



THE WELLNESS CENTER
at
MOUNTAIN SKY

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 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

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.

SIGNATURE MASSAGE TREATMENTS

MOUNTAIN SKY MASSAGE *

*25 minutes \$70 | 50 minutes \$130 | 80 minutes \$195
105 minutes \$250 | CBD add-on additional \$25*

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.

VITALIZING YELLOWSTONE MASSAGE *

50 minutes \$195 | 80 minutes \$250

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.

HIMALAYAN SALT STONE MASSAGE *

50 min \$205 | 80 min \$260

This highly relaxing and remineralizing full-body massage, uses warm, hand-carved salt stones from the Himalayan Mountains to balance the central nervous system and nourish depleted cells, leaving the body in a deep sense of relaxation. Stimulation of specific meridians on the body allow for improved sleep and reduced inflammation. You will leave with an immediate sense of improved well-being.

TIME TO UNWIND

50 minutes \$140 | 80 minutes \$205 | 105 minutes \$260

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.

EMIGRANT MINERAL MELT MASSAGE

80 minutes \$205 | 105 minutes \$260

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

Pricing is per person based off of chosen treatment

Life is better when shared! Choose any of the treatments marked with an asterisks 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 *

50 minutes \$195 | 80 minutes \$250

CBD add-on additional \$25

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 *

50 minutes \$140 | 80 minutes \$205

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.

25 minutes \$70 | combine two for 50 minutes \$130

ENRICHING HAIR & SCALP TREATMENT

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

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

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.

CBD THERAPEUTIC MASSAGE

CBD add-on for additional \$25

Experience a full body massage with the enhanced benefits of our locally sourced Therapeutic grade CBD oil, made right here in Paradise Valley! The anti-inflammatory properties of CBD works to deepen your body's relaxation, reduce tension and stress while providing intense hydration. Ask your therapist to add-on CBD to either a Mountain Sky Massage or Deep Tissue / Trigger Point Therapy.

KNEAD YOGA

80 minutes \$250 | 105 minutes \$305

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.

THAI MASSAGE

50 minutes \$195 | 80 minutes \$250 | 105 minutes \$305

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.*

YOGA & MEDITATION

YOGA

Daily classes complimentary

Private sessions 60 minutes \$100

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

Daily classes complimentary

Private sessions 60 minutes \$100

We integrate different forms of meditation into our classes and wellness walks. Please feel free to use the Yoga Studio as a quiet space for personal practice. Our staff can provide meditation chairs upon request. Better yet, ask for a one-on-one session! Our practitioners offer an array of meditation modalities, so please inquire if interested!

WELLNESS WALKS

Complimentary

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 Forest Bathing, learning proper alignment, principals on simple yoga stretching, how to breathe with more ease, mindfulness, and more!

ONE-ON-ONE TRAINING

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

- Knead Yoga
- Postural Assessment & Alignment
- Yoga Catered Towards a Particular Goal or Ailment
- Meditation Modalities
- Breathing Assessment & Enhancement

PRODUCT LINE & RETAIL

Our Wellness Center uses the Body Bliss product line in most of our treatments and have various products for purchase in our reception area. 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 products each year. 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 & 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.

Because the grotto and serenity rooms are co-ed spaces, proper attire is required.

