

BODY WORK

The Cliff Signature Massage 50 min: 150/300* 80 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 50 min: 150 80 min: 230
 An ancient grounding therapy that uses heated river stones to promote balance, induce relaxation and relieve exhausted muscles.

Eastern Reflexology 50 min: 150
 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 50 min: 150 80 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 50 min: 150 80 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

add to any 50-minute Body Work or Mountain Healing service

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.

Wasatch Scalp Ritual adds 25 mins: 50
 A warm, Ayurvedic oil is massaged into the hair and scalp for intense relaxation. The increased circulation to the scalp serves to nourish hair and stimulate growth.

Great Salt Lake Body Polish adds 25 mins: 80
 A locally-made body scrub rich in minerals, exotic oils and shea butter exfoliates to uncover beautiful skin.

MOUNTAIN HEALING

The Ayurveda Wrap 50 min: 150 80 min: 230
 This luxurious wrap begins with a full-body exfoliation, followed by a warm, shea butter moisturizing mask, allowing for optimal absorption into the skin. An Ayurvedic oil is then applied to the hair and scalp for complete hydration from head to toe.

Mountain Meditation 50 min: 150 80 min: 230
 Begins with a light, dry exfoliation, followed by a hydrating and detoxifying seaweed wrap. While warmly cocooned, a personal set of harmonizing stones is placed along the chakras to bring balance and clarity.

Craniosacral Therapy 50 min: 150 80 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 craniosacral rhythm, thereby facilitating deep relaxation, increased energy and overall pain relief.

Reiki 50 min: 150 80 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.

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- 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.
 - We request the courtesy of a cancellation or change notice a minimum of 4 hours in advance of your scheduled time. Late cancellations will be charged 50% of the list price. The full price of service will be charged for no shows. Changes made within the 4-hour window will be subject to a \$50 change fee.
 - To prepare for your experience and enjoy all The Cliff Spa has to offer, please check in a minimum of 30 minutes prior to your scheduled service. Arriving late will limit your treatment time.
 - 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.

SKIN CARE

Healing Botanical Facial 50 min: 150 80 min: 230
The Cliff Spa's best-selling facial. Designed to nourish and heal all skin types. Radiance-boosting rosehip, nutrient-rich white tea and soothing calendula flaunt nature's potential for replenishment and protection.

Gentleman's Facial 50 min: 150 80 min: 230
Repairs damage caused by daily shaving, skin sensitivities, aging and environmental impacts. Great for all skin types. *Shaving is contraindicated prior to service.

Beyond Botox Facial 50 min: 160 80 min: 240
Revives aging skin with a result-oriented infusion of Vitamin C, Collagen and Elastin. Smooths, firms and brightens skin, while LED Light Therapy works to minimize fine lines and wrinkles around the eyes.

Oxygen Infusion Facial 50 min: 160 80 min: 250
A revolutionary facial that provides the ultimate hydration for any skin type. Hyperbaric oxygen delivers hyaluronic acid and vitamins A, C and E. Dramatically lifts, tones and hydrates.

CLIFF SPA JOURNEYS

The Refresher 125 min: 240
A 50-minute Cliff Spa Signature Massage, 25-minute Great Salt Lake Body Polish and 50-minute Cliff Spa Signature Pedicure

The Perfect Combination 100 min: 280
A 50-minute Ayurveda Wrap and 50-minute Cliff Spa Signature Massage

The Relaxation Ritual 100 min: 280
A 50-minute Moutnain Meditation and 50-minute Cliff Spa Signature Massage

East Meets West 100 min: 280
A 50-minute Cliff Spa Signature Massage and 50-minute Eastern Reflexology

The Superior 230 min: 380
An 80-minute Cliff Spa Signature Massage, your choice of a 50-minute Ayurveda Wrap or 50-minute Mountain Meditation, and a Cliff Spa Signature Manicure and Pedicure.

SALON

Nails

Cliff Spa Signature Manicure	50 min: 50
Shellac Manicure	50 min: 65
Gentleman's Manicure	50 min: 40
Extended Wear Shellac Manicure	50 min: 65
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 starts at	75
Single Process Hair Color	starting at 75
Highlights / Lowlights Hair Color starts at	starting at 150
Brow Shape & Tint	40

Skin

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



THE CLIFF SPA

Open Daily

The Cliff Lodge at Snowbird, Level 9
801.933.2225 In-House Ext. 5900

For detailed information visit us at cliffspa.com