

Quick Fixes

Wintercrest Anti Fatigue Leg Treatment 20min \$35

Your legs need special attention and care. The application of Wintercrest relaxes tired legs, providing instant relief. A stretching massage enhances this feeling of lightness, which will stay with you all day long. Wintercrest is the most incredible all-natural healing balm we have found. It's good for sore muscles, joints, tendons, bruises, sprains, headaches, and possibly raising people from the dead. Ok... so maybe raising someone from the dead is pushing it but you get the idea...it's good stuff!

Scalp Massage 15min \$25

A glorious massage that is deeply relaxing, calming, and relieves headaches; plus, it's a conditioning treatment for your hair and scalp.

Chair Massage 20 min \$20

Short on time and need a quick fix? This seated, clothed massage focusing on the shoulders and back is a great way to alleviate stress in a shorter amount of time.

Packages

Après Ski Refresh 2 hours \$200

Designed to provide stress relief and revitalization. Includes our salt scrub, sports or deep tissue massage, and reflex-focused foot therapy.

Best Of The Mountain 4.5 hours \$350

Enjoy a day of services, includes our 45 minute scrub/wrap, 60 minute massage, 60 minute facial, 35 minute manicure, and 50 minute pedicure.

We are delighted to create personalized spa packages or special group event packages.

Solitude Mountain Spa Information

Hours Of Operation

Daily: 11am - 8pm

Other appointment times available upon request.

Reservations

Please call 801.535.4137 to book your appointment.

We are proud to staff both male and female therapists. All of our therapists are licensed and professionally trained. If you prefer a male or female therapist, please notify us when making your appointment.

Check In

Please arrive 15 minutes prior to your scheduled appointment at the Solitude Mountain Spa, to relax in our facilities prior to your treatment.

Late Arrivals

Sometimes something prevents a guest from arriving on time. The Solitude Mountain Spa will do its best to accommodate you within this shorter time frame.

Cancellation Policy

Should you need to cancel your appointment, please notify us 24 hours in advance. Any cancellations within 4 hours, as well as no-shows, will be subject to a 50% cancellation fee.

Cell Phones / Pagers

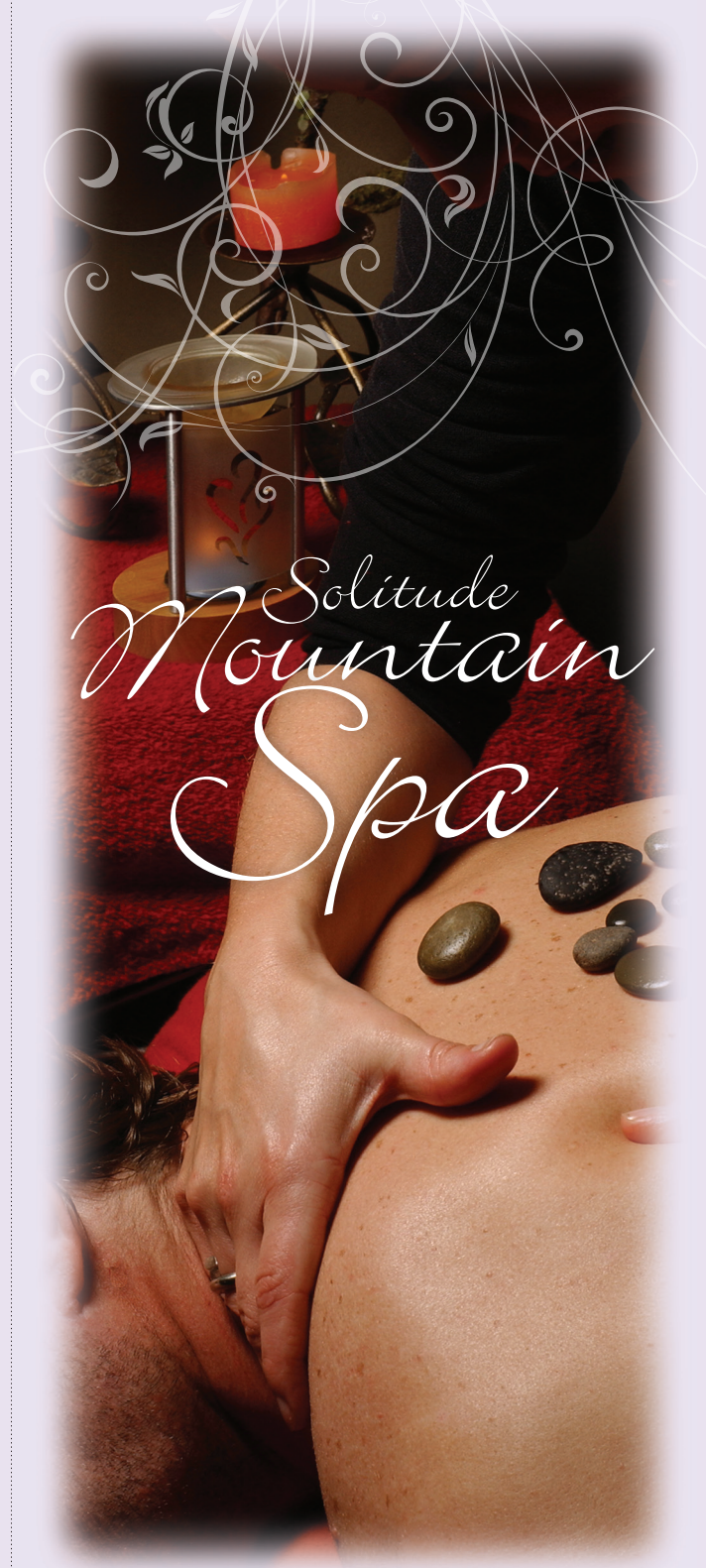
For your relaxation and that of other guests, we ask that you turn off your cellular phone and pager when you arrive at the Solitude Mountain Spa.

Gift Certificates

Gift certificates are available for all treatments and packages.



801.535.4137 skisolitude.com



Scrub / Wrap

Scrub / Wrap 75 min \$150

Our salt comes from an ancient seabed near Redmond, Utah, and contains 60 different trace minerals for an amazing experience. Antioxidant olive oil exfoliation prepares skin for a moisture-drenched warm shea butter wrap. The ultimate in hydration, your skin is fully refreshed and supple.

Ultimate Combo \$25 additional

Add on our detoxifying Bentonite clay wrap followed by a shea butter rehydration massage.

Additional Treatments

Foot Focus 45 min \$70

Get ready to sit back and lounge around as your therapist takes care of your sore and tired feet. Essential oil hot towel compression begins this massage focusing on reflex points of the foot and lower leg. Quite rejuvenating and refreshing after a day on the slopes.



Solitude Custom Pedicure 60 min \$75

Our pedicure immediately relieves fatigue and swelling of the feet and legs. This restorative treatment includes an aromatic mineral foot soak followed by a softening leg and foot exfoliation and a relaxing massage of the feet and lower legs.

Solitude Custom Manicure 60 min \$65

Our luxurious manicure is comprised of a reviving hand soak in thermal minerals. This full-service manicure includes shaping of the nails, cuticle treatment and a polish or buff.

Spa Treatments

Solitude Signature Massage 60 min \$100

We understand that everyone is different and you deserve a massage that provides a perfect combination of relaxation, stress reduction, and therapeutic benefits for pain relief that are custom tailored to your individual needs. A blend of authentic healing properties, massage and treatments of Swedish, deep tissue, and hot stones — along with your therapist's professional expertise — combine to give you a unique experience.

Ski Performance Sports Massage 60 min \$110

This treatment is designed to improve your ski performance and avoid injury; the combination of massage and stretching will increase flexibility while decreasing soreness in the muscles used while skiing, and aid in muscle recovery so you can get back on the slopes. Novice or expert, a great benefit for anyone who is planning, or has spent a day on the ski slopes.

Solitude Stone Massage 60 min \$110

This treatment is truly the best! A deeply soothing and relaxing massage that utilizes hot basalt stones to warm the muscles and melt away knots, tension, and stress. The addition of cool marble helps to increase circulation and flush out toxins.

Thai Massage 60 min \$110

Our Thai table massage uses passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension and balance the body's energy systems. Thai massage is both deeply relaxing and energizing.

Just The Two Of Us 60 min \$200

Enjoy a truly relaxing experience with your loved one. Let go of the troubles of the day with our aroma massage designed for complete relaxation.

Facials

Signature Facial 60 min \$100

Indulge your skin with a moisturizing bath, refresh your eyes, firm your features, illuminate and oxygenate your complexion...restore your skin to full health... and of course, look beautiful and radiant! Our range of treatments allows for custom recommendations. Our objective is to be able to respond to every issue and adapt our treatments to meet any request.



Express Recovery Facial 25 min \$55

Efficiently addresses the special needs of the skin après ski — calm, rehydrate, and restore the skin's radiance and suppleness.

Skin Escape For Men 60 min \$100

Completely relaxed, the face is deeply cleansed and oxygenated before a mask is applied. While the mask is on, you are treated to a sumptuous scalp massage. Your skin is clean and comfortable, and your complexion radiant.

Waxing services available