

DUNTON



Dunton Hot Springs Spa and Wellness Menu

We invite you to experience our alpine-inspired holistic and therapeutic treatments. Our distinctive facilities promote the ultimate in relaxation and each treatment has been thoughtfully developed to offer a unique experience using products specifically selected for our mountain-desert climate.

At Dunton we proudly feature Amala – ‘most pure’ in Sanskrit, for our massage, spa body treatments and face therapies. Amala is elevated natural skincare with cutting-edge, chemical-free formulas. They have created the perfect environment for living nutrients to thrive and deliver powerful effects – living skin care for living skin.

We suggest soaking in our healing mineral springs prior to your service to prepare your body and mind.

Please schedule your services in advance to ensure availability.

Dunton Custom Massage

Our professional therapists will customize a massage just for you. Whether you enjoy Swedish or a combination of different therapies, this treatment allows space for the ultimate journey within.

\$195/75 minutes

Sports Massage

Designed to address your athletic needs; preparation for or recovery from athletic activities, injury prevention or to maintain your optimal condition. Techniques may include myofascial, trigger point therapy, passive/active stretching and movement.

\$195/75 minutes

Deep Tissue Massage

A deeper style of bodywork to treat musculoskeletal issues such as strains and sports injuries. This deep work allows for the break up of scar tissue that can lead to chronic muscle tension, inflammation, and sore joints.

\$210/75 minutes.

Dunton Customized CBD Massage

Take your massage to the next level by adding CBD to your therapeutic massage. Choose from Colorado grown and manufactured broad or full spectrum oils and body balms in various strengths and sizes.

\$225 plus your choice of CBD strength/75 minutes

Dolores Hot Stone or Mineral Salt Stone Massage

Let the penetrating heat of Dolores River stones or polished salt stones soothe your muscles and balance your energy. These treatments help relieve inflammation, aches, pains, and mental stress. The nature of these stones also offer a gentle exfoliation of the skin leaving you smooth, sleek, relaxed, and in a new level of mountain bliss.

\$210/75 minutes

Ashi-Thai

Performed over clothing, Ashi-Thai is a series of rhythmic compressions and deep stretches while providing a continuous hypnotic & lymphatic flow of energy to the body.

\$225/75 minutes

Ashiatsu Deep Barefoot Massage

Our deepest massage—your therapist’s smooth, warm feet apply compressive effleurage strokes with massage cream or oil for the ultimate deep-tissue experience. Overhead bars allow your therapist to work within your comfort level.

\$225/75 minutes

Thai Yoga Massage

Your therapist will guide you through a series of yoga postures accompanied with acupressure-like compressions along energy Sen lines. Performed on a floor mat or a massage table, comfortable clothing is recommended. Please no shorts.

\$225/75 minutes

Herbal Poultice Massage

Take your senses on a journey East. An aromatic warm poultice of lemongrass, sweet basil, kaffir lime, and tamarind is used to relax the mind & body while relieving joint stiffness and inflammation. Followed by a massage with hemp and essential oils.

\$225/75 minutes

Prenatal and Post-Partum Massage Therapy

Dunton’s prenatal massage encourages relaxation and helps to reduce anxiety, and helps mom feel more in touch with herself and her baby. Post-partum massage can help reduce the strain of baby care and help to nurture the new mother

\$210/75 minutes

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Dunton Hot Springs Spa-Body Treatments

Refine and Revive Body Polish and Massage

This indulgence begins with a smoothing body polish to soften and remove dry skin cells and encourage lymphatic flow. Followed with a relaxing full body massage infusing the benefits of pure, organic plant oils of hemp, jojoba, and coconut oils deeply into your skin. Your journey concludes with a luxurious scalp massage.
\$225/75 minutes

Jet Lag Reviver

Reduce fatigue and enhance jet lag recovery. Your journey begins with a dry brushing to stimulate the senses and awaken the mind followed by an energy-boosting full body massage. Complete with a face and scalp massage.
\$225/75 minutes

Rasayana Regeneration and Massage

The skin is rubbed with a mixture of flours, herbal powders, rose water and aroma oils. Steamed hot tea compresses infused with dosha-balancing oils are used to cleanse and condition the skin. This treatment contributes to reactivate the metabolism and can have a firming and slimming effect. The treatment is completed with a deep application massage of detoxifying oils and lymphatic drainage techniques.
\$225/75 minutes

Dunton Hot Springs Complimentary Group Yoga and Fitness Classes

Maximum of 6 participants in each group class

Yoga and wellness-inspired classes designed specifically for guests of Dunton Hot Springs. These 45 and 60 minute complimentary yoga and fitness classes are available most days of the week:

Vinyasa Flow Yoga

Offers a variety of postures helping to develop a more balanced body and mind.

Kaiut Inspired Practice

This practice draws from the Kaiut Method of yoga, a biomechanically based practice intended to relieve the strains that modern life places on the body and mind. The practice asks you to calm and release the system, using gravity, circulation, and simple postures, and movements to identify restrictions and access mobility.

The practice honors each body's form and function and encourages all individuals to practice—regardless of age or chronic injuries.

The Family Practice

Embraces all levels of experience in a basic yoga format for those over 12 years of age.

Dunton Core Express

45 minute strengthening intensive to improve balance and stability.

To avoid a cancellation fee, please provide 48 hours' notice prior to your spa appointment. For your convenience, a customary 20% service charge will be added your Dunton Spa Services.

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Dunton Hot Springs Private Yoga, Nutrition, and Workshops

Private Yoga Session for 1 - \$150

Private Yoga Session for 2 - \$200

Private Group Yoga for 3-6 - \$250

Private Nutritional and Professional Wellness Counseling

- 30 minute introduction to the powers of nutrition - \$78

- 75 minute custom focus on Dunton's 'food as medicine' approach, the evolution of healthful movement into your life, and support for you in navigating towards harmony, fitness, and balance - \$195

- What we eat is influenced by more than our hunger - our Dunton Chefs, expert Holistic Nutritionist, and fitness pros will help guide and assist you in building lifelong healthy habits. Your goal might be intentional weight loss, nourishment management, discovering exercise that works for you, detox for the mind and body, or just to be on a different path; Dunton's wellness specialists will create a plan for a transition into a healthier you.

2 hours - \$450

The Body Clearing Workshop

This workshop can be made available in a 2 or 3 hour format for an individual or a small group. Just like we clean the external body, the focus in this workshop is to cleanse from the inside out. The workshop will focus on clean nutritional practices as well as physical movement and postures intended to release blockages, settle the mind, and purify the system as a whole.

2-hour private- \$300

3-hour private - \$350

Customized Workshops

Spend quality time with faces you know! Contact us to design the perfect fitness escape for your group: The wedding party, family wellness, girl's getaway, corporate wellness, or specialized yoga intensives with focus on balance, flexibility, or inversions.

Health is a state of the body, wellness is a state of being.

To avoid a cancellation fee, please provide 48 hours' notice prior for your session and 72 hours' notice for any workshop.