

S P A T O W N  
MENU OF SERVICES



*The Resort at*  
**PAWS UP**<sup>®</sup>  
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. You can choose to experience your treatment inside or outside on your deck. During the winter months, our spa is located in one of our Luxury Homes. In-home treatments are also available. For in-home treatments, add 50% to price (except for the Sweet Dreams massage—in-home fee is included). Spa services are not offered in the glamping tents.



Please arrive 15 minutes prior to your scheduled treatment time.

All cancellations made within 24 hours, including “no-shows,” will be charged full treatment price. Spa treatments will be charged directly to your home or tent.

### Hours of Operation

Monday through Sunday from 9:00AM to 6:00PM. Early morning and late evening treatments are available upon request. Gratuities can be made at each guest’s discretion. No sales tax is applied to spa services.

### Contact Information

Spa Town: 406-244-7324 (ext. 7324)  
Concierge Services: 406-244-7333 (ext. 7333)  
www.pawsup.com

Please use the Paws Up App or call Spa Town or Concierge Services for pricing inquiries or to make reservations.

## Massages

### ALTITUDE ADJUSTMENT – HEAD AND NECK MASSAGE

This massage helps you acclimate to the fresh Montana air. The therapist focuses on releasing the tension in your head, neck, back and shoulders by using healing essential oils to instill balance and pure relaxation.

45-minute treatment: \$115  
60-minute treatment: \$170

### APRÈS ADVENTURE – COUPLE’S MASSAGE

This 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 therapists utilize the natural elements of essential oils to invigorate, stimulate and awaken your senses.

60-minute treatment: \$370 (2 people)  
90-minute treatment: \$500 (2 people)  
Add aromatherapy: complimentary  
Add hot or cold stones: \$60 per person  
Add deep tissue: \$40 per person

### BE WELL – 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: \$90  
60-minute treatment: \$195  
90-minute treatment: \$270  
120-minute treatment: \$360



**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 feeling completely relaxed.

- 30-minute treatment: \$115*
- 60-minute treatment: \$215*
- 90-minute treatment: \$325*
- 120-minute treatment: \$425*

**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 or who are involved in physically demanding activities, life or exercise and patients who have sustained physical injury. This is also a great massage to remove knots from traveling.

- 30-minute treatment: \$110*
- 60-minute treatment: \$210*
- 90-minute treatment: \$320*
- 120-minute treatment: \$420*

**DETOXIFIER –  
HIMALAYAN SALT STONE MASSAGE**

The Himalayan salt stones and coconut oil used in this massage will detoxify your skin by removing the accumulation of pollutants and toxins in your body. The stones contain 84 minerals that will harmonize

with your body and bring you to an energized state while grounding and balancing you.

- 60-minute treatment: \$225*
- 90-minute treatment: \$340*
- 120-minute treatment: \$450*

**EAST MEETS WEST –  
SHIATSU/YOGA MASSAGE**

A massage that combines shiatsu pressure points and yoga stretches with the use of the therapist's elbows, forearms and feet. The therapist will also provide energy-balancing stretching to help improve flexibility and energy levels.

- 60-minute treatment: \$215*
- 90-minute treatment: \$290*

**FOUR PAWS – TANDEM MASSAGE**

The ultimate massage experience: two therapists (four "paws") working on you at once. This is one incredibly indulgent massage.

- 60-minute treatment: \$400*
- 90-minute treatment: \$540*

**HERBAL FUSION –  
AROMATHERAPY MASSAGE**

This holistic aromatherapy formula utilizes organic natural oils and essences to work with the senses in order to stimulate energy pathways. A massage is customized for each individual's physical, emotional and spiritual objectives by having you choose the essential oil that inspires your senses. The finishing touch is an invigorating scalp massage, utilizing a homemade, organic and zesty blend of wild lemon and limes.

- 30-minute treatment: \$100*
- 60-minute treatment: \$200*
- 90-minute treatment: \$290*
- 120-minute treatment: \$395*

**THE LAST BEST MASSAGE –  
HOT STONE/MAGIC MUSCLE RELIEVER/  
SCALP/REFLEXOLOGY**

This is truly *The Last Best Massage*. The therapist will utilize a combination of massage techniques, including Swedish, deep tissue, hot stone, Wicky Bar and reflexology, to hone into your body's tension, ease your mind and bring you into pure bliss. A relaxing scalp massage at the end of the treatment will leave you totally relaxed from head to toe.

*60-minute treatment: \$230*  
*90-minute treatment: \$345*  
*120-minute treatment: \$500*

**MAGIC MUSCLE RELIEVER –  
LUSH MASSAGE BAR**

A deep tissue trigger point massage to soothe your aching muscles. Using a LUSH Wicky Massage Bar made with peppermint and cinnamon oils makes the skin warm and tingly. This promotes circulation and relieves the tension in the muscles while the fair trade cocoa butter soothes the skin.

*60-minute treatment: \$210*  
*90-minute treatment: \$305*  
*Add hot stones: \$60*

**MEADOWSIDE – SEATED-CHAIR MASSAGE**

This massage can be done in any of our scenic areas at Spa Town. The therapist will relieve your tight, stressed muscles while you're seated in a comfortable chair that is made for massage.

*Per minute: \$4*

**MONTANA GOLD RUSH –  
GOLD FLAKE OIL MASSAGE**

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

*60-minute treatment: \$225*  
*90-minute treatment: \$330*

**MOTHER BEAR – PRENATAL MASSAGE**

A perfect massage for any expectant mother. Using our special organic Ervaviva body oil, the therapist will use Swedish strokes to soothe tired, aching and stressed muscles. Ervaviva stretch mark oil is applied to problem areas.

*60-minute treatment: \$185*  
*90-minute treatment: \$265*

**THE REJUVENATOR – MYOFASCIAL RELEASE**

Myofascial release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the myofascial connective tissue restrictions to eliminate pain and restore motion. Our one-on-one therapy sessions are hands-on treatments during which our therapists use a multitude of myofascial release techniques and movement therapy. We promote independence through education in proper body mechanics and movement, self-treatment instruction, enhancement of strength, improved flexibility and postural and movement awareness.

*60-minute treatment: \$200*  
*90-minute treatment: \$300*



### **REST AND RECOVER – CRANIOSACRAL THERAPY**

Craniosacral therapy (CST) is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas, which alleviates stress and pain.

CST is most often carried out with the client lying down, fully clothed, in a quiet and peaceful environment. Treatment involves a very gentle touch of the practitioner's hands. This light contact may be applied to the cranium (head), the sacrum (tailbone), the feet, the trunk or any other part of the body as appropriate. The gentle approach of CST is entirely noninvasive.

The subtle interaction of the two systems—brought together by this light contact—stimulates and enhances self-healing mechanisms within the body to respond, release and open up to a more balanced, healthy state. CST seeks to restore the natural position of the bones and can decrease stress from chronic injuries, as well as provide relief from migraine headaches, neck and back pain, temporomandibular joint disorder (the inflammation of the joint that connects the lower jaw to the skull) and more.

*60-minute treatment: \$150*  
*90-minute treatment: \$200*

### **STAR LIGHT, STAR BRIGHT – TWILIGHT MASSAGE**

Come get a massage at Spa Town under the moon and stars. Relax in a candlelit tent where you will receive a Swedish massage with your choice of relaxing aromatherapy oils. This massage is the perfect treatment after a long day of stressful travel or activities. Includes a scalp massage. NOTE: During July and August, the sun does not set until

about 11:00PM. 48 hours notice is required for 11:00PM and beyond.

*60-minute treatment: \$330*  
*90-minute treatment: \$400*  
*60-minute couple's treatment: \$340 per person*  
*90-minute couple's treatment: \$410 per person*

### **SWEET DREAMS – BEFORE BED MASSAGE (IN-HOME TREATMENT)**

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 homemade lavender chamomile blend massage oil, which helps you relax and unwind after a tiring day of activities. After your massage, the therapist can run an aromatherapy bath. A scalp massage is included. 48 hours notice is required for 8:00PM and beyond.

*60-minute treatment: \$375*  
*90-minute treatment: \$465*  
*60-minute couple's treatment: \$395 per person*  
*90-minute couple's treatment: \$495 per person*  
*Add deep tissue: \$40 per person*  
*Add hot or cold stones: \$60 per person*

### **WAG THE TAIL – 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

### **BARBWIRE GOODNESS – DETOXIFYING MARINE ALGAE BODY WRAP**

This detoxifying toning treatment begins with an exfoliation of the skin with a dry brush. Then, micronized sea algae infused with essential oils is applied all over the body. This will tone and tighten skin. While you are cocooned in warmth, we will indulge the senses with a Cowboy Classic scalp massage and a foot massage. After removal of the product, an organic body butter is applied.

*60-minute treatment: \$190*  
*(We recommend that you **do not** shave before this service.)*

### **BARE YOUR SOLES – PINE ROSEMARY SAGE FOOT TREATMENT**

This treatment starts with a homemade pine rosemary sage salt scrub, which removes dead skin cells and calluses. Then the therapist uses reflexology therapy to penetrate deep into the body's systems using a minty, rich, non-greasy foot salve with Shea butter, avocado, extra virgin olive oil, menthol and peppermint to relieve dryness and soothe stressed, overworked feet. The therapist then wraps your tired feet in hot towels.

*15-minute treatment: \$60*  
*30-minute treatment: \$110*

### **BOTANICAL BODY RITUAL – RESTORING BODY WRAP**

Are you feeling weathered? This wrap uses a rich botanical cream that is intensely hydrating and restoring. The treatment starts with a dry brushing. Then a rich luxe body cream is applied and you are cocooned in warmth. You are then unwrapped and the treatment ends with a rigorous massage to help

the moisturizing cream seep in to rehydrate you and leave you glowing and revitalized. Includes a scalp massage.

*60-minute treatment: \$205*  
*90-minute treatment: \$305*

### **FIRM AND FABLOUS – FIRMING BODY TREATMENT**

A treatment to firm, tone and encourage natural cell regeneration to promote skin elasticity and collagen enhancement. The treatment starts with an Ervaviva firming salt scrub. Then, an egg white and carrot powder are applied and you are cocooned in warmth. Finally, the product is removed and Ervaviva firming oil is applied with rigorous strokes to reduce cellulite and tighten the skin.

*90-minute treatment: \$215*  
*(We recommend that you **do not** shave before this service.)*

### **GOLDEN GODDESS – FAKE BAKE SUNLESS TANNER**

Get a perfect tan with no sun-related risks. This tanner is made with botanical ingredients. It starts with an exfoliating scrub, followed by the tanner application. Your tan will darken with repeated treatments.

*60-minute treatment: \$190*  
*(We recommend that you shave before this service.)*

### **HYDRATING BODY RENEWAL – ROSE CLAY MUD WRAP**

Breathe in the aromatic fragrance of the countryside as you're surrounded in a richly hydrating cocoon. The rose clay mud is carefully sun-dried to retain its purity and is infused with powerful source derivatives that are deeply hydrating. This provides a multifunctional skin-renewing treatment that accelerates epidermal cell renewal and heals, protects and ensures renewed hydration. A dry brushing sloughs away dead skin cells to prepare for the mud application. After the mud is removed, the therapist applies organic body butter to finish the treatment. Includes a scalp massage.

*60-minute treatment: \$205*

### **INNER PEACE – PURIFYING MINERAL MUD WRAP**

Your treatment begins with a traditional Native American light skin brushing. Then an application of mud mixed with a wild yam root powder is applied to the skin. This will purify, cleanse and improve elasticity and texture of the skin. After the removal of this product, an application of organic body moisturizer is applied. Includes a scalp massage.

*45-minute treatment (hand and foot): \$100*

*90-minute treatment (full body): \$210*

*(We recommend that you **do not** shave before this service.)*

### **MOISTEN YOUR PAWS – HONEY LEMON-LIME VERBENA HAND TREATMENT**

Do you have tired, stressed-out hands? This treatment starts with our homemade lemon-lime and honey salt scrub to exfoliate and slough away those dead skin cells to make your hands look revitalized and refreshed. The treatment is finished with a hand massage with lemon verbena hand salve and

a wrapping of the hands in warm towels to help the hand salve seep into the skin.

*15-minute treatment: \$55*

*30-minute treatment: \$100*

### **PAWS UP SIGNATURE – BODY SCRUB BAR**

The body scrub bar has an array of products indigenous to Montana, such as exfoliants, oils, honey, essential oils and herbs and flowers. These will help to slough away dead skin cells and leave the skin looking radiant and pure. Take your choice from our premade seasonal scrubs. The treatment is followed by an application of organic body butter.

*30-minute treatment (hand and foot): \$100*

*60-minute treatment (full body): \$185*

*Add Fake Bake sunless tanner: \$65*

*(We recommend that you **do not** shave before this service.)*

### **REVITALIZE AND NOURISH YOUR BODY – G.M. COLLIN MINERAL MINT BODY WRAP**

This is a unique body wrap formulated with a micronized blend of powerful marine extracts. The treatment starts with an exfoliating body scrub, which is showered off. Then, mineral mint is applied all over the body. You are then cocooned in warmth. Finally, you shower again and then a firming cream is applied vigorously all over the body.

*90-minute treatment: \$320*

## Treatment Enhancements

### CHI BALANCER – REFLEXOLOGY

This centuries-old technique clears away congestion and restores optimal function of health to your body to renew your *prana* (life force). 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: 60*  
*30-minute enhancement: \$110*  
*60-minute enhancement: \$215*  
*Add hot or cold stones: \$60*

### COLLAGEN 90 II FACE MASSAGE – G.M. COLLIN ANTI-WRINKLE AND TIGHTENING FACE MASSAGE

This exclusive, highly renowned, intensely rejuvenating treatment dramatically minimizes visible lines and wrinkles. It is ideal for fatigued and mature skin. This ten-step treatment will leave your skin plumper, firmer and more radiant.

*90-minute enhancement: \$350*

### COWBOY CLASSIC – SCALP MASSAGE

Take your hat off for this one. A unique, organic blend of warm avocado, grape seed, lemon, lime and ginger extracts is used to stimulate your senses and nourish your scalp. Each ingredient plays an important role in stimulating the hair follicles, deeply moisturizing the scalp and creating an overall sense of well-being. Hot towels are applied to scalp and neck.

*15-minute enhancement: \$55*  
*30-minute enhancement: \$95*  
*(Please note it may take several washes to remove all the oil.)*

### HYDROLIFTING – G. M. COLLIN LIFTING AND FIRMING FACE MASSAGE

This face massage is a clinical treatment specifically formulated to visibly firm the face and neck, giving the skin an immediate “lifted” appearance while also reducing the appearance of fine lines and wrinkles. This treatment starts with a cleansing milk followed by an exfoliation. The therapist then applies the hydrolifting fluid, then the restorative cream and then a toning mask. A hydamucine face cream is applied last.

*60-minute enhancement: \$270*

### LIQUID GOLD – ARGAN OIL SCALP AND NECK TREATMENT

Argan oil penetrates the hair to help moisturize each layer and make it healthier, silkier and shinier. This oil, which is infused with an Energize essential oil, is applied vigorously to the hair. Your treatment concludes with a neck massage to relieve stress. Hot towels are applied to your scalp and neck.

*15-minute enhancement: \$60*  
*30-minute enhancement: \$110*

### OXYGENATING – G.M. COLLIN REVITALIZING AND PURIFYING FACE MASSAGE

This face treatment is designed to clear skin and revitalize fatigued, stressed and dull skin. This five-step treatment includes unique oxygen-complex and patented antimicrobial peptides combined with salicylic, glycolic and lactic acids. This purifies and deeply hydrates to restore the skin to a natural radiance and glow.

*60-minute enhancement: \$290*



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**REPLENSHER – CUCUMBER FACE MASSAGE**

Give your face a fresher, younger, healthier look. This massage starts with Osmia Foaming Cleanser, and then a micro refiner face scrub is applied to slough away dead skin cells and to minimize the appearance of pores and fine lines. The therapist applies cucumbers to the face and eyes to add moisture and restore pH levels. The massage concludes with an application of a hydrating face massage cream with Vitamin K to help treat dark circles under the eyes and Vitamin C to help with fine lines and wrinkles. Leaves your face gleaming and refreshed.

*30-minute enhancement: \$140*  
*60-minute enhancement: \$270*

**SEA C SPA – G.M. COLLIN ANTI-AGING AND PURIFYING FACE MASSAGE**

This is an energizing treatment that helps improve the skin's elasticity and suppleness with the use of marine and vegetal ingredients. The treatment starts with a cleansing milk followed by an exfoliation. The therapist applies a Vitamin C serum to dehydrated areas. Then, seaweed patches are applied and saturated with activating lotion. The mask is then applied and removed with a steamed towel. The enhancement ends with application of a hydramucine face cream.

*60-minute enhancement: \$290*

**SIGNATURE – PROTEIN FACE MASSAGE OR DETOXIFYING 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 Osmia Organics face products, we apply cleanser, a protein exfoliating scrub/mask, serum moisturizer and lip balm.

*15-minute enhancement: \$60*  
*30-minute enhancement: \$115*  
*60-minute enhancement: \$225*  
*Add hot or cold stones: \$50*

**FACIAL ENHANCEMENTS**

*24-karat lip repair treatment: \$35*  
*24-karat eye pads: \$20*  
*Add lip repair treatment: \$15*  
*Add under eye nourish pads—  
wine or blueberry extract: \$15*  
*Add full eye coverage mask: \$30*

**Children's Spa Menu**

*SPA RULES FOR CHILDREN*

- *Children 16 years and under must be accompanied by an adult.*
- *Adult companions must specify therapist gender for their child's treatment.*
- *Children must be respectful of the spa environment. Any child disrupting a service will be asked to leave Spa Town.*

**CHILLAX – KIDS CUSTOM MASSAGE**

In this massage, the therapist utilizes a scented oil and Swedish massage strokes to quiet your child's mind and to help them relax and unwind after a long day of activities. Hot towels are applied to head, shoulders, knees and toes to leave them completely calm, cool and collected.

*30-minute treatment: \$95*  
*45-minute treatment: \$105*

*Your choice of massage lotion or oil. Choose from: array of chocolate oils, bubblegum, cotton candy, eucalyptus tangerine, huckleberry, river h20 or seasonal oils.*



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### **THE CUB – BODY SCRUB BAR**

This body bar is made exclusively for kids and teens. Scrubs are made with indulgent ingredients to entice the senses. Choose from an array of Brown Sugar Scrubs.

*15-minute treatment: \$50*  
*30-minute treatment: \$90*  
*60-minute treatment: \$160*

### **DIRTY DAWG – MINERAL MUD WRAP**

This detoxifying treatment begins with an exfoliation of the skin with a dry brush. Then, mineral mud infused with a fragrance oil of your choice is applied all over the body. This will tone and tighten skin. While you are cocooned in warmth, the therapist will soothe your weary head with a scalp massage.

*45-minute treatment: \$105*  
*60-minute treatment: \$135*

### **FLEDGLING – COTTON CANDY 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: \$60*  
*30-minute treatment: \$115*

### **FLOURISHING – TEEN FACE MASSAGE**

Using Osmia Organics products, we can help reduce acne and dryness on your teen's face.

*15-minute treatment: \$70*  
*30-minute treatment: \$120*

### **LITTLE PAWS – HAND AND FOOT TREATMENT**

This is a treatment to relieve the stress of manipulating smartphones and moving those weary legs during travel. The treatment begins with your hands and feet being wrapped in warm towels. The therapist will then apply a scrub of your choice followed by a light application of mud. The therapist then removes the product and applies organic body butter with Swedish massage strokes.

*15-minute treatment: \$60*  
*30-minute treatment: \$115*

### **MELON MEDLEY – SCALP TREATMENT**

The therapist makes a combination of avocado, grape seed, lemon, lime and strawberry and watermelon essential oils and then applies it to the scalp with a rigorous massage.

*15-minute treatment: \$55*  
*30-minute treatment: \$90*

### **MOOSE DROOL – CANDLE MASSAGE**

You choose the scent of a Skinny Dip Montana-made candle and then the therapist lights the candle and uses this to massage the body.

*30-minute treatment: \$95*  
*45-minute treatment: \$105*

### **SNAKESKIN – PARAFFIN TREATMENT**

The therapist will brush on wax to your hands and/or feet. This warm wax helps with dryness and inflammation of joints—plus it's fun! We then peel off the wax and a moisturizer is applied.

*15-minute treatment: \$55*  
*30-minute treatment: \$90*

## Spa Packages

### MOM AND ME RETREAT – MOTHER/DAUGHTER MASSAGE

This is a perfect bonding package for mom and daughter. The package includes for each: a 60-minute deep tissue or aromatherapy massage, a 60-minute body scrub of your choice and a 30-minute Signature face massage.

*150-minute treatment: \$970 (2 people)*

### 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 followed by the Purifier face massage. 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 & Clark never had it so good.”

*150-minute treatment: \$410*

### RELAX THE DAY AWAY

These treatments provide pure indulgence in the very location where you will truly relax the entire day away: your own Spa Tent. This package begins with a body scrub that is infused with sapphire dust. Then we move to align your chakras and guide you through a meditative state. You will then take a break for a spa cuisine lunch. Finally, two therapists will perform a four-handed massage with Montana gold flake oil. The treatment concludes with a scalp massage and a caviar face massage.

*330-minute treatment: \$1,320*

### SACRED HEALING JOURNEY

This package will hit every sore point from head to toe, leaving you feeling completely unstressed. Includes a Signature Spa Town body bar, a Rose Clay mud wrap, a Signature face massage and a 60-minute Magic Muscle Reliever deep tissue massage, ending with a Chi Balancer reflexology treatment.

*210-minute treatment: \$800*

## Body Vibration Healing Treatments

Native Americans believe that energy links the physical, mental and spiritual selves and that 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 energy into balance—healing the physical, mental and spiritual “tears” in our energy to keep us healthy, vital and strong. It’s a luxurious indulgence with lasting benefits that heal body, mind and spirit and strengthen your ability to ward off injury, illness and emotional wear and tear.

### GROUNDING – REIKI

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what brings us life. If our life force energy is low, then we are more likely to get sick or feel stress. If it is high, we are more capable of feeling happy and healthy. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person, including body, emotions, mind and spirit, creating many beneficial effects, such as relaxation and feelings of

peace, security and well-being. Many have reported miraculous results.

*60-minute treatment: \$180*

*90-minute treatment: \$250*

*(This treatment is only offered with certain massage practitioners on select days.)*

### **THE SHAMAN – CHAKRA HEALTH AND VITALITY TREATMENT**

Repair and heal energetic imbalances by bringing our physical body back to a state of health and vitality. This treatment begins with a combing of your aura so the therapist can get a sense of your body and how to bring you back to a state of balance. Then the therapist will have you hold clear crystals in your palms to help radiate energy throughout the body. The therapist will align the chakra stones on or along the body to realign your chi. The treatment ends with a traditional smudging to leave you feeling relaxed and energized long after your Paws Up vacation ends.

*60-minute treatment: \$185*

*90-minute treatment: \$255*

## **Wellness Classes**

### **GROUP YOGA**

*(Offered daily; see website or spa for calendar.)*

Come attend one or more of our new group yoga classes offered at Spa Town in the meadow or at another beautiful location in The Resort. A brief massage is given during Shavasana. We will supply the mats, props, towels and drinking water.

*60-minute class: \$50 per person*

*90-minute class: \$70 per person*

*(Children ages 6 and up are welcome.)*

## **Private Class Offerings**

*(Some of these will be part of the GROUP CLASS offerings.)*

### **BUTI YOGA**

A yoga class like no other. This calorie-scorching workout fuses power yoga with cardio-intensive tribal dance and body-sculpting primal movement, utilizing deep abdominal muscles that stabilize and strengthen the body. Instead of linear movements, we favor movements that challenge the body along all planes of motion, resulting in long, lean muscle with sexy feminine curve.

*60-minute class: \$120 per person*

*90-minute class: \$150 per person*

### **BLINDFOLDED YOGA**

This Hatha-style class is in an intermediate class that is all about breath and balance. We start with chanting Sanskrit and then work into yoga postures, with our eyes closed to withdraw into our senses (Pratyahara) and then move to wearing blindfolds. Being blindfolded requires us to engage Pratyahara and takes us from outside to inside on a journey to self-trust and inner awareness. This practice will help fuel your other senses to become deepened and refined.

*60-minute class: \$120 per person*

*90-minute class: \$150 per person*

### **FAMILY YOGA**

Take time as a family to cherish and nurture your mind, body and spirit. This class is for families with children (ages 3 and up). Family yoga is structural, like Little Feet yoga, with emphasis on interactive and partner poses for kids and adults to do together. We will do yoga poses, breathing, movement games and relaxation. No previous yoga experience is required.

*30-minute class: \$80 per person*  
*45-minute class: \$90 per person*  
*60-minute class: \$120 per person*

### **LITTLE FEET YOGA**

This yoga class was specifically designed to get children involved in health and wellness. It promotes balance, stretching and relaxation. Fun music is incorporated to keep children engaged.

*30-minute class: \$80 per person*  
*45-minute class: \$90 per person*

### **RESTORATIVE YOGA**

This class is a form of yoga that seeks to achieve physical, mental and emotional relaxation with the use of props. The use of props helps you maintain balance while stimulating the muscles to stretch and tone them. We use a meditative flow to enhance flexibility, strength and balance.

*60-minute class: \$120 per person*  
*90-minute class: \$150 per person*

### **SUPY – STAND UP PADDLEBOARD YOGA**

Whether you're advanced or a beginner yogi, this class will challenge you. Stand up paddleboard yoga will reinvigorate you and help you become

calm and healthy. This class is a unique experience done at one of our lake houses or on the Blackfoot River. We will start with meditative breathing and then move to finding your balance with some standard paddleboarding. Once we have gained our balance will work into yoga postures to gain balance and strength. We will end in Shavasana floating on the boards.

*90-minute class: \$220*  
*120-minute class: \$300*  
*(This class is only offered from June–August.)*

### **VINYASA 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. Sanskrit will be chanted at the beginning and end of class. Yoga experience is helpful but not required.

*60-minute class: \$120 per person*  
*90-minute class: \$150 per person*

### **YOGALATES**

Yogalates is a 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, and its main focus is 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 breathing used to calm the mind) and Pilates (the Pilates lateral thoracic breathing in which the abdominal muscles are used and activated continually throughout the practice).

*60-minute class: \$120 per person*  
*90-minute class: \$150 per person*