvedic scalp massage, facial mask application, and effleurage back massage.

### **Fresh Start**

Replenish your energy levels and detoxify with rosemary, pink grapefruit, and juniper berry essential oils. A full-body exfoliation with finely ground olive grains refines the pores and reveals fresh new skin. Then, a targeted mud application directs the deep penetration of organic nutrients, vitamins, and amino acids to draw out impurities and hydrate skin. You will be wrapped in a unique layer locking technique that will promote metabolic function and eliminate toxins. Targeted stretches and pressure to reflexology points will revitalize the body and leave you refreshed.

## SIGNATURE PACKAGES

*\*no substitutions or modifications, subject to availability, treatments must be received by the same person, on the same day.*

### **Gentle Ascent**

50 minute custom massage + 50 minute signature facial + 45 min traditional pedicure

### **Calming Cascade**

50 minute body treatment + 50 minute custom massage + 50 minute signature facial

## MASSAGES | 25\* / 50 / 80 / 105 min.

All of our massages are tailored to your body's personal needs. Please communicate one of the options below to our spa concierge as a starting point for your journey.

**Talisa Custom Massage** | Our most popular and customizable option which can range from a light and relaxing touch to a more vigorous and deep pressure approach. You can select a variety of different pressures to be applied at different points throughout the treatment, or request one specific target area to focus on.

**Swedish Massage** | Light pressure along with long and relaxing strokes promote a state of deep relaxation, increase circulation, and reduce stress.

**Deep Tissue Massage** | Therapeutic massage, often involving deeper pressure, which helps relieve stress in deeper muscles, fascia, and connective tissue. Ideal for the relief of tension and chronic pain.

**Après Adventure Sports Massage** | A vigorous and energizing massage which includes thorough stretching in addition to various deep-tissue massage techniques to help improve range of motion, circulation, and flexibility.

**Cannabidol (CBD) Massage** | Receive all of the healing and anti-inflammatory benefits of the all-natural hemp plant, without the psychoactive effects. Enhance your massage treatment with CBD infused oil used to naturally alleviate pain, inflammation, and anxiety as well as achieving deeper relaxation. \*available as an add on to all massages.

**Maternity Massage | 50 min. only** \*for those in their 2nd or 3rd trimester  
Perfect for the mother-to-be, therapists utilize specialty equipment and light effleurage techniques to eliminate stress and sore muscles to experience the purest relaxation.

**Teen / Target Massage** | 25 min. only  
Designed as an introduction to body work, therapist works with you on a target area, customizing your treatment depending on your experience and need.

**Gore Creek Hot Stone Massage | 75 / 105 min.**  
Heated basalt rocks are integrated into each part of the massage, allowing their weight and heat to penetrate deep layers of muscles without deep pressure, which encourages blood flow and eases tension in both muscle and connective tissue.

**Himalayan Salt Stone Massage | 75 / 105 min.**  
These stones detoxify pollutants in the body's electromagnetic field, re-mineralize the skin, balance the body's pH, and improve sleep. You will leave feeling balanced in mind, body, and spirit.

## ADDITIONAL ENHANCEMENTS

**Himalayan Salt Stones**

**Foot Treatment**

**Scalp Treatment**

**Eye/Lip Rejuvenating Gel Patches**

**CBD Oil**

## BODY RENEWALS

### **The Athlete's Retreat** | 75 / 105 min.

Ideal for high performance and high intensity individuals, this sports-style massage reinvigorates and refreshes. Specialized massage techniques are applied to the legs, ankles, and feet to reduce swelling. Integration of Himalayan salt stones during the massage alleviates inflammation, draws out toxins and balances ions. Ginger and black pepper essential oils create a warming and soothing sensation for exhausted muscles.

### **Alpine Transformation Wrap** | 75 / 105 min.

A detoxifying treatment for those seeking deep renewal. The wrap begins with a gentle body peel to remove dead skin cells. Mud and micro-algae sourced from the mineral-rich Bagni di Pisa thermal waters are applied, which eliminates toxins. A rich and exquisite cream provides a body-firming finish, simultaneously nourishing skin and improving elasticity.

### **Elevate Your Altitude** | 50 / 75 / 105 min.

Ease into mountain heights with a high-altitude oil infused with peppermint, ylang ylang, tangerine and fennel. Vigorous massage techniques stimulate oxygen flow throughout the body, while heated packs are applied to specific focus areas to boost circulation. A concentrated oxygen boost following the treatment encourages the body to readjust to an elevated lifestyle.

### **Peak Rejuvenation Body Scrub** | 50 / 75 min.

A deep, full body exfoliation, enhanced with jojoba microspheres and alpha-hydroxy acids smooths and restores the skin, encouraging fresh moisturized cells to rise to the surface. This treatment leaves skin soft, silky, and renewed. Complete your experience with a firming, antioxidant rich cream that utilizes organic tamanu oil to increase elasticity and protect and restore depleted skin.

### **Gore Creek Hydrating Wrap** | 50 / 75 min.

A bouquet blend of concentrated essences which resonate with your own natural energetic frequency is added to a warm shea butter to create the ultimate hydrating experience. After the product is applied, you are cocooned in a cozy wrap while your scalp is massaged for healthy and hydrated skin without harsh exfoliation. Please arrive 20-30 minutes early to determine which products most resonate with you.

\*for the ultimate Colorado experience, ask our concierge to combine this treatment with the Colorado Wildflower Scrub for a total of 120 minutes. \$350





## BODY RENEWALS (CONT.)

### **Colorado Wildflower Scrub** | 50 / 75 min.

A local body renewal featuring a chia seed, jojoba, and brown sugar scrub infused with rainbow fluorite crystals to exfoliate and soften skin, boost confidence, and create balance. This scrub is blended with concentrated essences which are selected to synchronize with your natural energy output for a personalized experience. This treatment concludes with an application of hydrating crème which resonates at the same energetic frequency. Please arrive 20-30 minutes to determine which products most resonate with you.

\*for the ultimate Colorado experience, ask our concierge to combine this treatment with the Gore Creek Hydrating Wrap for a total of 120 minutes (\$350)

### **Breathe Easy Immunity Booster** | 75 min.

Immunity-enhancing and decongesting, this treatment uses a blend of antibacterial and antiseptic oils including lavender, pine, tea-tree, and eucalyptus to clear the chest and nasal passageways and alleviate the aches and pains of respiratory discomfort. An Ayurvedic scalp massage brings relief to the head and sinuses while specific chest and neck stretches keep the chest open once the treatment has concluded. For a full-body experience, select the 75-minute treatment, which includes lower body therapy in addition to upper body elements.

### **Alpenrose Renewal** | 50 / 75 min.

Designed to counter the effects of our arid mountain air, this revitalizing treatment focuses on replenishing and rehydrating the skin. Begin with an exfoliating dry brush to rejuvenate the skin, followed by a targeted application of intensive skin treatment oil to penetrate and hydrate. Oil infused with essences of Rose, Evening Primrose, and Neroli will impart essential Omega 6 vitamins into the skin which will hydrate and even out skin tone. Finally, a soothing lotion will seal and moisturize, leaving your skin soft and restored.

# FACIALS

## PRODUCT LINES

### **Hydropeptide I California**

The leader in peptide technology. Peptides allow ingredients to work on a cellular level by acting as “messenger molecules” to increase hydration and visibly reduce lines and wrinkles, while enhancing the skin’s luminosity. Their 60+ peptides, botanical stem cells and growth factors deliver customizable, results-driven regimens for all skin types.

### **Hydrafacial I California**

Hydrafacial’s patented technology utilizes a painless suction device to exfoliate dead skin and then bathes the new skin in antioxidants and hyaluronic acid to leave skin hydrated, cleansed and moisturized. Hydrafacial is a high-tech facial leaving you with immediate results and no downtime.

### **Comfort Zone I Italy**

Comfort Zone’s mission is to promote a holistic, soulful, healthy and sustainable lifestyle, with advanced science-based conscious solutions to visibly improve skin, body and mind.

## FACIAL TREATMENTS

### **Ultimate Hydrafacial with Hydropeptide**

50 / 80 min.

Using vortex-fusion technology, this high tech facial cleanses, detoxifies, exfoliates, extracts, and hydrates. This unique spiral tool design combined with hydradermabrasion procedures and lymphatic drainage to easily dislodge and remove impurities while simultaneously hydrating the skin with potent antioxidants. High peptide doses boost collagen and erase age spots, leaving your skin hydrated and visibly reducing fine lines and wrinkles after just one treatment. 80 minute treatment includes a penetrating mask.

### **The Corrective Solution**

50 / 80 min.

A gentle but incredibly effective peel addresses fine lines, wrinkles and loss of elasticity. This facial effectively stimulates cellular regeneration to restore fullness and redefine the volume of the face. 80 minute treatment includes a hexapeptide plumping mask that bestows a visibly firmed and toned complexion to the face, neck, and décolleté.

### **Talisa Signature Facial**

50 / 80 min.

Completely customizable based on your individual skin care needs. This treatment includes a deep cleanse, exfoliation, extractions, facial massage, and a mask application. You and your provider will collaborate to get visible results while experiencing profound relaxation.



## FACIAL TREATMENTS CONT.

### **Alpine Rescue Facial**

50 / 80 min.

Designed specifically for a high-altitude environment, this facial harnesses the power of Hydropeptides, replenishing hydration, and enhancing your skin's natural luminosity at a cellular level. This treatment utilizes vitamin C to repair sun damage and hyperpigmentation, combat dullness, and enhance brightness.

### **Upper Reach Back Facial**

45 min.

To combat dryness in hard to reach areas, this treatment includes dry brushing using clarisonic techniques, followed by a cleansing and steam exfoliation to prepare the skin. You will conclude with a mask applied to the arms and hands, as well as extractions and a final moisturizing layer for complete hydration.

\*Subject to availability

## NAILS

### **Quick Touch-Up**

25 min.

Includes cuticle trim, nail shaping and polish.

### **Manicure**

45 min.

Includes softening soak, nail shaping, cuticle care, massage, hot towel and polish.

### **Pedicure**

45 min.

Includes softening soak, nail shaping, cuticle care, massage, hot towel and polish.

### **Deluxe Manicure / Deluxe Pedicure**

60 min.

Includes softening soak, nail shaping, cuticle care, extended massage, hot towel, paraffin wax and polish for both hands and feet.

### **Gel Add-On / Removal**

20-30 min.

Add-on or removal of gel polish. Please let your spa concierge know in advance to allow the extra time required.

# FACILITIES

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The Spa at Hotel Talisa honors its environment by infusing fresh mountain air and indigenous ingredients into every treatment

10 well-appointed therapy rooms, featuring two oversized treatment rooms, ideal for couples

Tranquil relaxation room overlooking Gore Creek and the nearby mountains

Spa retail boutique featuring products that are committed to personal and environmental health

Signature spa services incorporating indigenous ingredients

Separate men's and women's locker rooms, each with:

Aromatherapy steam room

Salt sauna

Refreshing water cascade

Swiss jet showers

