



## HEALTH SPA 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.

### MASSAGES

Swedish Massage	55 min. \$180/ 85 min. \$235
Therapeutic Deep Tissue Massage	115 min \$300
Lomi Lomi	
Stretch Massage ~ can be combined with Deep Tissue or Sports Massage	

### SPECIALTY MASSAGE

Prenatal Massage	55 min. \$180/ 85 min. \$235
Craniosacral Therapy	55 min. \$180/ 85 min. \$235
Hot Stone Massage	85 min. \$250

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

These can be added to any type of massage.

CBD Oil	\$50
Butter Bar Aromatherapy; your choice of one of our essential oil blends	\$30
Warm stones or Arnica Muscle Relief	\$30
Reflexology or Scalp Massage	30 min. \$95

***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***



### PILATES – PRIVATE TRAINING

Private Fitness Training Pilates instruction available for \$120 an hour, single person or Duets are \$185, Trios are \$220. Please call **Rosey Murphy at 970-948-2661** to schedule an appointment.



### GYM MEMBERSHIPS AVAILABLE

Daily – Weekly – Monthly – Yearly – inquire about pricing



### ESTHETICIAN

Hydra Facials – Traditional Facials Waxing – Make Up – Blow Out – Styling  
Contact **Elizabeth McGuire at 970-379-2015** to schedule an appointment.

### CHIROPRACTOR

Chiropractic Treatments - Laser Therapy Call **Dr. Jenn Drake at 970-205-9330** to schedule an appointment or for more information.



***Aspen Alps Health Spa & Fitness Center – 700 Ute Avenue – Aspen, Colorado 81611 - (970) 925-8114***  
***[spa@aspenalps.com](mailto:spa@aspenalps.com) – [www.aspenalps.com](http://www.aspenalps.com)***