

# Mt Royal Spa Products

Botanical Rush Skincare & Beauty Products

Pachamama CBD

Shea Body Butter

Specially Imported Essential Oils

Hair & Scalp Oil

Gift Shop & Souvenir Items

Robes and More!



Ask one of our staff about purchasing our spa products to take home with you!



## Our Story

Mt. Royal Spa offers services to visitors, Frisco Inn on Galena guests and area locals. Stepping into the Mt. Royal Spa, you will be surrounded by peaceful music, a soothing waterfall, an elegant fireplace and relaxing lounge chairs. Our Reflection room offers you a beautiful, meditative space of tranquility adorned with custom artwork. Let us help you through your journey of Reflection, Relaxation and Rejuvenation with our wide variety of massage techniques and Spa treatments.

*“Where your Body...  
Meets your Soul...”*

GET IN TOUCH

*Mt Royal Spa*

reflect • relax • rejuvenate

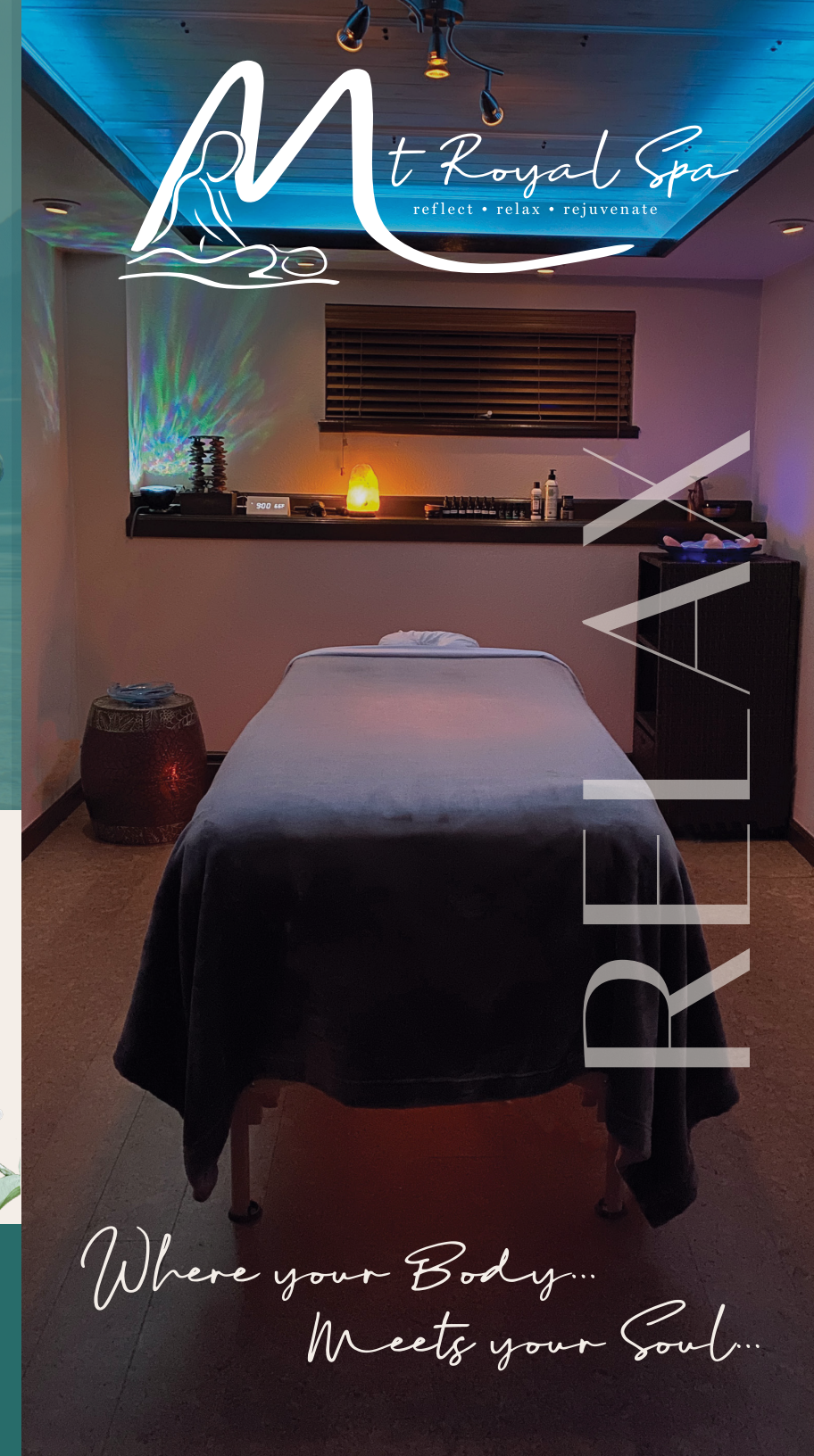
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Summit County, Colorado Resident?  
**RECEIVE 10% OFF SERVICES!**



*Where your Body...  
Meets your Soul...*



## Mt Royal Signature Massages

### MT ROYAL RELAXATION MASSAGE

Our Signature Swedish Relaxation Massage utilizes a traditional Swedish technique with long soothing massage strokes to help release muscle tension, reduce stress, and promote healthy circulation.

60MIN \$110\* | 90MIN \$160\*

### MT ROYAL REJUVENATION MASSAGE

Our Deep Tissue Rejuvenation Massage incorporates a deeper pressure and slower massage flow. Deep tissue massage focuses on your trigger points and releases muscle tension providing you with much-needed relief from chronic stress, creating a therapeutic cleansing and detoxifying effect. Hot towels are used during treatment to provide deeper relief.

60MIN \$120\* | 90MIN \$170\*

### MT ROYAL REFLECTION MASSAGE

Our Signature Reflection Massage incorporates Swedish style strokes and accompanying aromatherapy to enhance this relaxing experience. Your therapist will use a blend of specialty imported essential oils and a variety of massage techniques tailored to your needs, to create a full healing effect.

60MIN \$125\* | 90MIN \$175\*

### MT ROYAL HOT STONE MASSAGE

Using Swedish techniques along with hot Basalt Stones, helps muscles melt down to looser, more pliable tissue! Basalt Stone (specially prepared volcanic rock) retains heat while your therapist uses soothing strokes to reduce muscle tightness and soreness.

60MIN \$125\* | 90MIN \$175\*

### MT ROYAL ATHLETIC MASSAGE

Our Signature Mt Royal Athletic Massage provides just the right amount of deep pressure, trigger point therapy and special stretching techniques to decompress and release tight muscle fibers. After enjoying a bike ride, hike, day on the slopes, or other activity in the mountains, there is no better way to prepare for tomorrow and beyond in order to help you achieve optimal performance! Hot towels are used during treatment to provide deeper relief.

60MIN \$120\* | 90MIN \$170\*

*\*Frisco Inn Guests receive 15% OFF services!*

## Mt Royal Specialty Services

### HIMALAYAN SALT STONE MASSAGE

Similar focus to our Hot Stone Massage, this delightful warming method uses mineral-rich Himalayan Salt Stones to help to enrich your cells along with exfoliating, nourishing, and alkalizing your skin. A great way to replenish and detoxify, accompanied with massage techniques tailored to your needs!

60MIN \$130\* | 90MIN \$180\*

### THAI HERBAL COMPRESS BALL

Our Special Thai Herbal Ball compress is made up of an assortment of naturally healing herbs that are compressed on your body to promote deep relaxation and detoxification. The herbs can be used for up to 3 applications and have a long lasting scent your may enjoy at home! Featuring massage techniques tailored to your needs. Hot towels are used during treatment to provide deeper relief.

60MIN \$145\* | 90MIN \$195\*

### BIO-ELECTRIC THERAPY

This state of the art modality uses Bio-Electric current guided through your therapist's touch when sculpting the muscle tissue. A pulsating sensation stimulates the muscle fibers to contract and then disengage, resulting in deep relaxation, endorphin release and pain relief.

60MIN \$145\* | 90MIN \$195\*

### PRENATAL MASSAGE

A prenatal massage is a great way for mothers-to-be to find relief from stress on feet, ankles, lower back and throughout their body. You and your baby will share in the benefits as the stress and tension melts away.

60MIN \$120\* | 90MIN \$170\*

### SIGNATURE FOOT MASSAGE

A combination of Swedish, Acupressure, Reflexology, and kneading of your foot and lower leg to relieve pain, release tension from daily use, and to promote healthy circulation.

Add Hot Stone or Salt Stone for \$15.

30MIN \$60 | 60MIN \$110\*

### SIGNATURE FACIAL MASSAGE

This relaxing facial massage assists in relief for headaches and TMJ, increases circulation and prevents wrinkles, giving your skin a healthy, youthful glow. Available Ala Carte or extend your massage service.

30min \$75\*

## Spa Service Enhancements

### HAND & FOOT REFLEXOLOGY

This enhancement uses ancient reflexology methods and acupressure to ease ailments & promote relaxation.

\$15 ADD-ON\* during scheduled service.

### MT ROYAL FOOT SOAK

Tired feet? Rejuvenate in a mixture of imported oils and salts beginning 15 minutes prior to or immediately after your scheduled massage.

\*Add-On prior to or after Scheduled Service or Available Ala Carte.

10MIN \$25\*

### CBD TREATMENT

Organically grown and manufactured in the state of Colorado. Pachamama is safe and effective, applied to the entire body to help bring down inflammation and soothe aches and pains. Add these incredible Pachamama CBD products to any massage.

\$15 ADD-ON\* during scheduled service.

### SHEA BUTTER TREATMENT

Try our Shea Body Butter add-on for extra hydration for your body. Great for irritated and dry skin often associated with our high altitude.

\$15 ADD-ON\* during scheduled service.

### AROMATHERAPY

This enhancement to any of our massages adds a blend of specially imported essential oils, to create a soothing and healing effect.

\$15 ADD-ON\* during scheduled service.

### SCALP TREATMENT

Great for extra hydration for your hair; as well as helping to create a profound sense of relaxation. Enjoy this relaxing head and scalp treatment with a blend of oil tailored to stimulating your scalp to promote healthy growth.

\$20 ADD-ON\* during scheduled service.

### OXYGEN TREATMENTS & OXYGEN BAR

Oxygen can be helpful to those experiencing High Altitude Symptoms, feeling lethargic and groggy, or just for a simple boost of energy. Available for spa clients during treatment or for Frisco Inn Guests or Visitors to the Spa in the Reflection Room.

Oxygen is billed \$1/minute. \$5 charge for cannula. 15 minute minimum.

### CHAIR MASSAGE

Done fully clothed with no oil, chair massage focuses on neck, shoulders, arms and hands. Our Chair Massage is done in the soothing, tranquil ambiance of our Reflection Room.

15MIN \$25\* | 30MIN \$45\*

*Ask Us About our Spa Packages*