

The Lounge Spa & Recovery

Relax • Recover • Rebalance

Brian Head, Utah

Recovery Treatments

Feet, Hands & Ear Reset – 30 min • \$65

A focused recovery session that targets your feet, hands, and ears to relieve tension, improve circulation, and promote deep relaxation. Ideal for a quick yet complete refresh.

Total Balance Recovery – 60 min • \$95

A soothing session designed to restore balance and flow throughout the body. Gentle, detailed work on the feet, hands, and head helps release built-up stress and promote full-body relaxation.

Ultimate Grounding Experience – 90 min • \$125

Our most comprehensive recovery treatment. This extended session deeply rejuvenates the feet, hands, and head through intentional techniques that calm the mind, relieve fatigue, and leave you feeling renewed.

Kids Recovery Session (6 years and older) – 30 min • \$65

A gentle, calming session created for children, focused on the feet, head, and ears to support relaxation and circulation. *Children must be accompanied by an adult receiving a session.*

Enhancements & Add-Ons

Custom Essential Oil Blend • +\$8

Choose from calming, energizing, or grounding essential oil blends to personalize your session's aroma experience.

Facial Flow Enhancement • +\$20

A gentle add-on focused on the face and neck to improve circulation and reduce puffiness. Light, flowing movements help ease tension and leave the skin refreshed and glowing.

Heating Eye Mask • +\$5

A gentle warming mask that relaxes facial muscles, eases eye strain, and encourages deep relaxation.

Honey Heel Glaze • +\$5

A sweet, hydrating heel treatment that softens and revitalizes tired feet — perfect after a long day on the mountain.

Wellness & Recovery Lounge

Standard Lounge Access – 60 min • \$50

Enjoy full access to the sauna, jacuzzi, and cold plunge for a complete hydrotherapy rotation. This session promotes circulation, reduces muscle soreness, and refreshes the body and mind.

Premium Lounge Access – 75 min • \$70

An extended hydrotherapy session that allows for a slower pace and deeper recovery. Includes sauna, jacuzzi, and cold plunge, with extra time for rest and hydration.

Add-On Lounge Access – 60 min • +\$30

Enhance any same-day treatment with a full hour of hydro-recovery. Perfect before or after your Recovery Treatment for optimal results.

Massage Chair & Oxygen Bar

Altitude Recovery • Per-Minute Recovery

Recover faster at altitude in our **Human Touch Super Novo 2.0 Massage Chair**, delivering a 3D full-spine massage from neck to thighs with deep stretch and compression programs. Paired with our Oxygen Bar, this service supports endurance, clarity, and faster recovery after skiing or mountain activity.

\$2 per minute • One combined service

À la carte • No time minimums

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