

# The Lounge Spa & Recovery

Relax • Recover • Rebalance

Brian Head, Utah

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## 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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