

## body, mind and spirit

The Cliff Spa at Snowbird -

Majestic views and a spectacular staff with years of experience catering to the unique needs of the mountain guest. Experience a mountain-specific treatment today that promises to relax the body, refresh the mind and rejuvenate the spirit for another day in the Wasatch.

## the cliff spa shop

We carry the finest products from Phytomer, B. Kamins, TARA, Pureology, Redken and Zents, the same great products used in our spa. A selection of healthy snacks, drinks, exercise wear and swimwear are also offered.

### rates

A locker, robe, sandals and yoga classes are included with daily facility access.

1 day	1 person	\$25
3 days	1 person	\$55
3 days	2 people	\$100
1 week	1 person	\$90
1 week	2 people	\$140

The Cliff Spa is for patrons 16 years and older only, I.D. is required. The Cliff Club, R.C.I. Exchange and Seven Summits guests have complimentary access with daily sign-in. The Cliff Spa access is complimentary on the day of a treatment.

### specials

We offer specials for treatments and services that change monthly. Be sure to inquire at the spa front desk for current promotions.

### 4-hour policy

We schedule and reserve our technicians and facility just for your appointment, we strictly adhere to our treatment cancellation policy:

Treatments cancelled within 4 hours will be billed at 50% of the treatment price. Any changes made to treatments on the day of the scheduled appointment time are subject to a \$20 charge.

### reservations

Spa appointments: (801) 933-2225. For lodging, ground transfers and multi-day spa packages call: 1-800-453-3000.



P.O. Box 929000  
Snowbird, Utah 84092-9000

phone: (801) 933-2225  
in-house extension: 5900

cliffspa@snowbird.com  
thecliffspa.com

Gift cards are available.

Spa Facility 8 a.m. - 9 p.m.  
Treatments 9 a.m. - 7 p.m.

thecliffspa.com

## MASSAGE TREATMENTS

### Relaxation

This light pressure Swedish-based massage will soothe your body and mind.

25 min. - \$60   50 min. - \$120   80 min. - \$185

### The Cliff Custom

Our most popular massage works out knots, relieving aches and pains, leaving you refreshed and rejuvenated.

Allow 50 to 80 minutes for full body.

25 min. - \$65   50 min. - \$130   80 min. - \$200

### Deep Tissue

A vigorous massage targeting the deepest muscle layer to relieve ongoing or acute pain and discomfort.

25 min. - \$70   50 min. - \$140   80 min. - \$220

### Maternity Massage

Designed to provide relief for the mother-to-be. This massage utilizes side lying techniques in a ritual both luxurious and safe.

50 min. - \$130   80 min. - \$200

### Reflexology

This pressure point hands and feet therapy performed by our licensed massage therapists uses the principles of reflexology to promote total body health and healing.

25 min. - \$65   50 min. - \$130   80 min. - \$200

### Thai Yoga Massage

In comfortable clothing, relax as your therapist guides you through rhythmic compression, thorough stretching and mobilization techniques.

50 min. - \$130   80 min. - \$200

### Ultimate Four Hands

Surrender to a luxurious massage from two simultaneous therapists and completely drift away into total relaxation. Requires minimum 24-hour advanced booking.

50 min. - \$250

### In-Room Massage

Have a treatment in your Cliff Lodge guest room and enjoy The Cliff Spa for the day of your treatment. Call for more details. Not available in other lodges.

60 min. - \$150   90 min. - \$225

### Mountain Mist

A full body massage experienced with aroma oil and a warm rain stick to soothe the inner spirit and rejuvenate tired or sore muscles, especially in the legs.

50 min. - \$140

### Wasatch Recovery Massage

Sports-based massage specially geared toward lower back and leg work, designed to reduce or/and prevent muscle fatigue and soreness in the mountain athlete.

50 min. - \$140   80 min. - \$220

## MOUNTAIN HEALING

### High Altitude Relief

A full body massage utilizing a special blend of aromatherapy oils for those suffering from high altitude symptoms.

25 min. - \$60   50 min. - \$120   80 min. - \$185

### Superior Stone Therapy

This treatment utilizes the therapeutic qualities of stones and temperature to promote circulation and healing.

50 min. - \$140   80 min. - \$220

## ENERGY WORK

### Cranial Sacral Therapy

This gentle form of energy work is ideal for soothing the nervous system and guiding the cranial rhythm for optimal well-being.

50 min. - \$130   80 min. - \$200

### Reiki

A Japanese form of energy work that balances your body, mind and spirit by channeling the universal life force.

50 min. - \$130   80 min. - \$200

## BODY SCRUBS & WRAPS

### The Great Salt Scrub

Gently exfoliate and soften your skin using healing mineral salt from the Great Salt Lake Basin, followed by a rinse and luxurious moisturizing treatment. A-la-carte or a wonderful addition to any of our massage treatments.

25 min. - \$80

### Body Glow

Total skin care and complete relaxation. A gentle full-body exfoliation, followed by a heated gel wrap, concluding with a moisturizing treatment. 80 and 110 minutes include a therapeutic massage.

50 min. - \$140   80 min. - \$220   110 min. - \$260

### Herbal Wrap

Using linens with a blend of aromatic herbs to warm and soothe tired muscles while detoxifying and hydrating your skin.

50 min. - \$130

### Mountain Recovery Wrap

This full body wrap possesses spectacular rehabilitation properties because of its nutrient rich composition. Active muscle tension will dissolve as millions of tiny bubbles perform micro-massage, absorbing every trace of exhaustion.

50-min. \$140   80-min. \$230   110-min. - \$270

## SKIN CARE

### Cliff Custom Facial

The essential elements of healthy skin care in a classic facial, customized to your skin type.

25 min. - \$80   50 min. - \$120   80 min. - \$185

### Beyond Botox Facial

Repair skin to reduce the appearance of fine lines, wrinkles and age spots. Skin will be brightened to a radiant glow. Extractions may be included with 80-minute upgrade.

50 min. - \$130   80 min. - \$200

### Hydrating Pearl Ritual

Guard and repair the skin from environmental damage, with an ultra nourishing pearl massage ritual that will soothe and calm. The 80-minute ritual includes an additional eye mask and thermal clay mask to ensure that skin is quenched for days.

50 min. - \$130   80 min. - \$200

### Youth Glow Facial

This facial helps with persisting youth skin care troubles or prevents them before problems start, teaching teens the importance of preemptive skin care. Available for guests ages 12-17 only. Guests 16 and under do not have access to Cliff Spa facilities before and after treatment.

50 min. - \$99

### Power Peel

Using a professional strength Alpha Beta, Glycolic and Lactic Peel, these mini-peels will accelerate skin turnover, minimize the appearance of fine lines and wrinkles, scars and hyperpigmentation.

25 min. - \$80

### Facial Upgrades

Upgrade any facial with these specialty treatments:

#### Glycolic Peel

#### Professional Strength Alpha-Hydroxy Peel

#### Eye and Lip Contour

More upgrades available with esthetician consultation.

First upgrade is included in 80-minute facial.

Additional upgrades - \$36

[Ask a Spa Coordinator about our popular combinations.](#)

## PACKAGES

### Superior Package

80-minute Cliff Custom Massage, 50-minute Body Glow, Cliff Classic Manicure and Cliff Classic Pedicure - \$320

### Refresher Package

50-minute Cliff Custom Massage, a Great Salt Scrub and a Cliff Classic Pedicure - \$210

## SALON

### Manicure and Pedicure

For additional salon prices or services please contact The Cliff Spa front desk.

Cliff Classic Manicure \$40

Cliff Classic Pedicure \$55

Cliff Classic Manicure and Pedicure \$85

French Polish Only or Polish Change\* \$15

\*Available as an add on with any of our salon services only.

### Foot Relief

Soak in healing salts and relax while the exfoliation removes impurities from your feet, concluding with a moisturizing foot massage.

25 min. - \$35

### Paraffin Manicure and Pedicure

This treatment will provide the nutrients vital to the renewal and maintenance of healthy skin. Infused with the finest nourishing and detoxifying skin care ingredients for a results focused experience.

Hand - \$50   Foot - \$70   Hands and Feet - \$105

### Hydrating Manicure and Pedicure

A remineralizing gel used to moisturize and soften dry or damaged skin.

Hand - \$50   Foot - \$70   Hand and Foot - \$105

### Seaweed Manicure and Pedicure

The relaxing heat treatment that draws toxins out of the system while relieving stress caused by traveling and adjusting to climate change.

Hand - \$60   Foot - \$80

Hand and Foot - \$115

## HAIR CARE

Choose from a variety of services including basic trims, custom cuts and styles, color and therapeutic scalp treatments. Each service sold a la carte.

Hair Cut Starting at \$40

Hair Cut and Style Starting at \$68

Style only Starting at \$45

Up Do Starting at \$78

Hair Color Starting at \$100

Balancing Scalp Treatments 50 min. - \$95  
with scalp massage

Deep Conditioning 25 min. - \$40