



LOST CREEK Ranch & Spa

Welcome to the Spa at Lost Creek Ranch

All services are booked with the Concierge at the main office.

HOURS:

- Spa services are available Monday - Friday from 9:00am - 9:00pm.
- The Coffee Bar is open Monday - Friday from 6:00am - 12:30pm.
- The Gym is accessible 24/7.
- The hot tub and pool are open 8:00am - 9:00pm. Please note that there is **no lifeguard on duty**.

SPA CLASSES - *please sign-up in the office for the following complimentary classes.*

RISE & SHINE FLOW

A slow yet energizing flow state to start the morning with strength and fluidity. We will be doing functional movements that incorporate Yoga, Pilates, breathwork and visualization techniques.

All skill levels welcome. Located outdoors on the Spa lawn, please dress accordingly.

60 MINUTES | M, W, F at 7:00am

RESTORATIVE YOGA

The perfect bedtime ritual to help the nervous system turn down and prime the body for a restful evening.

Floor-based, modified poses that will encourage the body to drop into deeper levels of surrender. We will use props, straps, blankets, etc to facilitate a weightless experience.

All skill levels welcome. Located in the Spa indoor classroom.

60 MINUTES | T, TH at 7:30pm

HOT & COLD THERAPIES AT THE SPA - *a Restorative Ritual*

Prior to spa services, we recommend using the onsite hot and cold-water therapies available. Known as the “Nordic Cycle”, the “Viking Bath”, hydrotherapy, and contrast bath therapy, hot and cold-water therapy is a ritual that has been around for centuries.

The transition from one extreme temperature to another is a restorative tool for the mind and body and is supported by many health and wellness benefits.

1st Step: HEAT

Experience a source of heat using our sauna, hot tub, or steam room for 10-20 min.

In this step, your body is storing heat. Pores are dilating, your body sweats, and you eliminate toxins.

2nd Step: COOL

Immediately expose your body to cold water using our ranch trough cold plunge, or shower for at least 10 seconds (ideally longer).

Full immersion in the cold water is needed for as long as you can tolerate to experience the benefits. The shift from hot to cold produces a thermal shock, releasing adrenaline.

3rd Step: REST

Relax on lounge chairs by the pool or the front porch of the spa. This period allows your elevated heart rate to settle. Wait 10-15 minutes before repeating the cycle.



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SERVICES AT THE SPA

THE CLASSIC

Therapeutic light pressure Massage

60 min | \$130

90 min | \$195

THE TETON

Deep Tissue Massage

60 min | \$180

90 min | \$250

THE BRONCO

Sports Massage

60 min | \$150

90 min | \$220

***Add hot stone therapy to any massage for \$30**

KI-HARA resistance stretching

An interactive session of eccentric stretching, contracting of muscles and balancing the joints followed by mashing (a combination of Thai Yoga massage and foot Shiatsu)

Benefits of Ki-Hara include: lasting gains in flexibility, strength and aerobic capacity, realigning the body to improve posture, removing chronic joint stress, painful muscle tension and injuries and targeting specific areas of existing or potential injury (clothing on during session)

90 min (60 min stretching, 30 min mashing) | \$120

CHI NEI TSANG organ massage

A Taoist system of abdominal massage which strives to work on imbalances that cause negative emotions, stress, tension, congestion and illness. Various massage techniques are used to aid in increasing the energy flow within the internal organs, connective tissues, tendons, muscles and lymph, nerve and endocrine systems. 30 minute back massage included in this treatment. (clothing on during session)

90 min | \$150



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ALPINE SCRUB

Sugar or salt scrub exfoliation followed by hot towel compressions & shea butter

Choose from:

Dead sea salt (for mineral absorption, moisturizing, and eczema relief),

Himalayan sea salt (anti-inflammatory, calms skin irritation and breakouts, moisture retention), Black sea salt (opens pores, exfoliates, boosts blood circulation, hydrates),

Epsom salt (slough away/reduce buildup of dead skin cells, anti-inflammatory),

Brown or White sugar (pulls water into skin, leaving skin hydrated, getting rid of dead skin cells)

Choose from a selection of essential oils (aromatherapy) and either jojoba or coconut carrier oil

Full Body Scrub 45 min | \$150

***The "Nordic Cycle" is recommended before going in for your scrub.**

DETOX WELLNESS RETREAT

A prolonged spa treatment that is both hydrating and detoxifying

Hot/Cold Therapy (Nordic Cycle) followed by Alpine Scrub and 60 min massage of your choice

2 hrs 30 min | \$300

Payment

Spa reservations made with the office will be included in your final bill at the end of your stay.

Gratuity

Gratuity is not included in the price of the treatment. Gratuity is left to your discretion and should be based on satisfaction with your service. Industry standard is 18-20%. A card will be included in your treatment room to fill out after your service and added to your final bill.

Spa Policies

To ensure a relaxing experience, we ask that you turn off your cell phone before entering the spa. Please arrive 5-10 minutes prior to your service to complete your consultation form.

Cancellations

We value our guests and want you to make the most of your time while on the Ranch; however, we ask that if you must change or cancel your spa reservation to notify us at least the day prior.

Cancellations made the day of your service will incur a charge.