



AUBERGE RESIDENCES  
telluride, colorado

## The Auberge Spa at Element 52

### Massage Treatments

#### AUBERGE AT ALTITUDE

A firm, nurturing massage - an Auberge Classic. The use of appointed modalities in tune with your needs, this massage is enhanced with specific techniques to assist you in acclimating to the high altitude.

#### TANDEM FOUR-HAND MASSAGE

The ultimate body massage. Two skilled therapist expertly guide their four hands in a seamless dance-like rhythmic flow. At times this tandem massage is in synchronicity as the therapists mirror each other. In other parts of the session the therapist will work independently but in a complementary fashion while always nurturing your individual needs.

#### TABLE THAI MASSAGE

Thai Bodywork that is preformed on a massage table and combines pressure point techniques with a variety of stretching movements. The guest is gently pulled, pushed and kneaded, but emerges relaxed, centered, grounded and re-energized.

#### HOT STONE SPORTS THERAPY

Experienced hands paired with hot basalt stones warm the body and relieve deep, sports-related muscle tension. The athletes' choice for recovery and high performance, E-52's Arnica infused massage focuses on muscle groups used in skiing, hiking and mountain biking; allowing you to feel refreshed for more adventures the following day.



### Body Treatments

#### HAND AND FOOT REFLEXOLOGY

A healing art based on the concept of pressure points in the body. Through the skillful application of pressure on your hands and feet, reflexology relieves tension, improves circulation and promotes natural function through your body. Relieve your hands and feet after a day of skiing with invigorating scrub, cozy hot towel compress and re-energizing reflexology massage.

#### DEEP FOREST EXFOLIATION

A nourishing body exfoliation featuring an evergreen mineral scrub followed by a full-body massage with the deep forest body oil containing balsam fir and white pine. Your dehydrated skin will love you for this.

## Facial Treatments

### POWER REPAIR FACIAL

For skin that craves organic products without use of chemicals and dyes, the "Sisters Creations" product line features vitamins, minerals and enzymes that prevent free radicals from damaging your skin. Your aestheticians will customize this treatment for your skin.

### GENTLEMAN'S FACIAL

Designed to suit men's skin, this facial is a perfect remedy to combat environmental stress while improving skin texture and clarity. Deep cleansing and exfoliation followed by a restful massage of the face, hot towel application and customized masques and moisturizing treatment. Please shave prior to facial.

### TINTING & WAXING

Tinting: Brows and Lashes.

Waxing: Lip, Chin, Eyebrows, Underarms, Full Arm, Bikini, Half Leg, Full Leg, Chest & Back. Add a wax or a tint to any facial or book them as a stand alone treatment.

## Add-Ons

Enhance your spa experience by incorporating one of our add-ons to any spa treatment. 30 minutes \$60.

### Hydration Face Treatment

Excellent for infusing moisture into the skin and soothing irritations. In our dry climate you can't go wrong adding this hyaluronic mask to any treatment.

### Sun Salutation Mini Facial

The ultimate thirst quencher for sun and wind exposed skin. A mini rejuvenation face treatment includes a gentle face cleansing followed by a soothing aloe recovery gel mask to soothe help heal exposed skin.

### Hand and Foot Scrub

Relieve your hands and feet after a day of skiing with invigorating scrub, cozy hot towel compress and re-energizing reflexology massage.

60 min: \$145 ... 75 min: \$175 ... 90 min: \$205  
Tandem Four-Hand Massage ... 60 min: \$225



### EARLY BIRD DISCOUNT

Begin your spa treatment before 2pm for an early bird 10% discount on all treatments, all year long.



PLEASE CONTACT OUR DEDICATED  
CONCIERGE TEAM TO BOOK YOUR  
TREATMENT. 970-728-0701

*\*Enjoy a treatment in the privacy of your residence for an additional \$15 per treatment  
\*Please note all treatments carry a 24 hour cancellation policy*

## Other Offerings

**Manicure, Pedicure and Lash Extensions** are available with a minimum of one week advance booking. Services are available in room or at the spa.

**Group Fitness and Personal Training** by Chris L. Rauchnot who is an NSCA (National Strength and Conditioning Association) Certified Personal Trainer, and food coach.

**AdrenalinE52** - 52 min full body blast to burn fat, increase strength and endurance using all the tools from the gym.

**RegenerativE52** - 30 min stretch, steam & smoothie; by appointment only

**Ex52** - solo mojo - \$100

**I Don't Ski** - 3 pack - \$170

**I'm Not Leaving** - 10 pack - \$800