DUNTON

COLORADO

Dunton Hot Springs Spa and Wellness Menu Fall 2026

Experience the restorative benefits of high-alpine wellness through our thoughtfully curated spa therapies. We recommend enjoying our natural mineral hot springs prior to your treatment to enhance your experience.

Spa treatments are 75 minutes unless otherwise noted, with 60 minute or 90 minute treatments available by request. Advance reservations are recommended. For your convenience, gratuity is included in the menu price. Children under 13 may not receive spa services. Guests ages 13–17 require written consent from a parent or legal guardian.

There is a 72 hour cancellation policy for all appointments.



CUSTOM MASSAGE

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 MASSAGE

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

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

DUNTON

COLORADO



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

ALITITUDE ADJUSTMENT MASSAGE

Ease into the mountains with a restorative massage featuring a signature high-altitude botanical oil and flowing techniques to release tension and nourish the skin. Focused work on the feet, legs, neck, and shoulders is followed by a soothing face, scalp, and head massage. Warm compresses and gentle stretching leave you grounded, refreshed, and ready for the high country.

$350

MOTHER NATURE MASSAGE

A 60-minute nurturing massage created especially for the expecting mother, with gentle, flowing strokes, supportive positioning, and a specially blended botanical oil to soothe the senses and nourish the skin. A restorative moment to slow down, reconnect, and simply be, for guests who have received clearance from their healthcare provider.

$280

DUNTON

COLORADO

RITUAL ENHANCEMENTS

A collection of thoughtful additions to personalize your massage, body or facial treatment.
Choose a ritual designed to soothe, restore, and elevate your experience.
ALL ENHANCEMENTS $50

CBD ENHANCEMENT

Experience the soothing benefits of Colorado-crafted CBD, thoughtfully incorporated throughout your massage. CBD oils, salves, and concentrates are selected to promote relaxation, ease the feeling of everyday tension, and leave you feeling grounded and restored. A distinctly Colorado addition to your spa experience.

FACE & EYE RENEWAL

A restorative ritual for the face and eyes, featuring cooling eye patches, a soothing facial massage with Susanne Kaufmann Face Oil, and a rich moisturizing cream. Gentle massage of the face, scalp, and temples melts away tension while leaving the skin nourished, refreshed, and beautifully renewed.

DRY BRUSHING RITUAL

Enjoy gentle dry-brushing to awaken the senses, exfoliate the skin, and support the body's natural lymphatic flow. Light, rhythmic strokes are followed by nourishing body oil, leaving the skin smooth, refreshed, and beautifully renewed. Your dry brush is yours to take home and make part of your daily wellness routine.



DUNTON

COLORADO

BODY & FACIAL TREATMENTS

Each 75-minute body and facial treatment features Susanne Kaufmann, an alpine-inspired skincare line rooted in the power of plants and botanicals. Thoughtfully formulated to support the skin's natural balance, each treatment brings together effective, refined formulations and a deep connection to the alpine landscape.

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 personalized treatment tailored to your skin's unique needs. Following a thorough skin assessment, carefully selected botanical products and restorative massage techniques work together to deeply nourish, sculpt, and revitalize the complexion. This luxurious facial restores balance, enhances radiance, and leaves skin feeling refreshed, healthy, and beautifully renewed.

GLOW FACIAL

Reveal a luminous, radiant complexion with this brightening and deeply hydrating facial. Potent botanical ingredients, targeted massage techniques, and a refreshing cooling globe ritual work together to replenish moisture, improve elasticity, and restore a healthy glow. The result is smooth, vibrant skin that looks refreshed, hydrated, and event-ready.

BARRIER REPAIR FACIAL

Soothe, strengthen, and restore skin with this calming treatment designed for sensitive, dry, or stressed complexions. Gentle botanical formulas and restorative techniques help replenish hydration, support the skin's natural barrier, and reduce the appearance of redness. The result is a balanced, comforted complexion that feels resilient, nourished, and deeply restored.

ALL FACIALS $395



DUNTON

COLORADO

WELLNESS SELECTIONS

YOGA & MOVEMENT Come stretch out, loosen up, and relax through guided movement. Our instructors offer a variety of styles ranging from active vinyasa to get your heart pumping, calming flow focused on release and mobility, and traditional hatha classes geared towards fostering mind/body connection. 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. Prices listed are for classes that are one hour in length. Minimum age 16.

$240 for individuals
$280 for couples
$300 for groups (3-6)

PARTNER YOGA Grab a partner and try yoga a little differently! In this playful, all-levels experience, you'll stretch, balance, support, and move together through a series of partner poses and movements. Whether it's a date, a friend outing, or family time, partner yoga is a fun way to try something new, get moving, and share a few laughs along the way. No yoga experience or flexibility required. Classes are one hour in length.

$250 for couples
$350 for groups (4-6)



GUIDED MEDITATION SESSION Access your mind's innate peace and balance with a guided meditation class. In these 45 minute sessions, you will have the opportunity to learn and practice essential skills of focus, awareness, and self acceptance, drawn from a wide array of ancient, contemplative traditions bolstered by gleanings from modern mindfulness research. No prior meditation experience is needed. Our classes are accessible for all who are interested. We offer complimentary classes on a fixed schedule or private sessions to fit your preference.

$180 for individuals
$240 for couples
$300 for groups (3-6)

DUNTON

COLORADO

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)

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 45 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.

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, 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.

Pricing for Breathwork & Soundbaths
$240 for individuals
$280 for couples
$300 for groups (3-6)

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

