

ELEVATE
spa

& TOWER SPA



HEALTH & WELLNESS THERAPY

Uniquely Yours Massage | 60 minutes | 90 minutes

Release and relax into a balanced state of being with this full-body massage which will be customized to your unique needs.

Balance and Restore CBD Massage | 60 minutes | 90 minutes

Enjoy the benefits of CBD with this relaxing massage. Cannabinoid oil reduces pain and inflammation, while also providing an invigorating and rejuvenating feel to the skin, muscles and joints.

Hot Stone Ritual | 85 minutes

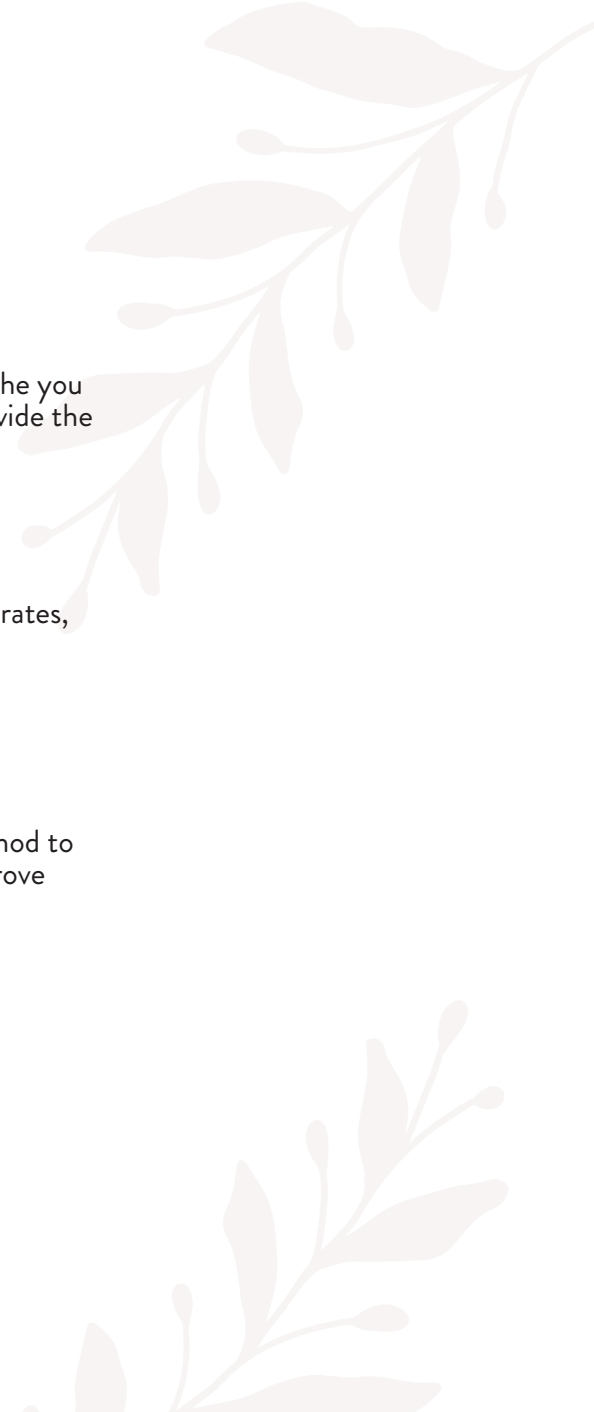
Using both Himalayan salt stones and basalt stones, this unique massage will warm and soothe you into a deeply relaxed state. Himalayan salt stones detoxify your skin while basalt stones provide the ultimate relief from stressed, fatigued muscles, and provide a deeper heat to achy and strained muscles.

Myofascial Release | 85 minutes

This powerful treatment focuses on fascia, the tough connective tissue that surrounds, separates, and supports muscles throughout the body. Your therapist locates areas that feel tight and immobile, and using focused pressure, works to release the fascia, improving mobility and reducing pain and tension.

Full Body Lymphatic Drainage | 85 minutes

The HydraFacial™ device uses high pressure suction applied in a specialized directional method to manually massage and drain lymph nodes. Lymphatic Drainage with HydraFacial™ can improve circulation, detoxify, tone and firm skin.



Contour and Firming Body Treatment | 85 minutes

Your therapist will use a combination of the Saltability® Himalayan Salt Cellulite paddle, hands, and soft cups to address cellulite, restore skin tone and uneven texture while detoxifying the body, imparting a deep sense of relaxation. Your session continues with an infrared sauna blanket wrap, melting away up to 500 calories while receiving a relaxing scalp and cold stone face massage.

Refining Body Treatment | 55 minutes | 85 minutes

Nourish and refresh the skin with an invigorating scrub ridding your body of unwanted dead, dry skin to reveal a smooth healthy glow. This is followed by a hydrating wrap to soften, soothe, and hydrate the skin. Your treatment will end with a relaxing massage using firming coconut lotion.

**Only available at Elevate Spa*

Honey Drizzle | 85 minutes

A soothing way to combat the effects of high altitude, this healing treatment features immune boosting honey to instantly rejuvenate dry, dehydrated skin. Honey will be used for a deep myofascial massage then we incorporate our organic massage candle to deeply hydrate your skin. While you are wrapped, experience a foot treatment with honey heel glaze, a gentle scalp, neck, and shoulder massage.

Keravive Scalp Treatment

This is a unique, relaxing treatment designed to cleanse, exfoliate, nourish, and hydrate the scalp for healthier and fuller-looking hair for all skin and hair types. HydraFacial's™ proprietary Vortex Technology easily dislodges and removes impurities from the scalp and hair follicle. The Keravive Peptide Complex Solution delivers a hyper-concentrated blend of biomimetic growth factors and skin proteins that hydrate and nourish the scalp. Treatments can be done once every two weeks.

**Includes two treatments and one month supply of take-home Peptide Complex Spray™*



TREATMENT BOOSTERS

Attention To Detail | *additional 15 mins*

Add 15 minutes of focused massage to target an area in need of special attention. This results-driven massage is designed to ease away muscle tension in a specific area.

Revitalizing Foot Treatment | *additional 25 mins*

Soothe and revitalize tired, sore legs and feet. Starting with a salt scrub, we follow with a hot stone massage melting away tension, increasing circulation and eliminate toxins. This treatment restores peak performance to stressed muscles.

Hydrating CBD Scalp Treatment | *additional 25 mins*

Warmed CBD oil is massaged throughout the scalp, working to relax tight muscles and relieve tension. Your therapist will start by releasing pressure points throughout the scalp, stimulating full body relief. As your treatment continues the deep scalp massage will melt away tension and leave you in a state of deep relaxation.

Pure Therapy | *additional 25 mins*

Finish your massage wrapped in an infrared blanket to reduce toxins in the body while your therapist performs a neck, scalp and cold stone face massage.

Clear My Head | *additional 25 mins*

Open the nasal cavity with the refreshing scent of an aromatherapy blend. This is followed by a deep massage that includes trigger point therapy concentrating on the neck and face. Cold stones will be used to decrease inflammation and open the sinuses.

Peak Performance | *additional 25 mins*

Add 25 minutes of specialized treatment to help with performance, injury, or recovery. Cupping, cryotherapy, light therapy, or kinesiology tape may be used.

TREATMENT ENHANCEMENTS

HydroPeptide® Revital-Eye and Uplift Treatment

Give the eyes a refreshing boost with this cooling, wrinkle-minimizing treatment. Eyes receive a thorough cleansing, gentle massage, and a luxurious mask that targets wrinkles and leaves eyes looking years younger. Finish with an eye cream application.

HydroPeptide® Illuminating Hand Treatment

Relieve dry, dull and sun-damaged hands with this restoring treatment. A brightening exfoliation will immediately buff and smooth uneven texture, while a firming and hydrating massage leaves hands feeling relaxed and looking flawless.

Cupping Therapy

Increase blood circulation to an area to relieve muscle tension, improve blood flow and promote cell repair.

Cellulite Sculpting

Stimulate tissues around cellulite formation, boosting blood circulation and lymphatic function.

Deep Hand or Foot Repair

It's better than paraffin! Your hands or feet will be cocooned in Eco-fin's alternative to paraffin boosting the moisture of the skin. This treatment also helps with sore joints and muscles.

Facial Cupping

Facial cupping breaks up stagnation & congestion in the tissue by stimulating, clearing and detoxifying the skin and fascia.

Infrared Light Therapy

Infrared therapy has many roles in the human body. These include detoxification, pain relief, reduction of muscle tension, relaxation, improved circulation, boosting of the immune system and lowering of blood pressure.

FACIAL TREATMENTS

Custom Facial | 60 minutes | 90 minutes

A custom facial specially designed to meet your skin care goals. This treatment will leave you feeling refreshed, purified and renewed.

Moisture Miracle Facial | 60 minutes | 90 minutes

The HydroPeptide® Moisture Miracle Facial® is an ultra-creamy, luxe facial that will infuse deep restorative hydration leaving the skin feeling soft, nourished and renewed.

Uplifting Power Facial | 60 minutes | 90 minutes

This HydroPeptide® age defying facial promotes and reduces the appearance of fine lines and puffiness, detoxifies, and improves circulation. Brighten and sculpt your face with the Vitamin C mask.

Microneedling

Refresh your skin with this assertive, minimally invasive, collagen boosting procedure. Suitable for all skin types, this treatment addresses fine lines, acne scarring, hyperpigmentation and pore size while improving firmness and texture.

Event Ready Peel

Experience gentle exfoliation with no expected visible peeling or downtime with our Event Ready Peel. This treatment will promote cell turnover and boosts the production of collagen to help prevent signs of premature aging while helping reduce inflammation post-treatment. This treatment is good for all skin types.

Medical Grade Chemical Peel

Your master esthetician will create a customized peel protocol to provide effective skincare solutions to meet your goals. Peels help shed that top layer of dull, dry skin to reveal fresh, bright, evenly textured skin. Peels address fine lines, hyperpigmentation and texture.



HYDRAFACIAL MENU

Deluxe HydraFacial™ | 45 minutes

This treatment deeply cleanses, extracts, and hydrates the skin utilizing serums filled with antioxidants, peptides and hyaluronic acid. This treatment includes either the Derma Builder or Britenol Booster.

Clarifying HydraFacial™ | 45 minutes

This treatment deeply cleanses, extracts, and hydrates the skin utilizing serums filled with antioxidants, peptides and hyaluronic acid. This treatment also includes extended extractions and Blue LED Light Therapy which is ideal for oily or congested skin.

Platinum HydraFacial™ | 60 minutes

Experience the ultimate HydraFacial™ experience! Begin the detoxification process with Lymphatic Therapy. Continue with the Deluxe HydraFacial to deeply cleanse, extract and hydrate the skin while addressing specific skin concerns with the choice of Derma Builder or HydroPeptide Power Serum. This treatment concludes with LED Light Therapy.

Diamond HydraFacial™ | 90 minutes

Experience the facial of all facials! The treatment will start off with Lymphatic Therapy to decrease puffiness and begin the detoxification process. Next comes a deep cleanse, extractions and hydrating serums. Your facial expert will then address specific skin concerns with your choice of two boosters. For added results, your treatment will include the neck and décolleté. This treatment concludes with LED Light Therapy and massage.

Facial Add-On Treatments

Restorsea Lip Fix

Aquabeautine XL exfoliates + hydrates lips

HydraFacial Perk Eye

Gently cleanses and hydrates + antioxidants fight free radicals

Dermaplaning

Cosmetic procedure that gently scrapes away the epidermis helping reduce the appearance of acne scars or other skin imperfections by revealing newer, undamaged skin.

Galvanic Treatment

Use of direct electrical current to hydrate the skin, counteracting dullness, increasing circulation, and creating a healthier glow.

High Frequency

High frequency is used to treat and prevent stubborn acne, shrink enlarged pores, reduce the appearance of fine lines and wrinkles, decongest puffy eyes, fade dark eye circles.

LED Light Therapy

Treat conditions and tackle aging on a deeper level with LED Light.

Back Facial

Specialized treatment for the back consisting of deep cleansing, exfoliation and extractions.

NAILS

Spa Manicure | 45 minutes

Awaken the senses with a Dazzle Dry's® luxurious manicure featuring polish removal, aromatic spearmint and eucalyptus soak, nail shaping, cuticle grooming and conditioning with nutrient-rich oils, gentle exfoliating treatment and a massage of bio-available lipids and ceramides. Lastly, a fortifying Dazzle Dry® lacquer is applied for a perfect finish.

Shellac Manicure | 60 minutes

Indulge and refresh with a manicure featuring an aromatic spearmint and eucalyptus soak, nail shaping, cuticle grooming and conditioning with nutrient-rich oils, gentle exfoliating treatment and a massage of bio-available lipids and ceramides. Lastly, a shellac lacquer polish is applied for a beautiful finish.

Polish Change | 25 minutes

Refresh your polish with this no-frills service. A fortifying Dazzle Dry® lacquer is applied for a perfect finish.



Spa Pedicure | 45 minutes

Our spa manicure elevates the classic to a true spa escape. Indulge in the ultimate pedicure treatment featuring an aromatic foot soak, nail shaping, cuticle detail, callus reduction and gentle exfoliating treatment to brighten and renew the skin. Legs and feet are massaged with deeply penetrating ceramides and phospholipids as well as essential oils to stimulate circulation and relax tired feet. Finally, a fortifying Dazzle Dry® lacquer is applied for a beautiful, lasting finish.

Shellac Pedicure | 60 minutes

Relax and rejuvenate with a Farmhouse Fresh® essential pedicure treatment featuring a soothing foot soak, nail shaping, cuticle detail, callus reduction and moisturizing massage. Lastly, a shellac polish is applied for a perfect finish.

Acrely CBD Pedicure | 45 minutes

This stress-busting treatment will start with a CBD foot soak followed by a CBD scrub to lightly exfoliate, reducing both pain and inflammation. Your calves and feet will be pampered with an invigorating CBD massage, focusing on pressure points while adding an extra boost of hydration. Lastly, a fortifying Dazzle Dry® lacquer is applied for a perfect finish. This treatment is great for those suffering from plantar fasciitis or other foot conditions.

BROWS AND LASHES

Bright Eyes Deluxe Eye Treatment

Your esthetician will shape and tint your brows and tint your lashes while an active eye treatment gently exfoliates fine lines. A masque is applied to deeply hydrate and concludes with a targeted serum to soothe.

A la carte waxing services offered upon request

Oxygen Bar Menu

Aromatherapy Oxygen Session

Aromatherapy Oxygen Session with CBD

1 Month Unlimited

Oxygen Bar Enhancements

HydroPeptide® Revital-Eye and Uplift Treatment

Deep Hand or Foot Repair

Infrared Light Therapy

Oxygen Bar Treatments

HydroPeptide® Illuminating Hand Treatment

CBD Revitalizing Foot Treatment

Hydrating CBD Scalp Treatment

Hydrating CBD Scalp and Hair Treatment

Oxygenate and Circulate

50-minute scalp, neck, hand and foot massage

Seasonal Services Offered Based On Availability

IV Therapy

B-12 Injections

Botox

Microblading

Lash Extensions

Your appointment time is reserved especially for you, so please provide 48-hour advance notice for changes or cancellations. No-shows or guests providing less than 48 hours' notice will be charged in full for treatments.

For more information and reservations,
call 435-333-3050, email spaandfitness@taliskerclub.com, or visit MyTaliskerClub.com.





TALISKER CLUB

TaliskerClub.com

Elevate Spa

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Tower Spa

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