




THE WELLNESS CENTER

AT MOUNTAIN SKY GUEST RANCH

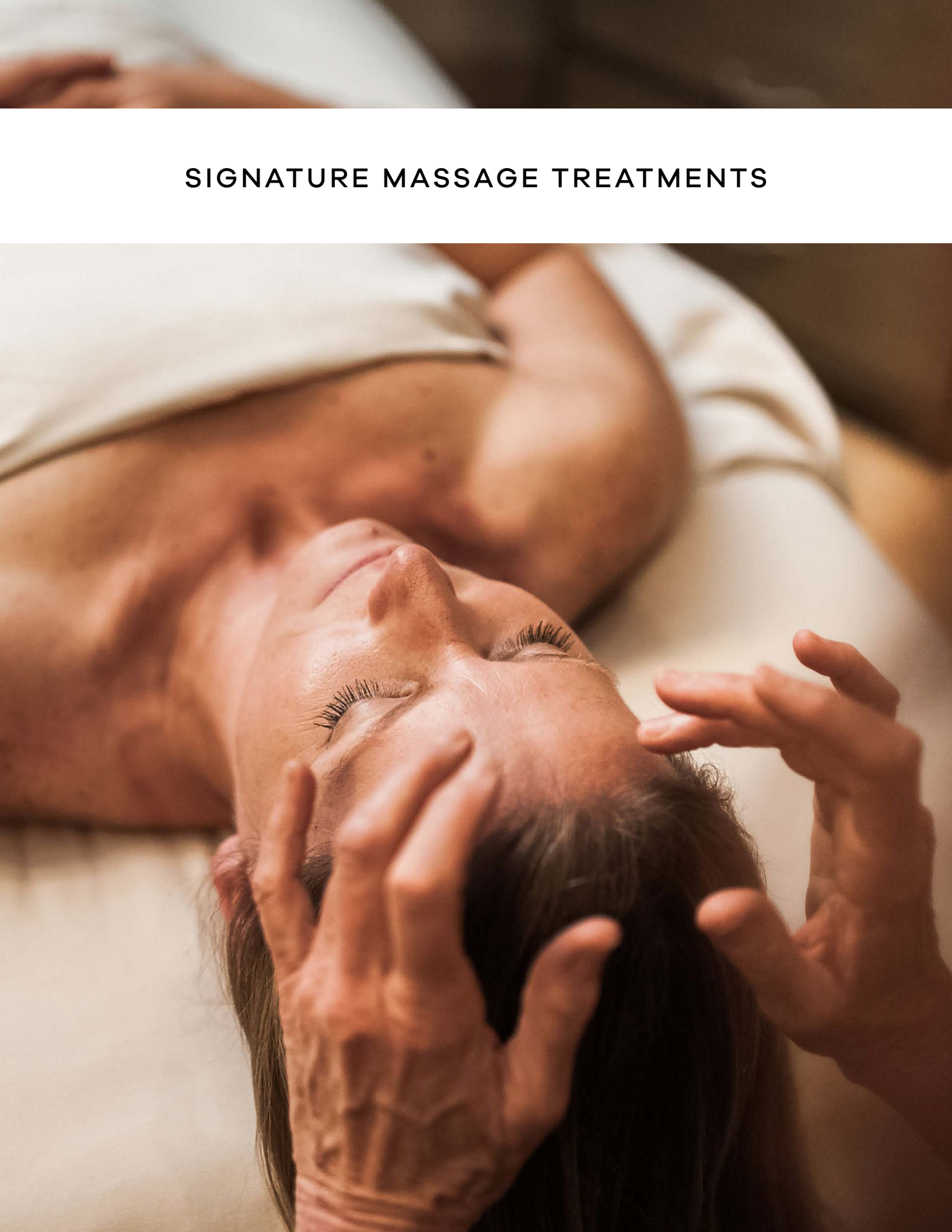


Welcome to the Wellness Center at Mountain Sky, a space created to add yet another dimension to your extraordinary ranch experience. We are pleased to offer an array of treatments, classes, and outdoor activities to complement your weekly activities.

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 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 MESSAGE

25 MINUTES - \$85 | 50 MINUTES - \$165 | 80 MINUTES - \$225 | 105 MINUTES - \$275
ADD CBD FOR AN 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.

DEEP TISSUE / TRIGGER POINT THERAPY MESSAGE

25 MINUTES - \$125 | 50 MINUTES - \$205 | 80 MINUTES - \$265 | 105 MINUTES - \$315
ADD CBD FOR AN ADDITIONAL \$25

Excellent for reducing 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.

HIMALAYAN SALT STONE MESSAGE

50 MINUTES - \$205 | 80 MINUTES - \$275 | 105 MINUTES - \$325

Indulge in a highly relaxing and re-mineralizing full-body massage that uses warm, hand-carved salt stones from the Himalayan Mountains to balance your central nervous system and nourish depleted cells, leaving your body in a deep sense of relaxation. Our therapist will stimulate specific meridians in your body to improve your sleep and reduce inflammation. You will leave our spa with an immediate sense of improved well-being.



EMIGRANT MINERAL MELT MASSAGE

80 MINUTES - \$235 | 105 MINUTES - \$285

Magnesium is a natural cellular detoxifier found on the earth, and 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 and 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 above treatments to be enjoyed with a friend, spouse, or family member in our side-by-side Aspen Suite.

NUTURING PRE-NATAL MASSAGE

25 MINUTES - \$85 | 50 MINUTES - \$165 | 80 MINUTES - \$225 | 105 MINUTES - \$275

Our pre-natal option is a soothing and nurturing massage that uses gentle Swedish techniques to improve circulation, reduce discomfort, and promote lymphatic drainage. Tailored specifically for expecting mothers beyond their first trimester, this massage is designed to provide comfort and relaxation during this special time.

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

25 MINUTES - \$85 | COMBINE TWO FOR 50 MINUTES - \$165

Relax and soften your face with this regenerative treatment that targets pressure points and reduces the appearance of stress. Our herbalist-crafted facial oil, made with Sacha Inchi and Jojoba oils, along with rose, jasmine, and carrot seed essential oils, will deeply nourish and rejuvenate your skin. This attentive facial treatment aims to replenish moisture, support healthy collagen production, promote cell renewal, and reduce the appearance of fine lines and wrinkles. So, sit back, relax, and put your best face forward.

ENRICHING HAIR & SCALP TREATMENT

25 MINUTES - \$85 | COMBINE TWO FOR 50 MINUTES - \$165

Experience the ultimate hot oil hair and scalp massage that promotes healthy, lustrous hair and a clear, calm mind. Our therapist will start by infusing your locks from root to end with our new nourishing Rosemary & Green Tea Hair Oil, formulated to strengthen your strands, keep your color vibrant, and penetrate the scalp with a focused head massage that nourishes your skin and soothes your mind. We suggest you allow time for the oil to sink in after your treatment and avoid showering immediately to maximize its benefits.

BEE WELL HAND & FOOT RENEWAL

25 MINUTES - \$85 | COMBINE TWO FOR 50 MINUTES - \$165

Indulge in a sweet treatment that will help you relax, renew, and replenish the hydration in your hands and feet. Start by immersing your lower legs in our new fragrant cinnamon rose mineral soak while a warm herbal neck wrap unwinds muscular and mental tension. Your therapist will massage a warm moisturizing shea butter and bee balm mask into your hands and feet, then slip them into cozy mitts and booties for deep hydration. Hot towels and a final lotion application will enhance circulation and seal moisture into every cell.

HEAD, NECK, & SHOULDER MASSAGE

25 MINUTES - \$85 | COMBINE TWO FOR 50 MINUTES - \$165

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 OFF YOUR BOOTS

25 MINUTES - \$85 | COMBINE TWO FOR 50 MINUTES - \$165

Kick off your boots and treat your senses to a foot-focused treatment that nurtures you from the ground up. Immerse yourself in this experience by starting with a fragrant cinnamon rose mineral soak that will melt away tension from your body and mind. After that sweet release, indulge in an exfoliating scrub and targeted foot massage, using a cooling mint and menthol foot cream to enliven your tired legs and feet.



ALTERNATIVE TREATMENTS

BIOMAT

25 MINUTES - \$30 | 50 MINUTES - \$60

Receive a plethora of health benefits while lying on our crystal-infused heated mat. The combination of amethyst, negative ions, and infrared waves are proven to increase circulation, ease pain, boost immune function, reduce stress, detoxify cells, and soothe inflammation.

REIKI

25 MINUTES - \$85 | 50 MINUTES - \$165 | 80 MINUTES - \$225 | 105 MINUTES - \$275

Reiki is a Japanese technique for stress reduction, relaxation, and healing. Your massage therapist will gently place their 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 well-being.

DRY BRUSHING DETOX BODY TREATMENT

50 MINUTES - \$175 | 80 MINUTES - \$240

Experience our detoxing brushing method, which stimulates the lymphatic system and exfoliates the skin while invigorating the circulatory, nervous, and digestive systems and all major organs. This gentle massage encourages your skin to eliminate toxins by dramatically increasing blood flow to the surface. After the dry brushing, our therapist will provide a relaxing massage using our hydrating shea butter. Additionally, you will receive a dry brush to continue this amazing Eastern Medicine routine at home.



THAI MASSAGE

50 MINUTES - \$205 | 80 MINUTES - \$265 | 105 MINUTES - \$315

Thai Massage was developed from Ayurveda, Traditional Chinese Medicine, Yoga, and Buddhist mindfulness and loving-kindness philosophies. This treatment opens and improves circulation and energy flow within the body, making it very healing and effective in treating various afflictions ranging from minor muscular aches and headaches to internal organ disharmony and paralysis. Our trained therapist will use their hands, elbows, feet, and knees to work energy channels while stretching your entire body. This treatment is delivered on a floor mat, allowing the practitioner to use their body weight and leverage to achieve the deep pressure and yoga-like positions necessary for the therapy. It can help increase flexibility, circulation, vitality, and energy levels and promote a deep state of joy and relaxation.

**Please note that Thai Massage requires some physical agility on the participant's part as it offers a deeper stretch on the cushioned mat.*

KNEAD YOGA

80 MINUTES - \$250 | 105 MINUTES - \$305

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



AQUA BLISS

50 MINUTES - \$205 | 80 MINUTES - \$265

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 sensory deprivation experience. While floating in warm water, sense deprivation 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 to adjust our grotto temperature levels (AM treatment only).*

**Treatment is only available for booking with Dr. Victor Francs.*



WELLBEING ACTIVITIES



YOGA

DAILY CLASSES - COMPLIMENTARY | 60 MINUTE PRIVATE SESSION - \$100

Join us for our morning ‘Rise and Shine’ classes to start your day with movement, and come in the afternoon for a slower-paced, relaxing, and restorative experience. We welcome and encourage all levels of experience in every class.

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, principles of simple yoga stretching, how to breathe with more ease, mindfulness, and more!

MEDITATION

60-MINUTE PRIVATE SESSION - \$100

We integrate different forms of meditation into our yoga 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 private one-on-one session! Our practitioners offer an array of meditation modalities, so please inquire if you are interested!



FITNESS CENTER

Our cardio center is filled with various 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 dual cable crossover system. A perfect complement to our range of outdoor activities.





SAUNA AND STEAM ROOM



We invite you to detox the body in our hemlock wood sauna or steam room, located 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 you to soak in the high heat and low humidity. The use of these rooms can relieve minor aches and pains, improve sleep and blood circulation, and promote relaxation and a general feeling of well-being.

Always practice good steam and sauna hygiene by wearing flip-flops, sitting on a towel, and rinsing off with lukewarm shower water to gently cleanse the skin before entering. If you don't have the correct footwear with you, we 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.

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