

Spa Packages

In these suggested spa packages, our therapists customize massage techniques and choose specific Eminence Organic Skin Care products to address your areas of concern. You can also create your own unique boutique spa package. **Call 970-731-3391** for details.

Hikers/Bikers/Skiers Special

Detox and recharge with Reflexology, organic Eminence scrub for feet and half leg, and ionic foot bath

60min \$95

Sugar, Spice & Everything Nice

Lymphatic body brushing and an Eminence organic sugar scrub, followed by a shower and then a 60min therapeutic massage. (Add \$20 for deep tissue massage.)

2hrs \$125

Wrap It UP!

Eminence Stone Crop Restorative Body Wrap

Lymphatic dry brushing, revitalizing body scrub, restorative gel body wrap, followed by a shower and then full body contouring cream or body oil. (Add \$90 for an extra 60min therapeutic massage.)

2hrs \$190

Serenity Package

A combination of our three most popular services: a 60min therapeutic massage, an Eminence organic facial, and a detoxifying ionic foot bath. (Add \$20 for deep tissue massage.)

2.5hrs \$260

The Radiant Goddess

Enjoy a 90min therapeutic, hot stone massage, a 60min Eminence organic facial, and a detoxifying ionic foot bath. (Add \$20 for deep tissue massage.)

3.5hrs \$300

Oxygen Bar

Are you experiencing any two or more of the following?

Headache	Shortness of breath
Fatigue	Difficulty sleeping
Nausea	Rapid pulse
Cold	flu-like symptoms

At least 40% of visitors to our mountain environment experience some form of altitude sickness, caused by rapid change in air pressure and oxygen levels. Mixed with moist air and infused with your choice of aromatherapy, our oxygen bar helps reduce symptoms.

30min \$30

**Oxygen bars are for recreational purposes only and are not a substitute for medical care. If your oxygen level is dangerously low, head to the Emergency Room.*



All About You Day Spa



190 Talisman Dr. Suite C2 - Pagosa Springs CO 81147
Located behind City Market on Village Dr.

970-731-3391
www.dayspapagosa.com



All About You Day Spa & Oxygen Bar

Massage • Eminence Organic Facials
Energy Work • Natural Nails • Waxing



Pagosa's Premiere Neighborhood
Boutique Spa and Oxygen Bar

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Massage

Therapeutic massage

Our certified and experienced massage therapists customize your massage to address any specific issue or to enhance your massage experience. Includes hot towels and aromatherapy.

60min \$90; 75min \$113; 90min \$135

Specialty massages

Couples Massage: 60min \$225; 90min \$338

Lymphatic Massage: Encourages natural drainage of the lymph system; 60min \$90

Prenatal: Gentle techniques to relieve discomfort and stress; 60min \$90

Craniosacral massage: ½ craniosacral and ½ therapeutic massage; 60min \$105; 90min \$158

Customizable extra services include:

Hot stones: add \$15

Deep tissue: Extra attention to aches, pains and knots; add \$20

Reflexology: Focus on hands and feet; add \$20

Cupping: Uses cup suction to detox muscles and promote deep tissue release; add \$20

Please arrive ten minutes prior to your appointment. For your convenience, an 18% gratuity will be added to your total unless another amount is specified.

Cancellation policy: We require a 4hr-notice to cancel your appointment. You will be billed for services reserved if you do not show. Late arrivals may require rescheduling. Special offers cannot be combined. Prices subject to change.

Waxing

Our aestheticians use hot/cold wax techniques to remove unwanted hair.

Underarm: from \$25 **½ leg:** from \$45

Full leg: from \$65 **Bikini:** from \$45

**We do not provide Brazilian wax service at this time.*

Facials

With Eminence Organic Skin Care

Eminence Organics uses hand-picked fresh ingredients from around the world to create award-winning products that contain potent healing and beautifying properties.

30min \$68

60min \$135

**Your technician will customize a skincare routine for you based on your current needs.*

Options include:

Ageless: Reverse the signs of aging (40+)

Firming: Maintains youthful appearance (30+)

8 Greens: For hormonal aging issues and acne

Calming: For sensitive skin and rosacea

Bright: To reduce hyperpigmentation

Clear: For those who are acne prone

Phenomenal results: 95-98%

**Most Eminence Organic products, including starter kits, are available for purchase in the spa.*

Eyelash tint: \$25

Eyebrow tint: \$20

Nails

Boutique Spa Natural Nails

Ladies Pedicure: \$50

Includes aroma salt soak, sugar scrub, nail care, massage and polish (Add \$10 for deep sea mud mask.)

Gentlemen Pedicure: \$50

Includes aroma salt soak, sugar scrub, nail care, massage and buff/shine (Add \$10 for deep sea mud mask.)

**Add deep sea mud mask for the feet for \$10*

Extra time spent on nail issues may result in additional charges.

Little Princess Pedicure: \$30

Extra time spent on nail issues may result in additional charges.

Natural Nail Manicure: \$40

Includes hand soak and cuticle care, hand/arm massage, and polish. Please note: We do not remove artificial, acrylic or gel nails.

Polish change and file only: \$20

Little Princess Manicure: \$25

Energy Work

Our holistic energy practitioners use universal life force energies to help heal and/or remove blockages from the chakra system, restoring flow, balance, harmony, vitality and life purpose. (Add therapeutic massage to any energy work session for additional benefits.)

Akashic Readings and Clearings

Sessions access your Akashic records from across time and space to clear outdated contracts, agreements, vows, relationships and patterns, activating your life and spirit in new directions of clarity and purpose. Includes deep chakra clearing and rebalancing. Releasing cords to people, places and things.

90min-2hrs \$200

Reiki

Our certified Reiki practitioners use this ancient Japanese form of energy healing to clear and balance the chakra system. Encourages healing on emotional, physical, mental and spiritual levels.

60min \$90

90min \$135

Biodynamic Craniosacral Therapy

A gentle non-invasive, light touch, energy-enhancing treatment for the whole body, focused to support the inherent health of the whole being, especially the nervous system. A Soma Sacral treatment releases and resolves trauma to restore balance and health.

60min \$120

90min \$180

The Process of Illumination

This energy healing modality, originally derived from indigenous cultures, uses neo-shamanic techniques and metaphysical practices to identify and release energetic imprints and psychic wounds within the physical, emotional, mental, and spiritual planes. A feminine healing approach, close to nature.

60min \$120

90min \$180