

## ***Spa Indulgence Packages***

### **A Suite Escape**

Indulge yourself and loved one(s) in our Futari Suite. Relax with up to eight 50-minute treatments, a spa lunch and escape into our suite's luxurious amenities including a private whirlpool, Japanese-style shower and tea service. Perfect for couples or ladies' day out.

**Please Allow 6 hours for 2 to 4 guests**

### **Mountain Master Tune-Up**

Specially designed to relieve tension and sore muscles for the active gentleman, this series of services includes a Gentleman's Facial, Sports Pedicure, and choice of Ashiatsu, Mountain Salvation Massage, or 50-minute Golden Door Massage.

**Please Allow 4 hours**

## ***Signature Services***

### ***My Dakota Honey***

Revitalize and refine your skin's texture with this Golden Door Signature facial using products developed exclusively for the Golden Door Spa, uniquely personalized for the Honeybee State. This nourishing treatment highlights our honey oatmeal almond scrub and masque to soothe, soften and moisturize. Includes scalp massage, hand and arm mask. *For optimal hydration, may we recommend the **HydraQuench Ultrasound Infusion** add-in*

**80 minutes**

### ***Szekely Herbal Wrap***

*Named in honor of our Founder, this restful experience begins with a dry brushing of the body. Then bask in the rebalancing effect of an Ayurvedic herb-infused muslin sheet wrap. This warming treatment detoxifies the body to help you emerge peaceful and purified. May we recommend **LED light therapy** for advanced skincare benefits added to your experience*

**50 minutes**

## ***Facials and Skin Care - Indulge***

### ***Caviar Timeless Beauty Ritual***

Indulge in this highly effective ritual that produces unprecedented results in treating drier, mature skins. The rich nutrients active in Sevruga caviar contain vitamins, minerals and amino acids for the ultimate ageless glow. To increase skin elasticity, reduce the appearance of fine lines, and remineralize for essential antioxidant protection of aging skin, pamper yourself with this timeless ritual. *Our micro-current **Eyelift** is highly recommended for maximum results*

**80 minutes**

### ***Oxygen Infusion Remedy***

Discover youthful, glowing skin with an ultrasonic infusion of our Oxygen Plasma Potion. This treatment helps re-awaken tired skin and encourage oxygenation to bring back beautiful tone and texture. *For overtired bodies, our **Oxygen Inhalation** is highly recommended to ease discomfort*

**50 / 80 minutes**

### ***Your Skin Coach Awaits***

Achieve optimal skin health and visible results with this multi-action treatment using the exfoliating power of glycolic to open pathways and deliver vitamin rich antioxidants deep down, where active cell production takes place. Resurfaces skin, restores clarity, and minimizes pore size through highly active natural ingredients. While a single treatment will produce visible results, a series is recommended to achieve accelerated results for healthy, radiant looking skin. *Spa Director pick: **Vitamin C** serum infusion*

**50 / 80 minutes**

### ***Golden Door Custom European Facial***

Our signature customized facial offers all the therapeutic benefits of a classic European facial with a lot more. Your esthetician will carefully analyze your skin to provide you with the most beneficial treatment – **Rejuvenating** for anti-aging, **Rehydrating** for dry and sensitive skin, or **Clarifying** for acne prone skin. **GENTLEMEN'S FACIAL** using custom ingredients for men's skin also available. *Customize further with our **Ultrasound Exfoliation** or **Ultrasound- Infusion** upgrades*

**50 / 80 minutes**

## ***Facials and Skin Care – Treat***

### ***Anti-Gravity Face Lift***

We combine specialty serums with our Ultra micro-current technology to instantly tone, lift, firm, and re-educate tired muscles, leaving your skin looking younger and with a natural glow. This age-defying facial is highly recommended for anyone seeking a non-invasive alternative to surgery with optimum results. *May we suggest the **Ultrasound Exfoliation** to double your benefits*

**80 minutes**

### ***Ultrasonic Triple Peel Micro Exfoliation Facial***

This unique brightening facial combines successive layers of exfoliation with combined glycolic and ultrasonic resurfacing, an advanced alternative to traditional microdermabrasion. Our pain-free, non-invasive treatment improves cellular turnover, allowing healthy skin cells to surface. Highly effective for brightening and lightening hyper-pigmentation, reducing dullness, and minimizing fine lines and wrinkles. *May we recommend our **Ultrasound Infusion** for best benefits*

**50 minutes**

### ***Vitamin K Calming Facial***

Vitamin K is highly effective in strengthening capillary walls to help reduce the appearance of broken capillaries and blotchiness. A customized masque is then used to help eliminate redness. Ideal for any type of sensitive or delicate skin, including Rosacea, highly reactive, or menopausal skin. *80 minutes includes **Vitamin K Infusion** and red **LED** light therapy to reduce redness*

**50 / 80 minutes**

## ***Facial Add-Ons and Add-Ins***

***Enhance your skincare ritual with one of these advanced therapies: 25 minutes***

**Eye Lift:** Non-Surgical Micro-current replenishes and lifts the eyes. See visible results in minutes

**LED Light Therapy:** Red light therapy to heal skin and stimulate collagen or Blue light therapy to treat acne

***May be added in to any facial experience:***

**Ultrasound Exfoliation:** Advanced non-invasive alternative to traditional microdermabrasion

**Ultrasound Infusion:** Choice of serum infused to deepest layers of the skin for restored glow in minutes.

## **Body Treatments**

### ***Center Yourself Ritual Salt Scrub***

Bring yourself back to Center through this Ritual, which fuses touch and meditation techniques to rebalance and reconnect the mind, body and spirit. Fluid, massage movements and precisely placed hands utilize organic salts, pure essential oils and fruit and plant extracts to release tension and free energy flow within the body. You will be completely refreshed, grounded and ready for the next challenge.

**50 minutes**

### ***The Strength of Stillness***

Designed to restore luster and vitality through deep detoxification, this transformation uses a gentle bamboo exfoliator, antioxidant-rich Rhassoul Clay mask, and revitalizing peppermint and pine soak for even the most severely depleted skin. A ritual body exfoliation followed by a luxurious application of the Deep Detox Ritual Mask, warming scalp massage, water experience and quenching olive, fig and shea butter body cream application create this highly effective and deeply restorative service.

**50 minutes\***

### ***Lavender Zen***

The fertile land and pristine air in Utah is ideal for growing herbs such as lavender with its ultimate healing and soothing powers. Breathe deeply and inhale the calming and balancing benefits of birch, lavender, and eucalyptus in this completely uplifting and rejuvenating spa experience which includes a two step invigorating full body scrub to exfoliate and envelop you before a full body massage with Birch Oil. Take the experience home with you as you enjoy your included lavender spa gift. *Add a guided **labyrinth meditation** for the ultimate Zen experience*

**80 minutes**

### ***Mud Season's Finest***

Moor Mud is legendary for its therapeutic properties. The botanical extracts, blended synergistically with our powerful mud, will rejuvenate dull skin and soothe tired muscles. Begin with a dry brush exfoliation to polish your skin, followed by a luxurious full-body wrap in this mineral-rich Moor Mud.

**80 minutes\***

*\*May we recommend **LED** light therapy for advanced skincare benefits added to your experience*

## ***Massage***

### **Golden Door Massage**

Providing customizable sore muscle relief, Golden Door is proud to provide classic light-touch Swedish and Therapeutic Deep Tissue Massage for your pleasure. Therapists make use of various techniques to increase circulation, relieve muscle tension and promote overall relaxation. Upon Request, Golden Door Massage is also offered for couples in our beautifully appointed Futari Suite. Choose One:

**Swedish Massage**                      **50 / 80 minutes**

**Therapeutic Deep Tissue**            **50 / 80 minutes**

### **Futari Massage for Two**

Share a relaxing Golden Door, Aromatherapy, or Warm Stone massage with a companion or loved one in our spacious, peaceful couples' Futari Suite. *To enhance the treatment, bask in your own private whirlpool before or after your massage*

**50 / 80 minutes**

### **Wasatch Warm Stone Massage**

Be one with nature as a warm evergreen oil is massaged into your skin while natural stones are placed on your body to release blocked energy; bringing you in balance with the world.

**50 / 80 minutes**

### **Mountain Salvation Massage**

This massage is designed to get you back on the slopes or the trail, targeting those areas most stressed by physical activity. Your therapist will use our specialty high-altitude blend oil and pain-relieving menthol and Ilex gel for a record recovery.

**50 minutes**

### **Mommy to Be Massage**

Enjoy a massage at this special time when your body needs extra care and nurturing. Golden Door Spa invites expectant mothers, after the first trimester, to indulge in this exclusive massage in which expertly-trained therapists use a specifically-designed body support system for added comfort.

**50 minutes**

## **IN-ROOM**

Experience a massage in the privacy of your room. Evening treatments are available until 9:00 p.m.

24 hours noticed requested; For Singles and Couples. **Choose One:**

**Swedish Massage**                      **50 / 80 minutes**

**Aromatherapy Massage**            **50 / 80 minutes**

**Therapeutic Deep Tissue**            **50 / 80 minutes**

## ***Ayurvedic Experiences***

### **Bindi Body Rejuvenation**

A balancing, rejuvenating delight for the skin, Bindi means the primordial point where everything begins and ends. An exfoliation using crushed, warm herbs uplifts the spirit while soothing the body. A vigorous massage, using oils selected according to your Dosha, helps stimulate circulation and detoxification. This blissful experience concludes with a warm cocoon wrap, lulling you into a blissful state of serenity.

**80 minutes**

### **Shirodhara**

This harmonizing treatment begins with a soothing stream of warm oil flowing onto your “third eye” to ease the mind and encourage a REM state allowing for the body to repair itself. The oil is lavishly massaged into your hair and scalp, followed by a light facial massage.

**50 minutes**

### **Spirit of Life**

Enjoy a complete head-to-toe experience with the Bindi Body Rejuvenation coupled with the grounding Shirodhara to create the ultimate Ayurvedic ritual.

**110 minutes**

### **Abyhanga**

This brisk, traditional Indian oleation massage technique is used specifically for nourishing skin, lubricating tissues and joints, and calming the nervous system. An Ayurvedic herbal wrap concludes this therapy to further rebalance the body’s subtle energies and release stagnant toxins.

**80 minutes**

## ***Eastern Harmonies***

### **Acupuncture**

By inserting thin, painless needles into specific points along the meridians, the acupuncturist enhances circulation and helps direct your “Qi,” or life force, to where it will be most healing and reparative to improve function within the body.

**50/80 minutes**

### **Ashiatsu**

Brought to the West by Buddhist monks, this therapeutic service is an adaptation of an ancient form of barefoot massage. The therapist is supported by bars suspended above in order to apply powerful yet rejuvenating pressure exclusively offered by the feet.

**80 minutes**

### **Thai Massage**

A choreographed series of facilitated stretches combines acupressure and yoga positions to warm the muscles and encourage energy flow. Especially soothing for the restless mind and body, this unique therapy regenerates the spirit. Please wear loose or comfortable clothing.

**80 minutes**

### **Spa Reflexology**

A relaxing take on the traditional art of Reflexology, this service begins with a hot towel cleansing ritual. Following this relaxing interlude, specific pressure points on the hands and feet are stimulated, encouraging the body to find its own energy path and release blockages which may be the source of pain or discomfort.

**50 minutes**

## ***Mind Body and Soul Connection***

### **Private Meditation**

Learn techniques for stress reduction, visualization and connection of the mind, body and spirit in a personalized consultation taking place in your choice of locations – the labyrinth, a private treatment room or in the comfort of your own guest suite.

**50 minutes**

### **Labyrinth Meditation**

After a brief background and description of approaches used in walking the Labyrinth, your guide will lead you in a meditative walk. Entering the Labyrinth brings you into a sacred space that creates a sense of balance and peace, reduces stress, and facilitates decision making. As a restorative tool, the winding path that takes you to the center becomes a metaphor for the healing journey.

**50 minutes**

### **Reiki**

Powerful energy work through the laying of hands helps reconcile the union between the mind, body and spirit. This reviving therapy reduces stress and revitalizes the body. Please wear loose comfortable clothing.

**50 minutes**

### **Life Coaching**

Unleash your full potential, achieve goals and live with greater balance and authenticity. Begin a journey of self-discovery with a Life Coach who helps you explore, clarify and identify areas in your life you want to change or enhance in some way.

**80 minutes first session**

**30 minute follow-ups**

## ***Spa Information***

### **Resort Guests**

Guests at The Dakota Mountain Lodge and Golden Door Spa enjoy complimentary use of the fitness center and may upgrade their access to include spa access, which includes showers, locker rooms, steam & water amenities, spa terrace & other lounge facilities.

### **Age Policy**

Children ages 12 – 17 years are welcome to enjoy massages, facials, and body treatments but must be accompanied by an adult at all times, including during spa treatments. Gender of therapist may be chosen based on preference of accompanying adult. Children ages 12 – 17 years may enjoy treatments in the Hair and Nail Spa unaccompanied.

To protect the tranquil nature of the spa and its environment, children under 18 years are not permitted to use the spa facility. This includes the Men's and Women's Lounges, fitness facilities and other spa areas.

### **Spa Hours\***

Spa Services	8:00am – 8:00pm
Fitness Center and Facilities	6:00am – 9:00pm
Hair and Nail Spa	9:00am – 6:00pm
Retail Boutique	9:00am – 6:00pm

- Hours of operation are subject to change at management's discretion.

### **Reservations & Cancellations**

Booking your spa reservations in advance is strongly recommended. Please call Golden Door directly at (435) 647-5555 or from the resort at extension 5555.

As a courtesy to other guests and to our therapists, we strictly adhere to the spa cancellation policy: If you must reschedule or cancel an appointment, workout or recreational activity, please advise us 4-hours in advance to avoid being charged 100% of the scheduled activity. To cancel a package, we require 24-hours notice and for groups (8 or more persons), a 14-day notice is required to avoid being charged 100% of the activity.

### **Spa Gift Certificates**

Spa gift certificates make excellent gifts and can be used for treatments, spa retail products and spa clothing, salon treatments and personal training session purchases.