




THE WELLNESS CENTER

————— *at* —————

MOUNTAIN SKY



Welcome to the Wellness Center at Mountain Sky, 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 weekly activities.

A warm shower before your massage, either in your cabin or at the Wellness Center, 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.



Visiting Mountain Sky is, in many ways, a transformative experience, and we invite you to fully realize the healing power of this spectacular setting through our new Wellness Center. Enjoy state-of-the-art therapies meant to help you rebalance, reconnect and unlock deeper mind and body wellness during your time with us.

— Arthur Blank

SIGNATURE MASSAGE TREATMENTS



MOUNTAIN SKY MASSAGE

Enjoy one of our intentional aromatherapy blends while receiving a full-body massage. Our therapists will custom design each treatment to match your needs and preferences. This massage stimulates circulation, releases muscular tension and toxins, and calms your nerves while quieting your mind.

TIME TO UNWIND

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.

VITALIZING YELLOWSTONE MASSAGE

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.



EMIGRANT MINERAL MELT MASSAGE

Magnesium is a natural cellular detoxifier found in the earth. It calms nerves, relaxes muscles, and relieves pain. If you ascend Emigrant Peak, 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. 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 Aspen 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

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.

DRY BRUSHING DETOX BODY TREATMENT

This detoxing brushing method stimulates the lymphatic system and exfoliates the skin, while invigorating the circulatory, nervous and digestive systems, as well as all major organs. It is a form of gentle massage that encourages the skin to eliminate toxins by dramatically increasing blood flow to the surface. The dry brushing is followed by a relaxing massage with our hydrating shea butter. In addition to the treatment, you walk away with your very own dry brush to continue this amazing Eastern Medicine routine at home.



SWEET SOMETHINGS

Supplement any 50- or 80-minute treatment with one of these 25-minute offerings, put two together for a 50-minute treatment, or sneak one of these indulgences into a busy day on its own.



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 & SCALP TREATMENT

25 minutes \$70 | 50 minutes \$130 | 80 minutes \$195 | 105 minutes \$250

The ultimate hair and scalp treatment for promoting healthy hair. Body Bliss 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.

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 allnatural 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.

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.

SEASONAL SPECIALS



REIKI

Reiki is a Japanese technique for stress reduction, relaxation, and healing. Your massage therapist will gently place his or her hands over different parts of the body delivering an energetically healing treatment on a physical, emotional, or spiritual level depending on your needs. This treatment will produce a calming effect and leave you with feelings of peace, security and wellbeing.

THAI MASSAGE

Traditional Thai Massage was developed out of Ayurveda, Traditional Chinese Medicine, Yoga, and Buddhist philosophies of mindfulness and loving kindness. These treatments will open up and improve circulation and energy flow within the body. Thai Massage can be very healing and helps treat afflictions ranging from minor muscular aches and headaches, to internal organ disharmony and paralysis. Our trained therapist will utilize their hands, elbows, feet, and knees, to work energy channels while stretching the entire body. By delivering this treatment on a floor mat, the practitioner is able to slowly use their body weight and leverage to achieve the deep pressure and yoga-like positions necessary for the therapy. This treatment will help increase flexibility, circulation, vitality, energy levels, and promote a deep state of joy and relaxation.

**As a precaution, please note that Thai Massage does requires some physical agility on the part of the participant as it offers a deeper stretch on the cushioned mat.*



KNEAD YOGA

Are you seeking to deepen your downward dog, focus on breath work or just want to explore the basics? Enjoy a personalized, private yoga session followed by Thai Massage performed on a cushy floor mat. Please complete our Wellness Intake Form prior to your session to tailor your practice.

AQUA BLISS

Aqua Bliss is a therapeutic approach to deep relaxation developed by Dr. Victor Francs. It takes place in a warm pool, floating the body in a weightless condition while using ear plugs and light-blocking goggles to create a sense deprivation experience. Sense deprivation while floating in warm water welcomes many into a deep, relaxed meditative state. As you are gently moved through the water with floating devices as support, the therapist uses a series of stretches to relax and facilitate the exploration of the mind body connection.

**Must be scheduled by 4pm the day prior in order to adjust our grotto temperature levels (AM treatment only).*



CRANIOSACRAL THERAPY

Craniosacral therapy (CST) is a form of bodywork or alternative therapy using gentle touch to palpate the synarthrodial joints of the cranium. This soothing treatment adjusts the subtle rhythm of the cerebrospinal fluid as it circulates around the brain and spinal cord. Using very light, sensitive touch, your massage therapist monitors the flow to determine where restrictions are located and gently releases them. This encourages optimal fluid movement and balance throughout the body. This treatment will help release tensions deep in the body, relieve pain and dysfunction, and improve whole-body health and performance.

BIG CREEK CHAKRA BALANCING MASSAGE

Each of our seven luxurious, crystal-infused essential oils are intentionally blended to attune to each of your seven chakras. Enjoy this aromatic journey paired with soothing movements designated for each energy center of the body. This combination will leave you feeling rebalanced and in a deep state of harmony and profound relaxation.



YOGA



We welcome and encourage all levels of experience to our classes at the ranch.

Join us for our rise and shine morning classes to introduce movement to your day
and come in the afternoon for a slower paced relaxing and restorative experience.



MEDITATION



We integrate different forms of meditation into our classes and wellness walks. We now also have a quiet and designated space in our wellness center that is available for personal practice or one-on-one sessions. Our practitioners offer an array of meditation modalities, so please inquire if interested!

WELLNESS WALKS



Join us in reaping the benefits of slowing things down on a nature walk. We enjoy soaking in all the beautiful surroundings our area has to offer as we touch on different topics of wellness. Every walk is a unique experience that may include anything from learning proper alignment, principles on simple yoga stretching, how to breathe with more ease, mindfulness, and more!



PERSONAL TRAINING

While our classes are always catered to the group, if you are looking for a personalized experience we also offer private group and one-on-one sessions. Our team is available for private training sessions in any of the following disciplines.

- Basic Fitness Assessment
- Personally Designed Training Session
- Knead Yoga
- Multiple Yoga Class Offerings
- Yoga Catered Towards a Particular Goal or Ailment
- Postural Assessment & Alignment
- Meditation Modalities
- Breathing Assessment & Enhancement



PRODUCT LINE AND RETAIL



We use the Body Bliss product line in all treatments and have the products available for purchase. Body Bliss products are made with natural and sustainable raw materials. The team behind Body Bliss work with small collectives of farmers who produce fine, organic and ethically wild-harvested essential oil products. We also carry locally inspired and made product lines, including Yellowstone Botanicals, which was founded by Rachelle Cawley, a local herbalist, who creates sustainable, gathered remedies to nurture the body, mind, and spirit. If you are curious about our products and their therapeutic uses, just ask one of our Wellness Specialists! Also, if you love our embroidered Mountain Sky robes, we have them available for purchase, so you can enjoy the comfort even at home.



FITNESS CENTER



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



SAUNA AND STEAM ROOM



We also invite you to rejuvenate in our hemlock wood sauna or steam room near our yoga studio. Our sauna can act as a dry sauna or if you apply water to the rocks it acts as a wet sauna. This allows for you to soak in the high heat and low humidity as does our steam room. The use of these rooms can promote relaxation and overall healthy living.

Always practice good steam and sauna hygiene by wearing flip-flops, sitting on a towel, rinsing off with lukewarm shower water to gently cleanse the skin before entering. We also have spa sandals available for use in the Wellness Center reception area.



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 by filling out one of our wellness inquiry forms.

We welcome all ages to experience our services, however, we do ask that children under the age of 18 be accompanied by an adult at all times within the Wellness Center.

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. We will charge full price for same-day cancellations and no-show. If you have a conflict with another activity, please check with the front desk and we will do our best to accommodate you.

Wellness Center Attire

You have the option of a luxurious robe and slippers upon arrival to the Wellness Center.

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.