

S P A T O W N
M E N U O F S E R V I C E S



The Resort at
PAWS UP[®]
THE LAST BEST PLACE

SPA SERVICES

RESERVATIONS AND CANCELLATION POLICY

Spa treatments are performed in the luxury of Spa Town or in the comfort of your own home. (During off-season months Spa Town® is located in our Bunyan Bug Big Timber Home. You can choose to experience your treatment inside, or outside on your deck. For in-home treatments add 35% to treatment price.



Please arrive 15 minutes before your scheduled treatment time.

Treatments that are cancelled, “no shows” or rescheduled less than 24 hours before appointment time will be charged 100% of the treatment fee. Spa treatments will be charged directly to your room.

Please note: Gratuities for all activities and services are included in the resort service charge.

Spa services may be booked by calling Spa Town at 7324 or the Concierge 5350.

Normal spa business hours are Monday-Friday 9am-6pm and Saturday/Sunday 10am-6pm. Early morning and late evening treatments are always available upon request. We look forward to helping you relax after a long day of travel, after a busy day of activities, or give you the jumpstart you need in the morning. Please call Spa Town or the Concierge for arrangements.

Massages

MONTANA GOLD RUSH – GOLD FLAKE OIL MASSAGE

Indulge yourself with this massage that uses 24kt gold flakes blended with organic oil, which enhances the skin's elasticity. The gold and oil combined, help to rejuvenate and revitalize the skin – making the skin firmer, more resilient, and youthful. This is a massage that will leave your skin glowing, literally. A scalp treatment is included.

60-minute treatment: \$200

90-minute treatment: \$280

DEEP SURRENDER – DEEP TISSUE TRIGGER POINT MASSAGE

This massage is designed to relieve severe tension in the muscle and the connective tissue or fascia. It focuses on the muscles located below the surface of the top muscles. Deep tissue massages are often recommended for individuals who experience consistent pain, are involved in heavy physical activity (such as athletes) and patients who have sustained physical injury. This is also a great massage to remove knots from traveling.

30-minute treatment: \$85

60-minute treatment: \$165

90-minute treatment: \$220

120-minute treatment: \$310

THE REJUVENATOR – THERAPEUTIC SPORTS MASSAGE

Whether you're returning from a long day on the river, hiking trail, or The Saddle Club, our therapeutic sports massage – using arnica and essential oils – is designed to rejuvenate any body and recharge it for the next day's adventures. This sports-specific/



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deep tissue massage is customized to stretch and elongate the muscles, restore flexibility to the limbs and help you recover from the exertion of physical activity so you can gear up for tomorrow's ATV ride, or just be able to lift your fork for the many gourmet courses at Pomp.

30-minute treatment: \$85
60-minute treatment: \$165
90-minute treatment: \$220
120-minute treatment: \$310

SPA MANAGER – SHIATSU/YOGA MASSAGE

This massage on a mat combines Shiatsu pressure points, energy balancing, and stretching to help improve flexibility, relaxation, and energy levels. Please wear loose fitting clothing.

60-minute treatment: \$175
90-minute treatment: \$225

A RIVER RUNS THROUGH IT – SWEDISH MASSAGE

Nurturing, reflexive movements soothe the consciousness into a peaceful state, while providing a sense of harmony, reverence and balance. Much like the slow moving rhythm of the Blackfoot River, this experience signals a return to purity and a change to a more tranquil and natural state.

30-minute treatment: \$75
60-minute treatment: \$150
90-minute treatment: \$210
120-minute treatment: \$280

SACAGAWEA'S DREAM – AROMATHERAPY MASSAGE

This holistic aromatherapy formula utilizes natural oils and essences to work with the senses in order to stimulate energy pathways. A massage custom-

ized for each individual's physical, emotional and spiritual objective follows. The finishing touch is an invigorating scalp massage utilizing a zesty blend of wild lime.

30-minute treatment: \$75
60-minute treatment: \$150
90-minute treatment: \$210
120-minute treatment: \$280

BLACKFOOT RIVER ROCKS – HOT AND/OR COLD STONE TREATMENT

This is the ultimate massage. Imagine yourself cast adrift on a sea of warmth, where all of your daily cares and fatigued muscles gently ease away. Stones have been used by different cultures in therapeutic treatments for thousands of years. Experience the incredible sensation of smooth, specially harvested lava stones combined with Swedish and deep tissue techniques that actually melt away your stress and tension, leaving you purified and tranquil.

30-minute treatment: \$95
60-minute treatment: \$185
90-minute treatment: \$245
120-minute treatment: \$330

MOOSE DROOL MASSAGE – SKINNY DIP CANDLE MASSAGE

This is a massage to tantalize the senses. First you choose your scent of candle. The therapist then lights the candle and drizzles it all over your body. The feeling of the warm oil relaxes and soothes your tight muscles.

30-minute treatment: \$75
60-minute treatment: \$150
90-minute treatment: \$210
Add hot stones: \$50

**SOOTHE THE BURN –
SUNBURN TREATMENT MASSAGE**

The therapist uses a healing manuka honey massage oil with Swedish strokes to promote the healing of the burnt skin. The massage oil contains macadamia, jojoba and aromatic sandalwood oils. We've also added healing manuka oil, a rare and exotic oil designed to soothe and heal the skin.

60-minute treatment: \$150

MOTHER TO BE – PRENATAL MASSAGE

The perfect massage for any expectant mother. Using our special organic episcensial body lotion, the therapist will use Swedish strokes to soothe those tired, aching and stressed muscles..

60-minute treatment: \$150

90-minute treatment: \$210

APRÈS ADVENTURE – COUPLES MASSAGE

This couples massage is for true romantics. Couples will be treated side by side. Complete serenity will overcome you and your significant other as our expertly trained therapist utilizes the natural elements of essential oils to invigorate, stimulate and awaken your senses.

60-minute treatment: \$315

90-minute treatment: \$425

Add aromatherapy: same price

Add stones: \$50 each

Add deep tissue: \$30 each

FOUR PAWS – TANDEM MASSAGE

The ultimate massage experience: Two Therapists (four "paws"). One incredibly unique massage.

60-minute treatment: \$310

90-minute treatment: \$415

SWEET DREAMS - BEFORE BED MASSAGE

Come back to your home and you'll find your therapist waiting to give you a late night, relaxing massage to send you off to bed. The therapist uses a homemade lavender chamomile blend massage oil which helps relax and unwind after a tiring day of activities. After your massage, the therapist can run an aromatherapy bath. A scalp massage is included.

60-minute treatment: \$225

90-minute treatment: \$290

60-minute Couples treatment: \$450

90-minute Couples treatment: \$560

Add Deep Tissue: \$50 each

**STAR LIGHT, STAR BRIGHT –
MOONLIGHT MASSAGE**

Come get a massage at Spa Town under the moon and stars. Relax in a candlelit massage tent where you will receive a Swedish massage used with your choice of relaxing aromatherapy oils. This is massage is the perfect treatment after a long day of stressful travel or activities. Includes a scalp massage. Note that during July and August the sun does not set until close to 11pm MST.

60-minute treatment: \$215

90-minute treatment: \$275

60-minute couples treatment: \$430

90-minute couples treatment: \$540

Add deep tissue: \$50 each

ALTITUDE ADJUSTMENT

A massage that helps you to acclimate to the fresh Montana air. The therapist focuses on releasing the tension in your head, neck, back and shoulders.

45-minute treatment: \$95

60-minute treatment: \$145



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SEATED-CHAIR MASSAGE

A massage that can be done anywhere. The therapist comes to you to relieve your tight, stressed muscles while you're seated in a comfortable chair.

Per minute: \$2

PET MASSAGE

If you are traveling with your pet and having a spa service in your home or at Spa Town, we will pamper your canine companion with a complimentary 15-minute pet massage. Included with any one-hour service.

Body Treatments

SIGNATURE BODY SCRUB BAR

This bar has an array of products indigenous to Montana such as exfoliants, Oils, Honey, Essential oils, indigenous herbs, and indigenous flowers to choose from to be used on your body to slough off dead skin cells and leave the skin looking radiant and pure. The herbs and flowers are hand-picked seasonally by the Spa and Wellness Manager or choose from your choice of our pre-made seasonal scrubs. This treatment is followed by an application of yellowstone bees body butter.

30-minute Hand and Foot: \$60

60-minute treatment: \$130

HUCKLEBERRY BODY SCRUB

Huckleberries contain an anti-oxidizing effect on the body helping to improve circulation and fight infections in the body. This body scrub leaves the body

soft, supple and smelling fresh and fruity. Followed by an application of Yellowstone Bees body butter.

30-minute hand and foot: \$60

60-minute treatment: \$130

BARBWIRE BODY WRAP

This detoxifying treatment begins with an exfoliation of the skin with a dry brush. Then micronized Sea Algae is applied all over the body. While you are cocooned in warmth, we will indulge the senses with a Cowboy Scalp Massage and foot massage. After a warm shower, yellowstone bees body moisturizer is applied.

60-minute treatment: \$140

MONTANA MUD WRAP

Your treatment begins with a traditional Native American light skin brushing. Then an application of Montana mud is applied to the skin, which purifies and cleanses the body. Followed by a warm shower and application of yellowstone bees body moisturizer.

45-minute hand and foot: \$65

90-minute treatment: \$150

NOURISHING MANUKA HONEY BODY WRAP

A warm wrap that is a welcome sight to a tired and stressed body. First the body is dry brushed and then a rice bran scrub is applied to exfoliate the skin. Then healing manuka honey and shea butter are applied which helps to improve cellular regeneration thereby improving skin texture and promote collagen production. You are then wrapped tight to keep in the warmth. Following a warm shower this treatment ends with the application of yellowstone bees body moisturizer. Includes a scalp treatment.

60-minute treatment: \$140

GEOHERMAL BACK AND BUM TREATMENT

A refreshing and detoxifying back and bum treatment. The rice bran scrub helps slough off dead skin cells. The geothermal mask helps clean and refine pores. It helps lift off debris and impurities left from the environment. Includes a scalp treatment.

45-minute treatment: \$125

LEMON VERBENA HAND TREATMENT

Do you have tired, stressed-out hands? This treatment starts with a lemon and honey salt scrub to exfoliate and slough off those dead skin cells to make your hands look revitalized and refreshed. The treatment is finished with a hand massage with lemon verbena hand softener by EO and then wrapping the hands in warm towels to help the hand softener seep into the skin.

15-minute treatment: \$40

30-minute treatment: \$80

ROSEMARY SAGE FOOT TREATMENT

Are your "paws" fatigued? This treatment starts with a homemade rosemary sage salt scrub, which removes dead skin cells and callouses. Then the therapist uses reflexology therapy to penetrate deep into the body's systems using Plantogen sole cream: a minty, rich, non-greasy foot cream with shea butter, avocado, extra virgin olive oil, menthol and peppermint to relieve dryness and soothe stressed, over worked feet. The therapist then wraps your tired feet in hot towels.

15-minute treatment: \$45

30-minute treatment: \$90

Treatment Enhancements

SOARING SPIRIT – REFLEXOLOGY

This centuries-old technique clears away congestion and restores optimal function and health to your body. Included in this treatment is a specialized foot massage that stimulates body function and relaxation in order to restore a state of balance and harmony in body, mind and spirit.

15-minute enhancement: \$45

30-minute enhancement: \$90

60-minute enhancement: \$185

Add Stones: \$40

SIGNATURE – FACE MASSAGE

A perfect addition to any massage, this stimulating acupressure face massage releases stress and tension by manipulating the facial muscles which promotes overall relaxation. Using Plantogen face products, we apply cleanser, scrub, a seaweed mask and moisturizer.

15-minute enhancement: \$45

30-minute enhancement: \$90

60-minute treatment: \$180

Add Stones: \$40

PURIFYING FACE MASSAGE

This face massage removes impurities from the face. A relaxing massage using Plantogen face products, the therapist applies face cleanser, scrub, geothermal clay, toner and moisturizer.

30-minute treatment: \$100

60-minute treatment: \$200



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STONE FACE MASSAGE

An accupressure face massage using organic face massage oils and stones to remove wrinkles and increase collagen and elastin in the facial muscles.

30-minute treatment: \$100

60-minute treatment: \$200

COWBOY CLASSIC – SCALP MASSAGE

Take your hat off for this one. A unique blend of warm avocado, grape seed, lime blossom and ginger extracts to stimulate your senses and nourish your scalp. Each of these ingredients plays an important role in stimulating the hair follicles, deeply moisturizing the scalp, and creating an overall sense of well-being. A pressure-point massage is mixed with Swedish-style strokes to alleviate tension and create a deep state of relaxation.

15-minute enhancement: \$40

30-minute enhancement: \$70

Children's Spa Menu

SPA RULES FOR CHILDREN

- *Children 16 years and under must be accompanied by an adult at all times and receive their treatment in the same tent as the adult companion.*
- *The child must be respectful of the Spa Environment. Any child disrupting a service will be asked to leave Spa Town by Spa Manager or Massage Therapist.*
- *When receiving any treatment the Adult must specify which Gender of therapist they would like.*

CHOCOLATE MASSAGE

In this massage the therapist uses Swedish massage strokes to apply a chocolate scented oil to indulge the senses.

30-minute treatment: \$75

45-minute treatment: \$85

EUCALYPTUS TANGERINE MASSAGE

The Eucalyptus mixed with the tangerine is invigorating to the body. The Eucalyptus has a cooling effect and the tangerine awakens the body.

30-minute treatment: \$75

45-minute treatment: \$85

SKINNY DIP CANDLE MASSAGE

You choose the scent of candle then the therapist lights the candle and use this to massage all over the body.

30-minute treatment: \$75

45-minute treatment: \$85

HONEY DUST SCRUB

This body scrub uses honey and salts to as a body buff to remove dead skin cells and make your skin bright and beautiful.

30-minute treatment: \$70

PINK GRAPEFRUIT SCRUB

Pink Grapefruit combined with honey and salts brighten and enliven the skin. It smells great too.

30-minute treatment: \$70

CHOCOLATE MUD WRAP

This treatment starts with a chocolate scrub, then warm chocolate mud, ending with a chocolate oil application.

60-minute treatment: \$120

LEMON VERBENA HAND TREATMENT

Using a Lemon Honey salt scrub to remove dead skin then the therapist applies a Lemon Verbena Hand softener with a gentle massage.

15-minute treatment: \$40

ROSEMARY SAGE FOOT TREATMENT

The therapist uses a homemade Rosemary Sage foot scrub and then applies a Plantogen foot cream with a relaxing foot massage

15-minute treatment: \$45

FACE MASSAGE

Using Plantogen Face products this treatment is for anyone who needs to relax. We apply a cleanser, scrub, mask and moisturizer.

15-minute treatment: \$45

30-minute treatment: \$90

SCALP TREATMENT

The therapist uses a combination of avocado; grape seed, lime, lemon and ginger extract in the oil and then applies it to the scalp with a rigorous massage.

15-minute treatment: \$40

30-minute treatment: \$70

Spa Packages

MOUNTAINEER ESCAPE

Who said that great adventurers never needed a little pampering? The Mountaineer Escape package is geared toward those guests who want to truly unwind at "The Last Best Place." A Deep Tissue Sports Massage will begin the process. As you relax under Montana's Big Sky, a face massage will help you to breathe in the essences of the deep pine forests and the majesty of the natural surroundings, creating an unforgettable aural and visual experience. Finally, you will be treated to the Cowboy Classic Scalp Treatment – a zesty aromatic therapy involving a unique blend of wild lime blossom and wild lime oil. Believe us when we say, "Lewis and Clark never had it so good."

150-minute treatment: \$300

MOM & ME RETREAT – MOTHER/DAUGHTER MASSAGE

This is a perfect package for bonding mother and daughter. This package includes for each: 60-minute Deep Tissue, 60-minute Body scrub of your choice, 30-minute Signature Face massage.

150-minute treatment: \$700 (2-people)

HEALING TIME HEAD-TO-TOE

This package will hit every sore point from head to toe, leaving you feeling completely unstressed. Includes: Signature Spa Town Body Bar, Montana Mud Body Wrap, Face Massage and 60-minute Deep Tissue Massage.

180-minute treatment: \$485

RELAX THE DAY AWAY

This package gets you away to relax and revive yourself in the spa all day. Includes: 30-minute Shaman Body Vibration Treatment, Geothermal Back and Bum Treatment, Nourishing Manuka Honey Body Wrap, Scalp Massage and 60-minute Swedish massage.

210-minute treatment: \$520

Body Vibration Healing Treatments

Native Americans believe that energy links the physical, mental and spiritual selves, and when any one of those aspects of a person is injured, the entire being suffers. Modern science backs up these ancient beliefs – we all know that stress can lead to actual physical pain. Our Body Vibration Healing Treatments are designed to bring that energy into balance – healing the physical, mental and spiritual “tears” in our energy to keep us healthy, vital and strong. Relaxing, rejuvenating and uplifting, Body Vibration Healing Treatments combine a variety of disciplines and techniques to achieve optimal results to bring the body back into balance. It’s a luxurious indulgence with lasting benefits, healing body, mind and spirit and strengthening your ability to ward off injury, illness and emotional wear and tear. The treatment options include any various combinations of hands-on body work like Reiki, Jin Shin Jyustu, Quantum Touch and Polarity, along with breath work, use of a pendulum, crystals and sound and color therapies.

THE SHAMAN – HEALTH AND VITALITY TREATMENT

Repair and heal energetic imbalances by bringing our physical body back to a state of health and vitality. This customized treatment is person-

ally designed for you. It begins in a calm, relaxing, luxurious space, with a one-on-one meeting with our expert practitioner to talk about whatever issues need to be addressed. Once the issues are identified as physical, emotional, mental or spiritual in nature, our practitioner will then suggest a combination of luxurious custom treatments designed to gently bring back relaxation, energy and balance. Treatments last as long as you wish, incorporating the ideal combination of indulgent therapies to have you feeling relaxed and energized long after your Paws Up vacation ends.

60-minute treatment: \$155

90-minute treatment: \$215

120-minute treatment: \$275

THE BODY BALANCER

This comprehensive, two-hour treatment re-balances the entire body, healing wounds and infusing energy from head to toe. Our technician begins with the feet – slowly, deliberately filling the entire body with healing energy while working up the legs, to the top of the head and back down the arms. Next, attention is turned to the chakras – energy centers located throughout the body – making sure they are open and flowing well. Blockages will be released, as the body is flooded with a warm feeling of relaxation and revitalization. The treatment continues as the practitioner moves through these energy centers, opening up, cleaning out and balancing them for an overall sensation of wellbeing and rejuvenation. You’ll end the two-hour treatment feeling relaxed, empowered and on top of your game – whether that be a round of golf or a whitewater rafting adventure.

120-minute treatment: \$255

THE YIN AND YANG

According to the ancients, our bodies contain both a positive (yin) and negative (yang) charge. The strive for balance is basically seen as a struggle to equalize the effects of these two opposite energies, as stress and other forces continually strive to knock us off our game. This 90-minute treatment focuses on bringing back balance by finding individual areas that are operating out of synch. The problem areas are identified and treated one by one, a sense of well-being slowly returning as each trouble spot is dealt with. Finally, balance is returned to the entire body as our technician gently realigns the energy that flows vertically through body's the core. You'll leave ready to climb our highest mountain – or dig in to our deepest desserts.

90-minute treatment: \$200
120-minute treatment: \$255

BODY TALK SESSIONS

Every single cell, atom and system is in constant communication with every other cell, atom and system within the body-mind complex at all times. This includes communication through the nervous system, as well as the other subtle energy circuits of the body- such as the meridians and the electromagnetic frequencies that are produced by the body through its functioning. Stress is one of the many factors we experience in our daily life, which can cause these circuits to become compromised, weakening or disrupting the communication between the cells and systems.

Body Talk Sessions help to re-establish these energetic circuits and the efficiency of the communication in a quick and effective way, which then allows the body to very quickly recover and catch up in the healing process.

The practitioner will rely on the guidance of the client's body natural wisdom to not only locate the weakened or broken lines of communication and establish how to reconnect them, but also to find proper order in which they are to be restored. This is accomplished through a form of neuromuscular biofeedback called muscle testing, by which the practitioner is able to ask the body yes-or-no questions and receive answers directly from the body about the sequence for re-establishing these lines of communication.

60-minute session: \$175
90-minute session: \$230

Wellness Classes

Tuesday/Thursday- Free Yoga Classes at 8:30am (Must sign up in advance or class may be cancelled due to lack of participation. Class size is limited).
Private Classes - 60-minutes - \$75 each person
Group Private Classes - Price depends on amount of participants.

YOGA

Vinyasa style yoga classes link posture and breathing together within a series of sequential movements. This process generates heat in the body and helps to build muscular strength and better flexibility. Yoga experience is helpful but not required.

LITTLE FEET YOGA

A yoga class specifically designed to get children involved in health and wellness. Promotes balance, stretching and relaxation.



SPA SERVICES

YOGALATES

Yogalates is a strenuous technique that involves the stretching and strengthening of all the body's major muscle groups, creating a slender, streamlined shape rather than bulk. It enhances posture with its main focus being to strengthen the core postural muscles where the abdominal, lower back, pelvic floor and buttock muscles meet. It also fuses the breathing systems of yoga (the ujjayi breath used to calm the mind) and pilates (the pilates lateral thoracic breath where the abdominal muscle is used and activated continually throughout the practice).

KUNDALINI YOGA

Kundalini yoga works with kundalini energy: one's dormant spiritual energy. The kundalini energy in its' dormant state is visualized as a snake coiled up in the first chakra at the base of the spine, the muladhara chakra. When an aspirant of kundalini yoga starts activating the kundalini energy through various kinds of pranayamas, the nadi system is vitalized. The roused kundalini energy moves upwards in the central nadi, the sushumna, passing through each of the lower chakras to reach the seventh, the sahasrara chakra. This process is known in kundalini yoga as the piercing of the chakras and represents the merging of the female with the male. The release and ascent of the dormant spiritual kundalini energy in kundalini yoga enables the aspirant to transcend the effects of the elements and achieve consciousness that brings liberation from the ever-changing world of illusion.

PILATES

A series of mat exercises that is used to help balance the body, improve motion, strengthen, and promote mental and physical harmony. This is an exercise system that is focused on building strength without bulk, improving flexibility and agility and helping to prevent injury. The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body, which is strong and supple, with a flat stomach, balanced legs and a strong back.



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