

DUNTON



COLORADO

## Dunton Hot Springs Spa and Wellness Menu

We invite you to experience our alpine-inspired therapeutic treatments. Each treatment has been thoughtfully developed using products specifically selected for our mountain-desert climate. We suggest soaking in our healing mineral springs prior to your service to prepare your body and mind.

Spa treatments are 75 minutes in length. Please schedule your services in advance to ensure availability. There is a 72 hour cancellation policy for all appointments. Our age requirement for spa services is 12, guests of 12-17 years must be accompanied by an adult. For your convenience, the rates below include a gratuity to your therapist and no additional fees are added



### CUSTOM MESSAGE

A massage customized just for you. Whether you enjoy Swedish or a combination of different modalities, this treatment allows space for the ultimate journey within.

**\$285**

### SPORTS MESSAGE

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 release, trigger point therapy, or passive/active stretching and movement.

**\$285**

### DEEP TISSUE MESSAGE

A deeper style of bodywork to treat musculoskeletal issues such as strains and sports injuries. This deep work allows for break-up of scar tissue that can contribute to chronic inflammation and tension.

**\$300**

## HERBAL POULTICE MASSAGE

Aromatic warm poultices of lemongrass, sweet basil, kaffir lime, and tamarind are used to relax the mind and body while relieving joint stiffness. Treatment includes massage with essential oils.

**\$320**



## ASHIATSU BAREFOOT MASSAGE

A unique and unforgettable massage experience. This treatment offers the ultimate in deep-tissue massage work and is our deepest massage. Therapists use their skilled feet to apply deeper compression, long gliding strokes, and assisted stretching. Overhead bars allow your therapists to work within your comfort level.

**\$320**

## ASHI-THAI MASSAGE

A deeply therapeutic, full body stretching technique to relieve muscular tension, improve circulation, boost the immune system and energetically balance the body.

Wear comfortable clothing for ease of movement.

**\$320**

## THAI YOGA MASSAGE

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

**\$320**

## CBD MASSAGE

Take your massage to the next level by adding a therapeutic CBD product to the treatment. These products can ease pain and inflammation for sore muscles and joints. Choose from a variety of Colorado grown and manufactured CBD oils, salves, and concentrates that vary in strength. The product price is added to the massage and is yours to take home and enjoy after the treatment.

CBD products range in price from \$40 to \$200.

**\$285**



## PRENATAL OR POSTPARTUM MASSAGE

Prenatal massage encourages relaxation and reduces anxiety for mom to-be.

Trained therapists use special techniques and cushions that allow mom to feel comfortable and supported in her changing body.

Moms will leave the treatment feeling more in touch with herself and her baby.

Postpartum massage will add to a new mom's healing journey by relieving strain from birth and promoting recovery. The treatment will also relieve stress from new baby care.

**\$300**

## REFINE & 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 that infuses benefits of pure, organic hemp, jojoba, and coconut oils deeply into your skin. Your journey concludes with a luxurious scalp massage.

**\$320**

## RASAYANA BODY REGENERATION MASSAGE

The skin is briskly brushed with a mixture of herbal powders, rose water, and aroma oils. Steamed turmeric ginger tea compresses are used to condition skin. This treatment reactivates metabolism and can have a slimming effect. The service is complete with a detoxifying massage.

**\$320**

## DUNTON FACIAL SELECTION

Each facial is complete with neck, shoulder, and scalp massage as well as an Ayurvedic Marama point ritual to promote full body wellness.

**\$320 each**



## PERSONALLY YOURS FACIAL

**Calm-Replenish-Protect**

Treat and transform your skin with a facial made just for you and what your skin most desires.

## HYDROCOMFORT OMEGA RICH FACIAL

**Calm-Replenish-Soothe**

For sensitive, delicate, or reactive skin. Your esthetician will use relieving skin care products designed to quence and even skin tone.

## LIVING BEAUTY SIGNATURE FACIAL

**Nourish-Revive- Pamper**

Perfect for aging skin. The health of your skin will be assessed and a facial ritual to meet your skin care goals and deliver a visibly radiant complexion will follow.

## LUMINOUS VITAMIN C FACIAL

**Correct-Restore-Illuminate**

Specialized therapy for damaged skin with uneven tone. A clarifying treatment perfect for boosting skin that is lacking luminosity.

## FACETIME 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 compress, exfoliation, and detox clay mask.



## WELLNESS MENU

### WEEKLY COMPLIMENTARY YOGA SESSIONS

Join our experienced teachers in a complimentary practice during your stay. Classes are offered on most days of the week and styles taught vary. Classes are open to a maximum of 6 participants. Speak to our guest services team for details and to sign up.

### PRIVATE YOGA SESSIONS

If you prefer a private session, schedule a class just for your group. Our instructors offer more active, vinyasa style classes as well as calming practice focused on joint access and mobility. Prices listed are for classes that are one hour in length.

**\$180 for individuals**

**\$240 for couples**

**\$300 for groups (3-6)**



### WELLNESS IN THE SAN JUANS

A two-hour workshop focused on deepening the connection between body and mind. Your session starts with relaxing moments of mindful breathwork followed by a flowing sequence of healing postures and is finished with an extended movement meditation designed to promote physical mobility as well as inner relaxation and peacefulness.

**\$300 for individual**

**\$360 for couples**

**\$420 for groups (3-6)**

**Our age requirement for all yoga classes is 16 years.**

## FOREST BATHING

Our Association of Nature and Forest Therapy certified guide will open doors for a deeper relationship with nature and its benefits. Forest bathing was founded in Japan and is quickly becoming popular in the states with extensive scientific studies backing its physical and mental benefits. It is a low-impact, guided walk accessible to all individuals with prompts for engaging all of the senses with the natural environment. The benefits of disconnecting from technology, lowering the blood pressure, and opening up senses that aren't often engaged in our busy world are some of the many you'll experience. Let your mind and body be captivated by the Northern San Juan forest.

**\$200 per person, 2 hours**



**All trips and start times are weather permitting.**

**\*Recommended: Seasonally appropriate layers, sturdy shoes, brimmed hat, sunglasses, water bottle, camera and sunscreen.**