

RockResorts Spa™  
AT THE  
ARRABELLE



**RockResorts Spa™ at The Arrabelle—a luxurious 10,000-square-foot  
slopeside retreat in the heart of Colorado’s majestic  
Rocky Mountains—sets the standard in luxury, elegance and comfort.**

---

The Arrabelle’s Signature Spa reflects the splendor and tranquility of its natural surroundings. Its warm and inviting ambiance is inspired by the Vail Valley’s crisp alpine air, sun-splashed skies, brilliantly colored wildflowers, enchanting aspen groves and awe-inspiring snowcapped peaks. Its superb design, rich textures, refined woods and elegantly rustic décor are reminiscent of Vail’s unique mountain heritage and pristine wilderness areas.

The spa’s exceptional, alpine-inspired treatments incorporate natural ingredients and aromas indigenous to the area—from mountain juniper and lavender to white pine and cedar. Its dedicated therapists perform timeless rituals that will soothe your muscles, rejuvenate your skin, heighten your senses and improve your feelings of health and well-being.

After a day on the slopes, on the golf course, on the river or in the shops of Vail’s charming pedestrian village, escape to RockResorts Spa at The Arrabelle and discover the perfect alpine haven.

RockResorts Spa at The Arrabelle. Let your journey begin...



## Spa Packages

---

### **PERFECTLY PAMPERED**

Treat yourself or a loved one to a full day of pampering. This package includes a 50-minute Body Therapy, Massage and Facial. Services are enhanced with complimentary Eye and Lip Treatment, Hand and Foot Moisture Melt and a glass of prosecco or mocktail.

---

### **QUICK ESCAPE**

Choose between a 25-minute Customized Facial or Classic Mountain Manicure and between a 50-minute Massage or Body Therapy. Receive a complimentary Hand and Foot Moisture Melt.

Can't find what you're looking for? Ask a spa concierge to help you design a package for the ideal spa day.

---

## **BODY THERAPIES**

### **SEASONAL SPA TREATMENT | 50 MIN**

Ask our Spa Concierge about our fresh and fun body treatments that change based upon the season.

### **SKY ISLAND ESCAPE | 50/80 MIN**

Nestled above 8,000 feet, surrounded by mountain passes and rolling waves of fresh snow, you may feel like you are tucked away in your own private sky island. Enhance your aloha with a rich coconut scrub and refreshing lime spritz followed by a decadent tropical vanilla moisturizer. Take your experience to a whole new level by adding a mango enzyme wrap for an 80-minute treatment. You'll leave with the glow of an island getaway.

### **SLIMMING BODY WRAP | 80 MIN**

Trim and tone thighs, glutes and arms with NuBody's microcurrent technology. Enhance elasticity with a stimulating Herbal Cellulite Wrap that burns fat cells and increases oxygen uptake. This treatment is complete with a Monoi Age Corrective Body Cream application that will result in a smooth, supple, youthful glow.

### **ALPINE RETREAT | 80 MIN**

Revitalize body and mind with our signature treatment. Begin with an invigorating dry brush scrub to increase blood circulation. While wrapped in warmth, an herbal mud mask, rich with cinnamon, sage and paprika, works to open pores, eliminate toxins and sooth fatigued skin. Ground your senses with a Thai Sa-Wan compression massage and Rosehip & Lemongrass Soothing Hydrator application. End your session with the healing soundwaves of Tingsha symbols.

### **ELITE RECOVERY | 80 MIN**

Designed with the athlete in mind, this treatment combines compressions, stretching and pressure point techniques. Choose between Lymphatic Cupping or RAD massage tools for that specific problem area. Completed with arnica relief cream, oxygen treatment and a sports recovery drink.

### **NOURISHING HAIR AND SCALP TREATMENT | 20 MIN**

Treat yourself to a service that gets to the root of the matter, your scalp. Based upon your specific needs, an argan oil blend with essential oils is chosen to improve the condition of your scalp. After this invigorating scalp massage, relax, unwind and enjoy a neck and shoulder massage, while a nourishing mask restores your hair, leaving you and your hair feeling rejuvenated and revitalized. Great as a stand-alone treatment or an enhancement to another service.

### **LAVENDER VANILLA FOOT THERAPY | 20 MIN**

Enjoy a sugar-salt scrub exfoliation which is removed with warm towels soaked in a nourishing bath milk. Famished feet and toes are then lathered with a hydrating blend of aloe, shea butter, and coconut oil and snuggled into warm booties. The treatment is completed with a foot massage that will leave you ready for your next adventure!

### **SUN-KISSED SPRAY | 20 MIN**

Enjoy this full-body, sunless spray tan in the shadow of Colorado's Gore Range and go home looking like you spent your entire vacation on the beach.

---

## MASSAGE THERAPIES

### ARRABELLE CUSTOMIZED MASSAGE | 50/80 MIN

Our most popular massage that is customized to your needs. At your request, our experienced massage therapists will tailor pressure and techniques to achieve your optimal results for relaxation and sore muscle recovery. Ask to enhance your massage with our signature Peak and Valley aromatherapy blends.

### SACRED STONE MASSAGE | 75 MIN

This treatment features the warming effects of hot river stones, which are strategically placed on your body and used as a massage tool to work the soreness and toxins out of tight and overworked muscles. The warm stones help to soften muscle tissue, increase circulation and allow you to achieve blissful relaxation. Advance reservations are strongly encouraged.

### COUPLE'S ESCAPE | 50/80/105 MIN

Share an unforgettable experience with that special someone, while enjoying a romantic couple's massage, in which two therapists work separately as you and your significant other enjoy your treatments side by side. The extended 105-minute session allows time after your massage for a soak for two, as well as complimentary champagne and the Chef's specialty dessert.

### PRENATAL MASSAGE | 50 MIN

Pamper your body from head to toe with this massage, which is specially designed for the mother-to-be. Our trained therapists will relieve pains only pregnant women know about. This treatment is only recommended for women in their second or third trimester.

### IN-ROOM MASSAGE | 50/80 MIN

Don't feel like coming to the spa today but still want a massage? Enjoy our Arrabelle Customized Massage in the comfort of your own guest room. Advance reservations are strongly encouraged.

---

## MASSAGE ENHANCEMENTS

Perfect to incorporate into most of our body or massage treatments. Must be booked in conjunction with a 50-minute or longer treatment.

### HAND OR FOOT MOISTURE MELT

Heated aromatic oils soften dry, chapped hands and feet to ensure silky smooth skin.

### AWAKENING EYE ENHANCEMENT

Reduce puffiness and dark circles with a cooling collagen mask.

### LIP RENEWAL

Soften and smooth dry, cracked lips while targeting vertical lip lines with a plumping mask.

### SIGNATURE AROMATHERAPY OILS

Choose between Arrabelle's Signature uplifting Peak Blend and grounding Valley Blend.

### OXYGEN

Breathe 15-minutes of pure oxygen incorporated into your treatment to aid in altitude adjustment, fatigue and muscle recovery.

## **DRY BRUSHING**

This exfoliating addition detoxifies by increasing circulation and boosts your immune system through enhanced lymphatic flow.

## **LYMPHATIC CUPPING**

Suction cups rapidly loosen and lift connective tissue, while increasing blood and lymph flow to skin and muscles in ways not possible with massage.

# **FACIALS**

## **"C" LIFT | 80 MIN**

Get your glow on with this anti-aging treatment that will leave your skin silky smooth, luminous and tightened. Clinical meets traditional with our Vitamin C mask, deep exfoliation and microcurrent technology.

## **HYDRAFACIAL MD | 50/80 MIN**

This world renowned clinical technology takes you through 4 steps: deep cleansing and exfoliation with pain-free extractions, all the while infusing your complexion with vital nutrients. 80-minutes includes lymphatic drainage and LED therapy plus your choice of Derma Builder peptide concentration or Britenol brightening serums.

## **INTRACEUTICALS OXYGEN FACIAL | 50/80 MIN**

The facial that brings out the best in any complexion! A serum infusion specifically selected for you with a good dose of oxygen, finished with a triple layer of hyaluronic serums and moisturizer. Recommended for weddings or any special occasion, ladies and gentlemen alike. 80-minute includes Atoxolene intense anti-age serum, lip and eye treatment.

## **ARRABELLE CUSTOMIZED FACIAL | 20/50/80 MIN**

Our experienced estheticians consider your concerns and analyze your skin to tailor the perfect facial, bringing out the best in your complexion. We address your unique needs with pure organic or clinical products. 20-minute treatment targets extractions, relaxation, or anti-aging.

## **MOUNTAIN MAN FACIAL | 50 MIN**

Dedicated to the unique concerns of men's skin: high oil production, a thicker dermis and sensitivities from exposure to environmental aggressors such as shaving, sun and extreme sports. This facial includes deep pore cleansing and extractions, facial massage with a mask for hydration and a choice of revitalizing scalp, foot or hand massage.

## **WILDFLOWER SCALP MASSAGE**

Sooth your scalp and restore luster to your hair with the power of organic wildflower infused oil.

## **ADDITIONAL MASSAGE OPTIONS**

Thai, Cranial Sacral, Reiki, Myofacial Release.  
Please inquire about pricing and availability.

## **EPIC FACIAL**

### **90 MIN**

See Epic results instantly with our "best of" facial. Start with a HydraFacial deep cleanse, exfoliation, and extractions. Next receive the hydrating serum infusions of Intraceuticals Oxygen Facial. Top it all off with microcurrent technology for improved facial contour and wrinkle reduction.

### **LED THERAPY | 20 MIN**

Specific LED wavelengths invigorate cells to combat aging and acne-prone skin. We allow 20-minutes for this service. Great as a stand-alone treatment or as an add-on to any facial.

### **NONSURGICAL FACIAL LIFT | 20 MIN**

This treatment uses microcurrent technology for improved facial contour, skin tone and wrinkle reduction. We allow 20-minutes for this service. Great as a stand-alone treatment or as an add-on to any facial.

---

## **FACIAL ENHANCEMENTS**

Must be booked in conjunction with a 50-minute or longer treatment.

### **HAND OR FOOT MOISTURE MELT**

Heated aromatic oils soften dry, chapped hands and feet to ensure silky smooth skin.

### **ORGANIC LIP TRIO**

This three-step treatment starts with an exfoliating enzyme scrub, followed by a deeply hydrating plumping mask and ends with a buttery citrus balm.

### **RESTORATIVE EYE TREATMENT**

Prepares the delicate eye area with an antioxidant-rich exfoliant followed by an eye mask and eye cream designed to reduce inflammation and enhance collagen production.

---

## **WAXING & TINTING**

Brow Shaping

Brow Tint

Full Leg

Bikini & Up

Full Arm

Lip or Chin

Lash Tint

Half Leg with Bikini

Underarm

Full Back or Chest

Brow, Lip and Chin

Half Leg

Full Leg with Bikini

Forearm

---

## **HAND & FOOT PAMPERING**

### **ALPINE RETREAT MANICURE | 40 MIN**

### **ALPINE RETREAT PEDICURE | 50 MIN**

Rescue your tired, overworked hands and feet with this manicure and/or pedicure that includes an exfoliating scrub, nail shaping, cuticle work, soak, shea butter massage, and polish.

### **MOUNTAIN GETAWAY MANICURE | 60 MIN**

Revitalize dry, chapped hands with this spa manicure experience. This treatment starts with nail shaping, extensive cuticle work and oil buffing. Then hands are treated with an invigorating sugar scrub and cleanse with warm towels. Next a moisture melt and warm mittens will soften the hands. This lavish treatment is followed by a shea butter massage and polish application.

### **IT'S YOUR DAY MANICURE | 60 MIN**

Nails are filed, cuticles are pushed and nipped and nails are buffed with oil. Beautifying serum and shea butter application are massaged into the hands. The treatment concludes with gel or French polish applications. Great for brides and special occasions!

### **MAN-ICURE | 30 MIN**

Nails are trimmed, cuticles are cleaned and finished with a buff and shine.

### **GENTLEMEN'S PEDI | 40 MIN**

Nails are clipped, cuticles are cleaned and heels are exfoliated. Finish with a shea butter massage.

### **MOUNTAIN GETAWAY PEDICURE 75 MIN**

Revitalize dry, chapped feet with this spa pedicure experience. Your nails will be filed, receive extensive cuticle work, buffed with oil, then enjoy an invigorating sugar scrub and cleanse with warm towels. Next, a moisture melt and warm booties will soften the feet. This lavish treatment is followed by a shea butter massage and polish application.

---

## **HAND & FOOT ENHANCEMENTS**

Perfect to enhance your nail treatment experience. Must be booked in conjunction with a manicure or pedicure service.

### **HAND OR FOOT MOISTURE MELT**

Adds 10 additional minutes

### **OXYGEN**

No additional time needed

### **GEL REMOVAL**

Adds 15 additional minutes

No acrylic, hard gel or dip system please

### **SUGAR SCRUB WITH HOT TOWELS**

Adds 10 additional minutes

### **EXTENDED MASSAGE**

Adds 10 additional minutes

### **BRIGHTENING COLLAGEN MASK**

Adds 10 additional minutes

### **FRENCH POLISH**

Adds 15 additional minutes

### **CALLOUS REMOVAL**

Adds 10 additional minutes

### **ORLY GEL POLISH**

Adds 15 additional minutes

---

## GENERAL INFORMATION

**AGE** Children who wish to use the spa, locker room amenities and fitness center must be at least 12 years of age, accompanied by an adult and conduct themselves in a manner that is appropriate for the facilities. For massages, body treatments or facials, guests ages 12 to 17 must have a parent or guardian present during the entire treatment. Manicures and pedicures have no minimum age, although children under 18 must have written approval of a parent or guardian.

**APPOINTMENTS & RESERVATIONS** To ensure availability of services and appointment times, we recommend scheduling your appointment(s) prior to arriving at the hotel. Spa services are guaranteed with a hotel confirmation number or credit card number. To make reservations, call 970.754.7754.

**ARRIVAL TIME** We recommend arriving 20 to 30 minutes prior to your scheduled appointment. This will allow you enough time to change into your robe and slippers, shower and (if you'd like) relax in the whirlpool, steam room, dry sauna or relaxation lounge. Please note that if you arrive late, your treatment will end at its scheduled time as a courtesy to the next guest.

**CANCELLATIONS & "NO SHOWS"** If you need to cancel or re-schedule an appointment, please provide us with at least 24 hours' notice. If you do not show up or fail to cancel your appointment with 24 hours' notice, your room or credit card will be charged at the full value of the treatment.

**ELECTRONIC DEVICES** We kindly ask that you do not bring cell phones, PDAs or other electronic devices into the spa.

**FITNESS CENTER** The fitness center is open daily. It offers state-of-the-art cardiovascular equipment, weights, personalized fitness trainer consultation services and more.

**FOR YOUR COMFORT** We invite you to discuss your preferences and/or special needs with us so that we can help select the service provider best suited to you. To ensure your comfort, we also encourage you to communicate with your service provider regarding room temperature, pressure and technique.

**FOR YOUR SAFETY** Please be sure to inform your service provider if you are pregnant (especially if you are in the first trimester) or if you have high blood pressure, a heart ailment and/or any condition that may prohibit you from receiving heat, massage or skin care therapies. Note to pregnant women: We offer prenatal massage and other treatments for women in their second and third trimesters. However, some restrictions may apply, including scrubs, heated wraps, reflexology and aromatherapy treatments. Use of the steam room, dry sauna and whirlpool are not recommended during pregnancy.

**GIFT CARDS** RockResorts® Gift Cards may be purchased for any treatment, package or dollar amount. Cards must be presented at the time of service to be redeemed. The spa is not responsible for lost or stolen cards.

**GRATUITIES** For your convenience, a 20% service charge will be added to each spa service you receive.

**SMOKING** Smoking is prohibited in the spa.

**WHAT TO WEAR** A spa robe and sandals will be provided to you for use during your spa experience. Our therapists are trained on proper draping procedures to ensure your complete comfort at all times. However, if you prefer to remain partially clothed, you are welcome to wear undergarments during your treatment(s). Proper athletic footwear and clothing are required in the fitness center.



[THEVAILCOLLECTION.COM/ARRABELLESPA](http://THEVAILCOLLECTION.COM/ARRABELLESPA)

970.754.7754



THE ARRABELLE

AT VAIL SQUARE

A ROCKRESORT

675 LIONSHEAD PLACE, VAIL, CO 81657

