



alluvia

spa and wellness retreat



Cheyenne Mountain... the majestic outcome of millions of years of geographical upheaval. Buried deep inside her rock walls lies evidence of past ages and mineral-rich deposits of stone and sand. A hidden tribute to a world gone by. But her surface offers a beauty that's a testament to nature's splendor.

She is a sanctuary for your body, mind and soul.



ESCAPE

We invite you to escape to the world of Alluvia.

A world inspired by the essence of nature and her mineral-rich environment. A retreat where your eyes can see through the prism of wellness, rejuvenation, and bliss.

UNWIND

We invite you to let go.

To release your body, mind and soul to the healing power of nature and the organic purity of her resources.
To embrace your well-being.

RENEW

We invite you to refresh your inner spirit.

To indulge in our spa rituals and stimulate your senses.
To experience holistic ingredients inspired by nature and to reconnect with yourself.



For spa pricing, specials and seasonal offerings, visit [CheyenneMountain.com/Spa](https://www.CheyenneMountain.com/Spa)

MASSAGE & BODYWORK

Exclusive to Alluvia massage and bodywork treatments, our *AromaJourney* experience uses ancient powers of Aromatherapy to inspire healing through purposeful inhalations proven to ground the mind, calm the body and rejuvenate the breath.

Treatments are offered in the following durations:

SUPPORT | 25 Minutes

FOCUS | 50 Minutes

ABSOLUTE | 80 Minutes

Chair Massage SUPPORT | 25 Minutes

Fully clothed spot massage for the neck, back and shoulders. Performed in a private area of the spa. Perfect for instant relief on the go!

Spot Relief Massage SUPPORT | 25 Minutes

Perfect spot massage for an area of concern using Deep Tissue Therapy massage techniques and a healing Peppermint Balm.

Foot Reflexology SUPPORT | 25 Minutes

Feel renewed with a refreshing foot scrub, followed by deeply relaxing massage therapy techniques applied to distinct zones on the feet.

Reflexology Trio FOCUS | 50 Minutes

Potent energy zones located on the head, hands and feet (known as reflex points) connect a full body network that speaks to organ systems and muscle groups. Deeply soothing massage techniques applied to these zones promote overall relaxation and well-being. Service includes our signature foot scrub.

Rest & Relax Custom Massage FOCUS | 50 Minutes • ABSOLUTE | 80 Minutes

Restful Swedish and relaxing Deep Tissue techniques combine to achieve your desired treatment result. Choose your preference upon check-in, from light to deep pressure. Personalize your service further with our 80-minute ABSOLUTE experience and choose a unique Aromatherapy concentrated massage oil.

Alluvia Signature Hot Stone Massage FOCUS | 50 Minutes • ABSOLUTE | 80 Minutes

A hypnotic treatment that perfectly pairs our Signature Lemongrass Sage massage oil with warm, basalt spa rocks to penetrate deep into sore, tired muscles.

Purify & Renew Massage FOCUS | 50 Minutes • ABSOLUTE | 80 Minutes

Enhance the body's natural immunity with this holistic treatment combining a Eucalyptus steam inhalation, dry body brush exfoliation and supportive massage oil blend.

Pregnancy Rose Massage FOCUS | 50 Minutes • ABSOLUTE | 80 Minutes

A sensitively designed massage for pregnant women at 14 weeks and beyond. Supportive cushions allow for side-lying or prone positioning. The blending of fine Rose botanicals and customized massage, from light to firm pressure, relieves overall muscle tension and aches associated with this exciting and expecting phase.

We do not offer Reflexology, Hot Stone or advanced Deep Tissue Massage techniques during any stage of pregnancy.

Gold Medal Sports Massage FOCUS | 50 Minutes • ABSOLUTE | 80 Minutes

Assisted stretching routines, targeted massage and muscle healing liniments combine to aid in muscle health and elevate your peak performance level. Ideal treatment for weekend warriors and athletes alike. Take home the GOLD with our 80-minute ABSOLUTE experience, allowing time for a complete body treatment.

Book your escape today. Dial 719-538-4071, or extension 4071 from your guest room phone.

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MINERAL-RICH BODY TREATMENTS

Unwind, escape and renew with an intensive full body treatment that will transform your skin’s texture, tone and radiance.

Treatments are offered in the following durations:

SUPPORT | 25 Minutes **FOCUS | 50 Minutes** **ABSOLUTE | 80 Minutes**

À La Carte Body Scrub SUPPORT | 25 Minutes

Add our Signature Lemongrass Sage full body sugar scrub to any massage service, à la carte.

Alluvia Signature Body Scrub FOCUS | 50 Minutes

Featuring the best of the Alluvia Signature Collection, our Lemongrass Sage sugar scrub refreshes skin’s texture while tension melts away with a warm steam towel treatment. Completed with an application of our Body Butter to leave skin smooth and radiant.

Tranquility Pro-Sleep Ritual FOCUS | 50 Minutes

Transport yourself to a state of profound relaxation and promote a naturally restful sleep pattern. Amaranth Oil steeped with Orange, Cedar and Sandalwood Essential Oils deeply nourishes skin and calms the nervous system. Soft brushes apply warmed oil while a rhythmic massage sequence relaxes the body and restores the mind.

Detox & Destress Skin Treatment ABSOLUTE | 80 Minutes

This muscle warming and re-mineralizing treatment begins with a unique blend of Glycolic and Lactic Acids applied with a relaxing brush technique. Next, an innovative Thermal Mud with slimming and draining properties is massaged in. Afterwards, cozy up in a full body wrap and unwind with a light scalp massage. Conclude with an application of rich, exquisitely perfumed body cream formulated to improve skin elasticity, tone and hydration.

Body Refiner Wrap ABSOLUTE | 80 Minutes

Pink Grapefruit and Rosemary Essential Oils combine with a dry brush exfoliation, vigorous massage movements, assisted stretching, targeted foot reflex points and a full body wrap to increase circulation, remove excess fluids and smooth skin. Leaving the spirit rejuvenated and the silhouette slimmed.

TREATMENT ENHANCEMENTS

Add to a massage, facial or body treatment.

Body Brush Booster (massage add-on only).....no extra time

Get beautiful skin inside and out with the addition of a dry body brush treatment, which aids in cellulite reduction, cell renewal and detoxification. Afterwards, take home your body brush to continue this powerful wellness ritual.

Back Massage Bonus (body treatment add-on only).....15 minutes

A customized focus of massage techniques applied to the upper, mid and lower back muscles. Ideal to add on to any body treatment.

Renewing Rose Face Treatment (massage or body treatment add-on only).....15 minutes

Highly nourishing Rose botanicals and moisture boosting essential oils combine with a lifting facial massage leaving skin instantly refreshed, plumped and dewy.

Enrich Scalp Therapy.....15 minutes

Exotically scented oil nourishes hair while you deeply relax with a specialized massage sequence designed to stimulate the scalp.

Signature Foot Therapy.....15 minutes

This rejuvenating treatment combines our Signature Sugar Scrub, luxurious steam towel service and hydrating Body Butter foot massage.

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FACIALS

Our facial collection combines cutting edge natural botanicals and potent organic ingredients to deliver a luxurious, results-oriented treatment.

Treatments are offered in the following durations:

SUPPORT | 25 Minutes **FOCUS** | 50 Minutes **ABSOLUTE** | 80 Minutes

Revital-Eyes Treatment *(facial add-on only)*
Alleviate under-eye puffiness and fine lines with this distinctive, vitamin-rich remedy.

Lash or Brow Tint **SUPPORT** | 25 Minutes
Boost your natural beauty with a lash or eyebrow color enhancement. We kindly request eye makeup is removed before this service.

Refresh Organic **SUPPORT** | 25 Minutes
Organic Kombucha cleanse, gentle Fruit Enzyme peel, nourishing mask and hydration for a healthy glow in minutes!

Classic Organic **FOCUS** | 50 Minutes
Rapidly improve skin tone and texture, fight free radicals and reduce visible signs of aging. This classic facial experience includes a traditional steam treatment with time allowed for extractions as needed. Recommended for all skin conditions.

Rawceutical Revolution **FOCUS** | 50 Minutes
Highly mineralized Boreal Forest Bark Concentrates, Raspberry Seed, Sunflower and Hemp Oils deliver an unparalleled facial experience, leaving you as though you just had a renewing walk in the woods. Recommended for oil prone to mature skin conditions.

Renourish **FOCUS** | 50 Minutes
Antioxidant super powers Vitamin A, B and Goji Berry replenish and repair nutrient-depleted skin. Skin is left calm, nourished and radiant. Ideal for environmentally stressed skin and avid travelers.

Remedy **FOCUS** | 50 Minutes
Scent-free Marula Oil, Mexican Hyssop and Natural Origin Prebiotics provide immediate relief, reduce redness and increase resilience to future inflammation. Finally, a facial truly designed to calm and fortify even the most sensitive skin.

Hydro-Boost **FOCUS** | 50 Minutes
Quench ruthlessly dry skin with this double hydration treatment using two unique forms of Hyaluronic, Macro and Biomimetic, along with natural fruit extracts of Apple and Watermelon that will guarantee 24-hour hydration. Literally a drink for your skin!

Alluvia Signature Sublime **ABSOLUTE** | 80 Minutes
Correct the signs of aging and visibly rejuvenate the skin. The skin’s architecture is enhanced through innovative ingredients designed not only to re-new, plump and firm, but to also illuminate skin from within. Treatment features an advanced signature facial massage sequence to lift and rejuvenate.

WAXING

Experience a facial waxing session that uses a gentle wax and calming mask treatment with the cooling Botanicals and soothing Aloe featured in our emerginC skin care line.

Eyebrows, Lip or Chin Wax.....15 Minutes
Facial Trio Wax *(eyebrows, lip and chin)*.....45 Minutes

Body Waxing Services please inquire with the spa for availability.



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NAIL SERVICES

Experience excellence in natural nail services featuring OPI, CND Shellac and quick-dry polish options. Our skilled nail technicians will leave you feeling pampered.

Refresh Manicure.....30 Minutes
Complete nail and cuticle care, lotion application and OPI polish.

Refresh Pedicure.....30 Minutes
Dry pedicure with complete nail and cuticle care, relaxing steam towel service, lotion application and OPI polish.

Classic Shellac Manicure.....50 Minutes
Our Refresh Manicure service completed with a flawless CND Shellac polish application.

Essential Pedicure.....50 Minutes
Full-service pedicure featuring our signature Lemongrass Sage collection. Includes foot soak, complete nail and cuticle care, callus care, exfoliation, massage and OPI polish application.

Alluvia Manicure.....50 Minutes
This ultimate experience includes extended nail and cuticle care, exfoliation, mask, massage, paraffin and OPI polish application.

Alluvia Tranquility Pedicure.....70 Minutes
This ultimate experience takes our Essential Service to the next level with a Tranquility Oil foot bath, a unique citrus scrub and massage treatment, extended heel and callus care, paraffin and OPI polish.

CND Shellac Services [additional service time required - please book in advance]

- Shellac Removal with Nail Service.....10 Minutes**
- Shellac Removal A-La-Carte Service.....25 Minutes**
- Shellac Polish Application.....20 Minutes**
- French Shellac Polish Application.....25 Minutes**

PACKAGES

Refresher
25-minute Spot Relief Massage, 25-minute Refresh Organic Facial, 30-minute Refresh Manicure, 30-minute Refresh Pedicure.

Tranquility Bliss
50-minute Tranquility Pro-Sleep Ritual, 15-minute Back Massage Bonus, 70-minute Alluvia Tranquility Pedicure.

Tension Tamer
50-minute Rest & Relax Custom Massage with Signature Foot Therapy, 50-minute Classic Organic Facial with Enrich Scalp Therapy.

Escape for Two
The perfect 80-minute service for each to enjoy side-by-side in our couple's room, to include a Rest & Relax Custom Massage paired with our Enrich Scalp and Signature Foot Therapies.

Ultimate Seasonal Experience
50-minute Seasonal Body Treatment, 50-minute Seasonal Facial, 90-minute Seasonal Mani-Pedi.

VISIT OUR WEBSITE FOR HAIR STYLING & MAKEUP SERVICES



Cheyenne Mountain Resort | The Country Club of Colorado

125 East Clubhouse Drive | Colorado Springs, Colorado 80906
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