



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 STANDARDS IN LUXURY, ELEGANCE AND COMFORT.



Like other RockResorts Spas, 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. And 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 ...*

ESCAPE PACKAGE

The Arrabelle's unique Escape Package invites you to indulge in several invigorating spa treatments in one day. Customize your spa experience by choosing three 50-minute services or more and receive a 10% discount. All spa services must be used by the same individual on the same day. Includes use of the spa's fitness center, relaxation lounges, private steam rooms and locker rooms.

BODY THERAPIES

SEASONAL SPA TREATMENT

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

ALPINE GLOW | 50 MIN

Fresh rosemary and sage essential oils purify skin and stimulate circulation through this aromatic mineral sea salt scrub. A moisture application of nourishing shea butter, infused with herbs, hydrates the skin and relieves tension, leaving your skin glowing.

MOUNTAIN BLISS | 50 MIN

Pamper your tired body with this decadent delight for an amazing afternoon pick-me-up. Enjoy a caffeinated coffee scrub to exfoliate and rejuvenate your skin. Finish off your energizing indulgence with a caramel body milk that will leave your body silky smooth.

SPORTS ENTHUSIAST BODY RECOVERY | 80 MIN

To jump-start the recovery process, a dry brush is used for exfoliation and to stimulate lymphatic flow. Our nourishing Muscle Melt solution, consisting of aloe vera gel and a classic herbal liniment, is then applied, and the body is wrapped to allow for maximum absorption and relaxation. This service is concluded with a tension-releasing sports massage. Great for after skiing, hiking, biking, rafting, snowshoeing, walking, running, working out in the gym ... you get the ideal!

COCONUT CRÈME & CUCUMBER SKIN SOOTHER | 50 MIN

Calm, cool and heal the effects of overexposure to sun and wind with a pure wild-crafted, organic and natural skin-soothing treatment. Instantly, inflamed skin is relieved with an herb-infused aloe vera, rose and cucumber distillate mist. A body mask application of delicious coconut crème with cucumber and rose hydrates and soothes the skin. While the skin cools, calms and begins a repair process, a luxurious scalp massage is performed. The treatment is finished with an application of a soothing, healing serum, followed by a regenerating and protective moisturizing antioxidant body oil to soothe and continue the repair process.

BACKCOUNTRY JOURNEY | 80 MIN

Indulge yourself with the ultimate skin nourishment. Your experience begins with a warm wrap of chai mud mask containing calming antioxidants and warming spices of cinnamon, nutmeg, and clove. An herbal spice scrub gently polishes the mask away followed by an aromatic massage of rosemary moisturizing lotion resulting in a healthy luminous glow.

FRUIT AND SPICE BODY PEEL AND WRAP | 80 MIN

Simply delicious! This aromatic peel contains pumpkin extract and malic acid to smooth away any rough areas of skin and restore a youthful complexion. A Cinnamon Vanilla Brown Sugar Scrub will melt into your skin, sealing in the properties of the peel and quenching any dehydration. While wrapped in a warm cocoon, you will enjoy a luxurious scalp massage. This unique treatment will reveal soft, glowing skin.

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.

HOT HONEY FOOT TREATMENT | 20 MIN

Enjoy a spicy cider scrubdown, which is removed with sweet, buttery Nectar Milk that warms and softens the skin. Famished feet and toes are then glazed with a Hot Honey Wrap and left steaming under fresh towels. We finish with a creamy shea butter foot massage. Ooh la luxury!

SUN-KISSED SPRAY | 15/45 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. To aid in the lasting effects of this professional application, and to give the tan a more balanced and natural appearance, the 45-minute treatment includes an exfoliating body scrub.

FACIALS

ARRABELLE CUSTOMIZED FACIAL | 50/80 MIN

Customize your spa experience; this facial is tailored just for you. Our licensed estheticians will customize this facial to your skin type, and products will be chosen to address your individual skin concerns.

ANTIOXIDANT GLOW | 50/80 MIN

Enjoy a balancing cleanse in preparation for a nourishing, skin-softening, honey-derived lactic acid and honeygoji berry exfoliant mask that revives and moisturizes the skin. This hydrating treatment is completed with an application of active, nourishing peptide and antioxidant age-repair serums and moisturizers high in vitamin C that give the result of energized, hydrated, toned, dewy-moist, plumped and younger-looking skin. The 80-minute version includes an anti-aging hand and hydrating foot treatment, leaving you relaxed and stress-free.

CLARIFYING FACIAL | 50 MIN

This facial addresses the main areas of concern for clients dealing with acne: inflammation, bacteria control, exfoliation and modulating oil production. This customized acne treatment utilizes a unique combination of exfoliating enzymes, sulfur and probiotics as an alternative to traditional methods, resulting in a noticeably clearer complexion. Results are most effective when offered in a series and accompanied by the appropriate home care.

SKIN SOOTHER | 50 MIN

Instantly calm and cool dry, sensitive, sun- and wind-burned skin. Coconut cream and cucumber hydrate and soothe the skin, while blue green algae calms sensitive, irritated skin and remineralizes skin cells. Skin will feel calm, cool, nourished and hydrated.

GENTLEMAN'S FACIAL | 50 MIN

This relaxing treatment, specially designed for men, deeply cleanses and soothes skin that has been exposed to environmental aggressors such as shaving, sun and extreme sports. Utilizing natural enzymes and antioxidants that fight the signs of aging, this highly effective facial leaves the skin healthy and revitalized.

LIQUID LIFT PEPTIDE FACIAL | 80 MIN

Mimic the effects of costly injections with our “Liquid Lift” treatment. This high-performance facial, featuring our most advanced anti-aging products and highest-quality ingredients, deeply cleanses and purifies the skin, while reducing fine lines and congestion. After an herbal enzyme peel instantly removes dull and dry skin, a relaxing face, neck and shoulder massage utilizes botanical serums to rebalance and hydrate the skin. Problem areas get a double dose of lifting and tightening ingredients. Your skin will feel light and look luminous ... perfect for date night.

AROMATOUCH FACIAL | 50/75/105 MIN

We start with the therapeutic benefits of essential oils, well known for their properties that relax muscles and soothe joints, promote circulation, and help to calm and soothe target areas. This treatment incorporates simple hand techniques with the power of essential oils to create a powerful whole body wellness experience. We then customize your experience with a facial geared toward your personal skin care issues and concerns.

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.

LIP RENEWAL

Naturally exfoliate, rejuvenate and hydrate the lips.

CRYSTAL EYE DRENCH

This enhancement infuses moisture into the delicate and fragile skin around the eye. Products rich in antioxidants stimulate and increase blood flow, reducing the appearance of dark circles, puffiness and fine lines.

MESSAGE THERAPIES _____

THE ARRABELLE CUSTOMIZED MESSAGE | 50/80 MIN

A luxurious massage—with your choice of aromatherapy-blended oils or creams—that gently eases tension and relieves sore muscles, providing the ultimate in relaxation. At your request, our therapists will use light, medium or deep pressure to help enhance circulation, relieve muscle pain and tension, and stimulate lymphatic flow to flush out toxins. This massage encompasses Swedish, sports and deep tissue techniques.

SACRED STONE MESSAGE | 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.)

AROMATOUCH MASSAGE | 50/75/105 MIN

This massage combines the therapeutic benefits of essential oils, well known for their properties that relax muscles and soothe joints, promote circulation, and help to calm and soothe target areas. This treatment incorporates simple hand techniques with the power of essential oils to create a powerful whole body wellness experience. When paired with a massage, you are sure to leave in a state of total relaxation.

COUPLES' ESCAPE | 50/80/105 MIN

Share an unforgettable experience with that special someone, while enjoying a romantic couples' 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 | 50/80 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.)

ADDITIONAL MASSAGE OPTIONS _____

Thai, Cranial Sacral, REIKI, Myofacial Release

Please inquire about pricing and availability.

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.

WAXING

HALF LEG

FULL LEG WITH BIKINI

BROW SHAPING

FOREARM

HALF LEG WITH BIKINI

BIKINI

BROW, LIP AND CHIN

FULL ARM

FULL LEG

LIP OR CHIN

UNDERARM

FULL BACK OR CHEST

HAND & FOOT PAMPERING

ROCKY MOUNTAIN RESCUE MANICURE & PEDICURE

Rescue your tired, overworked hands and feet with this manicure and/or pedicure that includes an exfoliating scrub, nail shaping, soaking and massage. Top off this relaxing treatment with your choice of a buff or polish.

PEDI ON THE ROCKS

An ideal antidote to a long day on the slopes, this treatment includes a foot and leg massage using heated river stones, as well as a calming and rejuvenating foot soak in heavenly aromatic oils.

HERBAL TONIC ESCAPE MANICURE & PEDICURE

Warm and soothe your hands and/or feet with this luxurious, herbal-infused manicure and/or pedicure customized to meet your personal needs. The treatment incorporates warm wildflower infusions to cleanse, exfoliate and drench your skin. Next, a moisture melt softens dry, chapped hands and feet. This lavish ritual ends with an indulgent warm oil massage.

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

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

FRENCH POLISH

Add clean and elegant white tips to your hands or feet. Please allow extra time.

GEL FX POLISH

Make that polish last with polish that nourishes nails. Antioxidants and vitamins create durability, strength and shine.

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 or body treatments, guests ages 12 to 17 must have a parent or guardian present during the entire duration of the 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. We invite you, however, to bring your iPod and headphones if you want to listen to your own music during your treatment.

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.

