

Spa at Lost Creek Ranch

All services & classes are booked with the Concierge at the Office
Spa services are available Monday – Friday from 12:30 pm – 7pm.



Our spa and fitness center offers a pool, hot tub, weight room, aerobic equipment, steam room and sauna. All children under 14 years old must be accompanied by an adult in the Spa and Fitness center.

Our Gym, Aerobic Room, Steam Room and Sauna are accessible from 5 am to 9 pm daily.

Our Hot Tub and Pool are open 8am – 9pm. Please note there is no lifeguard on duty.

FITNESS 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 min | M, W, F at 7:00am

Private pilates and assisted stretching sessions available upon request. Please inquire at the Office.

SERVICES AT THE SPA

THE CLASSIC

*Therapeutic, Light Pressure
Massage*

60 min | \$130 90 min | \$195

THE TETON

*Deep Tissue
Massage*

90 min | \$250

THE BRONCO

*Concentrated Area
Massage*

60 min | \$150 90 min | \$220

THE CITY SLICKER

*Myofascial Release &
Stretching Massage*

90 min | \$120

THE EASTERNER

*Lymphatic & Abdominal
Massage*

90 min | \$150

ALPINE SCRUB

*Full Body Sugar or Salt Exfoliation
followed by hot towel compressions & shea butter*

45 min | \$150

*add **Hot Stone Therapy** to any massage for \$30*

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More About Our Services...

THE City Slicker massage is a Ki-Hara myofascial release . This clothes-on interactive session is a combination of Thai style massage with elements of standing Shiatsu, and resistance stretching. This is great for people with chronic joint stress, painful muscle tension and injuries, and athletes who are looking to take their mobility to the next level. A session is 90 minutes long and includes 60 min stretching and 30 min of myofascial release.

THE Easterner is a clothes-on massage that strives to work on imbalances that cause negative emotions, stress, tension, congestion and illness within the body. 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. A 30 minute back massage included in this treatment.

For guests who chose our **Alpine Scrub**, please wear your bathing suit, and choose from the following salts:

- ❖ **Dead Sea Salt** is best for mineral absorption, moisturizing, and eczema relief
- ❖ **Himalayan Sea Salt** is anti-inflammatory, calms skin irritation and breakouts, and helps with moisture retention
- ❖ **Epsom Salt** a tried and true favorite. Best for sloughing away buildup of dead skin cells, while also having anti-inflammatory properties
- ❖ **Sugar (Brown or White)** while exfoliating, both sugars pull water into skin, leaving the skin smooth and hydrated

To ensure a relaxing experience, we recommend coming 30 minutes before your appointment to try our steam room or sauna to get your body warmed up for treatment. We ask you to turn off your cell phone (or better yet, leave it in your Cabin) before entering the Spa. Enjoy!

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.

Cancellations

We value our guests and want you to make the most of your time while on the Ranch; however, we ask that you if must change or cancel your spa reservation to notify us at least 24 hours prior to your appointment. Cancellations made the day of your service will incur a charge.