

BODY WORK

The Cliff Signature Massage 60 min: 175/350* 90 min: 250/500*

Custom-tailored to the desired amount of pressure. Stimulates circulation, soothes sore muscles and melts away tension.

*Available in a private couple's room to share with someone special.

ELEVATIONS

Summit Stone Massage no additional time required: 25

An ancient grounding therapy that uses heated river stones to promote balance, induce relaxation and relieve exhausted muscles.

Great Salt Lake Body Polish 25 min: 95

A locally-made body scrub rich in minerals, exotic oils and shea butter exfoliates to uncover beautiful skin.

Cupping Therapy no additional time required: 25

Helps to relieve inflammation through vasodilation. VacuTherapy helps to break up scar tissue, provide relief for trigger points and improve lymphatic function.

CBD Upgrade no additional time required: 25

Provides the ultimate complement to any service. CBD is renowned for its anti-inflammatory, restorative and pain-relieving properties.

Eastern Reflexology 60 min: 175

A Thai-inspired treatment that stimulates reflex points on the feet and lower legs. Medium pressure applied to acupressure areas releases energy blockages that hold pain throughout the entire body.

Traditional Thai Massage 60 min: 175 90 min: 250

A combination of gentle rocking, rhythmic acupressure and assisted stretching serve to increase flexibility and relieve tension from muscles and joints.

*Loose, comfortable clothing is worn to facilitate easy movement on the Thai massage mat.

Prenatal Massage 60 min: 175 90 min: 250

Nurtures both mother and baby with a gentle, side-lying technique that provides special attention to the mother's comfort and wellness.

*Term of pregnancy and any known medical indications are requested at the time of scheduling.

MOUNTAIN HEALING

Craniosacral Therapy 60 min: 175 90 min: 250

Offers a light, yet profound, touch that permits the flow of cerebrospinal fluid. Soft-touch techniques are applied to the head and torso to assess the craniosacral rhythm, thereby facilitating deep relaxation, increased energy and overall pain relief.

Reiki 60 min: 175 90 min: 250

A Japanese form of energy healing that uses light touch to assist with energy flow. Removes energetic blockages, enables relaxation, reduces pain and speeds the recovery process.

Mountain Meditation 60 min: 175

Begins with a light, dry exfoliation, followed by a hydrating and detoxifying seaweed wrap. While gently cocooned, a personal set of harmonizing stones is placed along chakras to bring balance & clarity.

Espresso Mud Detoxifying Wrap 60 min: 175

Starting with a vigorous exfoliation combining volcanic pumice and coffee arabica to stimulate circulation, followed by a warm wrap with mineral-rich black silt clay and herbal extracts of Indian sarsaparilla and honey to smooth and firm skin.

Little Cottonwood Wrap 60 min: 175

This luxurious wrap begins with a Great Salt Lake Body Polish, followed by a warm Shea butter mask. A nourishing Jojoba oil blend is then applied to the hair and scalp for complete hydration from head to toe.

CLIFF SPA JOURNEYS

The Refresher 140 min: 305

A 60-minute Cliff Spa Signature Massage, 30-minute Great Salt Lake Body Polish, and 50-minute Cliff Spa Signature Pedicure.

The Perfect Combination 120 min: 320

A 60-minute Little Cottonwood Wrap and a 60-minute Cliff Spa Signature Massage

The Relaxation Ritual 120 min: 320

A 60-minute Mountain Meditation and a 60-minute Cliff Spa Signature Massage

East Meets West 120 min: 320

A 60-minute Cliff Spa Signature Massage and 60-minute Eastern Reflexology

More on next page.

Spa Essentials 120 min: 320

A 60-minute Cliff Spa Signature Facial and a 60-minute Cliff Spa Signature Massage.

The Superior 250 min: 440

A 90-minute Cliff Spa Signature Massage, your choice of a 60-minute Little Cottonwood Wrap or 60-minute Mountain Meditation, and a Cliff Spa Signature Manicure and Pedicure.

SKIN CARE

Cliff Spa Signature Back Facial 60 min: 175
A 60-minute deep-cleansing facial specifically created to exfoliate, repair, and hydrate skin on the back. For those with back acne, this is an excellent way to treat this hard-to-reach area.

Healing Botanical Facial 60 min: 175 90 min: 250
Our most popular facial, designed to nourish and heal all skin types. Radiance-boosting rosehip, nutrient-rich white tea, and soothing calendula flaunt nature's potential for replenishment and protection.

Gentleman's Facial 60 min: 175 90 min: 250
Repair damage caused by daily shaving, skin sensitivities, aging and the environmental impacts of the outdoors. Great for all skin types.
*Avoid shaving prior to service.

Oxygen Infusion Facial 60 min: 195 90 min: 270
A revolutionary facial that provides the ultimate hydration for any skin type. Hyperbaric oxygen delivers hyaluronic acid and vitamins A, C and E. Dramatically lifts, tones and hydrates.

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- The Cliff Spa is reserved for guests 16 years of age and older.
 - Please advise us of any health conditions, allergies, injuries, or provider gender preferences at the time of booking to ensure that we will be able to accommodate your needs.
 - We request the courtesy of a cancellation or change notice a minimum of four hours in advance of your scheduled time. Late cancellations will be charged 50% of the list price. The full price of each service or day pass will be charged for no shows. The reservation owner is responsible for all unpaid charges.
 - Please arrive for your appointment a maximum of 15 minutes early. We invite you to remain in the Spa and enjoy the amenities for as long as you wish after your appointment.
 - To ensure the safety of your valuables, please remove any jewelry prior to your visit. The Cliff Spa is not responsible for lost or stolen items.
 - We invite you to unplug with us. Electronic devices must be silenced.
 - Package and pricing limitations apply.
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Open Daily
The Cliff Lodge at Snowbird, Level 9
801.933.2225 In-House Ext. 5900
For detailed information visit us at cliffspa.com

SALON

Nails

Cliff Spa Signature Manicure	50 min: 60
Gentleman's Manicure	50 min: 50
Cliff Spa Signature Pedicure	50 min: 70
Gentleman's Pedicure	50 min: 60

ELEVATIONS

CBD	no additional time required: 25
Hot Stone Massage	no additional time required: 15
Paraffin	no additional time required: 15
Shellac Removal (excludes acrylic, dip, or gel nails)	25 min: 20

Hair

Women's Shampoo, Cut & Style	starting at 75
Women's Shampoo & Style	starting at 55
Gentleman's Shampoo, Cut & Style	50
Up-do + Consultation	175
Women's Special Occasion Hair	starting at 75
Single Process Hair Color	starting at 100
Highlights / Lowlights Hair Color	starting at 150
Brow Shape & Tint	50
Deep Condition	55
Scalp Treatment	85

Skin

Make Up Application	65
Full Face Wax / lip, cheek, brow, chin	60
CBD Healing Foot Bath	25 min: 65