

A solid dark blue square with the letters 'SPA' centered inside in white.

SPA

CAPELLA™
TELLURIDE

THE SPA at CAPELLA

HYDROTHERAPY AND BODY TREATMENTS ~ 2

MASSAGE THERAPY ~4

FACIALS AND BEAUTY ~ 6

CAPELLA KIDSPA ~ 8

WELLNESS THERAPIES ~ 9

HOW TO SPA ~ 10

HYDROTHERAPY AND BODY TREATMENTS

SUITE SURRENDER ~ 50 min*

Indulge in the benefits of a secluded sauna, steam room and hydrotherapy tub in the privacy of our spa suite. An excellent addition to any of our other services or a relaxing treat after a day on the mountain.

ALTITUDE ELIXIR OXYGEN BAR ~ 20 min*

An inhalation of purified oxygen with personalized aromatherapy options nourishes, relaxes and balances the entire body. Adjust to altitude change and enhance the quality of sleep.

CAPELLA CUSTOM SPA PACKAGE ~ 75 minutes*

Select three treatments from the following options to create your own customized spa package. Alternatively, you may select one or more single treatments (25 minutes) to enjoy as an enhancement service with any of our massages or facials.

- HYDROTHERAPY MINERAL BATH ~ with your choice of healing aromatherapy additions.
- DEEP DETOX BODY MASK ~ soothes soreness, detoxifies and purifies the body.
- BODY BUTTER COCOON ~ Deeply moisturizing body mask.
- WARM OIL SCALP TREATMENT ~ Scalp, neck and Shoulder Massage with warming aromatic oils.
- HAND AND FOOT THERAPY ~ Warm Shea Butter mask and relaxing massage.
- ENERGIZING EXFOLIATION ~ Awakening and stimulating scrub with bamboo, ginger and lime.
- SOOTHING BODY BUFF ~ organic sugars and lavender exfoliate and thoroughly moisturize.
- COFFEE CONTOUR SCRUB~ eliminates fluid retention, reduces the appearance of cellulite and assists in relieving spider veins.

CLOSE YOUR EYES SLEEP RITUAL ~ 100 minutes*

This recipe for sweet dreams begins with a cup of calming herbal tea and oxygen inhalation therapy featuring a blend of relaxing essential oils including bergamot and sandalwood. After a soothing steam shower, the body is gently scrubbed with lavender and sugar, and then sinks into a geranium mineral bath. Fifty minutes of gentle massage concludes the ritual.

LOVER'S JOURNEY ~ 2 ¼ hours*

Indulge together in a side by side body scrub in your chosen aromas. Next, step into a private steam chamber and massage a purifying earthen paste on each others silky smooth skin. Sink into a double bath of intertwined aromas...your two individual fragrances blended to create a beautiful signature scent for the couple. Sip sparkling wine and enjoy artisan chocolates, then relax by each others' side during a fifty minute couples massage.

*=can be done as a couple's treatment

↪=can be done in-room

MASSAGE THERAPY

SPIRIT OF THE MOUNTAINS MASSAGE ~ 80 min*

An ancient poultice of healing herbs including Jasmine, Sweet Basil and mountain Lavender is steamed to bring on full potency then used to deliver soothing warmth, detoxification and therapeutic botanicals deep into the muscles. Utilizing a unique kneading massage technique, balancing pressure points and potent aromatherapy oils, the herbal poultice massage creates an exquisitely healing experience.

DEEP HEAT STONE MASSAGE ~ 80 min*

Allow the penetrating warmth of smooth heated basalt stones to penetrate deep into weary muscles as they glide and dance across the body, leaving warmth and total relaxation in their wake.

TRADITIONAL SWEDISH MASSAGE ~ 50 or 80 min* ⇄

A classic favorite using kneading, gliding strokes, light to moderate pressure and your choice of aromatherapy oils.

ALPINE REMEDY DEEP TISSUE MASSAGE ~ 50 or 80 minutes* ⇄

Deep targeted pressure and a therapeutic muscle relief cream to alleviate tension and knots in problem areas of the body.

HIKER'S HEAVEN ~ 50 min*

Pull off your boots (or stilettos!) and indulge in a feet treat like no other. Steaming compresses and an enlivening scrub prepare the feet for a deeply moisturizing warm shea butter mask and soothing scalp and foot massage.

MOISTURE QUENCH MASSAGE ENHANCEMENT* ⇄

Pure organic shea butter is blended with your chosen aromatherapy oils during any of our massages to enhance hydration at high altitude.

STEAM SHOWER ENHANCEMENT*

Enjoy an additional twenty minutes in private quarters to relax in an aromatic steam chamber with shower before or after your treatment.

*=can be done as a couple's treatment

⇄=can be done in-room

FACIALS AND BEAUTY

OPULENCE OXYGEN INFUSION SKIN TREATMENT ~ 80 min
with Atoxelene Boost

The Opulence Infusion combines botanical brighteners and super concentrated Vitamin C to safely and naturally treat the cause of uneven skin tone while revealing newfound luminosity and radiance via cooling topical hyperbaric oxygen. This treatment is an anti-aging technology like no other with the addition of Atoxelene - a natural amino peptide complex clinically proven to smooth the dermis and significantly diminish the appearance of fine lines and wrinkles. Designed to refine the forehead, soften eye contour and immediately plump and smooth the lips. Experience visible line smoothing, firming and lift instantly! Every skin tone is notably improved after just one treatment and the benefits continue to accumulate after a series of treatments.

TRANSFORMATION FACIAL TREATMENT ~ 50 min*

This multi-action transformation treatment helps firm and tone, while reducing the appearance of fine lines and wrinkles. Powerful exfoliators open pathways to deliver vitamins, antioxidants, and peptides deep into your face, neck, and décolleté, where active cell production takes place. An antioxidant mask helps your skin regenerate at a faster rate and protect itself against free radicals that contribute to premature aging. Treatment includes a restoring hand massage incorporating powerful softening agents and skin brighteners. After just one treatment, the skin on your face, neck, décolleté, and hands will appear smoother, brighter, and softer.

ORGANIC NOURISHING FACIAL ~ 50 min*

A completely organic facial utilizing aromatherapy and wild harvested botanicals. Deeply moisturizing facial massage with a penetrating warm poultice of healing raw sea algae to remineralize and nourish the skin. Gentle, hydrating, deep cleansing and abundantly relaxing. Includes soothing shoulder and hand massage.

EYE, NECK AND LIP FORTIFYING TREATMENT ~ 20 minutes*

This intensive hydrating treatment gives an immediate rested and refreshed look by helping to strengthen sagging, slacking eyelids, minimize crow's feet, reduce puffiness, tighten loose skin and wrinkles on the neck, and soften rough cracked lips.

WRINKLE REVERSAL TREATMENT ~ 20 minutes*

This treatment resurfaces dead, damaged skin cells to open pathways for the nourishing benefits of Wrinkle Reversing Serum with SGF-4 technology (skin growth factors) to plump wrinkle folds, create more even skin tone, firm and tighten. An excellent treatment for men and women alike, especially those who prefer maximum results in minimal time.

ACUPUNCTURE FACIAL REJUVENATION ~ 50 minutes ⇄

Utilizes acupuncture with rhythmic electro-stimulation to improve muscle tone. Often referred to as an “acupuncture facelift.” Wonderful alone or for maximum results, schedule following a traditional facial.

LASH AND BROW TINTING*

Add focus to your most beautiful feature. Safely darkens and enhances the appearance of lashes and brows.

MINERAL MAKEOVER* ~ 30-50 minutes, depending on your needs

Pure and natural La Bella Donna Mineral Makeup is applied by an artist who will address your makeup questions and help you develop a simple and beautiful healthy skin beauty regimen!

STEAM SHOWER ENHANCEMENT*

Enjoy an additional twenty minutes in private quarters to relax in an aromatic steam chamber with shower before or after your treatment.

HAIR REMOVAL

At Capella Telluride we use the finest hair removal product available. Unlike traditional wax, our soy hair removal product is gentle for sensitive skin and creates results that last longer. We will remove unwanted hair and apply a soothing cream which also slows and inhibits re-growth.

*=can be done as a couple's treatment

⇄=can be done in-room

CAPELLA KIDSPA

This variety of introductory spa treatments is for teens and 'tweens ages seven to fourteen, who must be accompanied by an adult guardian. Our KidSpa guests proceed directly to the treatment area, as locker rooms and lounges are for our adult guests only. Guests age fifteen and over can select from our full treatment menu.

JUNIOR SPORTS MASSAGE ~ 20 minutes

A gentle introduction to therapeutic touch for junior athletes. Massage is concentrated on areas experiencing repetitive use or soreness from athletics, and the therapist will recommend appropriate stretching techniques for home. Loose fitting clothing or PJ's are recommended attire.

LITTLE PERSON, BIG STRESS MASSAGE ~ 20 minutes

Kids have a lot going on! School, sports and activities, friends and more... This relaxing time focuses on massaging the areas where we hold the most stress: the feet, back, neck and shoulders. Can be enjoyed in loose fitting clothing or draped in sheets for privacy depending on the family's preference.

FRESH FACE ~ 20 minutes

This mini facial and skincare lesson from an expert is a great way to halt or prevent those first breakouts and keep skin glowing!

MAKE MINE A DOUBLE ~ 20 minutes

The accompanying adult may enjoy a relaxing foot massage during any of our Kidspa services while supporting the minor.

*=can be done as a couple's treatment

↔=can be done in-room

WELLNESS THERAPIES

TRADITIONAL CHINESE MEDICINE AT CAPELLA ~ 50 or 80 min ⇄

Chinese Medicine theory involves looking at the physical, emotional, and spiritual health of the person, rather than merely addressing the physical symptoms. It recognizes that each person is unique with different constitutions and ailments, thus treatments are tailored to meet the individual requirements of each individual person.

Practitioners of Traditional Chinese Medicine (TCM) use a variety of techniques to restore balance in the body. These techniques include: Acupuncture, Cupping, Acupressure, Ear Seeds, Gua Sha, Moxibustion, Electro-Stimulation, Tui Na Massage, and Herbology. Our treatments use combinations of these methods for maximum results. The World Health Organization recognizes acupuncture and TCM for its ability to treat over forty three common disorders including altitude sickness, respiratory problems, allergies, digestive disorders, infertility, joint and muscle pain, arthritis, anxiety, depression and insomnia just to name a few.

YOGA FLOW ~ 75 minutes* ⇄

Explore a variety of postures combined with the breath to produce movement in the body. During class you will be challenged to look inward and to bring awareness to your body in motion, observing how your body feels in the postures and adjusting without judgment. Part of the practice is to find the balance between gravity's pull and your own opposing strength.

Yoga in a group class setting provides verbal instruction, demonstration and physical adjustments. Our group classes are appropriate for beginner and intermediate practitioners of yoga. Please contact the spa for our current schedule.

Private sessions are completely customized and tailored to suit individual needs based on experience, anatomical restrictions and personal goals assuring correct posture and movement throughout the practice, and are available for individuals, couples and small groups.

**Please reserve your space in group classes with the spa, as space is limited. Please arrive to the spa at least 10 minutes prior to the beginning of class and wear comfortable clothing that allows for movement. Yoga mats will be provided for your use.

HOW TO SPA

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please contribute to this serenity by speaking in soft tones or enjoying the quiet. Please respect all spa guests' right to privacy and refrain from the use of mobile phones, pagers and cameras during your time with us.

RESERVATIONS

To book an appointment, please contact the spa. The Spa at Capella welcomes both resident and non-resident guests. Non-resident bookings will be secured with a credit card.

To ensure your preferred time and services are available, advanced booking is advised. The spa accommodates walk-in bookings based on availability. Please communicate any requests for a specific therapist or gender of therapist at time of booking.

HEALTH CONCERNS

When making your spa reservation, please advise us of any health conditions, allergies, or injuries that could affect your service. You will be asked to complete a Health Assessment prior to your treatment so that we may ensure your comfort and safety and provide a service customized to your needs.

We have specially designed treatments for expectant and nursing mothers. Please allow our spa staff to guide you in selecting the treatments most suitable for you during this special time.

LATENESS AND CANCELLATION POLICY

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of twenty-four hours notice for changes or cancellations. With less than twenty-four hours notice you will be charged for 50% of your treatment. With less than five hours notice, you will be charged for 100% of your treatment.

ARRIVAL AND ATTIRE

We ask that you arrive at least 30 minutes prior to your appointment to prepare for your treatments in an unhurried manner. You are invited from your guest room in street clothes or your robe.

Upon arrival to the spa, you will be escorted to a locker and lounge area adjacent to the treatment area to change into a robe and slippers, sip a spa beverage and complete a brief consultation form. Prior to your treatment, you are greeted by your Licensed Spa Therapist and led to your treatment quarters.

It is customary for guests to completely disrobe for spa services however; disposable undergarments are also available at your request. Our therapists are trained to drape you discreetly and to protect your privacy at all times. We do recommend that you refrain from wearing jewelry or bringing any valuables to the spa.

Guests of the spa are invited to enjoy the pool, hot tub, and fitness rooms, available before or after all spa services. All facilities are co-ed, and bathing suits are required for the pool and hot tub area.

GRATUITIES

For your convenience, a 20% gratuity is automatically added to all services.

THE SPA at CAPELLA

HYDROTHERAPY AND BODY TREATMENTS

SUITE SURRENDER	\$50 individual • \$60 couple
ALTITUDE ELIXIR OXYGEN BAR*	\$35
CAPELLA CUSTOM SPA PACKAGE	\$225 package of three • \$75 individually as a treatment enhancement
CLOSE YOUR EYES SLEEP RITUAL	\$250
LOVER'S JOURNEY	\$650 for the couple

MASSAGE THERAPY

SPIRIT OF THE MOUNTAINS MASSAGE*	\$190
DEEP HEAT STONE MASSAGE*	\$190
TRADITIONAL SWEDISH MASSAGE*↔	50 min \$120 • 80 min \$170
ALPINE REMEDY DEEP TISSUE MASSAGE*↔	50 min \$130 • 80 min \$180
HIKER'S HEAVEN*	\$ 125
MOISTURE QUENCH MASSAGE ENHANCEMENT*↔	\$20
STEAM SHOWER ENHANCEMENT*	\$20

FACIALS AND BEAUTY

OPULENCE OXYGEN INFUSION SKIN TREATMENT	\$190
TRANSFORMATION FACIAL TREATMENT*	\$155
ORGANIC NOURISHING FACIAL*	\$140
EYE, NECK AND LIP FORTIFYING TREATMENT*	\$65
WRINKLE REVERSAL TREATMENT*	\$95
ACUPUNCTURE FACIAL REJUVENATION↔	\$140
LASH AND BROW TINTING	\$20 individually • \$35 for both
MINERAL MAKEOVER	\$75
STEAM SHOWER ENHANCEMENT*	\$20
HAIR REMOVAL	Brow or Underarms ~ \$25 • Bikini, Arm or Half Leg ~ \$45 Full Leg or Back ~ \$75 • Brazilian Bikini ~ \$120

THE SPA at CAPELLA

CAPELLA KIDSPA

This variety of introductory spa treatments is for teens and 'tweens age 7 to 14, who must be accompanied by an adult guardian. Our Kidspa guests proceed directly to the treatment area, as locker rooms and lounges are for our adult guests only. Guests over the age of 15 can select from our full treatment menu.

JUNIOR SPORTS MASSAGE	\$55
LITTLE PERSON, BIG STRESS MASSAGE	\$55
FRESH FACE	\$55
MAKE MINE A DOUBLE	\$55

WELLNESS THERAPIES

TRADITIONAL CHINESE MEDICINE AT CAPELLA 50 min \$140 • 80 min \$200

YOGA FLOW

GROUP YOGA FLOW \$15 PER GUEST
PRIVATE SESSION YOGA FLOW (BY APPOINTMENT) ⇄ \$80 first guest • \$20 per additional guest

*=can be done as a couple's treatment
⇄=can be done in-room