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 a guest accommodation. In-home treatments are also available. Please add 50% to price for in-home treatments. Spa services are not offered in the glamping tents.

Please arrive 15 minutes prior to your scheduled treatment, class or hike 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. The Resort at Paws Up is a gratuity-free resort. Our staff is dedicated to ensuring that you have a memorable vacation. Accordingly, all staff members are well-compensated and highly valued by the management and owners. If you’d like to recognize exemplary service, a kind note, a review on social media or a simple “thank you” is always appreciated but never expected. We look forward to serving you! 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: $175
60-minute treatment: $265

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 expert therapists utilize natural elements of essential oils to invigorate, stimulate and awaken your senses. (There is no upcharge for Deep Tissue, Hot Stones, Himalayan Salt Stones or The Last Best Massage.)

60-minute treatment: $270
90-minute treatment: $390

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: $110
60-minute treatment: $230
90-minute treatment: $315
120-minute treatment: $415

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 fade 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 melt away your stress and tension, leaving you feeling completely relaxed.

30-minute treatment: $140
60-minute treatment: $270
90-minute treatment: $385
120-minute treatment: $495

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 treatment: $80
30-minute treatment: $135
60-minute treatment: $255

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 treatment: $75
30-minute treatment: $120

Please note it may take several washes to remove all the oil.
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: $135
60-minute treatment: $265
90-minute treatment: $375
120-minute treatment: $525

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: $275
90-minute treatment: $410
120-minute treatment: $525

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, Wiccay 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: $280
90-minute treatment: $460
120-minute treatment: $580

MOTHER BEAR – PRENATAL MASSAGE

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

60-minute treatment: $235
90-minute treatment: $315

PEACE OF MIND – CBD MASSAGE

CBD salve feels luxurious on your tired body. It uses nature’s athletic edge for resting rowdy muscles, releasing tension and targeting any temporary or occasional discomfort you’re experiencing. CBD promotes positive energy, elevates your mood and helps you find peace and clarity. You can find balance again and get those bliss molecules pumping. This CBD cream contains hemp oil and as a result you’ll notice soft and supple skin. Hemp oil is extremely moisturizing and conditioning and it also protects the skin.

60-minute treatment: $265
90-minute treatment: $375

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.

60-minute treatment: $235
90-minute treatment: $350

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: $220
90-minute treatment: $285

VACUUM THERAPY – CUPPING WITH LYMPHATIC DRAINAGE MASSAGE

Vacuum cupping therapy is a practice that involves briefly attaching rounded inverted cups to certain parts of the body using a vacuum effect. Drawing the skin inside the cups increases blood flow to the area. Cupping also helps with pain, inflammation, relaxation and general well-being. A deep tissue massage is provided after all cups have been removed.

90-minute treatment: $430
120-minute treatment: $575

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.

Massage Add-Ons

Our therapists can now include CBD salve with any massage service. Cannabidiol (CBD) is a chemical compound, or cannabinoid, found in the hemp plant. It is a nontoxic, noneuphoric substance that works naturally with our body’s own endocannabinoid system (ECS). This system plays an important role in controlling immune balance, inflammation, nerve protection and pain relief. CBD can be beneficial for many conditions, including arthritis, chronic pain, inflammation, nerve pain, skin irritation and sore muscles.

Add CBD salve to any treatment: $30
Add a Four Paws Tandem Massage to any treatment (with two therapists—“four paws”—working on you at once): $200
Body Treatments

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 Cowboy Classic scalp massage.

60-minute treatment: $245
90-minute treatment: $345

FIRM AND FABULOUS – 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 Erbaviva firming salt scrub. Then, egg whites and carrot powder are applied and you are cocooned in warmth. Finally, the product is removed and Erbaviva firming oil is applied with rigorous strokes to reduce cellulite and tighten the skin. Includes a Cowboy Classic scalp massage.

90-minute treatment: $345

Please note we recommend that you do not 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 minerals and nutrients 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 Cowboy Classic scalp massage.

90-minute treatment: $345

Treatment Enhancements

CBD FACIAL MASSAGE BY BB LIFESTYLE

To restore the natural balance in the skin, this product is infused with HC56 complex and full-spectrum hemp extract. The treatment starts with a foaming cleanser that calms the skin. Then, a gentle face scrub is applied to slough away dead skin cells. The scrub is removed and a honey mask is applied. While the honey mask is setting, a hand or foot massage is applied. The mask is then removed and a super-volumizing peptide serum is applied, which firms, tones and illuminates the skin, diminishing wrinkles. The treatment is concluded with a revitalizing light moisturizer, ultra-lux moisturizing sunscreen, antioxidant black tea eye cream serum and a lip balm.

30-minute enhancement: $175
60-minute enhancement: $345

EXPRESS FACE MASSAGE BY GM COLLIN

This is a great treatment if you are in a hurry to get back to activities with a cleansed and hydrated face. This treatment starts with a milky cleanser. The scrub is removed and a hydramucine mask is applied. While the mask is setting, you will receive a hand or foot massage. The mask is then removed and the face is sprayed with a hydramucine toner. The toner is worked into the skin and a bota-peptide eye cream is applied. The treatment concludes with a hydramucine moisturizer, which firms and rehydrates the skin and a sunscreen and lip balm are applied.

15-minute enhancement: $85
30-minute enhancement: $170

ORGANIC FACE MASSAGE BY IMAGE

The philosophy behind the Ormedic line of Image skin care is to balance skin health with certified organic ingredients, highly potent in antioxidants and essential botanicals. The treatment starts with a balancing facial cleanser that sweeps away impurities and balances the skin so there is no need for a toner. Then a balancing gel mask is applied to soothe and rehydrate unbalanced skin. While the mask is setting, you will receive a hand or foot massage. The mask is removed and a balancing antioxidant serum is applied, leaving your skin intensely hydrated with a healthy glow. Then a balancing bio-peptide cream is applied to seal the skin’s glow. The treatment is concluded with a balancing eye-lift gel and a balancing lip enhancement complex to leave you in superior hydration.

15-minute enhancement: $85
30-minute enhancement: $170

REPLENISHER – CUCUMBER FACE MASSAGE

Give your face a fresher, younger, healthier look. This massage starts with cleansing milk, 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: $165
60-minute enhancement: $315
**SIGNATURE – B.LEAF FACE MASSAGE**

B.Leaf provides advanced cellular and medical skin care products that are created and formulated in Billings, Montana. The products contain botanicals, vitamins, minerals, cosmeceuticals and acids that promote wrinkle reduction and improve collagen and elastin in the face and neck. This treatment starts with cleansing the face and décolletage with B.Leaf Active Revitalizing Cleanser. The therapist then exfoliates the skin with an AHA micro-polish. The micro-polish is then removed and a BHA brightening peel is applied. The peel is removed, and a vitamin C mask is applied. While the mask is setting, you will receive a hand massage. The mask is then removed, and the therapist applies a DNA Infusion Cream, and a Fountain of Youth Serum is massaged into the face and neck. The treatment concludes with a lip balm and Argireline Eye Cream and Argireline Intensive Capsules applied all over the face and neck for superior hydration.

60-minute enhancement: $330

**FACIAL ENHANCEMENTS**

24-karat lip repair treatment: $45
24-karat eye pads: $30
Add lip repair treatment: $25
Add under eye nourish pads—wine or blueberry extract: $25
Add full eye coverage mask: $40

**Treatments for Children**

**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: $110
45-minute treatment: $125

Your choice of massage lotion or oil. Choose from: array of chocolate oils, bubblegum, cotton candy, eucalyptus tangerine, huckleberry, river H20 or seasonal oils.

**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: $60
30-minute treatment: $100
60-minute treatment: $180

**FLYING V – COTTON CANDY FACE MASSAGE**

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

15-minute treatment: $75
30-minute treatment: $135

**FLOURISHING – GM COLLIN TEEN ACNE FACE MASSAGE**

This treatment is formulated just for tweens and teens ever-changing skin. The treatment begins with an application of Puractive Oxygen Mild Cleansing Gel. The cleanser is removed, and the skin is exfoliated with an intensive exfoliating gel. Then the therapist applies a Puractive mask. The mask is removed with hot towels after 10 minutes. Then an essential oil complex is applied to soothe the skin with aloe vera and salicylic acid. The treatment is concluded with a Puractive cream and a lip balm.

30-minute treatment: $140

**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: $100

**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: $65
30-minute treatment: $100

**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: $110
45-minute treatment: $125

**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: $60
30-minute treatment: $100

**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: $60
30-minute treatment: $100
60-minute treatment: $180

**FLEDGLING – COTTON CANDY FACE MASSAGE**

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

15-minute treatment: $75
30-minute treatment: $135

**FLOURISHING – GM COLLIN TEEN ACNE FACE MASSAGE**

This treatment is formulated just for tweens and teens ever-changing skin. The treatment begins with an application of Puractive Oxygen Mild Cleansing Gel. The cleanser is removed, and the skin is exfoliated with an intensive exfoliating gel. Then the therapist applies a Puractive mask. The mask is removed with hot towels after 10 minutes. Then an essential oil complex is applied to soothe the skin with aloe vera and salicylic acid. The treatment is concluded with a Puractive cream and a lip balm.

30-minute treatment: $140

**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: $100

**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: $65
30-minute treatment: $100

**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: $110
45-minute treatment: $125

**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: $60
30-minute treatment: $100

**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: $60
30-minute treatment: $100
60-minute treatment: $180

**FLEDGLING – COTTON CANDY FACE MASSAGE**

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

15-minute treatment: $75
30-minute treatment: $135

**FLOURISHING – GM COLLIN TEEN ACNE FACE MASSAGE**

This treatment is formulated just for tweens and teens ever-changing skin. The treatment begins with an application of Puractive Oxygen Mild Cleansing Gel. The cleanser is removed, and the skin is exfoliated with an intensive exfoliating gel. Then the therapist applies a Puractive mask. The mask is removed with hot towels after 10 minutes. Then an essential oil complex is applied to soothe the skin with aloe vera and salicylic acid. The treatment is concluded with a Puractive cream and a lip balm.

30-minute treatment: $140

**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: $100

**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: $65
30-minute treatment: $100

**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: $110
45-minute treatment: $125

**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: $60
30-minute treatment: $100
### Private Class Offerings

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

**CARDIO EXPRESS**

A quick way to get your heart pumping in the morning or afternoon before an activity. We start with a quick stretch and then hop right into cardio sprints, burpees, jumping jacks and more.

- 30-minute class: $30 per person
- 45-minute class: $35 per person
- 60-minute class: $45 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, 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: $85 per person
- 45-minute class: $95 per person
- 60-minute class: $125 per person

**FOREST BATHING/YOGA MEDITATION**

Forest bathing is an ancient Japanese healing called “Shinrin-yoku” in which you absorb the forest atmosphere. We will soak up the sights, smells and sounds of the natural setting to promote physiological and psychological health. We start by grounding ourselves with a guided meditation. We will then walk with meditative practices underway. There will be opportunities to reflect and pause as needed. We will end the class amongst the trees with a few yoga stretches and a guided Shavasana meditation.

- 60-minute class: $125 for 2 people
- 90-minute class: $155 for 2 people

### 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: $55 per person
- 90-minute class: $75 per person

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

### Spa Packages

**HARMONIUS TRANQUILITY**

Includes a face massage and The Last Best Massage.

- 120-minute treatment: $585

**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: $1,100 (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 massage will begin the process followed by a purifying face massage. Finally, you will be treated to a Cowboy Classic scalp treatment. Believe us when we say, “Lewis & Clark never had it so good.”

- 150-minute treatment: $480

**RELAX AND REJUVENATE**

Includes a body scrub and a deep-tissue massage.

- 90-minute treatment: $375

**HARMONIUS TRANQUILITY**

Includes a face massage and The Last Best Massage.

- 120-minute treatment: $585

**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: $1,100 (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 massage will begin the process followed by a purifying face massage. Finally, you will be treated to a Cowboy Classic scalp treatment. Believe us when we say, “Lewis & Clark never had it so good.”

- 150-minute treatment: $480

**RELAX AND REJUVENATE**

Includes a body scrub and a deep-tissue massage.

- 90-minute treatment: $375
Guided Hikes
Take a hike and discover the diverse flora and fauna of Paws Up with more than 30 miles of marked trails to explore and a variety of terrains to accommodate all guests. The naturalist hiking guides at Spa Town will lead your hike as well as share information about native plants and wildlife and the storied history of the Paws Up Ranch. You’ll cross expansive meadows and babbling brooks, and hike alongside the legendary Blackfoot River. In the winter, we transition to snowshoeing for an invigorating and downright magical way to explore the wilderness of Paws Up.

Approx. 2-hour guided hike: $80 per person

VINYASA YOGA (WITH BLINDFOLDED OPTION)
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: $125 per person
90-minute class: $155 per person

WHIPPERSNAPPER APOTHECARY CLASS
Learn how to make body scrubs, lip balm and slime with essential oils and in fun shapes. The class is a great way to engage your children and educate them about taking care of their skin and about essential oils, lotions and scrubs. Students will take home one of each creation they make. They will also receive a guide on how to use household items to create a spa experience at home.

60-minute class: $115 per person