

## 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](http://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

(970) 453-9300

[meridianspa@live.com](mailto:meridianspa@live.com)

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## Massage Treatments

### 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**

**[ Aromatherapy included  
with every massage ]**

## Body Treatments

### Mineral Salt Scrub

A stimulating exfoliating body treatment that will leave your skin feeling baby soft. Choose from Lavender, Tangerine, or Peppermint Rosemary.

**45 min./\$65**

### Brown Sugar Scrub

A more gentle scrub for extra sensitive skin. Choose from Vanilla Orange or French Vanilla Latte.

**45min./\$65**

## 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. **15min./\$20**

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

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

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

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

**More Massage:** **15min./\$20**

## Signature Packages

### The Meridian Escape

Combine a 30 minute scrub with either:  
a 60 minute signature massage **\$140**  
a 90 minute signature massage **\$170**

### The Body Retreat

Combine a 30 minute body scrub, a 90 minute signature massage, and one enhancement of your choice. **\$180**