

## MASSAGES

### *Red Leaf Signature*

Designed to relieve muscle tension, reduce stress and promote relaxation.

50 minute \$80      80 minute \$120

### *Red Leaf Deep Tissue*

A deep massage for your aching, tired muscles while increasing circulation, improving recovery time and flexibility.

50 minute \$90      80 minute \$135

### *High Altitude Sports*

Refresh for another day on the slopes or mountain bike trails with a deep tissue massage that focuses on specific areas of your tired body and includes assisted stretching to relax, refresh, and renew.

50 minute \$90      80 minute \$135

### *Red Leaf Stone Massage*

Let the warmth of the smooth, heated basalt lava stones melt away your stress and tensions. A great way to experience the effects of a deep tissue massage without the deeper pressure.

50 minute \$100      80 minute \$150

### *Mountain Man*

A Red Leaf massage designed especially for men. Enjoy a full-body deep tissue massage with our exclusive blend of essential oils formulated for a man's unique needs.

50 minute \$100      80 minute \$140

### *Aspen Goddess*

A Red Leaf massage designed for women. Live with passion and magnify your purpose with our Grand Expectation essential oil to help give you the feeling of harmony, inspiration and a want to reach your highest potential.

50 minute \$90      80 minute \$130

### *Reconnect*

Share an intimate moment with our Red Leaf Signature massage for two in our couples romance room.

50 minute \$160/couple  
add \$10 per person for Deep Tissue

### *Full of Life*

Our Red Leaf Signature massage designed for the youth.

30 minute \$40

## BODY TREATMENTS

### *Red Leaf Body Sculpting*

Free yourself from dry, dull skin from head to toe with a truly organic experience. Our Red Leaf scrubs will leave your skin smooth and soft with a radiant glow. Choose from our coffee, sugar, or salt scrubs.

50 minute \$80

### *Wrapped in Splendor*

Relax in a cocoon of warmth as our mineral-rich clay draws impurities out from the deepest layers while replacing precious elements to your body.

50 minute \$80

### *Sweet Release*

Indulge your tired feet to a retreat with an aromatherapy foot scrub, warm foot soak, and hot towels. Peppermint foot cream is then massaged into all of your reflexology points and sore spots, finishing with our exclusive essential oil blend massaged into your arches, inducing long-lasting relaxation.

50 minute \$90



### *Essentials for any Treatment*

Essential oils have been proven to help heal emotionally, mentally, and physically. We at the Red Leaf Spa have created our own line of pure therapeutic grade essential oils to assist you in maintaining good health, well being, and a balance in everyday life. To personalize any treatment, you can choose from our Singles or the Signature Blends we have created. All oils are organic and pesticide free, and blended with the intent of pure healing.

## ESSENTIAL OILS

### *Singles*

**Birch** As an anti-inflammatory oil, Birch is excellent for sore muscles, sprains and joint pains. It is also anti-spasmodic and antiseptic. \$15

**Eucalyptus Radiata** Calming to the senses, Eucalyptus is beneficial for colds and coughs, fevers, and respiratory issues. This oil is anti-bacterial and anti-viral, making it great for those "cold and flu season blues". \$15

**Lavender** Treasured for its unmistakable aroma and its therapeutic properties, Lavender is very calming and relaxing to the mind, body and soul. \$15

**Orange** Often used in skin care because of its softening/regenerating properties, it uplifts the moods and relieves stress. \$15

**Peppermint** Used for calming stress and tension, peppermint is effective for relieving headaches associated with stress, migraines, and digestive upsets. \$15

**Tangerine** This oil will improve circulation, digestive disorders, anxiety, insomnia, and liver problems. It will also help with fluid retention, and dizziness. \$15

**Tea Tree** Anti-infectious, anti-bacterial, and decongests the veins. This oil helps to stimulate the immune system. \$15

### *Signature Blends*

**Deeply Serene** An unique blend of oils to help dampen tensions and uplift the spirits, it will help calm over activity, reduce depression, anxiety, stress and insomnia. \$15

**Grand Expectations** Just for Women. This oil blend will give feelings of harmony, passion, and inspiration for our busy lives. It is safe for all women, including mummies to be. \$15

**Indigo Glacier** Cooling and deeply penetrating, this blend reduces inflammation, eases achy joints and sore muscles to provide you with deep, penetrating relief. \$20

**Mountain Man** Blended especially for men, this oil relieves minor aches and pains from physical exertion, helps to unwind and bring calmness to the nerves after a workout. \$15

**Pristine** Cleans and sanitizes the air and surfaces. This oil is antibacterial and antimicrobial. \$15

**Sweet Relief** This oil blend relieves stressed, tired and achy feet while bringing balance to the energy reflex centers. \$15

**Synchrony** An oil to help keep you grounded as you travel here & there. It is energizing and clearing, and helps with motion sickness and "jet lag". \$15

**Vibrancy** For the young at heart, helps clear the mind. This oil helps in gathering your personal truths while helping to create balance between physical strengths and intuition. \$15