



SPA ANJALI

AT THE WESTIN



*Live Longer.  
Live Better.*

ONE SUBLIME DESTINATION | THREE INCREDIBLE JOURNEYS

Spa Anjali means divine offering in Sanskrit. Let us delight your senses with three incredible and unique excursions. Be taken to an extraordinary place grounded in healing traditions uncovered centuries ago.

Embark on a healing journey to the Rocky Mountains, Alps or Himalayas. Find balance in the Himalayan Chakra Blessings. Discover uplifting remedies from the Alps with the Honey Dream. Embrace the energy of the Rocky Mountains with the Ponderosa Pine Therapy.



## CHOOSE YOUR JOURNEY AND SEE WHERE IT TAKES YOU:

### *rocky mountain journey*

Native Americans have called to Mother Earth for nourishment and spiritual guidance. As we walk in the footsteps of the tribes who once called the Rocky Mountains home, we gather the healing properties of indigenous herbs and local organic ingredients to soothe the mind, body and spirit.

### *alpine journey*

Europe claims the origin of 'spa', where thermal springs became popular bathing and healing gathering places. With the evolution of holistic herbal and water therapy in the 1890s, aromatherapy was born. The Alps region is rich in European remedies, such as mineral enriched mud, flower essence and aromatic oils.

### *himalayan journey*

Ayurveda is a holistic approach to maintaining one's health by aligning the mind, body and spirit with nature. We offer a collection of unique Chakra Blessings intended to promote a feeling of clarity and balance. Chakras are the center of energy in the body and by balancing the chakras we help clear negativity, balance energy and create an optimal state of well-being and wholeness.



## *rocky mountain journey*

**PONDEROSA PINE THERAPY** 75 minute \$250 | 100 minutes \$280

This therapy borrows ancient Native American remedies to treat inflammation and muscle pain. Incorporating deep tissue massage, a heated handmade poultice filled with local sage, pine and lavender is used to alleviate tension.

**RED CLOVER BODY MASK** 75 minute \$250 | 100 minutes \$280 (100 minute includes body wrap)

Begins with a healing exfoliant scrub of red clover, mountain honey and shea butter to deeply moisturize and renew your skin. Revitalize tired muscles while enveloped in a warm body wrap enriched with vitamin C, calcium and antioxidants, followed by a Swiss shower and a customized massage.

**RIVERSTONE MASSAGE** 75 minute \$250 | 100 minutes \$280

Heat from river stones penetrates through layers of muscle providing benefits of deep tissue massage while enjoying relaxing Swedish massage techniques. This treatment is ideal for anyone looking to alleviate stress, release toxins and relieve pain from sore muscles. Includes HEAT.

**HEALING CRYSTAL BODY POLISH** 75 minute \$250 | 100 minutes \$280

This organic exfoliating body polish is designed to leave your skin smooth, radiant and deeply nourished. The polish consists of chia seed, jojoba and brown sugar, which is infused with fluorite crystals for added healing. Each experience is uniquely customized by using specific plant, flower and herb essences based on what your body needs. Soothe your soul with a full body massage and the application of organic body crème.

## *alpine journey*

**MATTERHORN FOOT MASSAGE** 50 minute \$185 | 75 minute \$260

Whether strolling through the valley or conquering one of the 14,000 foot peaks, this treatment will revitalize sore and tired feet. An invigorating foot scrub, hydrating mask and a neck & shoulder massage will renew your feet and soul.

**HONEY DREAM** 75 minute \$250 | 100 minutes \$280

Boost your immune system with this warm and luxurious massage including the application of a beeswax thermal pack on the back to balance the vital energy of the body. The combination of honey ginger oil and beeswax will leave your skin nourished and deeply moisturized.

**MAGNESIUM MELT** 75 minute \$250 | 100 minutes \$280

Magnesium promotes healthy energy levels, muscle function and overall well-being, while also decreasing anxiety and reducing tension in the nerves and muscles. This treatment begins with a full body exfoliation with a magnesium-rich cream. A full body massage completes this deeply relaxing treatment.



## *himalayan journey*

Chakras refer to centers of power or energy in the body. They run along the spinal column and offer connection to areas within the body that may need attention, balance, and care. This collection of treatments in the Himalayan Journey help clear negativity, balance energy and create an optimal state of well-being. The intention is to promote healing by focusing on inner peace, outer balance, and to let go of what no longer serves you.

### KUNDALINI AWAKENING 75 minute \$250

This service activates the dormant energy along the spine. This treatment includes a salt scrub for the feet, concentrated oil blends with light touch, marma point therapy and heated hand-made herbal poultices to balance the chakras. This nurturing therapy realigns the bodies rhythm and restores the mind and body to a balanced state.

### DOWN TO EARTH BLESSING - MULADHARA 75 minutes \$250

The Down to Earth Blessing, Muladhara, calms the body and mind, creating inner peace and balance. It combines a foot wash, frankincense, Tibetan singing bowls and a slow, relaxing massage with grounding essential oils. This treatment focuses on the Root Chakra that will leave you with a deep sense of stillness feeling ready to take on the world.

## *himalayan journey*

WAY OF THE HEART- ANAHATA 75 minutes \$250

Anahata is the area where the physical and the spiritual meet. This treatment begins with a salt foot scrub to detoxify and ground the body. Warm Himalayan stones, rose quartz crystals, essential oils of jasmine, rose and lavender bring focus and energy to the body and mind. This treatment will allow your heart energy to flow freely.

INDIAN HEAD MASSAGE 50 minute \$185 | 75 minute \$260

Ground the mind and body beginning with a massage of the back, neck and shoulders, followed by balancing marma point therapy and a restorative scalp treatment.

SOUND THERAPY 50 minute \$185 | 75 minute \$260 (includes massage)

Tibetan singing bowls produce sound waves that resonate throughout the body. The sounds and vibrations affect brain wave activity that help suppress pain, reduce anxiety and produce deep relaxation. Experience the profound effect of the singing bowls in this one of a kind treatment.





## massage

### CUSTOM MASSAGE

50 minute \$175 | 80 minute \$250 | 100 minutes \$275  
With this customized massage you can blend the benefits of a relaxing Swedish massage and therapeutic deep tissue massage to cater to individual needs.

### DEEP TISSUE MASSAGE

50 minute \$175 | 80 minute \$250 | 100 minutes \$275  
Muscle-specific work focuses on problem areas including tension, pain, injuries and chronic ailments. Select a classic session to target a particular problem area or choose a longer session for a full body treatment.

### CBD MASSAGE

50 minute \$200 | 80 minute \$275 | 100 minutes \$300  
This massage uses CBD hemp oil designed to hydrate and rejuvenate your skin while easing the inevitable aches and pains of an active lifestyle. Muscle specific work focuses on problem areas including tension, pain, injuries, and chronic ailments.

### SPORTS MASSAGE

80 minute \$250 | 100 minutes \$275  
Sports-specific stretches begin your therapeutic massage to ease pain and stiffness while increasing joint mobility. Designed to alleviate inflammation and soreness to overworked muscles.

### THAI MASSAGE

50 minute \$175 | 80 minute \$250 | 100 minutes \$275  
Thai Table massage is an ancient system of healing with its root in yoga. This massage combines gentle rocking, pressure point therapy and assisted stretches in order to relax and revitalize the body and mind. Please wear loose fitting clothing for this massage.

All massage oils and body butters are organic and locally sourced.

## massage

**PRE-NATAL MASSAGE** 50 minute \$175 | 80 minute \$250

Extra care and attention is given for the mother's comfort during this relaxing massage. This treatment includes an optional belly balm application to aid in reducing stretch marks.

### COUPLES MASSAGE

50 minute \$175 | 80 minute \$250 | 100 minutes \$275

Share your spa experience with someone special. Relax side-by-side while receiving a full body massage with a choice of organic massage oils. *Price is per person.*

## recovery treatments

### TRAVEL RECOVERY MASSAGE

80 minute \$250 | 100 minute \$280

Melt tension, improve flexibility, increase blood flow, and decrease soreness after a long day of travel. This unique treatment uses a custom oil blend of rosemary, peppermint and geranium to offset the negative effects of flying fatigue. A powerful, deep massage uses traditional techniques combined with the Theragun Percussive Therapy tool allowing you to start your vacation relaxed and refreshed.

**IN-ROOM MASSAGE** 80 minute \$280 | 100 minutes \$325

Experience a custom massage in the privacy and convenience of your guest room at the Westin. Enhance your experience with a Wellness Bath \$25. Choose from: High-Altitude Recovery or Restful Sleep.

**ENHANCEMENTS** \$20 | Adding CBD \$30

Must be booked in conjunction with a massage. Hot Oil Treatment (hands or feet), Hot Stone, Target Scrub (back or feet), Therapeutic Muscle Balm, Theragun Percussive Therapy, Hydrating Shea Butter

### BAREFOOT RECOVERY MASSAGE

80 minute \$250 | 100 minute \$280

Barefoot massage, also known as Ashiatsu, is a Deep Tissue technique in which the therapist uses their feet, rather than hands, to perform the service. This technique allows for very deep, long strokes over the body. There is less discomfort than traditional deep tissue work with up to 3 times more pressure. Benefits include pain relief, increased flexibility and long lasting results. A must try for deep tissue fans!



## facial

Ask our knowledgeable staff which facial is right for you.

### SPA ANJALI CUSTOM FACIAL 50 minute \$175 | 75 minute \$250

Purity takes efficacy to a new level in this plant-based facial tailored to the specific needs of your unique skin. This nutrient dense treatment will reduce inflammation and deeply support the skins natural ability to strengthen and improve. Experience the vibrancy of plant science and bring out your healthiest glow.

### HYDRAFACIAL 50 minute \$250 | 75 minute \$305

HydraFacial uses a patented technology to cleanse, extract and hydrate skin while infusing highly-effective serums tailored to your specific skin needs. This unique process helps improve the appearance of several skin concerns, including fine lines and wrinkles, dullness, dehydration, pigmentation, skin firmness, texture and pore congestion. Suitable for all skin types, this rejuvenating treatment is gentle, non-invasive and delivers immediate results.

### DERMAPLANE FACIAL 50 minute \$185

Instantly see smoother, brighter, more even-toned skin after one Dermaplaning session. This service includes a cleanse, Dermaplane, exfoliation, an optional peel and and deep hydration.

### AGE DEFENSE 50 minute \$185 | 75 minute \$260

Indulge in this organic facial to experience advanced age prevention and correction. A lactic acid peel combined with a potent dose of Vitamins C + E deliver powerful antioxidant protection. Provides defense against free radicals, while boosting collagen. Discover nature's true potential and achieve brighter, clearer and younger looking skin.

### GEMSTONE FACIAL 50 minute \$180 | 75 minute \$255

Gemstones radiate sacred energy to bring harmony, balance and transformation. Organic products combined with gemstone rollers and Gua Sha jade stone facial tools that are suitable for your skin type will lift, revitalize and hydrate your skin. This facial commences with a gemstone massage to stimulate circulation and ease facial tension.

### GENTLEMEN'S FACIAL 50 minute \$175 | 75 minute \$250

A targeted treatment for the unique needs of masculine skin using a customized set of products. Keep your skin fit with an enzyme exfoliation and soothe with anti-aging oils that work to repair, restore and renew the face and neck.

*day packages* Inspired by our three healing mountain journeys.

ROCKY MOUNTAIN RADIANCE | \$360

*Please allow up to 3 hours of delight*

- 50 minute Custom Massage
- 50 minute Gemstone Facial
- 25 minute Body Polish

ALPINE REJUVENATION | \$360

*Please allow 2.5 hours of renewal*

- 75 minute Magnesium Melt
- 50 minute Custom Facial

HIMALAYAN JOURNEY TO SERENITY | \$360

*Please allow up to 3 hours of balancing*

- 75 minute Kundalini Awakening
- 50 minute Fatigued Foot Refresher

Each package includes your choice of champagne or sparkling cider.

Package pricing excludes a 22% service charge. Cannot be combined with any other discounts.



## manicures & pedicures

### SPA ANJALI MANICURE & PEDICURE

Hands: 60 minutes \$70 | Feet: 60 minutes \$90

Treat your hands and feet with our hot oil manicure or a warm paraffin pedicure. Each treatment includes a wild crafted exfoliant that leaves your skin refreshed and renewed. Complete with a pampering massage and your choice of long-lasting, natural polish.

### CLASSIC MANICURE

Hands: 45 minutes \$50

A complete treatment with a hot towel wrap, nail trim and file, cuticle nourishment and massage followed by a long-lasting, natural polish application.

### RIVERSTONE DELUXE PEDICURE 75 minutes \$115

The essence of hot stones' penetrating warmth and healing energy awakens tired soles. Warm river stones are used to provide relaxation as we massage your feet and lower legs and end with your choice of long-lasting, natural polish.

### MOUNTAIN MAN MANICURE & PEDICURE

Hands: 30 minutes \$45 | Feet: 50 minutes \$75

The manicure is tailored to spruce, buff and soften the skin so that your hands are repaired and revived. The pedicure uses a coffee scrub and cooling balm to sooth, awaken, restore and transform tired feet.

### ENHANCEMENTS

French Polish                    add 15 minutes     \$10

Gel Polish Removal            add 15 minutes     \$15

*hair* Prices vary depending on length and thickness of hair

## CUT & STYLE

Ladies design, cut & blow-dry	
- Above the shoulders	\$75 - \$95
- Below the shoulders	\$70 - \$80
Spa haircut - includes scalp/neck massage	\$105
Shampoo and blow-dry	
- Above the shoulders	\$50
- Below the shoulders	\$70
Brazilian blowout	\$300
Hair Extensions	\$300 - \$500
Balayage	\$160+
Men's haircut	\$45 - \$55
Children under 12 wash & cut	\$35
Children under 12 wash, cut & dry	\$60

## COLOR

Pricing for color does not include a style or cut and varies by hair length, thickness and texture. Please ask your stylist for a time and price quote prior to your service.

Full highlight	\$140 - \$160
Partial highlight	\$125 - \$135
Full color	\$140 - \$150
Color retouch	\$110 - \$120
Placement foil	\$10 per foil

## EVENT

Bridal hair trial (allow 1 hour)	\$100 per hour
Event style (clean, dry hair)	\$150

## ADD ONS

Add curls or flatiron to shampoo & blow-dry	\$20
Adornments	\$20 - \$35
Deep conditioning treatment	\$30
Glaze	\$35
Split Ends Treatment	\$60

## makeup

Event makeup application, 50 minutes	\$85
Eye brow tint	\$20
Eye lash tint	\$40
One-day event lash application	\$20
Bella lash extensions - natural	\$225
Bella lash extensions - natural fill	\$70
Bella lash extensions - bold	\$295
Bella lash extensions - bold fill	\$85
Bridal makeup trial	\$80 per hour
Bridal makeup	\$105
Natural spray tan	\$60

## waxing

Lip or chin	\$30	Brow	\$30
Underarm	\$50	Bikini	\$60
Half leg	\$55	Full back	\$80
Full leg	\$85	Full arm	\$60
Brazilian	\$115		

*The purity of nature from the ground up – in products, treatments and sustainable design.*

At Spa Anjali, the harmony and perfection of nature is set into beautiful balance inside the eco-friendly walls of a unique place of nurturing for hair, nails and skin. Thoughtful of Mother Earth, every visit is a delight in discovery of stylish locally sourced products with organic and natural origins. Massage oils, body butters, mineral-based makeup, all natural hair care and vegan nail care, the goodness of nature outdoors has been brought indoors.

## AWARDS & ACCOLADES

### Organic Spa Magazine

Wellness Travel Awards | 2018, 2019

### Green Spa Network

“Top Wellness Center” | 2018

### U.S. News & World Report

“#2 Westin in the World” | 2016, 2017

### Organic Spa Magazine

“Top 10 Green Spas” | 2013, 2015

### American Spa Magazine

“Favorite Green Spa” | 2016

“Top 5 Resort Spas” | 2014

### SNOW Magazine

“Best Ski Spa” | 2015

### Denver Life Magazine

“Top Spas in Colorado” | 2014, 2015

### Conde Nast Traveler

“Top 100 Resort Spas” | 2011, 2012, 2013

### Spafinder Wellness 365

“Best Spas for Ski & Snowboard” | 2013



## *general information*

### ADMISSION

All hotel guests, 16 years of age and older, may enjoy complimentary daily use of Athletic Club facilities and lap pool. The use of spa facilities is complimentary with the purchase of a spa treatment. Hotel guests not purchasing a spa treatment may use the Spa Anjali facilities for \$20 per day. Outside guests may use the Athletic Club and spa facilities for \$75 per day. The Athletic Club fee for outside guests includes a group fitness class on the day of usage.

### CANCELLATION POLICY

If you must cancel or reschedule an appointment, as a courtesy to other guests and to our technicians, please give 24-hour notice prior to your scheduled appointment time to avoid a 100% charge. There is a 48-hour cancellation policy for small groups of six or more. "No-shows" will be charged the full treatment amount.

### HOURS OF SERVICE

Open daily, please call for seasonal hours. 970.790.3020.

### RESERVATIONS

Make your reservations online at [spaanjali.com](http://spaanjali.com) or by calling our Spa Concierge at 970.790.3020. We recommend you schedule appointments well in advance to ensure your preferred treatment times. Spa prices and services are subject to change.

### SERVICE CHARGE

A 22% service charge and appropriate sales tax will be added to all services.

### TREATMENT WITH HEAT

We recommend that guests with high blood pressure, epilepsy, a cardio condition, recent surgery or who are pregnant consult with their physician before undergoing heat treatments.

## *enjoying your spa experience*

### HOW EARLY SHOULD I ARRIVE?

Please arrive at least 30 minutes prior to your appointment to review your schedule and take full advantage of our facilities. Appointments begin promptly at the scheduled time. If you are late for your appointment, it may be shortened to allow the technician to be on time for his/her next appointment.

### SHOULD I LET SOMEONE AT THE SPA KNOW IF I HAVE ALLERGIES, AILMENTS OR DISABILITIES?

Please notify our Spa Concierge at the time of booking if you have high blood pressure, allergies, are pregnant or have any other major health issues.

### WHAT SHOULD I WEAR FOR MY TREATMENT?

As you will be draped during treatments, suggested dress for massage and most other treatments is simply a robe and slippers, which are provided. Undergarments may be worn if preferred.

### MAY I BRING MY PERSONAL BELONGINGS?

While the spa does have day-use lockers, we recommend that you leave valuables in the safe provided in your guest room. Many treatments require you to remove jewelry. We regret that we cannot be responsible for lost or damaged items. Due to space limitations, we cannot accommodate ski, snowboard or sports equipment in the spa or club.

### HOW CAN I ENSURE A FABULOUS EXPERIENCE?

Please openly communicate your treatment expectations. Talking with your technicians will enable them to customize your services to ensure your satisfaction.

Spa Anjali recognizes the spa facility, fitness and outdoor lounge areas as sanctuaries, free from cell phones, pets and smoking.

Bring home the rejuvenating spirit of Spa Anjali. Find inspiring, all natural and organic spa products, while discovering stylish jewelry, swim wear, active wear, unique accessories and gifts.





# SPA ANJALI

AT THE WESTIN

970.790.3020 | 126 Riverfront Lane | PO Box 9690 | Avon, Colorado 81620 | [spaanjali.com](http://spaanjali.com)

*Discover your  
best self here*