

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

Ashi-Thai - a deeply therapeutic, full body stretching technique to relieve muscular tension, improve circulation, boost the immune system, and energetically balance the body. Comfortable clothing allows for ease of movement.

\$225/75 minutes

Ashiatsu Deep Barefoot Massage

Our deepest massage—your therapist’s skilled feet apply firm effleurage strokes 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

Aromatic warm poultices of lemongrass, sweet basil, kaffir lime, and tamarind are used to relax the mind & body while relieving joint stiffness and inflammation. Includes massage with warm, organic hemp oil 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, Foot and Hand Treatments, and Facials

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 Body Regeneration and Massage

The skin is briskly polished with a mixture of herbal powders, rose water and aroma oils. Steamed ginger tea compresses are used to condition the skin. This treatment reactivates the metabolism and can have a firming and slimming effect. The service is complete with a combination of deep tissue and lymphatic drainage massage techniques with exotic oils.

\$225/75 minutes

Dunton Springs Hand and Foot Ritual

Enjoy some me time, or together time for two, in The Spa Cabin designed just for foot and hand treatments. Lavish in the subtle scents of rare oils as your feet and legs slide into our hot springs water. Your feet will be scrubbed, masked, and massaged while you sip a glass of champagne, or a cocktail. Your hands will receive the same luxuries to complete this ritual. Upgrade to CBD for \$45

\$225/75 minutes

All Facial Services are \$210 and 75 minutes

Personally Yours Facial

Calm - Replenish - Protect

Suited for all skin types. Treat and transform your skin with a facial made just for you. Your esthetician will create a tailor-made skin cocktail with the products your skin desires the most.

Hydro Comfort Omega-Rich Facial

Calm - Replenish - Soothe

For sensitive, sensitized, delicate and/or reactive skin. Also for those with Rosacea symptoms, environmentally-challenged skin, or those with topical allergies.

Living Beauty Timeless Signature Facial

Nourish - Revive - Pamper

Suited for all skin types. Your Esthetician will address your short term and long term goals for healthy skin and design a treatment loaded with age-proofing plant botanicals.

Luminous Vitamin C Boost

Correct-Restore - Illuminate

Specialized therapy for dull, sun-damaged skin with uneven tone, and hyperpigmentation. A clarifying-boosting treatment, perfect for skin lacking in radiance. Awaken your skin's luminosity with Amala's groundbreaking system of Vitamin C and Tonka Bean pre-and pro-biotic infusions.

Face Time for Gents

Purify - Detox - Energize

Achieve smoother and more refined skin through this deep cleansing and pore minimizing treatment for men. This facial includes a double cleanse, hot towel compresses, exfoliation, and detox clay mask, and an energizing neck, shoulder, and scalp massage.

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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Facial Add-ons, Upgrades, and Enhancements

Facial Add-ons - 15 minutes/\$45

Firming Sea Algae

Firm - Plump - Smooth

Lift, firm and re-densify your skin with this active, mineral-rich algae mask. Restore skin tone and elasticity while leaving skin soft and velvety smooth.

Soothing Hydration

Hydrate - Soothe - Relax

This indulgent upgrade includes a nourishing pre and probiotic hydrating yogurt mask coupled with a deeply restorative Vedic Marma Point facial ritual to help you refresh and de-stress.

Eye Lift

Firm - Cool - Anti-puff

Fight lines and wrinkles and send dark circles and puffiness to bed with this cooling and lifting algae-rich eye mask.

CBD Facial Massage

Age Prevention, Anti-Inflammatory, and Rejuvenation

Improve skin's elasticity, reduce signs of aging, and cool inflammation with Anoint Full Spectrum Facial Oil. Featuring Marula and Coconut Oils, Mango, Cocoa, and Lavender.

Enhancements:

Professional Cosmetic Waxing

Eyebrow Sculpt - \$45; Eyebrow clean up - \$30; Facial waxing - \$25

Vegan Plant-based Eyebrow and Lash Tinting

Brow Tint \$25 / Lash Tint - \$25 / Both Brow and Lash \$45

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.

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Private Yoga Sessions

Private Yoga Session for 1 - \$150

Private Yoga Session for 2 - \$200

Private Group Yoga for 3-6 - \$250

Private Nutritional Counseling and Professional Wellness Workshops

- 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. In this two-hour customized workshop, our Dunton Chef, Dunton's own Registered Holistic Dietician, and Fitness Professionals will help you create and establish lifelong, healthy habits. Our experts will support you in identifying your healthy weight, guide you in mindful cooking and eating techniques, and help you discover an exercise program that works with you, and for you - \$450

Kaiut Inspired Private Workshop

Designed and formulated by a Chiropractor intent on his patients' reconnection with their body's wisdom is the foundation of the Kaiut method; a floor based practice with the intelligent use of gravity to unwind and release chronic restrictions in soft tissue and joints. The practice involves extended postures and finely-directed micro-engagements focusing on strengthening and opening the joints.

2-hour private for one - \$500

2-hour private for two - \$600

3-hour private group for three plus - \$700

The Body Clearing Workshop

This workshop is 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 class will focus on physical movement, postures, and adopting clean eating practices intended to release blockages, settle the mind, and purify the system as a whole.

2-hour private- \$300

3-hour private - \$350

Finding Wellness in the San Juans

A two-hour workshop focused on mountain-flow movement, meditation, and active restorative stretching. Your session starts with relaxing moments of mindful breathwork, then settle into relaxation and rhythm as you transition into healing meditative thoughts and movement.

\$350 for two to six participants.

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