

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.

\$300

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.

\$300

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.

\$315

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NEUROMUSCULAR INTEGRATION

A treatment focused on structural alignment, functional movement, and somatic awareness. Through a myriad of techniques from myofascial release, structural integration, deep tissue manipulation, postural assessment, cranio-sacral, and lymphatic drainage space and lasting ease are found.

\$315

HOT STONE MASSAGE

Let the penetrating heat of Dolores River stones or polished salt stones soothe your muscles and balance your energy. This treatment helps relieve inflammation, aches, and pains while the stones offer a gentle exfoliation to the skin- leaving you feeling smooth and blissfully restored.

\$315

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 produced 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.

\$300



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.

\$315

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ASHIATSU BAREFOOT MASSAGE

This unique 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.

\$335



ASHI-THAI MASSAGE

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

\$335

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.

\$335

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.

\$335

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.

\$335

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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.

\$315 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 quench 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.

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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)

Inquire in regard to availability and pricing for larger groups.



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.

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MOVEMENT TRAINING

Re-center and align yourself through movement. Within this class you will explore fitness through a holistic approach that balances the mind, body and spirit using the body and the concept of play. The methods used within this class will challenge and improve your strength, mobility, coordination, balance, expression, and connection to the body. At the end of the session, you will leave with a number of tools to help expand your own movement practice.

With the same intentions and methods as the one on one training. We use the availability of a group to challenge and improve our movement and fitness capacity through play, connection, and challenge. This dynamic exploration of our bodies expands our capacity to move functionally, as well as play.

\$200 for individuals

\$125 per guest for groups up to 6

Inquire in regard to availability and pricing for larger groups.



HEALING SOUND BATHS

Sound baths combine direct and indirect vibrations and tones using a variety of instruments to help relax, restore, and rejuvenate. A session may include any combination of instruments like Himalayan bowls, crystal singing bowls, tuning forks, chimes, gongs, drums, and flutes. The pleasant sounds are not only heard but are absorbed by tissues to promote wellness in the physical body and peacefulness in the state of being.

\$200 for individual

\$125 per guest for groups

Our age requirement for movement training and individual sound baths is 16 years.