

BODY WORK

**The Cliff Signature Massage** 60 min: 165/330\* 90 min: 230/460\*  
 Custom-tailored to the desired amount of pressure. Stimulates circulation, soothes sore muscles and melts away tension.

\*Available in a private couple's room to share with someone special.

**Summit Stone Massage** 60 min: 165 90 min: 230  
 An ancient grounding therapy that uses heated river stones to promote balance, induce relaxation and relieve exhausted muscles.

**Eastern Reflexology** 60 min: 165  
 A Thai-inspired treatment that stimulates reflex points on the feet and lower legs. Medium pressure applied to acupressure areas releases energy blockages that hold pain throughout the entire body.

**Traditional Thai Massage** 60 min: 165 90 min: 230  
 A combination of gentle rocking, rhythmic acupressure and assisted stretching serve to increase flexibility and relieve tension from muscles and joints.

\*Loose, comfortable clothing is worn to facilitate easy movement on the Thai massage mat.

**Prenatal Massage** 60 min: 165 90 min: 230  
 Nurtures both mother and baby with a gentle, side-lying technique that provides special attention to the mother's comfort and wellness.

\*Term of pregnancy and any known medical indications are requested at the time of scheduling.

ELEVATIONS

**CBD Upgrade** no additional time required 20  
 Provides the ultimate complement to any service. CBD is renowned for its anti-inflammatory, restorative and pain-relieving properties.

MOUNTAIN HEALING

**Craniosacral Therapy** 60 min: 165 90 min: 230  
 Offers a light, yet profound, touch that permits the flow of cerebrospinal fluid. Soft-touch techniques are applied to the head and torso to assess the cranio-sacral rhythm, thereby facilitating deep relaxation, increased energy and overall pain relief.

**Reiki** 60 min: 165 90 min: 230  
 A Japanese form of energy healing that uses light touch to assist with energy flow. Removes energetic blockages, enables relaxation, reduces pain and speeds the recovery process.

SALON

Nails

Cliff Spa Signature Manicure 50 min: 50  
 Gentleman's Manicure 50 min: 40  
 Shellac Removal 25 min: 15  
 Cliff Spa Signature Pedicure 50 min: 65  
 Healing Foot Bath 25 min: 45  
 Gentleman's Pedicure 50 min: 55

Hair

Women's Shampoo, Cut & Style starting at 75  
 Women's Shampoo & Style starting at 55  
 Gentleman's Shampoo, Cut & Style 40  
 Up-do + Consultation 175  
 Women's Special Occasion Hair starting at 75  
 Single Process Hair Color starting at 75  
 Highlights / Lowlights Hair Color starting at 150  
 Brow Shape & Tint 40

Skin

Make Up Application 50  
 Full Face Wax / lip, cheek, brow, chin 50

- The Cliff Spa is reserved for guests 16 years of age and older.
- Please advise us of any health conditions, allergies, injuries, or provider gender preferences at the time of booking to ensure that we will be able to accommodate your needs.
- Please arrive for your appointment a maximum of 15 minutes early. We invite you to remain in the Spa and enjoy the amenities for as long as you wish after your appointment.
- To ensure the safety of your valuables, please remove any jewelry prior to your visit. The Cliff Spa is not responsible for lost or stolen items.
- We invite you to unplug with us. Electronic devices must be silenced.
- Package and pricing limitations apply.



Open Daily  
 The Cliff Lodge at Snowbird, Level 9  
 801.933.2225 In-House Ext. 5900  
 For detailed information visit us at [cliffspa.com](http://cliffspa.com)