

## BODY WORK

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**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.

### ELEVATIONS

**Summit Stone Massage** no additional time required: 20  
 An ancient grounding therapy that uses heated river stones to promote balance, induce relaxation and relieve exhausted muscles.

**Great Salt Lake Body Polish** 25 min: 85  
 A locally-made body scrub rich in minerals, exotic oils and shea butter exfoliates to uncover beautiful skin.

**VacuTherapy** no additional time required: 20  
 Helps to relieve inflammation through vasodilation. VacuTherapy helps to break up scar tissue, provide relief for trigger points and improve lymphatic function.

**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.

**Guided Meditation Massage** 60 min: 165 90 min: 230  
 Offers a space to experience a deep state of meditation through a guided session. Includes a brief upper body massage followed by a grounding foot hold to promote peace and relaxation.

**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.

## MOUNTAIN HEALING

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**Craniosacral Therapy** 60 min: 165 90 min: 230  
 Offers a light, yet profound, touch that permits the flow of cerebro-spinal 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** 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.

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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)

## SKIN CARE

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**Healing Botanical Facial** 60 min: 165 90 min: 230  
Our most popular 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** 60 min: 165 90 min: 230  
Repair damage caused by daily shaving, skin sensitivities, aging and the environmental impacts of the outdoors. Great for all skin types.  
\*Avoid shaving prior to service.

**Oxygen Infusion Facial** 60 min: 185 90 min: 250  
A revolutionary facial that provides the ultimate hydration for any skin type. Hyper-baric oxygen delivers hyaluronic acid and vitamins A, C and E. Dramatically lifts, tones and hydrates.

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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 four hours in advance of your scheduled time. Late cancellations will be charged 50% of the list price. The full price of each service or day pass will be charged for no shows.
  - 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.
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## SALON

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### Nails

Cliff Spa Signature Manicure	50 min: 50
Gentleman's Manicure	50 min: 40
Cliff Spa Signature Pedicure	50 min: 65
Gentleman's Pedicure	50 min: 55

### ELEVATIONS

Shellac Removal	25 min: 15
Nail Design/French Tip	25 min: 15
Hot Stone Massage	no additional time required: 10
Paraffin	no additional time required: 10

Healing Foot Bath	25 min: 45
CBD Healing Foot Bath	25 min: 55

### Hair

Women's Shampoo, Cut & Style	starting at 75
Women's Shampoo & Style	starting at 55
Gentleman's Shampoo, Cut & Style	40
Men's Signature Cut/Style/Razor neck	65
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
Deep Condition	35
Scalp Treatment	85

### Skin

Make Up Application	50
Full Face Wax / lip, cheek, brow, chin	50
Post Treatment Touch Up	25