



# alluvia

spa and wellness retreat  
at Cheyenne Mountain Resort

## MASSAGE & BODYWORK

Experience our AromaJourney as the ancient powers of aromatherapy inspire healing through purposeful inhalations proven to ground the mind, calm the body, and rejuvenate the breath.

### **REST & RELAX CUSTOM • 50 MIN | 80 MIN • \$130 | \$175**

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.

### **PURIFY & RENEW • 50 MIN | 80 MIN • \$130 | \$175**

A holistic treatment combining eucalyptus steam inhalation, dry body brush exfoliation, and supportive massage oil blend to naturally enhance the body's immune system.

### **PREGNANCY ROSE • 50 MIN | 80 MIN • \$130 | \$175**

A soothing and supportive massage for pregnancy at 14 weeks and beyond.\* Rose botanical oil and customized massage relieve tension and aches associated with this exciting and expecting phase.

*\*Reflexology, Hot Stone, or advanced Deep Tissue techniques are not offered during pregnancy.*

### **CBD-RICH MASSAGE • 50 MIN | 80 MIN • \$150 | \$195**

Experience a full body massage with 100% locally sourced, organic CBD-Rich body crème formulated the way nature intended: pure, raw, potent. Reduce inflammation, soothe muscles, and nourish the skin.

### **NEUROMUSCULAR MASSAGE • 50 MIN | 80 MIN • \$150 | \$195**

Science-based treatment combines deep-tissue therapy with breath and stretching techniques. Advanced booking recommended.

### **COUPLES MASSAGE • 50 MIN | 80 MIN • PRICE VARIES UPON SELECTION**

Enjoy one of our 50-minute or 80-minute massage selections in our spacious couples room.

*\*\*Service lengths must be the same. Pricing based on 50- or 80-minute selection price per person.*

Pricing is exclusive of automatic 20% gratuity.



Visit our website for specials & seasonal offerings.

## ENHANCEMENTS

### À LA CARTE BODY SCRUB

25 MIN • \$65

Add our Alluvia Revive full body scrub to any massage service.

### REFLEXOLOGY

25 MIN • \$45

Specialized massage therapy applied to distinct zones on the feet. Includes a foot scrub.

### HOT STONES

NO EXTRA TIME • \$15

Warm basalt rocks are incorporated to deepen muscle relaxation. Add to your massage of choice.\*

*\*Excludes Pregnancy Massage*

### BODY BRUSH BOOSTER

NO EXTRA TIME • \$15

A dry body brush treatment to instantly beautify skin, aiding in cell renewal and detoxification. Take your body brush home and make this powerful wellness ritual a daily routine.

### ENRICH SCALP THERAPY

15 MIN • \$30

Deeply relax with a specialized massage designed to stimulate the scalp.

### SIGNATURE FOOT THERAPY

15 MIN • \$30

Rejuvenating sugar scrub, steam towel service and hydrating body butter foot massage.







## MINERAL-RICH BODY TREATMENTS

Unwind and escape with an intensive full body treatment transforming skin's texture, tone and radiance.

### **ALLUVIA REVIVE BODY SCRUB • 50 MIN • \$120**

A full body exfoliation treatment combining Sea Salt to smooth skin's texture and an essential oil blend to protect from daily stresses and leave skin radiant. Tension melts away with a warm steam towel treatment and Body Butter application.

### **TRANQUILITY PRO-SLEEP RITUAL • 50 MIN • \$130**

Soft brushes apply a warmed essential oil blend while a gentle and rhythmic massage sequence relaxes the body and restores the mind.

### **CBD SPLENDOR WRAP • 50 MIN • \$130**

A gentle dry brush exfoliation followed by application of CBD mousse infused with nourishing botanicals and full-spectrum Hemp oil. Relax with a cozy wrap and scalp massage, and conclude with a calming massage complimented by an antioxidant-packed dual-phase CBD body oil.

### **BODY REFINER WRAP • 80 MIN • \$160**

Gentle dry brush exfoliation and an essential oil blend combine to increase circulation and smooth skin. Targeted massage, assisted stretching, and relaxing foot massage complete this full-body wrap.

### **DETOX & DESTRESS SKIN TREATMENT • 80 MIN • \$180**

Full body wrap with a unique re-mineralizing blend of Glycolic & Lactic Acids, Thermal Mud massage, and light scalp massage. Conclude with application of a rich body cream to improve skin elasticity, tone, and hydration.

## ENHANCEMENTS

### **BACK MASSAGE BONUS • 15 MIN • \$30**

A customized massage focus to the upper, mid, and lower back muscles.

### **ENRICH SCALP THERAPY • 15 MIN • \$30**

Deeply relax with a specialized massage designed to stimulate the scalp.

### **SIGNATURE FOOT THERAPY • 15 MIN • \$30**

Rejuvenating sugar scrub, steam towel service, and hydrating body butter foot massage.

Pricing is exclusive of automatic 20% gratuity.



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## [ comfort zone ] FACIALS

Enjoy the perfect combination of skin - science - soul, using advanced science-based solutions to visibly improve skin, body, and mind. Designed to destress and revitalize, every facial begins with the signature [ comfort zone ] aromatic welcome ritual.

### **RAPID RESULTS • 25 MIN • \$65**

Achieve immediate results in half the time of a traditional facial. Enjoy a customized cleanse, exfoliation, mask, and hydration to refresh and renew the skin.

### **CLASSIC SKIN STRATEGY • 50 MIN • \$120**

A prescription facial according to your skin condition and concern areas, designed with customized solutions that leverage the power of natural active ingredients. Repair damage, replenish nutrients, and recover from stress.

### **HYDRO-BOOST • 50 MIN • \$120**

Restore skin's tone and luminosity with a deeply hydrating, antioxidant treatment designed to correct dehydration and premature aging. Two unique forms of Hyaluronic, Macro and Micro, along with natural fruit extracts, guarantee immediate and prolonged hydration for 24 hours.

### **CALMING REMEDY • 50 MIN • \$120**

Soothe and strengthen sensitive, redness-prone skin. Precious Marula Oil, Mexican Hyssop, and Natural Origin Prebiotics repair the skin barrier and provide extra defense. Skin is left stronger and more resilient to future inflammation.

### **AGE PERFECTION • 50 MIN • \$150**

A personalized anti-aging treatment offering the option to resurface and brighten or re-densify and lift the face and neck depending on your desired result. Combined with the SUBLIME SKIN serum and cream, the skin is illuminated, smoothed, and replenished.

### **ULTIMATE AGE REPAIR • 65 MIN • \$180**

An age correction treatment which resurfaces, re-densifies, and lifts. Results are ensured through a double peeling combined with Vitamin C, followed by a peptide-packed peel-off mask. Complete with our deluxe Revital-Eyes mask treatment, this ultimate facial bestows fullness and redefines the volume of the face.

Pricing is exclusive of automatic 20% gratuity.



Visit our website for specials & seasonal offerings.



## ENHANCEMENTS

### REVITAL-EYES

5 MIN • \$20

Alleviate under-eye puffiness and fine lines with this distinctive, peptide-rich remedy.

### ENRICH SCALP THERAPY

15 MIN • \$30

Deeply relax with a specialized massage designed to stimulate the scalp.

### LASH OR BROW TINT

25 MIN • \$30 EACH

Boost your natural beauty with a lash or eyebrow color enhancement.

## FACIAL WAXING

Experience a facial waxing session using a gentle wax and calming mask treatment to ensure results.

### LIP OR CHIN

15 MIN EA • \$20 EA

### EYEBROW

25 MIN • \$35

### FACIAL WAX TRIO

30 MIN • \$55

Eyebrows, Lip, & Chin

### BODY WAXING SERVICES

Please inquire with the spa for availability.

## HAIR & MAKEUP

Visit our Website for Hair Styling & Makeup Services



## NATURAL NAIL SERVICES

Experience excellence in natural nail services featuring Dazzle Dry™ and CND Shellac™ polish options.

### **REFRESH MANICURE • 30 MIN • \$45**

Complete nail and cuticle care, lotion application, Dazzle Dry™ polish.

### **REFRESH PEDICURE • 30 MIN • \$55**

Express pedicure with nail and cuticle care, relaxing steam towel service, Dazzle Dry™ polish.

### **CLASSIC SHELLAC MANICURE • 50 MIN • \$60**

Refresh Manicure service completed with flawless CND Shellac™ polish for extended wear.

### **ESSENTIAL PEDICURE • 50 MIN • \$65**

Full-service pedicure to include foot soak, nail and cuticle care, exfoliation, massage, Dazzle Dry™ polish.

### **ALLUVIA MANICURE • 50 MIN • \$65**

This ultimate experience includes extended nail and cuticle care, exfoliation, mask, paraffin and Dazzle Dry™ polish.

### **ALLUVIA TRANQUILITY PEDICURE • 65 MIN • \$85**

Enhance our Essential Pedicure service with a Tranquility Oil foot bath, warm stone massage, extended heel and callus care, paraffin, and Dazzle Dry™ polish.

## ENHANCEMENTS

Additional service time is required - please book in advance.

### **PARAFFIN TREATMENT • 15 MIN EA • \$15 EA**

### **CND SHELLAC™ POLISH • 15MIN • \$15**

### **CND SHELLAC™ FRENCH POLISH • 20 MIN • \$20**

### **SOAK-OFF POLISH REMOVAL W/ NAIL SERVICE • 10 MIN • \$10**

Pricing is exclusive of automatic 20% gratuity.



Visit our website for specials & seasonal offerings.



## ALLUVIA PACKAGES

### REFRESHER • 130 MIN • \$215 (\$240 VALUE)

Rest & Relax Custom Massage (50-minute), Refresh Manicure, Essential Pedicure.

### TRANQUILITY BLISS • 130 MIN • \$225 (\$245 VALUE)

Tranquility Pro-Sleep Ritual, Back Massage Bonus, Alluvia Tranquility Pedicure.

### TENSION TAMER • 150 MIN • \$285 (\$315 VALUE)

Rest & Relax Custom Massage (50-minute), Skin Strategy Facial, Essential Pedicure.

### ESCAPE FOR TWO • 80 MIN • \$340 (\$380 VALUE)

The perfect 80-minute service for each to enjoy side-by-side in our couples room, to include a Rest & Relax Custom Massage (50-minute) paired with our Enrich Scalp and Signature Foot Therapies.



## TEEN SERVICES

Services selected especially for budding spa enthusiasts - offered at ages 13-17 with parent/legal guardian consent.

### AGES 13 - 15

#### EXPRESS TEEN FACIAL

**25 MIN • \$65**

Customized cleanse, mask, and moisturizing treatment designed to target teen skin concerns.

#### REFRESH MANICURE

**30 MIN • \$45**

Complete nail and cuticle care, lotion application, Dazzle Dry™ polish.

#### REFRESH PEDICURE

**30 MIN • \$55**

Express pedicure with nail and cuticle care, relaxing steam towel service, Dazzle Dry™ polish.

#### ESSENTIAL PEDICURE

**50 MIN • \$65**

Full-service pedicure to include foot soak, nail care, exfoliation, massage, Dazzle Dry™ polish.

### AGES 16 & 17

#### SPOT RELIEF MASSAGE

**25 MIN • \$65**

Targeted massage for back, neck, shoulders using a soothing Lavender Oil.

#### REST & RELAX CUSTOM MASSAGE

**50 MIN • \$130**

Restful Swedish and relaxing Deep Tissue techniques combine to achieve your desired treatment result.

#### EXPRESS TEEN FACIAL

**25 MIN • \$65**

Customized cleanse, mask, and moisturizing treatment designed to target teen skin concerns.

#### PURIFYING FACIAL

**50 MIN • \$120**

A deep cleansing treatment that delicately purifies and balances the skin, leaving it fresh and toned. Service includes time for extractions.

#### REFRESH MANICURE

**30 MIN • \$45**

Complete nail and cuticle care, lotion application, Dazzle Dry™ polish.

#### REFRESH PEDICURE

**30 MIN • \$55**

Express pedicure with nail and cuticle care, relaxing steam towel service, Dazzle Dry™ polish.

#### ESSENTIAL PEDICURE

**50 MIN • \$65**

Full-service pedicure to include foot soak, nail and cuticle care, exfoliation, massage, Dazzle Dry™ polish.

Pricing is exclusive of automatic 20% gratuity.



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## A-LIST MEMBERSHIP

Build relaxation and rejuvenation into your regular schedule with our exclusive spa membership. Perks include:

- **Choice of One (1) Select Monthly Service**
- **15% off Individual Spa Services** (*excludes package pricing*)
- **20% off Waxing & Nail Services**
- **10% off Retail Purchases**
- **Alluvia Signature Gift upon enrollment** (*one gift per membership enrollment/per year*)
- **Month-to-Month Commitment**
- **Membership Appreciation Days & Exclusive Invites to Spa Events**
- **Want more? Apply your monthly service credit to an upgraded service**

**\$99/MONTH + \$29 ONE-TIME ENROLLMENT FEE**

## SPA POLICIES

### SCHEDULING APPOINTMENTS

Spa appointments must be reserved with a valid credit card or hotel reservation confirmation number. You will not be charged prior to arrival, and upon check in, another payment method may be used.

### ARRIVAL & AMENITIES

Alluvia Spa is located at Cheyenne Mountain Resort in the Fitness & Tennis facility. Please arrive at least 15 minutes prior to your appointment time to complete a brief guest profile. Additionally, we encourage you to allow extra time before and after your appointment to enjoy the spa amenities. The Eucalyptus Steam Room and Jacuzzi hot tub are located privately in the Men's and Women's locker areas. Arriving late will limit your service time and your treatment will end at the scheduled time to accommodate the next guest's appointment.

### GRATUITIES

Gratuities are not included in published pricing. For your convenience, an automatic 20% gratuity charge will be added to the full value of your spa services. The choice of leaving any additional gratuity above the 20% is at your discretion.

### CANCELLATION POLICY

We kindly request a 24-hour notice if you must cancel an appointment. A group cancellation of 3 or more guests requires a 48-hour notice. Cancellations not made within this time frame will incur a 50% cancellation fee to the payment information on file. All no-show appointments will be billed in full. Cancellations will not be taken by voicemail, and the Spa is not responsible for the cancellation of hotel room reservations.



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65 E. Clubhouse Drive | Colorado Springs, CO 80906  
719.538.4071 or extension 4071 from your guestroom  
[CheyenneMountain.com/Alluvia-Spa](https://CheyenneMountain.com/Alluvia-Spa)