

To Make Your Experience More Enjoyable...

- Please arrive 15 minutes prior to your scheduled appointment time.
- We require a 24 hour notice of cancellation or reschedule of your appointments. Fifty percent of the value of your service will be charged for cancellation with less than 24 hours notice.
- All guests have complimentary use of the hot tubs on the deck.
- Gift certificates are available for purchase.
- Discount of 10% on groups of 4 or more.
- Local's discount available with local ID
- Free Shuttle Service available during winter season



Spa Hours:

**Mon. - Sat. 9am - 7pm,
Sun. 9am - 2pm**

**Hours subject to change
based on seasons.**



Meridian Spa

112 Overlook Drive
Breckenridge, CO 80424

To book an appointment call or email us at:
970-453-9300
meridianspa@live.com

www.thelodgeandspaatbreck.com



MeridianSpa

*Be at your Peak
and bring your body
back into Balance*



Spa Menu

Located in The Lodge & Spa
at Breckenridge

112 Overlook Drive
Breckenridge, CO 80424

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Massage Treatments

Aromatherapy included with every massage

Meridian Signature Massage

A relaxing and flowing massage to help calm the nervous system and reduce muscle tension.

30 min./\$50

60min./\$85

90min./\$120

Deep Tissue Massage

A focused massage for chronic problem areas to help break up adhesions and muscle tension.

30min./\$55

60min./\$95

90min./\$130

Weekend Warrior Massage

After a hard day of playing, this massage will help relieve muscle tension and release toxins by combining deep tissue work and stretching.

30min./\$55

60min./\$95

90min./\$130

Maternity Massage

For the mommy-to-be, this massage reduces pain in neck, lower back and hips while helping to improve circulation and relieve fatigue.

60min./\$85

Couples Massage

Enjoy all the benefits of a relaxing massage side by side with a significant other, friend or family member in our couples room. Choose from our selection of massages.

**Pricing depends on massage type
30min., 60min. or 90min. available**

Massage Treatments cont'd.

Earth Stone Massage

Relax into a state of bliss while warm stones glide over your muscles to eliminate stress.

60min./\$95

90min./\$130

Reflexology

An ancient method using pressure points in the feet which reflect the internal organs in the body.

30min./\$50

60min./\$85

Other Treatments

Body Scrub

A stimulating exfoliating body treatment that will leave your skin feeling baby soft. Choose from Mineral Salt or Brown Sugar.

45 min./\$65

European Mini Facial

Refresh and revitalize your face with a hydrating treatment. Includes a deep cleanse, exfoliation, facial massage, mask, toner and moisturizer. (No extractions)

30 min./\$55

Add-on Enhancers

Choose one or more enhancer to add to any massage or treatment.

Intense Moisturizer: Hydrate your body from head to toe with our select body butters. **\$15**

Dry Brushing: Full body exfoliation using a soft brush to stimulate your lymphatic system. **15 min./\$20**

Sinus Facial Massage: A hot towel wrap and pressure point sinus massage to relieve sinus congestion. **15 min./\$20**

Neck and Scalp Treatment: Extra focus on these areas for added relief. **15 min./\$20**

Peppermint Rosemary Foot Scrub: Help heal and soothe dry, cracked feet. **15 min./\$20**

Reflexology: A small sample of this ancient method focused on the feet. **15 min./\$20**

Oxygen Treatment: Hook up to O₂ for high altitude relief.
30 min./\$20 60 min./\$30 90 min./\$40

Signature Packages

The Radiant Renewal

Combine a 30 minute facial with either:

a 30 minute signature massage **\$100**

a 60 minute signature massage **\$130**

a 90 minute signature massage **\$160**

The Body Retreat

Combine a 30 minute body scrub, a 90 minute signature massage and a 30 minute facial of your choice.

\$210

The Meridian Escape

Combine a 30 minute body scrub with either:

a 60 minute signature massage **\$140**

a 90 minute signature massage **\$170**