

Additional services and time slots may be available. If the service you are seeking is not listed, please contact a Cliff Spa Coordinator at 801-933-2225 for additional options.

MASSAGES

The Cliff Custom

Our most popular massage is truly customized; working out knots and relieving aches and pains with the pressure of your choice, leaving you refreshed and rejuvenated. Allow 50 to 80 minutes for full body.

Maternity Massage

A side lying technique relaxes muscle tension and provides joint relief in a ritual both luxurious and safe. We use a side lying bolster system and pillows to make the guest comfortable. Please inform the coordinator the number of weeks along and if your pregnancy is High or Low Risk

Thai Massage

While wearing comfortable clothing, experience firm rhythmic compression along energy pathways and stretching, promoting flexibility and increasing range of motion.

Thai Foot Massage

Working with the feet, lower leg and knees, this 2000 year old technique utilizes traditional Thai Sticks, freeing up blocked energy and enhancing the flow of blood and nutrients to produce a deep and unique feeling of balance, relaxation, and well-being.

*Hot Oil Scalp Ritual Add On

Hot Zents oil of choice is drizzled onto clients head and hair, massaged in, and pulled through to the ends. Added into the wrap up of any massage service with no extra time required.

MOUNTAIN HEALING

Wasatch Recovery Massage

This sports based massage is light to medium in pressure; not deep. Focusing on the legs and lower back with stretching and gentle therapeutic techniques to restore and revive for another great day on the mountain.

High Altitude Relief

Relieve symptoms with this specialized massage treatment focused on the upper body (chest and face), using acupressure points to relax and aid in altitude sickness and congestion (headaches or colds). Relieves pressure of the face and head.

Superior Stone Therapy

Our unique take on stone therapy is gentle and energetic massage utilizing a mixture of hot and cool stones. Stones are placed along the Chakra lines and in the palms of hands and feet, as well as used for massage. Great for anyone feeling ungrounded or scattered after long flights. Soothes and relaxes.

ENERGY WORK

Cranial Sacral Therapy

Energy Work; gentle touch with specific holds to aid in the flow of cranial fluid. Relaxes and opens Spinal Column.

Reiki

Energy work; including light touch to restore. Energizes and balances the mental and spiritual, which in turn affects the physical.

SCRUBS & WRAPS

Perfect Combination

The ultimate rejuvenation ritual combines the luxurious Aromatic Shea Butter Wrap followed by a 50-minute full body massage.

Aromatic Shea Butter Wrap

The Hydrating Body Polish combined with a relaxing wrap and a Hot Oil Scalp Ritual in the aroma of your choice creates glowing skin and beautiful, shiny hair.

Hydrating Body Polish

A warm oil effleurage followed by a deep conditioning shea butter scrub infused with salt and sugar, finished with a warm shea butter cream application.

Deep Relaxation Ritual

A warm detoxifying body wrap infused with aromatic herbs soothes tired muscles while a dry brush and salt scrub. 80 and 110 minute Herbal Wraps include a therapeutic massage.

SKIN CARE

Hydrating Botanical Facial

Created to address dry and sensitive skin, this facial works to hydrate and protect. Soothing aloe, carrot seed, white tea and calendula combine to provide amazing results.

*Great for all skin types

Rejuvenating Oxygen Facial

The perfect facial for softening the signs of premature aging, fine lines and dehydrated skin. A wonderful treatment for Rosacea, reactive and hormonally in-balanced skin.

*Great for all skin types

Brightening Oxygen Facial

Ideal for minimizing the appearance of age spots, brighten uneven pigmentation and or dull skin. This facial lightens, brightens and tightens the skin.

*Great for all skin types

Alpha Beta Peel

Take it a step further with our refreshing Alpha Beta peel. Targeted to promote hydration, even out skin tone and minimize the appearance of pores. Your skin will look and feel radiant.

*Conditions apply

Gentlemen's Facial

Daily shaving and environmental damage can strip your skin of essential oils. We have tailored a relaxing facial for men that will help to rebalance and improve the texture of your skin.

*Shaving is recommended the day before

Youth Glow Facial

A customized facial designed for young, acne prone or hormonally imbalanced skin.

*Available for guests 12-17

Deep Relaxation Ritual

A warm mineral rich seaweed wrap with potent herbal extracts that helps to remineralize the body. While cocooned, a crystal chakra balancing with light energy work induces a state of deep relaxation.

CANCELLATION POLICY

Should your plans change, we request the courtesy of a cancellation or change notice at least 4 hours in advance of your scheduled time. Late cancellations will be charged 50% of the list price. Changes will be subject to a \$20 fee. The full price of service will be charged for no-show appointments. Services and prices are subject to change.

SPA ETIQUETTE & POLICIES

Reservations

For appointments please call 801-933-2225.

Arrival Guidelines

Please arrive 20 minutes in advance of your scheduled appointment time to allow for a relaxed check in. As a courtesy to the next guest, late arrival services will end as originally scheduled.

Minimum Age

The Cliff Spa is for patrons 16 years of age and older. I.D. required.

Facility Fee

Use of the Cliff Spa requires a daily fee. For those with a reserved spa treatment there are no additional charges for spa facility use on the day of service.

Cell Phones & Audible Electronics

So you may enjoy your spa experience, and as a courtesy to other guests, we request that you turn your devices off during your visit.

Gender Preference

All of our service providers are talented professionals. If you have a gender preference, please indicate it at the time of booking.

What to Wear

Robes and slippers are provided for your comfort. Professional draping is performed throughout the duration of your spa treatment.

Medical Concerns & Comfort Level

We request that you disclose any medical conditions and/or prescription medications as some services may be contraindicated.