



HEALTH SPA & FITNESS CENTER MENU

We are open 7 days a week in season from 8:00 AM – 8:00 PM

Please call to check availability at (970) 925-8114 or for an appointment.

We offer a dry sauna and steam room after an invigorating workout or before a massage.

MASSAGE

Swedish Massage

Therapeutic Deep Tissue Massage

Lomi Lomi

Stretch Massage ~ can be combined with Deep Tissue or Sports Massage

55 min. \$155/ 85 min. \$215

115 min \$270

SPECIALTY MASSAGE

Prenatal Massage

Craniosacral Therapy

Hot Stone Massage

55 min. \$155/ 85 min. \$215

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85 min. \$215

MASSAGE ENRICHMENTS – Customize your spa experience with one of our enhancements.

These can be added to any type of massage.

Butter Bar Aromatherapy; your choice of one of our essential oil blends

Warm stones

Arnica Muscle Relief

Reflexology

Scalp massage

\$20

\$20

\$20

30 min. \$85

30 min. \$85

Please call 970-925-8114 to make advanced reservations. Cancellations must be made 24 hours prior to your spa reservation to avoid the full charge of the appointment. Hours and prices subject to change seasonally.

In Room Massages are available at an additional cost, and only for guests or owners staying at the Aspen Alps



FITROSE



ASPEN ALPS FITNESS CENTER – PILATES – PRIVATE TRAINING

The Fitness Center provides a full gym with a variety of cardiovascular equipment, strength machines, and free weights to accommodate your fitness program. Public use is \$25/day or \$150/month, FREE with massage service. Private Fitness Training Pilates instruction available for \$100 an hour, single person or Duets are \$140 or \$70 each, Trios are \$180 or \$60 each. Please call **Rosey Murphy at 970-948-2661** for more information or to schedule an appointment.

Aspen Alps Health Spa & Fitness Center – 700 Ute Avenue – Aspen, Colorado 81611 - (970) 925-8114
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