

# AVEDA TELLURIDE SPA

CENTER FOR  
*transformation*



[www.telluridespa.com](http://www.telluridespa.com)

**970.728.0630**

**250 WEST SAN JUAN / TOWN OF TELLURIDE**

Located steps from the base of the gondola in Telluride next to Telluride Sports

## A DAY OF REJUVENATION

4.5 hours \$495

Take time out-time to get centered, reconnect, and recharge for optimal wellbeing and balance. After a thorough consultation you will begin to relax with an herbal foot soak and a guided customized meditation for total relaxation, self-care and rejuvenation. Followed by a 75-minute customized massage & 75-minute customized Facial with lymphatic drainage and décolleté massage. Enjoy a healthy lunch followed by a reflexology spa pedicure and spa manicure.

*Hair Blowout & Makeup can be added with addition cost \$100*



# Spa Day Retreat PACKAGES

## SOUL SAMPLER

2.75 hours \$320

The local's favorite. Perfect for a 2.5 hour rejuvenating journey. Swedish relaxation 60-minute massage + Aveda 60-minute Customized Facial + Express Pedicure.

## HAND & FEET RETREAT

2 hours \$230

Reflexology + Spa Pedicure + Spa Manicure

Relax while this ancient Chinese technique uses pressure point massage on the feet and hands to restore the flow of energy throughout the body. By using pressure on these points the therapist can help eliminate toxins, relax the entire body and stimulate the functioning of internal organs.

# MASSAGE TREATMENTS

## AVEDA CUSTOMIZED MASSAGE

60 min \$150 / 75 min \$170 / 90 min \$200

Stress, muscle tension, sore muscles and lack of energy can be addressed with a customized massage treatment. After a thorough consultation, your massage therapist will provide you with the best combination of personalized Aveda aromas and massage techniques, which can include Swedish/relaxation, deep tissue, foot reflexology, acupressure techniques

## AVEDA CHAKRA MASSAGE

75 min \$180 / 90 min \$210 / 120 min \$340

The Chakra Balancing Massage is an innovative treatment that incorporates Aveda's Chakra Balancing Blend Aromas and focuses on the seven centers in the body using a variety of massage techniques, including deep tissue, foot reflexology, and energy work. The massage concludes with a guided meditation to help enhance the benefits of stress-relief, decreased muscular tensioning increased energy.

## DEEP TISSUE SPORTS MASSAGE

60 min \$160 / 75 min \$180 / 90 min \$200

A more intensive form of massage that releases chronic patterns of tension in the body through slow strokes and deep pressure on contracted areas. Due to the release of toxins, you may experience some tenderness after the massage. Personalized with a sensory journey with Aveda singular notes to customize your massage experience.

## SWEDISH/RELAXATION MASSAGE

60 min \$140 / 75 min \$160 / 90 min \$180

The classic Swedish Relaxation Massage incorporates long fluid strokes. It improves muscles tone, circulation and joint flexibility. Personalized with a sensory Journey with Aveda singular notes to customize your massage experience.

## MOMMY MASSAGE

60 min \$140 / 75 min \$160 / 90 min \$200

A massage developed to soothe muscles strained by pregnancy improving muscle tone, circulation and joint flexibility (must be at least 12-weeks pregnant). We use the sideline technique and a full body pillow to ensure comfort & safety for mommy and baby.

## HOT STONE MASSAGE

90 min \$235

Utilizing hot basalt stones, this is the perfect treatment to relieve stiffness and soreness with the soothing comfort from the heat and energy of smooth river rocks designed by nature. The stones allow the therapist to work deeper on muscles for a truly detoxifying and relaxing experience.

## IN-HOUSE MASSAGE OR FACIALS

Add-on \$25 travel fee to a massage of your choice.

## OXYGEN TREATMENT

30 min \$55 / may be added to any spa or salon service.

# BODY TREATMENTS

## AVEDA BODY POLISH TREATMENT

75 min \$190

The Aveda Body Polish Treatment is an exfoliating body treatment featuring customized body care products and aromas. The treatment includes an exfoliation and full-body massage, including scalp and foot reflexology techniques.

## AVEDA SEAWEED WRAP

75 min \$190

The Aveda Body Wrap is warming, detoxifying seaweed body wrap treatment customized with Aveda body care products and aromas. The treatment includes a dry exfoliation, seaweed body masque, scalp and face massage and foot reflexology techniques.

## THE MOST AWESOME WRAP

90 min \$250

A signature 90-minute body wrap gives you the opportunity to sample a little bit of everything spa. The treatment begins with a full Aveda body polish exfoliation. While wrapped you receive a facial cleanse, masque, hair and scalp massage, wash and conditioning. After experiencing the warm cascading Vichy shower, your treatment ends with a hydrating mini massage.

**ENERGY WORK** *choose from the 2 modalities to refocus, balance, and align your mind and body*

75 min \$130

Reiki is a healing art performed for stress reduction and relaxation that balances the natural life force energy of the body, and is used as a modality for healing.

Jin Shin Jyutsu is an art that harmonizes the life energy of the body, which promotes optimal health and well-being, and facilitates our own profound healing capacity.

## REFLEXOLOGY

30 min \$70 / may be added to any spa or salon service

This ancient Chinese technique uses pressure point massage on the feet to restore the flow of energy throughout the body. By using pressure on these points the therapist can help eliminate toxins, relax the entire body and stimulate the functioning of internal organs.

# FACIAL TREATMENTS

## DUAL EXFOLIATION PEEL FACIAL TREATMENT

75 min \$170 / 90 min \$190

Aveda's latest advancement in plant-powered alternatives to microdermabrasion and chemical peels, a facial focused on exfoliation and results. A Non-invasive, skin renewing treatments, using innovative techniques, this treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation.

*Immediate results for 86% improvement in moisturization, 59% improvement in smoothness, 32% improvement in radiance, and 12% reduction in the appearance of pore size.*

## VITAMIN C FACIAL

75 minutes \$170

Vitamin C helps promote the skin's natural collagen production; smooths the appearance of fine lines; and leaves the skin looking brighter and more radiant. Includes a five-phase Transforming massage technique on the face, neck and décolleté to achieve immediate, visible skin transformation.

## AVEDA CUSTOMIZED FACIAL

60 min \$130 / 75 min \$150 / 90 min \$175

Dry, oily, aging, uneven, sensitive and acneic skin conditions and eye concerns can all be addressed with a customized facial utilizing Tulsāra facial treatments. After a thorough consultation your skin therapist will provide the best combination of products, personalized Aveda aromas and techniques to design a customized treatment that will move your skin toward balance and reveal it's natural beauty.



# MANICURES & PEDICURES

**SPA PEDICURE** 45 min \$90

Includes foot soak, cleaning, shaping & filing, cuticle work, foot reflexology massage, exfoliation and masque with hot aroma towels finishing with a polish.

**EXPRESS PEDICURE** 30 min \$60

A pedicure for clients that are receiving regular and routine pedicures every 4-6 weeks. Includes; soaking, shaping & filing, cuticle work, moisturizing and polish change.

**SPA MANICURE** 45 min \$70

Includes hand soak, cleaning, shaping & filing, cuticle work, hand reflexology massage, exfoliation and masque with hot aroma towels finishing with a polish.

**EXPRESS MANICURE** 30 min \$40

A manicure for clients that are receiving regular and routine manicures every 2-4 weeks. Includes: soaking, shaping & filing, cuticle work, moisturizing and polish change.

**FRENCH MANICURES OR PEDICURES** add \$20

**SHELLAC POLISH** add \$20

## BRIDAL/WEDDING

**CUSTOMIZED LASH EXTENSIONS**

\$325 Full Set / 2-week fill-ins \$75

**BRIDE UPDO** (Day of Wedding) \$175

**BRIDE UPDO TRIAL** (required) \$80

**BRIDAL PARTY MAKEUP** \$70

**UPDO FOR BRIDAL PARTY** \$95



## WAXING

**HAIR REMOVAL**

Waxing treatments ensure that skin is properly cared for both before and after hair removal.

**BROWS** \$25

**UPPER LIP / CHIN / CHEEKS**  
\$18

**FULL LEG** \$75

**HALF LEG** \$45

**BIKINI** \$35

**BRAZILIAN** \$70

**SPHINX** \$60

**CHEST** \$75

**BACK** \$75

**FULL ARM** \$45

**UNDERARM** \$25

## SALON SERVICES

**WOMEN'S CUT** \$75

**MEN'S CUT** \$50

**CHILD'S CUT** \$40 (12 + under)

**NEW TALENT HAIRCUTS** with our

Junior Stylists from Aveda School

Men's Cut \$25 / Women's Cut \$40

**BLOW OUTS** \$55 - \$75

## COLOR

**FULL HIGHLIGHTS** \$175

**PARTIAL HIGHLIGHTS** \$100

**FIRST TIME FULL COLOR** (tinting) \$90

**COLOR RETOUCH** (tinting) \$75

**MAKEUP APPLICATION** \$70

DESTINATION

*Retreat*

@ AVEDA RETREAT CENTER

Full Day and/or 3-4 day customized Wellness Retreats are available upon request. Call 970-728-0630 and ask for Darla to have your destination retreat specifically designed for you and your family, guests, and/or wedding party for a personalized retreat.

May include Yoga/meditation/healthy food preparation/detox seasonal cleanses/ spa services, Bridal party gatherings, bachelorette parties, etc.