



THE CLIFF SPA



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MASSAGE

THE CLIFF SIGNATURE MASSAGE

60 min: 190

90 min: 285

Simply request your desired amount of pressure and then let our expert massage therapists take it from there. Stimulates circulation, soothes sore muscles and melts away tension.

TRADITIONAL THAI MASSAGE

60 min: 190

90 min: 285

A combination of gentle rocking, rhythmic acupressure and assisted stretching increases flexibility and relieves muscle and joint tension.

*Loose, comfortable clothing should be worn.

THE CIRQUE

90 min: 300

Cliff Signature Massage that incorporates an express 30-minute hydrating and anti-aging facial.

REIKI INFUSED MASSAGE

60 min 190

90 min 285

Swedish-style massage that incorporates Reiki's healing practices to benefit the mind, body and spirit.

PRENATAL MASSAGE

60 min: 190

90 min: 285

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.

SIGNATURE COUPLES MASSAGE

60 min: 400

90 min: 595

Enjoy a custom massage and each other's company.

MASSAGE ELEVATIONS

Hot or Cold Stones

30

Hot CBD Oil Scalp Treatment

25

Bamboo Sticks

30

Shea Butter

25

Aromatherapy

25

Dry Brushing

25

CBD

25

Cupping

25



BODY

GREAT SALT LAKE BODY POLISH

25 min: 145

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

LITTLE COTTONWOOD WRAP

60 min: 190

This luxurious wrap begins with a Great Salt Lake Body Polish and is 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.

CONTOUR FIRMLING WRAP

60 min: 200

An intensive treatment to sculpt the figure, combining specialized techniques and the most effective contouring ingredients to burn fat and firm skin. Best in a 5 treatment series.

MOUNTAIN AIR ANTI-POLLUTION FACIAL 60 min: 200 90 min: 295

Renew and refresh your skin with mountain air and a deeply hydrating treatment that erases signs of fatigue and smoothes your complexion, revealing your skin's purest glow.

ALPENGLLOW FACIAL 60 min: 200 90 min: 295

A skincare essential that pairs moisturizing performance with intense relaxation using organic ingredients, sense-awakening textures and a relaxing massage to leave skin soothed and glowing, plumped and rested.

YOUTHFUL RADIANCE FACIAL 60 min: 200 90 min: 295

This facial uses a no-downtime resurfacing peel to resurrect radiance, reduce wrinkles and refine pores. Vitamin C destroys free radicals that break down collagen and jumpstarts collagen production for firmer skin, providing an instant, healthy glow.

OXYGEN INFUSION FACIAL 60 min: 225 90 min: 320

A revolutionary facial that provides the ultimate hydration for any skin type. Hyperbaric oxygen delivers hyaluronic acid and vitamin A, C and E. Dramatically lifts, tones and hydrates.

SKIN ELEVATIONS

Aromatherapy	25	Anti-Aging Eye Treatment	25
LED Light Therapy	25	Hot CBD Oil Scalp Treatment	25
Facial Ice Globes	25	Hot Stones	25



ENERGY

CRANIOSACRAL THERAPY

60 min: 190

90 min: 285

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

REIKI

60 min: 190

90 min: 285

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





JOURNEYS

THE REFRESHER

Relax with The Cliff Signature Massage and then hit reset with the Great Salt Lake Body Polish & a Pedicure.

335

THE PERFECT COMBINATION

Relax and renew your body with our Little Cottonwood Wrap & Cliff Signature Massage.

305

SPA ESSENTIALS

Cliff Spa Signature Facial & Cliff Signature Massage.

305

GAD 2-IN-1 125
 A grounding, healing foot bath combines with an express, anti-aging facial for one totally Zen experience.

CLIFF SIGNATURE MANICURE 70
 Epsom salt soak, nail & cuticle care, sugar scrub, warm oil massage, Dazzle Dry polish.

CLIFF SIGNATURE MANICURE WITH GEL REMOVAL 95
 Our classic manicure plus 25 minutes of healing gel polish removal.

CLIFF SIGNATURE PEDICURE 80
 Epsom salt soak, nail & cuticle care, callous removal, sugar scrub, warm oil massage, Dazzle Dry polish.

CLIFF SIGNATURE PEDICURE WITH GEL REMOVAL 105
 Our classic pedicure plus 25 minutes of healing gel polish removal.

HEALING FOOT BATH 70
 Epsom salt soak, sugar scrub, CBD massage.

NAIL ELEVATIONS

Gel Polish	15	Paraffin	25
Anti-Aging Eye/Lip Treatment	25	CBD	25
Hot Stone	20		



MAKE-UP SERVICES

Full Face Wax	65
Brow Shape & Tint	60
Brow Lamination	75
Brow Lamination with Tint & Wax	125
Lash Lift & Tint	95
Special Occasion Make-Up Application	70



SALON HAIR

Starting prices only. Prices will vary based on length & thickness of hair.

WOMEN'S SHAMPOO, CUT & STYLE Blow dry style, minimal iron work.	80
GENTLEMAN'S SHAMPOO, CUT & STYLE	60
WOMEN'S SHAMPOO & STYLE Blow dry style, minimal iron work.	60
DEEP CONDITION & STYLE	80
SPECIAL OCCASION STYLE Iron work & half-head pinned. Does not include shampoo & blow dry.	80
UP-DO Iron work & full-head pinned. Does not include shampoo & blow dry.	135
HIGHLIGHTS LOWLIGHTS Full-head foils. Includes shampoo & blow dry.	160
SINGLE PROCESS Root touch-up, base color. Includes shampoo & blow dry.	110
ROOT RETOUCH	80

NOTICE

- 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. The full price of each service, class or day pass will be charged for no shows and late cancellations. The reservation owner is responsible for all unpaid charges.
- Please arrive for your appointment a minimum 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.





THE CLIFF SPA

MONDAY

7:00 am Soft Flow
8:30 am Hatha Yoga
10:00 am Power Vinyasa
11:30 am Vinyasa Flow
1:30 pm Soft Flow + Restore
3:00 pm Soft Flow + Yoga Nidra
5:00 pm Hatha Yoga
6:30 pm Soft Flow + Restore

TUESDAY

7:00 am Hatha Yoga
8:30 am Soft Flow + Foam Rolling
10:00 am Core & Glutes
11:30 am Vinyasa Flow
1:30 pm Soft Flow + Restore
3:00 pm Vinyasa Flow
5:00 pm Soft Flow + Foam Rolling
6:30 pm Soft Flow + Restore

WEDNESDAY

7:00 am Vinyasa Flow
8:30 am Power Vinyasa
10:00 am Soft Flow + Foam Rolling
11:30 am Full Body Mat Pilates
1:30 pm Soft Flow + Restore
3:00 pm Vinyasa Flow
5:00 pm Vinyasa Flow
6:30 pm Soft Flow

THURSDAY

7:00 am Soft Flow
8:30 am Soft Flow + Foam Rolling
10:00 am Vinyasa Flow
11:30 am Full Body Mat Pilates
1:30 pm Soft Flow
3:00 pm Soft Flow + Restore
5:00 pm Vinyasa Flow
6:30 pm Soft Flow + Restore

FRIDAY

7:00 am Vinyasa Flow
8:30 am Power Vinyasa
10:00 am Soft Flow + Foam Rolling
11:30 am Full Body Mat Pilates
1:30 pm Soft Flow
3:00 pm Vinyasa Flow
5:00 pm Soft Flow + Foam Rolling
6:30 pm Soft Flow + Restore

SATURDAY

7:00 am Vinyasa Flow
8:30 am Hatha Yoga
10:00 am Soft Flow + Foam Rolling
11:30 am Hatha Yoga
5:00 pm Vinyasa Flow
6:30 pm Soft Flow + Restore

SUNDAY

7:00 am Vinyasa Flow
8:30 am Soft Flow + Restore
10:00 am Vinyasa Flow
11:30 am Power Vinyasa
1:30 pm Soft Flow + Restore
3:00 pm Vinyasa Flow
5:00 pm Vinyasa Flow
6:30 pm Soft Flow + Restore

YOGA

VINYASA YOGA

A flowing movement class to de-stress, revitalize your energy and center your spirit.

VINYASA FLOW

Vinyasa is a creative form of yoga where the poses are linked together with breath in a flowing sequence. This class will help increase flexibility, strength, stability, calmness and focus. The class aims to make you feel vibrant and rejuvenated.

HATHA YOGA

A blend of both active and passive movement, this practice focuses on alignment, breathing techniques and linking movement with breath.

POWER VINYASA

This is a flowing, powerful style of yoga that integrates breath with dynamic movement. Enhance your strength, balance, flexibility and stability while enjoying all the wonderful benefits of this practice. This flow of movement will increase your heart rate and work up a sweat. Come with an open mind to learn and grow in your yoga practice.

SOFT FLOW

Soft flow is a slower paced yoga practice and is suitable for beginners and those who need a gentler practice. The class will unwind stress, revitalize your energy and uplift your spirits.

SOFT FLOW + FOAM ROLLING

In this all-levels class, you will enjoy a soft flow yoga practice for the first portion of class, then transition into foam rolling. You will have the opportunity to roll out tight muscles with our foam rollers.

SOFT FLOW + RESTORE

A slower paced yoga class for rest and recovery with gentle movement and longer held restorative poses that use various props to support the body for releasing tension.

SOFT FLOW + YOGA NIDRA

Class begins with gentle movement and soft flow yoga before settling into yoga Nidra. Nidra, translating to "yogic sleep," is a deep relaxation technique and form of guided mediation. It calms the mind, reduces fatigue and expands self-awareness.

CORE & GLUTES

A fun, stress relieving way to burn calories. A high-energy session that conditions muscles and targets the hips, thighs, glutes and core.

FULL BODY MAT PILATES

A full body class that will tone, stretch and strengthen the body, especially the core and glutes. This class will use a mix of bands, blocks, Pilates balls and hand weights. Be prepared to sweat on your mat. All levels welcome.

NOTICE

\$10 addition to any spa access or treatment.

Reservations required at least two hours prior to the start of class and by 9 pm for the following day's 7 am class.

Guest capacity is limited to 10 registered guests. Classes may be altered or canceled due to unforeseen circumstances.

Reserved spots will be held for five minutes after the start of class before being offered to waitlisted guests.



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