

## Mt Royal Signature Massages

**\*Frisco Inn Guests Receive 15% Off Services**

### Mt Royal Relaxation Massage

Our first signature massage is a traditional Swedish technique with long soothing massage strokes to help release muscle tension, reduce stress that can be accumulated in the body, and promote healthy circulation.

60 Min \$110.00\* / 90 Min \$160.00\*

### Mt Royal Reflection Massage

Our reflection massage incorporates aromatherapy to compliment this relaxing experience. The therapist uses a blend of specially imported essential oils, tailored to the need of the client to create a full healing effect.

60 Min \$125.00\* / 90 Min \$175.00\*

### Mt Royal Rejuvenation Massage

This massage technique is specific to deeper pressure and slower massage flow. Deep tissue massage focuses on the trigger areas and releases muscle tension in the body, which creates a therapeutic detoxification of body tissue.

60 Min \$120.00\* / 90 Min \$170.00\*

### Mt Royal Athletic Massage

Related to sports massage, this provides the right amount of deep pressure, trigger point therapy and alternate stretching to decompress and release tight muscle fibers.

60 Min \$120.00\* / 90 Min \$170.00\*

### Mt Royal Hot Stone Massage

Muscles can be melted down to loosed, more pliable tissue using hot stones. Basalt Stones (specially prepared volcanic rock) retains prolonged heat while the therapist uses soothing technique to reduce muscle tightness and pain.

60 Min \$125.00\* / 90 Min \$175.00\*

## Mt Royal Specialty Services

### Himalayan Salt Stone Massage

Similar focus to our hot stone massage, this delightful warming modality uses mineral-rich Himalayan Salt Stones to help to enrich cells along with exfoliating and alkalizing the skin. A great way to replenish and detox.

60 Min \$130.00\* / 90 Min \$180.00\*

### Thai Herbal Ball Massage

Our special Thai Herbal Ball compress is made up of an assortment of naturally healing herbs that are compressed on the body to promote deep relaxation and detox. The herbs can be used for up to 4 applications and have a long lasting scent you may enjoy at home.

60 Min \$145.00\* / 90 Min \$195.00\*

### Bio-Electric Therapy

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

60 Min \$145.00\* / 90 Min \$195.00\*

### Signature Foot Massage

A combination of acupressure, reflexology, and kneading of the foot and lower leg to promote healthy circulation.

30 Min \$60.00\* / 60 Min \$110.00\*

Add Hot Stone or Salt Stone for an additional \$15.00\*

### Chair Massage

Done fully clothed with no oil, chair massage focuses on neck, shoulders, back, arms, and hands.

\$15 Min \$25.00\* / 30 Min \$45.00\*

## Spa Service Enhancements

### Aromatherapy

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

\$15.00\* Add-On (Featured during scheduled service)

### Hand & Foot Reflexology

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

\$15.00\* Add-On (Featured during scheduled service)

### CBD Treatment

Add these incredible Pachamama CBD products to bring down inflammation and soothe aches and pains.

\$15.00\* Add-On (Featured during scheduled service)

### Oxygen Treatment

For those experiencing high altitude symptoms, or just for a simple boost of energy. \$5.00 charge for cannula  
15 Min \$15.00\* / 30 Min \$30.00\*

### Shea Butter Treatment

Try our shea butter for extra hydration of the skin.

\$15.00\* Add-On (Featured during scheduled service)

### Scalp Treatment

Great for extra hydration in the hair & promotes healthy growth.

\$20.00\* Add-On (during scheduled service)

### Mt Royal Foot Soak

Tired feet? Rejuvenate in a mixture of imported oils and salts.

10 Min \$25.00\*



## Spa Products

- Botanical Rush Skincare
- Pachamama CBD
- Shea Body Butter
- Specially Imported Essential Oils
- Hair & Scalp Oil
- Oxygen
- Robes and More!

Ask one of our therapists about purchasing our products for you to take home!

## Our Story

Mt Royal Spa strives to meet a level higher than the rest. Providing quality massage and spa services, performed by our highly trained licensed massage therapists. All who are seeking to Reflect, Relax, and Rejuvenate are welcome!

### Get in touch

106 Galena St. Frisco CO 80443  
+970-368-6407  
info@mtroyalspa.com



*"Where your body...  
meets your soul"*

Discover true bliss through our unique spa experience.

