

# MASSAGE TREATMENTS

## Signature Massages

### Sonnenalp Signature Massage

A full-body light to medium pressure massage that relieves muscle tension and improves circulation while promoting deep relaxation.

**50 Minutes \$150**

**80 Minutes \$225**

### Signature Aromatherapy Massage

Choose a custom blend of aromatherapy oils to enhance your Signature Massage.

**50 Minutes \$155**

**80 Minutes \$225**

### Deep Therapeutic Massage

A firm and deep pressure massage focusing specifically on painful or tense areas. Your therapist will use trigger point, myofascial and deep tissue techniques to break up adhesions and stored toxins to help bring the muscles back into balance.

**50 Minutes \$170**

**80 Minutes \$235**

### Mountain Sports Massage

Soothe your aches and pains after playing on the mountain with this firm pressure and gentle stretching massage to help improve joint mobility.

**50 Minutes \$155**

**80 Minutes \$225**

### Couple's Signature Massage

Enjoy each other's company as you relax together in our couple's suite while indulging in a full-body, light to medium pressure massage. Please specify if one or both would prefer to upgrade to a Deep Therapeutic Massage instead of the Signature when booking.

**50 Minutes \$300**

**80 Minutes \$450**

### 20-Minute Invigorating Massage

This 20-minute, target-specific massage is the perfect quick fix for tired and sore muscles.

**20 Minutes \$80**

### Far Infrared Biomat

Add the Biomat for extra rejuvenation and relaxation during your massage treatment. The Biomat uses far infrared heat to deeply penetrate your muscles while reducing stress, stimulating your immune system and boosting injury recovery. Not available with all treatments.

**50 Minutes \$25**

**80 Minutes \$30**

## Specialized Massages

### Warm Herbal Poultice Massage

Drift away tensions while enjoying this traditional Thai massage. A hot steamed herbal poultice opens the pores and brings a deep medicinal heat to the muscles to alleviate aches and pains, release tensions, detoxify and revitalize.

**80 Minutes \$230**

### Head and Toes Thai Poultice Massage

Indulge in this warm herbal compress massage based on ancient Thai massage principles. Starting at the head and neck, and finishing with your ankles and feet, your therapist will gently massage energetic points with a steamed compress.

**50 Minutes \$165**

### Acutonics

A modality that incorporates sound and vibration to harmonize, relax and rejuvenate the mind and body and enhance and deepen your massage experience. *Based on therapist availability.*

**50 Minutes \$165**

**80 Minutes \$240**

### Heated Stone Massage

Using heated and smooth river stones, this treatment allows for a warm and deep relaxation, bringing soothing relief to tight and aching muscles.

**75 Minutes \$235**

### Prenatal Massage

A gentle massage that focuses on relieving muscle tension and stress on weight-bearing joints, neck, shoulders and lower back, helping provide relaxation for mother-to-be and baby. Please consult with your doctor before booking your appointment.

**50 Minutes \$160**

### Spa Reflexology

This holistic treatment stimulates the reflex points on your feet and hands to evoke a systemic reaction that relaxes and revitalizes your entire body. Enjoy a foot exfoliation with the 50-minute treatment. *Based on therapist availability.*

**20 Minutes \$90**

**50 Minutes \$165**

### 20-Minute Hand and Foot Combination

Enjoy a relaxing hand and foot massage when you don't have time for the full body.

**20 Minutes \$80**

### 20-Minute Hot Oil Scalp Massage

Melt scalp and neck tension away while de-stressing your mind. Can also be added on to the end of any other massage or body treatments.

**20 Minutes \$80**

# BODY TREATMENTS

### Signature Seasonal Scrub

Enjoy a full-body exfoliating scrub that is designed to complement the season. This treatment will remove dead skin cells and surface impurities so that the skin can retain moisture and a healthy glow. The scrub is followed by a hydrating moisture application, leaving your skin softened and nourished. Choose the 80-minute treatment to enjoy a full-body massage following your scrub.

**50 Minutes \$160**

**80 Minutes \$200**

### Bavarian Body Polish

Our hydrating and skin purifying exfoliating treatment consists of a full-body scrub followed by a relaxing moisturizing treatment. This treatment is ideal for people with sensitive, mature or sun-burned skin. Choose the 80-minute treatment to enjoy a full-body massage with your body polish.

**50 Minutes \$160**

**80 Minutes \$200**

### Mountain Radiance Scrub

This invigorating treatment uses ancient seabed mineral salts infused with essential oils for a full-body exfoliation followed by a relaxing moisturizing treatment. Choose the 80-minute treatment to enjoy a full-body massage with your scrub.

**50 Minutes \$160**

**80 Minutes \$200**

### Signature Seasonal Body Wrap

This treatment is designed with the seasons in mind. It starts with a full-body scrub before you are wrapped in a deep moisture mask to allow optimal absorption into your skin. The wrap is then followed by a final moisture application. You will emerge deeply relaxed and glowing. Choose the 110-minute treatment to enjoy a full-body massage following your wrap.

**80 Minutes \$210**

**110 Minutes \$280**

### Detoxifying Mud Wrap

A full-body exfoliation is followed by an enzyme-rich mud mask, helping to nourish and tone the skin, stimulate circulation and assist the body in releasing toxins and muscle pain. The wrap is finished with a relaxing moisturizing treatment to soften and hydrate the skin. Choose the 110-minute treatment for a full-body massage.

**80 Minutes \$210**

**110 Minutes \$280**

### High Alpine Hydration Wrap

A moisturizing body scrub helps remove dead skin cells and prepares the skin for a replenishing balancing body wrap. This wrap will help nourish dry skin due to higher mountain climates, leaving your skin refreshed and rehydrated. The wrap is followed by a relaxing moisturizing application to promote full-body hydration. Choose the 110-minute treatment for a full-body massage.

**80 Minutes \$210**

**110 Minutes \$280**

### Healing Arnica Back Treatment

This treatment is ideal for a sore, stiff or tight back. After an exfoliation, we apply a warming and relaxing Arnica massage oil, followed by a revitalizing Arnica cream to help soothe discomfort, stress and strain.

**50 Minutes \$175**

## MASSAGE & BODY TREATMENT ENHANCEMENTS

Add on to your massage or body treatment to maximize your experience. Can only be added to select massage and body treatments.

20-minute Head, Neck and Scalp Massage	\$65
20-minute Foot Massage	\$65
20-minute Spa Reflexology*	\$65

\*Based on therapist availability

## FACIALS

### Leading Results - 50 Minutes

#### Signature Facial

50 Minutes \$155

Our most popular facial, customized for the guest who seeks a result-oriented facial. This facial addresses any concern ranging from anti-aging to the effects of high altitude, leaving your skin re-hydrated, supple and vibrant.

#### Men's Signature Facial

50 Minutes \$155

The perfect treatment for any man who is concerned about the health and appearance of his skin. Using a customized treatment, this facial will address a variety of concerns and issues and leave the skin feeling rejuvenated.

#### Phyto Stem-Cell

50 Minutes \$175

An excellent treatment for mature skin which addresses the effects of aging. Using Argan and Comfrey stem cells, this facial will assist in reducing visible fine lines and wrinkles, even skin tone and help with long-term protection of the skin's naturally repairing stem cells. This revolutionary facial will leave your skin feeling refreshed and hydrated.

#### Lymphatic Facial

50 Minutes \$155

This is an ideal treatment for sinus issues. A gentle, pressure-point facial massage that assists in the draining of toxins by manually activating the lymphatic system. The results include reduced puffiness, as well as sinus allergy relief. Extractions not included.

#### HydraFacial

50 Minutes \$220

The newest advance in non-laser skin resurfacing, this facial combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer more beautiful skin with no discomfort or downtime. The HydraFacial will address fine lines, wrinkles, congested and enlarged pores, oily or acne-prone skin, hyper-pigmentation and brown spots as well as deeply hydrate the skin, leaving the skin with a dewy glow look after one treatment. Enjoy a hydrating paraffin treatment during your facial as well as a light treatment to complete your facial.

#### HydraFacial Enhancements

Add on a 20-minute Back Treatment	50 Minutes \$65
Add on a 20-minute Arm Treatment	50 Minutes \$65
Add in a Decollete Treatment	50 Minutes \$65
Add in an Eye and Lip Dermabuilder Treatment	50 Minutes \$20

### Extended Results - 80 Minutes

#### Enhanced Signature Facial

80 Minutes \$210

All the luxurious products of our Signature Facial along with an increased time for specific detail work, our Enhanced Signature Facial will create phenomenal visible results and an overall decadent experience. This facial addresses such aspects as anti-aging and extreme dryness, with additional options tailored to your specific skin care needs.

#### Deluxe Caviar Facial

80 Minutes \$220

A restorative treatment that hydrates and firms mature skin utilizing vegetable Botox, crushed pearls and marine Caviar for deep penetration and maximum anti-aging repair. Best for those with more mature skin or in need of extra hydration.

### Rejuvenating Peels - 50 Minutes

#### Vitamin C Fresh Peel

50 Minutes \$150

A natural fruit enzyme peel that leaves your skin immediately softer and smoother with noticeable improvements in skin tone and texture. Extractions not recommended.

#### Retinol Facial

50 Minutes \$160

A rejuvenating, high-performance facial that combines a deep cleansing, yet gentle peel followed by a Micro-retinol treatment to recapture smoother, denser and younger-looking skin. Suitable for all skin types, except for sensitive and acne-prone skin. Extractions not recommended.

### Select Facials - 50 Minutes

#### Rejuvalight

50 Minutes \$150

80 Minutes \$190

Our unique Rejuvalight system uses near red and infrared light to increase the production of collagen and elastin at the cellular level, helping with acne and pigmentation concerns.

#### Soundscapes

50 Minutes \$150

80 Minutes \$200

This treatment integrates sound and vibration therapy into your facial experience using tuning forks to create activity in the muscles and promote collagen and elastin production. Also perfect for sinus conditions and puffiness. *Based on aesthetician availability.*

#### Classic Facial

50 Minutes \$145

The perfect facial for a first-time facial experience. This facial incorporates all the classic components entailed in a basic skin care regimen.

## FACIAL ENHANCEMENTS

Add on any one of the following treatments for the ultimate Spa experience.

50-Minute Reflexology (based on therapist availability)	\$130	20-Minute Lymphatic	\$65
20-Minute Firming Eye and Lip Treatment	\$65	20-Minute Head, Neck and Scalp Massage	\$65
20-Minute Rejuvalight Treatment	\$65	20-Minute Foot and Calf Treatment	\$65
20-Minute Soundscapes (based on therapist availability)	\$70	Hand or Foot Paraffin Treatment	\$20

# HAND/FOOT CARE

- Sonnenalp Classic Manicure** **40 Minutes \$60**  
A complete manicure with exfoliation, cuticle work, nail shaping and your choice of polish.
- Sonnenalp Deluxe Manicure** **50 Minutes \$70**  
A complete manicure with exfoliation, cuticle work, nail shaping and your choice of polish. Also includes a paraffin dip.
- Sonnenalp Classic Pedicure** **40 Minutes \$65**  
A soothing footbath is followed by nail shaping and cuticle work with heel exfoliation and concludes with a hydrating foot and calf massage and your choice of polish.
- Sonnenalp Deluxe Pedicure** **50 Minutes \$75**  
A soothing footbath is followed by nail shaping and cuticle work with heel exfoliation and concludes with a hydrating foot and calf massage and your choice of polish. Includes a paraffin dip.
- Classic Combination** **80 Minutes \$100**  
This treatment includes shaping of the nails along with cuticle work, heel exfoliation, followed by a light massage and choice of polish on both the hands and feet.
- Young Adult Combination** **50 Minutes \$60 Single Service \$35 each**  
Best suitable for children under the age of 12, experience a mini-manicure and mini-pedicure with your choice of polish. Can be done separately if desired.
- Ion Spa Detoxifying Foot Treatment** **50 Minutes \$75 80 Minutes \$120**  
A detoxifying ionic-footbath that incorporates a foot scrub and relaxing foot massage to help the body release built up toxins. Upgrade to an 80-Minute treatment to receive a full Classic Pedicure.
- Polish Change** **20 Minutes \$50**  
A quick clean-up of the nails that includes light shaping and polish for the hands or feet. No cuticle work included.
- Gentleman's Nail Grooming** **20 Minutes \$50**  
A quick clean-up which includes cuticle work, nail shaping and a shine buff for the hands or feet.

## HAND AND FOOT CARE ENHANCEMENTS

20- Minute Foot and Calf Treatment with any Pedicure	\$65
Shellac Removal	\$35

# WAXING/TINTING

Waxing		Tinting	
Lip, Brow, Chin or Nose	\$25	Eyelashes	\$30
Neck	\$25	Brows	\$40
Full Face	\$45		
Chest	\$70		
Back	\$70		
Half Arm	\$50		
Underarms	\$40		
Half Leg	\$50		
Full Leg	\$75		
Toe & Foot	From \$10		
Bikini	\$45		
French Bikini	\$60		
Brazilian	\$80		

# PACKAGES

- Sonnenalp Signature Package** **\$340**  
50-minute Signature Massage, 50-minute Signature Facial, 80-minute Classic Combination.
- Gentleman's Renewal** **\$290**  
50-minute Signature Massage, 50-minute Men's Signature Facial, 20-minute Nail Grooming for hands or feet.
- Detox Package** **\$340**  
Choose between the 80-minute Detoxifying Mud Wrap or 80-minute Warm Herbal Poultrice Massage, with a 50 minute Ion Spa Detoxifying foot treatment, and a 50-minute Lymphatic Drainage facial.
- Mom-to-be Package** **\$340**  
50-minute Prenatal Massage, 50-minute Classic Facial, 80-minute Classic Combination for the hands and feet.
- Romance Package** **\$710**  
80-minute Couple's Massage, two 50-minute Classic Facials, two 40-minute Sonnenalp Classic Pedicures.
- Express Spa Package** **\$220**  
Choose between one of our 20-Minute Massages, 20-Minute Refresher Facial, and choice of the Hand or Foot Polish Change.

Ask how to build your own custom package!