

Classes

\$8 / person

Yoga

Experience the ancient Indian philosophy of health & abundant life. Learn skills for any level of yoga practice by an experienced yoga instructor, utilizing, traditional postures, balance, poses & breath work.
8:30AM Monday, Wednesday, Friday & Saturdays

Pilates

Pilates offers an approach to strength & flexibility training with core exercises created to strengthen abdominal and back muscles while developing pelvis stability & abdominal control. The mind/body awareness developed in Pilates will improve your posture & form in all areas of your fitness program.

All levels welcome.

5:30 PM Tuesday & Thursdays

Water Aerobics

Improve your cardio & muscular strength with our low impact water class. Elevate your heart rate while the water cools your body temperature. A fun atmosphere with a lot of laughs & splash.

10:00AM—11:00AM Tuesday & Thursdays

Meditation

Calm your mind, ease your spirit, become one with yourself through guidance & understanding inner silence.

Breathe, meditate, blossom.

Sundays in the Kiva per scheduled

Private Instruction

Certified Personal Trainers & Yoga Instructors welcome you here at Chipeta for your own one-on-one instruction 1 hour session.

1-Session — \$70/person

5-Sessions — \$300/person

10-Sessions — \$525/person

Enjoy our Summer Spa Garden

Meditation Hogans

Escape for a moment, be still with yourself in one of our Hogans, located in our Summer Spa Garden & lined with relaxing pillows. Music provided on request for special time dedicated to you.

Spa' cifics:

- ~Our facilities & amenities include lockers, showers, whirlpool tub, steam room, cedar sauna, robes, hair dyers, shampoo, conditioner, & body lotion.
- ~Please arrive 15 minutes before your first appointment time. Remember, arriving late may run into some of your precious treatment minutes.
- ~We recommend preparing for your treatment with a shower, steam, sauna, or soak in the hot tub, to loosen your body.
- ~Our therapists are trained to keep you properly draped throughout the treatment.
- ~A 50% fee will be charged should you need to cancel within 6 hours of your treatment time.
- ~All guests 16 years of age and over are invited to enjoy the spa.
- ~Please reserve Specialty treatments 48 hours in advance.
- ~Gratuities are not included, but greatly appreciated.

Spa Hours

Monday—Saturday 7AM-8PM

Sundays 8AM-8PM

For Spa Reservations

Call:

1-800-633-5868 ext#126

970-626-5007

E-Mail:

spa@chipeta.com

Website:

www.chipetaspa.com

304 South Lena Street

Ridgway, CO 81432



Summer Spa Menu

Carefully nestled in the San Juan Mountains, the Spa at Chipeta Sun Lodge takes its inspiration from the Native Americans who once inhabited this majestic valley. Striving to create synergy between our rich heritage and luxurious relaxation, we invite you to experience the peace and serenity of the Spa at Chipeta Sun Lodge.

Chipeta Massage

Customized Therapeutic Massage

A luxurious full body massage tailored to suit your needs. This is a therapeutic massage for deep relaxation, muscle rejuvenation, pain release, or all of the above, by a highly trained therapist, skilled at discerning and accommodating how best to serve you.

50 mins \$80 / 80 mins \$125

Couples Massage

Enjoy a romantic massage together with dual therapists in a room for two.

50 mins \$160 / 80 mins \$230

Back, Neck & Shoulders

Targets those tension areas that bother us most. 25 mins \$50

The Ultimate

A simultaneous massage performed by two therapists in flowing synchronization. 50 mins \$150

Southwestern Stone Massage

Ease into total relaxation as warm basalt stones are laid on and under you. The cool marble stones aid in better circulation, creating a true inner balance and leaving you rejuvenated & inspired. (Please allow 48 hours notice) 80 mins \$150

Ala Carte Menu

These treatments are offered only to compliment a 50min or 80min massage

Chipeta's Aromatherapy Blends

\$10

Muscle Soother—for recuperating from muscle fatigue.
Dream Catcher—for releasing stress & anxiety.
Altitude Adjustment—for acclimating to weather & elevation.

Dry Brush Exfoliation

\$15

A soft body brush buffs the skin surface, increasing circulation and 'breath' to the skin. Improves absorption of massage oils.

Feather Effleurage Lymphatic Cleanse

\$15

Light strokes with a feather designed to direct energy flow towards lymphatic clearing. Harmonizing heaven & earth.

Gemstone Face, Hands & Feet

25 mins \$50

A luxurious product blended with gemstones & applied to acupressure points of face, hands & feet.

Shirodhara

This traditional East Indian treatment quiets the mind as well as deeply conditions the hair & scalp. An aromatherapy facial massage is followed by a warm herbal infused oil, streaming slowly and rhythmically onto the forehead & massaged into the hair & scalp. Bliss!

25 mins \$60

High Altitude Skin Care

Ayurvedic Facial With Shirodhara

A harmonious fusion of Ayurvedic principles & Western anti-aging technology. Time-honored herbs grown & harvested in the foothills of southern India & organic essential oils are used to bring balance to your skin. While a facial mask is working on your face, you'll experience a specialized Indian Bowl foot massage bringing balance to the whole body. Your facial finishes with a delightful Ayurvedic Shirodhara treatment.

80 minutes \$120

Spa Facial

This rejuvenating & balancing facial dynamically transforms your skin as it repairs damage & begins a process of renewal. After gently exfoliating the skin's surface, active aromatherapeutic products are layered to penetrate deeply into tissues where skin transformation begins.

50 minutes \$75 / 80 minutes \$150

Rejuvenating Enzyme Facial

This European style, cleansing facial includes a deep exfoliation which revitalizes dull life-less skin, and a specially selected mask to restore & balance your unique skin condition.

50 minutes \$75 / 80 minutes \$105

Gentleman's Steam Towel Facial

Designed especially for a Man's skin. Enjoy neck, shoulders & scalp massage in this invigorating facial.

50 minutes \$75 / 80 minutes \$105

Micro Current

Micro Electrical Nerve Stimulation to tone and nourish the cells, restores a normal state to damaged cells, muscles, tendons, & promotes collagen production. Our 'natural face-lift'!

Series of 8 or more for \$70 per 50 minutes / 50 minutes \$75

Beauty & Relaxation

Nail Services

Spa Manicure 50 minutes \$50

Spa Pedicure 50 minutes \$60

Add on:

French Tip \$5

Paraffin Wax \$15

Waxing Services

Lip, Chin or Brow \$15

Armpit \$15

Bikini \$30

Half Leg \$35

Full Leg \$50

Full Leg with Bikini \$65

Whole Body Specialty Treatments

Anasazi Restorative Moisture Mask

Designed for thirsty, parched skin. A gentle exfoliation is followed by our cooling & calming mask application. Including yogurt & native flower tonic infused clay. Perfect for our Rocky Mountain environment. The body is wrapped to encourage moisture penetration. A facial application follows. Hands & feet are pampered during the wrap. After showering, you return to enjoy 25 minutes of revitalizing massage with our Altitude Adjustment Oil Blend.

80 minutes \$175

Alpine Herbal Dream Wrap

This treatment is detoxifying & restorative. Performed in our steam sauna & offering maximum comfort during your cleanse. A whole body exfoliation is followed by a native clay application. You are then cocooned in moist, warm sheets, offered spring water & cooling aromatherapy face towels. After steaming away your stress, a shower is followed by 25 minutes of 'Dream Catcher' massage

80 minutes \$175

Spa Packages

Please allow 48 hours notice for the following:

Ayurvedic

- ~Private Yoga Session
- ~50 minute Therapeutic Massage
- ~Shirodhara
- ~Ayurvedic Facial

\$275

Anasazi Whole Body Detox

- ~Anasazi Restorative Moisture Mask
- ~50 minute Massage
- ~Spa Lunch

\$240

Body Beautiful

- ~Alpine Herbal Dream Wrap
- ~50 minute Massage
- ~50 min Enzyme Facial

\$280

The Girlfriend Getaway

- ~50 minute Massage
- ~50 minute Enzyme Facial
- ~Basic Manicure
- ~Spa Pedicure

\$215

Ultimate Spa for a Day

- ~Your choice:
 - Southwestern Stone Massage
 - or 50 min Ultimate Massage
- ~Spa Lunch
- ~50 minute Spa Facial
- ~Spa Manicure
- ~Spa Pedicure

\$330