

RockResorts Spa™
AT THE
ARRABELLE





**RockResorts Spa™ at The Arrabelle—a luxurious 10,000-square-foot
slopeside retreat in the heart of Colorado’s majestic
Rocky Mountains—sets the standard in luxury, elegance and comfort.**

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The Arrabelle’s Signature Spa reflects the splendor and tranquility of its natural surroundings. Its warm and inviting ambiance is inspired by the Vail Valley’s crisp alpine air, sun-splashed skies, brilliantly colored wildflowers, enchanting aspen groves and awe-inspiring snowcapped peaks. Its superb design, rich textures, refined woods and elegantly rustic décor are reminiscent of Vail’s unique mountain heritage and pristine wilderness areas.

The spa’s exceptional, alpine-inspired treatments incorporate natural ingredients and aromas indigenous to the area—from mountain juniper and lavender to white pine and cedar. Its dedicated therapists perform timeless rituals that will soothe your muscles, rejuvenate your skin, heighten your senses and improve your feelings of health and well-being.

After a day on the slopes, on the golf course, on the river or in the shops of Vail’s charming pedestrian village, escape to RockResorts Spa at The Arrabelle and discover the perfect alpine haven.

RockResorts Spa at The Arrabelle. Let your journey begin...



Spa Packages

PERFECTLY PAMPERED

Treat yourself or a loved one to a full day of pampering.

CHOOSE THREE:

- 50-minute Body Therapy
- 50-minute Massage
- 50-minute Facial
- Alpine Retreat Pedicure

RECEIVE:

Complimentary Hand and Foot Moisture Melt; Eye and Lip Treatment; select adult beverage

QUICK ESCAPE

CHOOSE TWO:

- Mini Facial or Alpine Retreat Manicure
- 50-minute Massage or Body Therapy

RECEIVE:

Complimentary Hand and Foot Moisture Melt

Can't find what you're looking for? Ask a spa concierge to help you design a package for the ideal spa day.

BODY THERAPIES

SEASONAL SPA TREATMENTS

Ask our Spa Concierge about what seasonal treatments are available.

ATHLETE AT ALTITUDE RECOVERY | 80 MIN

Revive your muscles at 8250' with this post-workout relief. Dry brushing and cupping techniques are incorporated into a full body massage to stimulate lymphatic flow and increase circulation. During your service, breathe 20 minutes of concentrated oxygen that will give you the boost you need to get you back on the mountain.

SLIMMING BODY WRAP | 80 MIN

Trim and tone thighs, glutes, and arms utilizing NuBody's microcurrent technology. Enhance elasticity with a stimulating Herbal Cellulite Wrap or detoxifying Hungarian Mud Masque, burning fat cells and increasing oxygen uptake. This treatment is complete with a firming body lotion massage resulting in a smooth, supple glow.

"WINE DOWN" THERAPY | 50 MIN

Indulge your body with this antioxidant-rich sugar scrub and moisture application made with chardonnay grape seeds, organic, and wild crafted ingredients right here in the state of Colorado! Notice improvement in your skin's tone and texture with this anti-aging treatment, and sip on a crisp glass of white wine to complete the experience.

FRUIT AND SPICE BODY PEEL AND WRAP | 80 MIN

Simply delicious! This aromatic peel contains pumpkin extract and malic acid to smooth away any rough areas of skin and restore a youthful complexion. A Cinnamon Vanilla Brown Sugar Scrub will melt into your skin, sealing in the properties of the peel and quenching any dehydration. While wrapped in a warm cocoon, you will enjoy a luxurious scalp massage.

NOURISHING HAIR AND SCALP TREATMENT | 20 MIN

Treat yourself to a service that gets to the root of the matter, your scalp. Based upon your specific needs, an argan oil blend with essential oils is chosen to improve the condition of your scalp. After this invigorating scalp massage, relax, unwind and enjoy a neck and shoulder massage, while a nourishing mask restores your hair, leaving you and your hair feeling rejuvenated and revitalized. Great as a stand-alone treatment or an enhancement to another service.

LAVENDER VANILLA FOOT THERAPY | 20 MIN

Enjoy a sugar-salt scrub exfoliation which is removed with warm towels soaked in a nourishing bath milk. Famished feet and toes are then lathered with a hydrating blend of aloe, shea butter, and coconut oil and snuggled into warm booties. The treatment is completed with a foot massage that will leave you ready for your next adventure!

SUN-KISSED SPRAY | 20 MIN

Enjoy this full-body, sunless spray tan in the shadow of Colorado's Gore Range and go home looking like you spent your entire vacation on the beach.

MASSAGE THERAPIES

ARRABELLE CUSTOMIZED MASSAGE | 50/80 MIN

Our most popular massage that is customized to your needs. At your request, our experienced massage therapists will tailor pressure and techniques to achieve your optimal results for relaxation and sore muscle recovery. Ask to enhance your massage with our signature Peak and Valley aromatherapy blends.

SACRED STONE MASSAGE | 75 MIN

This treatment features the warming effects of hot river stones, which are strategically placed on your body and used as a massage tool to work the soreness and toxins out of tight and overworked muscles. The warm stones help to soften muscle tissue, increase circulation and allow you to achieve blissful relaxation. Advance reservations are strongly encouraged.

COUPLE'S ESCAPE | 50/80/105 MIN

Share an unforgettable experience with that special someone, while enjoying a romantic couple's massage, in which two therapists work separately as you and your significant other enjoy your treatments side by side. The extended 105-minute session allows time after your massage for a soak for two, as well as a complimentary select adult beverage and Chef's specialty dessert.

PRENATAL MASSAGE | 50 MIN

Pamper your body from head to toe with this massage, which is specially designed for the mother-to-be. Our trained therapists will relieve pains only pregnant women know about. This treatment is only recommended for women in their second or third trimester.

IN-ROOM MASSAGE | 50/80 MIN

Don't feel like coming to the spa today but still want a massage? Enjoy our Arrabelle Customized Massage in the comfort of your own guest room. Advance reservations are strongly encouraged.

ADDITIONAL MASSAGE OPTIONS

Thai, Cranial Sacral, Reiki, Myofacial Release.
Please inquire about pricing and availability.

MASSAGE ENHANCEMENTS

Perfect to incorporate into most of our body or massage treatments. Must be booked in conjunction with a 50-minute or longer treatment.

SEASONAL ENHANCEMENTS

Ask our Spa Concierge about what seasonal enhancements are available.

LYMPHATIC CUPPING

Suction cups rapidly loosen and lift connective tissue, while increasing blood and lymph flow to skin and muscles in ways not possible with massage.

HAND OR FOOT MOISTURE MELT

Heated aromatic oils soften dry, chapped hands and feet to ensure silky smooth skin.

OXYGEN

Breathe 15-minutes of pure oxygen incorporated into your treatment to aid in altitude adjustment, fatigue and muscle recovery.

AWAKENING EYE ENHANCEMENT

Reduce puffiness and dark circles with a cooling collagen mask.

HIMALAYAN SALT SCRUB

Discover the healing benefits of Himalayan salt as a hand or foot scrub.

LIP RENEWAL

Soften and smooth dry lips with an exfoliation and plumping mask.

WILDFLOWER SCALP MASSAGE

Sooth your scalp and restore luster to your hair with the power of organic wildflower infused oil.

FACIALS

SKINCEUTICALS "C" LIFT | 80 MIN

Get your glow on with this anti-aging treatment that will leave your skin silky smooth, luminous and tightened. Clinical meets traditional with deep exfoliation, Vitamin C layered with the new Biocellulose mask.

HYDRAFACIAL MD | 50/80 MIN

This world renowned clinical technology takes you through 4 steps: deep cleansing and exfoliation with pain-free extractions, all the while infusing your complexion with vital nutrients. 80-minutes includes lymphatic drainage and LED therapy plus your choice of Derma Builder peptide concentration or Britenol brightening serums.

INTRACEUTICALS OXYGEN FACIAL | 50/80 MIN

The facial that brings out the best in any complexion! A serum specifically selected for you, infused with oxygen, leaves skin smooth, hydrated, and plumped.

ARRABELLE CUSTOMIZED FACIAL | 20/50/80 MIN

Our experienced estheticians consider your concerns and analyze your skin to tailor the perfect facial, bringing out the best in your complexion. We address your unique needs with pure organic or clinical products. 20-minute treatment targets extractions, relaxation, or anti-aging.

MOUNTAIN MAN FACIAL | 50 MIN

Dedicated to the unique concerns of men's skin: high oil production, a thicker dermis and sensitivities from exposure to environmental aggressors such as shaving, sun and extreme sports. This facial includes deep pore cleansing and extractions, facial massage with a mask for hydration and a choice of revitalizing scalp, foot or hand massage.

BACKCOUNTRY BACK FACIAL | 50 MIN

Treat the hard to reach area of the back targeting texture and acne.

EPIC FACIAL

90 MIN

See Epic results instantly with our "best of" facial. Start with a HydraFacial deep cleanse, exfoliation, and extractions. Next receive the hydrating serum infusions of Intraceuticals Oxygen Facial. Top it all off with microcurrent technology for improved facial contour and wrinkle reduction.

MINI FACIALS

Great as stand-alone service or may be booked in conjunction with 50-minute or longer treatment.

LED THERAPY | 20 MIN

Specific LED wavelengths invigorate cells to combat aging and acne-prone skin.

NONSURGICAL FACIAL LIFT | 20 MIN

This treatment uses microcurrent technology for improved facial contour, skin tone and wrinkle reduction.

QUICK FIX

Drastically diminish fine lines around the eye and lip area with superficial microcurrent technology.

SKIN SOOTHER | 20 MIN

Designed to target sunburned, windburned, and dehydrated skin.

ARCTIC BERRY PEPTIDE PEEL | 20 MIN

Reveal your glow organically with this gentle, yet effective peel.

FACIAL ENHANCEMENTS

Must be booked in conjunction with a 50-minute or longer treatment.

SEASONAL ENHANCEMENTS

Ask our Spa Concierge about what enhancements are available.

ORGANIC LIP TRIO

This three-step treatment starts with an exfoliating enzyme scrub, followed by a deeply hydrating plumping mask and ends with a buttery citrus balm.

ANTI-AGING HAND TREATMENT

Reveal youthful hands with a brightening scrub and collagen mask.

RESTORATIVE EYE TREATMENT

Prepares the delicate eye area with an antioxidant-rich exfoliant followed by an eye mask and eye cream designed to reduce inflammation and enhance collagen production.

WAXING & TINTING

Brow Shaping	Brow Tint	Full Leg	Bikini	Forearm
Lip or Chin	Lash Tint	Half Leg with Bikini	Bikini Plus	Full Arm
Brow, Lip and Chin	Half Leg	Full Leg with Bikini	Underarm	Full Back or Chest

HAND & FOOT PAMPERING

ALPINE RETREAT MANICURE & PEDICURE

Rescue your tired, overworked hands and feet with this manicure and/or pedicure that includes an exfoliating scrub, nail shaping, cuticle work, soak, shea butter massage, and polish.

MAN-ICURE | 30 MIN

Nails are trimmed, cuticles are cleaned and finished with a buff and shine.

GENTLEMEN'S PEDI | 40 MIN

Nails are clipped, cuticles are cleaned and heels are exfoliated. Finish with a shea butter massage.

HAND & FOOT ENHANCEMENTS

Perfect to enhance your nail treatment experience. Must be booked in conjunction with a manicure or pedicure service.

SEASONAL ENHANCEMENTS

Ask our Spa Concierge about what enhancements are available

BRIGHTENING COLLAGEN MASK

Adds 10 additional minutes

CALLOUS REMOVAL

Adds 10 additional minutes

EXTENDED MASSAGE

Adds 10 additional minutes

FRENCH POLISH

Adds 15 additional minutes

CND LUXE GEL POLISH

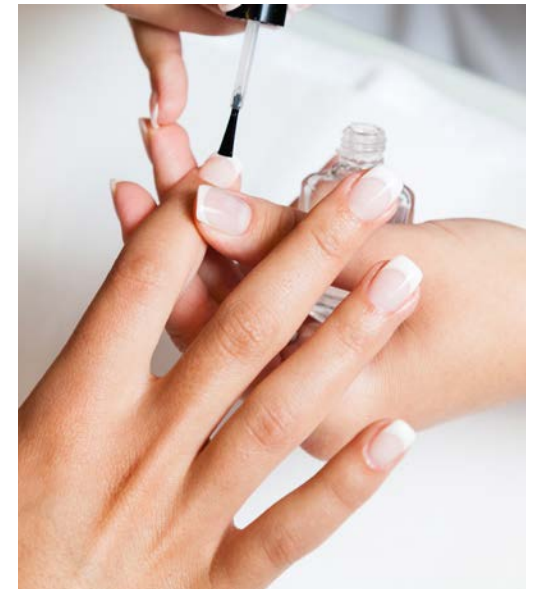
Adds 15 additional minutes. Damage free, long-lasting

GEL REMOVAL

Adds 15 additional minutes
No acrylic, hard gel or dip system please

MOUNTAIN GETAWAY MANICURE & PEDICURE

Warm and hydrate your hands and feet with this specialized herbal-infused manicure or pedicure. Nails are shaped, cuticles soaked and treated, followed by exfoliating scrub and hot towels. Finish with heated shea butter moisture melt and luxurious massage, softening dry, chapped skin.



GENERAL INFORMATION

AGE Children who wish to use the spa, locker room amenities and fitness center must be at least 12 years of age, accompanied by an adult and conduct themselves in a manner that is appropriate for the facilities. For massages, body treatments or facials, guests ages 12 to 17 must have a parent or guardian present during the entire treatment. Manicures and pedicures have no minimum age, although children under 18 must have written approval of a parent or guardian.

APPOINTMENTS & RESERVATIONS To ensure availability of services and appointment times, we recommend scheduling your appointment(s) prior to arriving at the hotel. Spa services are guaranteed with a hotel confirmation number or credit card number. To make reservations, call 970.754.7754.

ARRIVAL TIME We recommend arriving 20 to 30 minutes prior to your scheduled appointment. This will allow you enough time to change into your robe and slippers, shower and (if you'd like) relax in the whirlpool, steam room, dry sauna or relaxation lounge. Please note that if you arrive late, your treatment will end at its scheduled time as a courtesy to the next guest.

CANCELLATIONS & "NO SHOWS" If you need to cancel or re-schedule an appointment, please provide us with at least 24 hours' notice. If you do not show up or fail to cancel your appointment with 24 hours' notice, your room or credit card will be charged at the full value of the treatment.

ELECTRONIC DEVICES We kindly ask that you do not bring cell phones, PDAs or other electronic devices into the spa.

FITNESS CENTER The fitness center is open daily. It offers state-of-the-art cardiovascular equipment, weights, personalized fitness trainer consultation services and more.

FOR YOUR COMFORT We invite you to discuss your preferences and/or special needs with us so that we can help select the service provider best suited to you. To ensure your comfort, we also encourage you to communicate with your service provider regarding room temperature, pressure and technique.

FOR YOUR SAFETY Please be sure to inform your service provider if you are pregnant (especially if you are in the first trimester) or if you have high blood pressure, a heart ailment and/or any condition that may prohibit you from receiving heat, massage or skin care therapies. Note to pregnant women: We offer prenatal massage and other treatments for women in their second and third trimesters. However, some restrictions may apply, including scrubs, heated wraps, reflexology and aromatherapy treatments. Use of the steam room, dry sauna and whirlpool are not recommended during pregnancy.

GIFT CARDS RockResorts® Gift Cards may be purchased for any treatment, package or dollar amount. Cards must be presented at the time of service to be redeemed. The spa is not responsible for lost or stolen cards.

GRATUITIES For your convenience, a 20% service charge will be added to each spa service you receive.

SMOKING Smoking is prohibited in the spa.

WHAT TO WEAR A spa robe and sandals will be provided to you for use during your spa experience. Our therapists are trained on proper draping procedures to ensure your complete comfort at all times. However, if you prefer to remain partially clothed, you are welcome to wear undergarments during your treatment(s). Proper athletic footwear and clothing are required in the fitness center.

	20 MIN	50 MIN	80 MIN	105 MIN
BODY THERAPIES				
Seasonal Body Treatments		Varies		
Athlete at Altitude Recovery			\$265/\$285*	
Slimming Body Wrap			\$265/\$285*	
"Wine Down" Therapy		\$170/190*		
Fruit and Spice Body Peel and Wrap		\$295/315*		
Nourishing Hair & Scalp Treatment	\$75			
Lavender Vanilla Foot Therapy	\$75			
Sun-Kissed Spray	\$65			

	20 MIN	50 MIN	80 MIN	105 MIN
MASSAGE THERAPIES				
Arrabelle Customized Massage		\$165/\$185	\$245/\$265	
Sacred Stone Massage 75 MIN			\$245/\$265	
Couple's Escape		\$330/\$350	\$490/\$510	\$545/\$580
Prenatal Massage		\$165/\$185		
In-Room Massage		\$245/\$265	\$315/\$335	
Additional Massage Options including Thai, Cranial Sacral, Reiki, Myofacial Release				Varies

MASSAGE ENHANCEMENTS			
<i>Must be booked in conjunction with a 50-minute or longer treatment.</i>			
Seasonal Enhancements	Varies	Awakening Eye Enhancement	\$20
Lymphatic Cupping	\$30	Himalayan Salt Scrub	\$40
Hand or Foot Moisture Melt	\$25	Lip Renewal	\$35
Oxygen	\$30	Wildflower Scalp Massage	\$20

	20 MIN	50 MIN	80 MIN	90 MIN
FACIALS				
Skincentuals "C" Lift			\$295/\$315	
Epic Facial				\$410/\$425
Hydrofacial MD		\$250/\$270	\$325/\$345	
Intraceuticals Oxygen Facial		\$220/\$240*	\$300/\$320*	
Arrabelle Customized Facial	\$95/\$115	\$165/\$195	\$245/\$265	
Mountain Man Facial		\$165/\$185*		
Backcountry Back Facial		\$165/\$185*		

MINI FACIALS		FACIAL ENHANCEMENTS	
LED Therapy	Skin Soother	Seasonal Enhancements	Varies
Nonsurgical Facial Lift	Arctic Berry	Organic Lip Trio	\$35
Quick Fix	Peptide Peel	Anti-Aging Hand Treatment	\$35
		Restorative Eye Treatment	\$40

HAND & FOOT PAMPERING

Alpine Retreat Manicure 40 MIN	\$65/\$70
Alpine Retreat Pedicure 45 MIN	\$80/\$85
Mountain Getaway Manicure 60 MIN	\$85/\$90
Mountain Getaway Pedicure 75 MIN	\$95/\$100
Man-icure 30 MIN	\$55/\$60
Gentlemen's Pedi 40 MIN	\$75/\$80

HAND & FOOT ENHANCEMENTS	
<i>Must be booked in conjunction with a manicure or pedicure service.</i>	
Seasonal Enhancements	Varies
Brightening Collagen Mask	\$15
Callous Removal	\$15
Extended Massage	\$20
French Polish	\$15
ORLY Gel Polish	\$25
Gel Removal	\$15

WAXING & TINTING

Brow Shaping	\$30
Lip or Chin	\$25
Brow, Lip and Chin	\$60
Brow Tint	\$40
Lash Tint	\$65
Half Leg	\$60
Full Leg	\$85
Half Leg with Bikini	\$90
Full Leg with Bikini	\$120
Bikini	\$60
Bikini Plus	\$75
Underarm	\$40
Forearm	\$45
Full Arm	\$60
Full Back or Chest	\$85



Tiered rates reflect peak pricing, occurring between 3pm - 7pm, December 15th - March 31st.



THEVAILCOLLECTION.COM/ARRABELLESPA
970.754.7754



THE ARRABELLE
— AT VAIL SQUARE —
A ROCKRESORT

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