

SPA TOWN  
*Menu of 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 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](http://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 – PRESSURE POINT FOOT MASSAGE

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/PRESSURE POINT FOOT MASSAGE**

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 pressure point foot massage, 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 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: \$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*

## **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.

## Facial Treatments

### CUSTOM AMALA ORGANIC FACIAL

Come experience a custom facial treatment using Amala Organic Skin Care. Amala is a clinically proven, naturally nontoxic skin care line reinventing beauty with the highest quality ingredients on the planet. Let our therapists tailor this treatment to suit your needs.

*60-minute treatment: \$240*

*90-minute treatment: \$345*

### Treatments for Children (Ages 16 and under)

#### SPA RULES FOR CHILDREN

- *Children 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.*

#### KIDS' MESSAGE

We use organic apricot and stone crop oils to keep kids' gentle skin mantle safe and healthy.

*30-minute treatment: \$135*

*60-minute treatment: \$230*

#### KIDS' FACIAL TREATMENTS

We use organic ingredients to support and nurture skin, giving it a healthy glow.

*30-minute treatment: \$135*

*60-minute treatment: \$230*

## Spa Packages

### HARMONIOUS TRANQUILITY

Includes a face massage and *The Last Best Massage*.

*120-minute treatment: \$585*

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

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*



## Wellness Classes and Activities

### BREATHWORK

Breathing techniques to relax and quiet mental and emotional stress as well as physical pain. A great way to reduce or eliminate anxiety.

*60-minute class: \$165 per person*

### FOREST BATHING

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 per person*

*90-minute class: \$155 per person*

### LOTION, POTION AND POUR – ADULT APOTHECARY CLASS

Grab your friends or partner and learn how to make your own bath and body products while sipping spirits. You will learn how to make a lip balm, a body scrub, a massage lotion bar and a bath bomb. Your homemade products will rival expensive brands and you will be amazed at how simple the process is. (This is a 21+ adult class. Alcohol will be served.)

*60-minute class: \$135 per person  
(choice of making 2–3 items)*

### OPEN YOGA

The open yoga class is geared to accommodate all levels of experience. Classes are held Monday, Wednesday, Friday and Saturday at 8:00AM.

*45-minute class: \$40 per person*

### REIKI

A health approach in which practitioners place their hands lightly on or just above a person with the goal of directing energy to help facilitate the person's own healing response.

*60-minute treatment: \$195 per person*

### RESTORATIVE YOGA

A restorative yoga to calm, soothe and repair muscles from your active day or just to calm down and de-stress.

*60-minute class: \$135 per person*

*90-minute class: \$235 per person*

### SOUND BATHING

Allow the healing vibration of sound from pure crystal bowls bring about inner peace and a profound, deeply relaxing calm. Our class centers on balancing the chakra system through sound and relaxation.

*60-minute class: \$135 per person*

### TAROT READING

An individual reading can give you clarity in your career, relationship or life purpose. Tarot readings connecting to source energy, angels, aura and ancestors will assist you on your journey home.

*45-minute reading: \$185 per person*

## VINYASA YOGA

A slow, easy flow yoga suitable for all ages.

*60-minute class: \$135 per person*

*90-minute class: \$235 per person*

## VINYASA POWER FLOW

Looking to feel the heat deep within? Then this modified Ashtanga flow will get you in gear!

*60-minute class: \$140 per person*

*90-minute class: \$240 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*

## Families and Groups Sessions

### WELLNESS CLASSES

We are happy to accommodate families and groups with your own wellness classes custom fit to your desired needs.

*Please call Spa Town directly at 406-244-7324 (ext. 7324) for more information and to schedule your times.*

## 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.

*1 to 2-hour guided hike: \$80 per person*

### GENTLE RIVER HIKE AND YOGA FLOW

Come unwind on this gentle nature hike along the magnificent Blackfoot River, while taking in the many senses of the forest. Then, get ready to be led through a vinyasa flow yoga, overlooking the glistening waters of the river bend.

*2-hour hike and yoga flow: \$135 per person  
(plus drop off and pickup time)*





THE RESORT AT  
**PAWS UP**<sup>®</sup>

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