

DUNTON



COLORADO

Dunton Hot Springs Spa and Wellness Menu

What better way to indulge in the healing powers of high alpine wellness than to treat yourself to one of our relaxing spa therapies. No matter what your selection, our talented therapists will leave you with a reinvigorated body and a tranquil mind. We suggest soaking in our healing mineral springs prior to your service to enhance your experience.

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.

Children under the age of 13 are not permitted to receive spa services.

Minors aged 13 to 17 may receive services only with written consent from a parent or legal guardian. Parents or guardians may choose to be present in the treatment room during the service, but their presence is not required.

***Rates subject to change.**



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.

\$330

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.

\$345

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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.

\$365

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 \$60 to \$200.

\$330



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.

\$345

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BODY & FACIAL TREATMENTS

Each of our body and facial treatments feature the alpine inspired natural product line: Susanne Kaufmann. Their product philosophy is to support the skin's natural function so that it can work at its fullest potential, allowing vitality and beauty to shine. These powerful formulas are created using only the finest of carefully chosen plants and botanicals, produced with pioneering sustainable manufacturing methods. Your therapist will then send you home with personalized product recommendations so you may take the experience with you.

SIGNATURE BODY POLISH

The ultimate renewing wellness journey, beginning with an invigorating body scrub to leave skin fresh and silky smooth, followed by a full body and scalp massage to relieve physical and mental stress and tension. The treatment will utilize a range of massage techniques for a complete sensorial experience.

\$375



TRANSFORMING SIGNATURE FACIAL

A treatment tailored to your skin's needs. After a thorough skin assessment, carefully selected products and massage techniques are combined to improve the skin condition. This treatment can help to alleviate a range of skin concerns, leaving complexion clear and radiant.

BOOSTING HYDRATION FACIAL

Visibly plump, brighten, and revitalize your skin. Potent botanical concentrates combined with targeted massage techniques nourish and firm the skin. This facial begins with a deep and refreshing double cleanse and gentle exfoliation to perfectly prime the skin. While the mask treats the skin, a soothing head massage will help you to unwind and promote a deep sense of relaxation.

GLOW FACIAL

A combination of treatment techniques and effective products in this treatment encourage a special glow to the face. The skin is stimulated, supplied with sufficient moisture, and the elasticity is increased. The result is a fresh, healthy, and glowing complexion that leaves you red carpet ready.

ALL FACIALS \$385

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WELLNESS SELECTIONS

WEEKLY COMPLIMENTARY MOVEMENT 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 & MOVEMENT

We offer weekly complimentary classes but if the timing does not work into your schedule or you simply prefer a private session, schedule a class just for your group. Our instructors offer more active, vinyasa style classes, core strengthening pilates or pi-yo classes as well as calming practices focused on fascia release, 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)

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GUIDED BREATHWORK

Explore a variety of breathing techniques designed to calm the mind, energize the body, and reconnect you with your inner balance. In this 30 minute workshop you'll practice simple yet powerful breathing techniques that reduce stress, improve focus, and support emotional well-being. No experience needed - just come as you are and breathe. All Ages.

\$90 for individuals

\$120 for couples

\$150 for groups (3-6)

SOUND HEALING

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, and voice. 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. All ages.

\$200 for individual

\$125 per guest for groups



**Inquire in regard to availability and pricing for larger groups.
Our age requirement for all yoga classes is 16 years.**