



Wellness Lodge

MENU

Welcome to the Mountain Sky Wellness Lodge, a space created to add yet another dimension to your extraordinary ranch experience. We are pleased to offer an array of treatments, classes, and outdoor activities to complement your wild and wonderful weekly activities.

We draw inspiration from our natural surroundings with our signature line of Body Bliss Wild Sage essential oils, scrubs, bath salts, and lotions. Sessions are designed to soothe, energize, delight, and restore complemented by elements derived from nature's bounty.

A warm shower before massage, either in your cabin or at our Wellness Lodge, is recommended to prevent dust and salts from mixing with massage oils. We invite you to arrive 20 minutes prior to your treatment allowing time to transition into this tranquil space. We will provide a comfy robe to wear while you enjoy a warm neck wrap and cup of tea in the Serenity Room. We welcome you to enjoy a soak in the hot tub or grotto after your treatment and delight in a state of bliss.

25 minutes | \$65 50 minutes | \$125 80 minutes | \$185 105 minutes | \$240

Signature Massage Treatments

MOUNTAIN SKY MASSAGE

50 | 80 minutes

Our full-body massage stimulates circulation, releases muscular tension and toxins, and calms your nerves while quieting your mind. Choose from one of our intentional aromatherapy blends for a specific intention or your favorite scent. Our therapists will custom design each treatment to match your needs and preferences.

❖ **TIME TO UNWIND**

50 | 80 minutes

Soak your toes in a fragrant mineral bath followed by an exfoliating foot scrub and massage with cooling mint and menthol foot cream to enliven tired legs and feet. Finish with gentle stretching, pressure point therapy, and circulatory massage on a heated massage table.

❖ **ESSENTIAL TRIO**

50 minutes

A comforting alternative to a full body massage. Sink your feet into a fragrant mineral bath, followed by a sea salt scrub and coconut bee balm mask massage. As your feet rest inside warm booties, shea butter is massaged into hands and arms then snuggled into warming mitts and mask. Conclude with a full scalp massage to quiet your mind and soothe the play of the day.

❖ **VITALIZING YELLOWSTONE MASSAGE**

50 | 80 minutes

The Yellowstone River polishes the stones along the river bed creating less resistance and an even flow... the weight and radiant heat of our massage stones will do the same for you. Combined with a calming essential oil, the stones are applied with deep strokes to smooth away tension.

❖ **BIG CREEK ENERGY BALANCING MASSAGE**

50 | 80 minutes

Each of our seven luxurious, crystal-infused oil blends ranging from awakening ginger and rosemary to fragrant vetiver and high-grown lavender, attune to one of the seven corresponding energy centers. This aromatic journey will lead you into a deep state of harmony and profound relaxation.

❖ **EMIGRANT MINERAL MELT MASSAGE**

50 | 80 minutes

Magnesium is a natural cellular detoxifier found in the earth, and calms nerves, relaxes muscles, and relieves pain. If you ascend Emigrant Peak this week, or if you simply feel like you did, reward yourself with this rejuvenating therapy. Our magnesium scrub will polish skin, then melt into a nourishing cream. In our 80 minute session, your chosen essential oils will be added to rich shea and coconut body butter adding to your full body massage for ultimate hydration and relaxation.

❖ **SIDE-BY-SIDE MASSAGE**

Life is better when shared! Choose any of the treatments marked with this star ❖ to be enjoyed with a friend, spouse, or family member in our side-by-side Friendship Suite. Please designate the same treatment for each person to experience the rhythm of treatment in tandem.

Alternative Massage Therapies

DEEP TISSUE / TRIGGER POINT THERAPY

50 | 80 | 105 minutes

Excellent for the reduction of chronic complaints, targeting areas of tension, and reaching deep muscle layers and areas of attachment. This precise therapy releases hyper-contraction and spasms in the soft tissue, eliminating painful trigger points and restoring postural alignment and range of motion. Your therapist will apply Arnica, helichrysum and mint to reduce joint inflammation and speed-up recovery.

CONNECTIVE TISSUE THERAPY

50 | 80 | 105 minutes

Flexible silicone cups are moved slowly across the skin to facilitate a passive stretch of muscles and connective tissue loosening adhesions throughout your body. This technique releases fascia, allowing the musculoskeletal system to return to a more comfortable, balanced state.

REST DEEPLY

50 | 80 minutes

Calm your nervous system as you relax under soothing massage strokes combined with deep, even breathing. Our essential iREST aromatherapy blend is applied to encourage relaxation. The session ends with a guided meditation that will have you drifting into bliss.

Sweet Somethings

Supplement any 50 or 80-minute treatment with one of these 25-minute offerings, or sneak one of these indulgences into a busy day on its own – short and sweet.

❖ MINI MOUNTAIN SKY MASSAGE

Great for kids, teens, first timers, or a specific spot treatment. Our therapists will custom design each treatment to match your needs and preferences.

❖ FRESH FACE ACUPRESSURE TREATMENT

A regenerative treatment targeting pressure points that relax and soften the face, reducing the appearance of stress. Healing botanicals of sea buckthorn, carrot seed, and aloe are combined with rose, cedar, and sandalwood essential oils to nourish and protect the skin. Relax and put your best face forward.

❖ ENRICHING HAIR AND SCALP TREATMENT

The ultimate hair and scalp treatment for promoting healthy hair. LUMINOUS oil is formulated with jojoba and kukui nut oils, to add strength and shine to hair while simultaneously cleansing and soothing the scalp. Scented with organic essential oils of vetiver and ylang ylang to instill peace of mind.

❖ HEAD, NECK, SHOULDER MASSAGE

Give your stiff neck and tight shoulders a break – you'll feel better all over. This focused massage releases tension and restores comfort to this often tense area.

❖ KICK YOUR BOOTS OFF

Soak overworked feet into an aromatic mineral bath followed by an exfoliating foot scrub and lower leg massage with cooling mint and menthol foot cream. Targeted reflexology points will ease your entire nervous system and prepare you for the next adventure!

❖ BEE WELL HAND & FOOT RENEWAL

Begin with a fragrant mineral foot bath and warm herbal neck wrap followed by a hand and foot massage with an all-natural blend of shea butter and bee balm mask. Slip into warm mitts and booties to soothe joints and muscles, increase circulation, and deeply hydrate hands and feet leaving them soft and moisturized.

Blissful Bundles

With so many enticing options, we would like to help you put together the ideal selection of activities and services that enhance and complement one another. Any of our bundles may be enjoyed over the duration of your time at Mountain Sky.

MONTANA TRILOGY

\$335 for all three 50-minute sessions

This blissful bundle presents the perfect collection of our wellness services to care for and nurture your body, mind, and soul. Ease into your stay with our Time to Unwind treatment, reboot midweek with your choice of the Big Creek Energy Balancing Massage or Yellowstone Massage, and choose a 50-minute personal training session in yoga and/or meditation, or outdoor renewal activity.

DELIGHTFUL DUO

50 minutes

Customize your own Mountain Sky Wellness experience by choosing any two of our 25-minute Sweet Somethings:

- ❖ Mini Mountain Sky Massage
- ❖ Fresh Face Acupressure Treatment
- ❖ Enriching Hair and Scalp Treatment
- ❖ Kick Off Your Boots
- ❖ Bee Well Hand & Foot Renewal

Yoga & Meditation

YOGA BASICS

Build the foundation for a safe and effective yoga practice focusing on spinal alignment and functional movement to increase circulation with a sense of relaxation.

GENTLE FLOW

Connect easeful movements with mindful breathing to awaken energy in body and soul.

YOGA ON THE BALL

Roll out well-worn muscles with this guided self-massage technique using 4", air-filled myofascial release balls.

DEEP STRETCH – YIN

Ease into deep stretch in safe and effective ways that increase range of motion while strengthening and stabilizing joint health.

YOGA & MEDITATION

Integrate mindful movement with the stillness of meditation. Discover a variety of ways to awaken your body while quieting your mind.

RESTORATIVE YOGA

Sink into a sequence of five to six effortless poses each held for 5 minutes or more, supported by props that allow you to relax and rest. This session includes light twists, back stretches, gentle hip and chest openers, and passive inversions.

BACK CARE YOGA

This therapeutic practice helps to unwind lower back tension and activate the core with postural cues that will have you sitting tall in the saddle and walking light on the trail.

Personal Training

If you would like a one-on-one evaluation or instruction, our team is available for private training sessions in any of the following disciplines.

- Personal Yoga Prescription
- Postural Assessment & Alignment
- Meditation Modalities
- Breathing Assessment & Enhancement
- Pilates on the Mat

Fitness Center

Our cardio center is filled with top-of-the-line equipment including two types of treadmills, stair climber, rowing machine, elliptical, upright bike and recumbent bike. Build and maintain strength with our free weights, TRX band, and newly added dual cable crossover system from FreeMotion. A perfect complement to our range of outdoor activities.

Special Considerations

Upon booking your appointment, please notify our staff if you have high blood pressure, allergies, any physical ailments, special needs, or if you are pregnant.

We welcome all ages to experience our services, however, we do ask that children under the age of 13 be accompanied by an adult at all times within our Grotto and Serenity Room.

Cancellations and Timeliness

We kindly ask that you arrive on time to enjoy the full length of your treatment. Your appointment will end on time so as not to delay the next guest. We appreciate your understanding and cooperation.

As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made by 5:00 pm the day prior to your scheduled treatment. Any appointments changed or cancelled after 5:00pm the day prior will incur a 50% cancellation fee.

Wellness Lodge Attire

You will be provided with a luxurious robe and slippers upon arrival to the Wellness Lodge, and you may feel free to disrobe to your level of comfort. Undergarments are not necessary but may be worn during the treatment. All staff are professionally trained and licensed to ensure the highest quality of service and integrity; proper draping techniques are always used to protect your privacy and comfort.