

# Massage

## Relaxing Therapeutic Massage

### 40 Minutes \$190 | 60 Minutes \$250 | 90 Minutes \$360

Experience rejuvenation and relaxation with our Therapeutic Massage, tailored to sooth both body and mind. Using a blend of gentle strokes and targeted pressure, our skilled therapists will ease tension, improve circulation, and promote overall wellness. Ideal for relieving stress and enhancing your sense of well-being.

## Deep Tissue Massage

#### 40 Minutes \$210 | 60 Minutes \$270 | 90 Minutes \$380

Indulge in a deeply revitalizing experience with our Deep Tissue Massage, designed to release chronic muscle tension and knots. Through firm pressure and specialized techniques, this treatment reaches deep layers of muscle and fascia to alleviate stiffness and promote muscle recovery. Perfect for those seeking relief from chronic pain or muscular discomfort.

## Wildflower Aromatherapy Massage

#### 40 Minutes \$210 | 60 Minutes \$270 | 90 Minutes \$380

Step into a serene oasis with our Wildflower Aromatherapy Massage, aharmonious blend of therapeutic touch and aromatic bliss. This bespoke treatment begins with a consultation to personalize your experience, selecting from a curate collection of wildflower essences known for their healing properties.

### **Tandem Tranquility Massage**

#### 60 Minutes \$540

Share a serene moment of relaxation, this Couples Massage offers a rejuvenating experience that renews both body and spirit. Revel in the harmony of this shared indulgence and emerge refreshed and revitalized.

Add a Glow Experience for an additional \$110

## Mother to Be Prenatal Massage

#### 60 Minutes \$270

Designed to address the special needs of Mothers to Be in the second or third trimester. Relieve tension in your neck, shoulders, back and feet, leaving you to feeling rejuvenated and relaxed. We advise against receiving massage in the first trimester.

# Massage Enhancements

#### CBD Oil

#### \$40

Our rose-infused CBD oil is a powerful antioxidant and free-radical fighter that will leave your skin healthy and radiant while relieving muscle discomfort and reducing aches and pains. Additional cost. Does not add time to massage.

#### **Hot Stones**

#### \$25

Your therapist will ultilize hot stones to gently warm your muscles, enhancing the soothing effect of your massage. Additional cost. Does not add time to massage.

# Glow Experiences

## Red Light Therapy Sauna

#### 10 Minutes \$60

Harnessing the therapeutic power of red light therapy, this sauna session promotes cellular regeneration, collagen production, and skin rejuvenation. As you relax in the gentle warmth, the red light penetrates deep into your tissues, reducing inflammation and promoting a radiant complexion. Ideal for improving skin tone, reducing fine lines, and enhancing overall wellness.

## Himalyan Salt Treatment Room

#### 10 Minutes \$60

Breathe in the air infused with micronized salt particles, renowned for their cleansing and healing properties. The gentle salt mist promotes respiratory wellness, alleviates congestion, and detoxifies the body, while the soothing ambiance helps to reduce stress and enhance mental clarity.



## Spa Information

## Open Daily 9:00 am to 7:00 pm

By appointment only, exclusively for Hotel Yellowstone Guests

Call 307-733-8098 or email Spa@HotelYellowstoneJH.com to reserve your treatment

#### Our Facilities

The Spa at Hotel Yellowstone includes two couples treatment rooms, a Himalayan Salt Treatment Room, Red Light Therapy Sauna, indoor pool, infared sauna, cold water therapy shower, fitness center, locker room, and plush indoor relaxation area with mountain views. Please note the Himalayan Salt Treatment Room and Red Light Therapy Sauna are available by appointment only and are an additional cost.

## Spa Reservations

Spa reservations may be arranged directly with the Spa over the phone, email, or online booking system. We recommend reserving treatments well in advance to the best selection of appointment times.

#### Gratuities

For your convenience, a 22% service charge will be added to each service.

## **Cancellation Policy**

#### 24 Hours

To cancel an appointment without a charge, please notify us at least 24 hours in advance of your scheduled treatment time(s). If cancelled within 24 hours of your scheduled treatment time(s) or if you fail to show up, the full amount of your spa service(s) will be charged.

## Spa Arrival

Hotel Yellowstone Guests will find the Spa on the middle level of our main building. We invite you to check in 15 minutes prior to your scheduled services to relax in our facilities while preparing for your treatment.

Late arrivals will result in an abbreviated service without a price reduction.

## Spa Etiquette

Due to being a contraindication to massage, you cannot receive treatments when you are sick or not feeling well. Alcohol is not recommended before or after your spa treatment. We reserve the right to deny service to any guest at any time.

To maintain the tranquil spa environment, we ask that all electronics remain silent for the duration of your spa visit.

## Indoor Pool & Fitness Center

Our indoor pool, cold water therapy shower, fitness center, and infrared sauna are open 24 hours a day and exclusively for guests of Hotel Yellowstone.



