

## 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

## PUNDEROSA PINE THERAPY 75 minute \$250 | 100 minutes \$300

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 GLOVER BODY MASK 75 minute \$250 | 100 minutes \$300 (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.

## RIVERSIONE MASSAGE 75 minute \$250 | 100 minutes \$300

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.

## alpine journey

MATTERHURN 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 \$300

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 MELI 75 minute \$250 | 100 minutes \$300

Magnesium promotes healthy energy levels, muscle function and overall wellbeing, 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.

## himalayan journey

## 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.

## 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.



## **CUSTON MASSAGE**

50 minute \$175 | 80 minute \$250 | 100 minutes \$300 With this customized massage you can blend the benefits of a relaxing swedish massage and theraputic deep tissue massage to cater to individual needs.

## DEEP TISSUE MASSAGE

50 minute \$175 | 80 minute \$250 | 100 minutes \$300 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.

## GRD MASSAGE

50 minute \$205 | 80 minute \$280 | 100 minutes \$330 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 \$300

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 YOGA MASSAGE

50 minute \$175 | 80 minute \$250 | 100 minutes \$300 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 \$300 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*.

## ENHANGEMENTS \$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

## recovery treatments

#### TRAVEL RECOVERY MASSAGE

80 minute \$250 | 100 minute \$300

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.

#### BAREFOOT REGOVERY MASSAGE

80 minute \$250 | 100 minute \$300

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!



Ask our knowledgeable staff which facial is right for you.

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 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

Indulge in ultimate luxury with a facial that delivers instant radiance. This treatment features specialized lymphatic massage techniques and gemstone Gua Sha to lift and sculpt the face, while collagen-boosting LED light therapy enhances plump, smooth, and hydrated skin. Complete the experience with a rejuvenating lip-plumping treatment—guaranteed to leave you refreshed and glowing.

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

Harnessing the power of sustainably sourced botanicals from the Rocky Mountains, such as fireweed, yarrow, and nettle. Potent antioxidants shield your skin from environmental stressors while mineral-rich glacial clay purifies without drying the skin. Experience deep hydration that absorbs quickly leaving you with a smooth matte finish. The perfect way to unwind and rejuvenate your skin after a long day outdoors.

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

## ROCKY MOUNTAIN RADIANCE | \$360 ALPINE REJUVENATION | \$360 HIMALAYAN JOURNEY TO SERENTY | \$360 Please allow up to 2.5 hours of delight Please allow 2.5 hours of renewal - 75 minute Magnesium Melt - 50 minute Custom Massage - 50 minute Custom Facial - 50 minute Fatigued Foot Refresher - 50 minute Gemstone Facial - 25 minute Body Polish Package pricing excludes an 22% service charge. Cannot be combined with any other discounts.

## manicures & pedicures

#### SPA ANJALI MANIGURE & PEDIGURE

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 MANIGURE

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.

#### MOUNTAIN MAN MANIGURE & PEDIGURE

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.

#### FNHANGEMENTS

French Polish add 15 minutes \$10 Gel Polish Removal add 15 minutes \$15



## GIII & STYLE

Ladies design, cut & blow-dry \$75 - \$105 - Additional fee for extra long hair \$20 Spa haircut - includes scalp/neck massage \$105 Shampoo and blow-dry - Above the shoulders \$50 - Below the shoulders \$70 Brazilian blowout \$300 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 - \$190 Partial highlight \$125+ Full color \$140 - \$150 Color retouch \$110 - \$120 Bayalage \$160+

## ADD ONS

| Add curls or flatiron to shampoo & blow-dry | \$20 |
|---|------|
| Deep conditioning treatment                 | \$20 |
| Glaze                                       | \$20 |
| Split Ends Treatment                        | \$60 |
| Eye brow tint                               | \$20 |
| Eye lash tint                               | \$40 |

## 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

Condé Nast Traveler

Top 100 Resort Spas | 2011, 2012, 2013

Spafinder Wellness 365

Best Spas for Ski & Snowboard | 2013

Colorado Sun

Best Spa & Salon | 2024

Best of Vail Valley

Best Spa | 2021, 2022, 2023, 2024



## general information

## ADMISSION

All Westin 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. Guests not purchasing a spa treatment may use both the Spa Anjali and Athletic Club facilities for \$90 per day. For use of only the Athletic Club facilities, a \$50 day pass is available for purchase which includes one group fitness class.

## 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 50% 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 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 FARLY SHOULD LARRIVE?

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.





970.790.3020 | 126 Riverfront Lane | PO Box 9690 | Avon, Colorado 81620 | spaanjali.com

Discover your best self here