

massage

At Blue Sage Spa, we pride ourselves on hiring the most highly skilled and experienced massage therapists in the Rocky Mountains. We offer a wide variety of massage styles, from Swedish massage to Pregnancy Massage.

30 minutes \$60 60 minutes \$105 90 minutes \$150

Deep Tissue Massage

30 minutes \$65 60 minutes \$115 90 minutes \$165

Body Bliss Aroma Design Bar

Custom blended aromatherapy specifically designed to meet your personal needs. **\$15**

Take your aromatherapy experience home or give as a gift an 8oz.

Shea and Goat Milk Body Butter. \$25

specialty massages

Couples Massage

Relax and unwind together in our couple's massage room. This intimate setting offers two massage tables, two therapists and one very relaxing atmosphere. **30 minutes \$120 60 minutes \$210 90 minutes \$300**

Pregnancy Massage

Massage therapy during pregnancy is a wonderful choice for prenatal care.

It reduces stress and promotes overall wellness.

30 minutes \$60 60 minutes \$105 90 minutes \$150

Hot Stone Therapy

An ancient treatment using hot and cold stones to create a state of deep relaxation and healing in the body. This therapeutic massage treats the whole body, mind and spirit.

60 minutes \$125 90 minutes \$175

***also available as a couples treatment**

Ashiatsu Therapy

This therapy is a must try for the savvy spa goer. The flowing, smooth and continuous technique done with the therapists feet and is perfect for the person with chronic back pain and scoliosis.

60 minutes \$130 90 minutes \$180

Hot Stone

Sinus Treatment

Hot and cool stones are used to deeply stimulate facial pressure points, aiding in the evacuation of blocked sinus passages and the reduction of sinus pressure.

25 minutes \$60



Energy Balancing Gemstone Massage

Rose quartz is said to promote love in the body. Love for self and love for others. Relax and take in the healing power of the gemstones as you are lightly massaged with these warm stones. The crystals help with blocked energy on a vibrational level to help bring your body and energy level back in to balance. Tuning forks are used as well to release tension and reduce stress.

60 minutes \$130 90 minutes \$180

Chinese Sports Massage

Increased circulation and maximum mobility are the targets of this classic sports-style massage. Chinese muscle oil reduces pain on the surface while penetrating deeply to relieve sore aching muscles, tendons and ligaments. Great for over exertion and arthritic pain relief.

60 minutes \$115 90 minutes \$160

The Mountain High Massage

Cannabidiols (CBD's) are the non-psychoactive compound derived from the hemp plant used legally and safely to relieve tension throughout the body. Soothe cramping, ease headaches, calm the digestive system, improve sleep and reach an incredible state of relaxation with the use of CBD oils and lotions. This is a great way to experience the healing effects of hemp without the high of marijuana.

60 minutes \$130 90 minute \$170

laser treatments

Photo Facial

Our skin ages due to sun exposure and decreased production of collagen. Blue Sage Spa uses the Ellipse laser to treat sun-damaged skin and make your skin look smoother by removing age spots, other uneven pigmentation and diffuse redness. Facial treatments are most popular, but all parts of the body can be treated. A 15 minute pretreatment consultation is included in the 45 minute service. You could see an improvement after the first treatment, but up to 3 treatments may be required to achieve the full effect. After treatment, you should avoid sun exposure, even if there is no sign of inflammation in the treated area. Use sun protection (minimum SPF 30) if sun exposure cannot be avoided. A few days following your treatment you may notice your skin is flecked with dark spots or appears "dirty". Within a week you will find that your skins looks smoother, fresher and more even toned. You might choose to have 1-2 annual maintenance treatments in order to keep your youthful appearance. Because of Ellipse's advanced technology there is little discomfort.

Face 45 minutes \$300 Neck 30 minutes \$150 Declote 30 minutes \$250 Hands 15 minutes \$100

Laser Removal Of Unwanted Hair

Want a more permanent solution to hair removal?

Blue Sage Spa offers Ellipse IPL equipment that safely and comfortably removes unwanted hair in locations such as the face, armpits, legs, back, and bikini areas for both men and women.

Upper lip/chin 15 minutes \$70

Basic bikini 30 minutes \$100

Full leg 90 minutes \$455

Forearms 30 minutes \$105

French bikini 30 minutes \$140

Full back 60 minutes \$255

Full arm 45 minutes \$140

Brazilian bikini 30 minutes \$185

Chest 45 minutes \$140

Under Arms 30 minutes \$100

Half leg 60 minutes \$255



manicures and pedicures

Guests not receiving Shellac, allow 30 minutes to relax and air dry.

Services recommended for men marked with ***

Shellac Manicure

Proper nail preparation, skin rejuvenation, and relaxation, for the perfect no-chip polish application, while keeping the natural nail healthy. **\$59**

Blue Sage Manicure***

Cleansing soak, nail and cuticle care, sugar scrub, intense moisturizer, hand massage, and paraffin or masque treatment to nourish skin. Nails are finished with OPI or Vinylux air-dry polish and Solar Oil. **\$39**

Express Manicure

This quick fix features a cleansing hand soak, nail and cuticle care, hand moisturizer, and OPI or Vinylux air-dry polish. **\$34**

Blue Sage Pedicure***

Warm soak, nail and cuticle care, exfoliation, sugar scrub, paraffin or treatment masque, foot and calf massage, OPI or Vinylux polish. **\$69**

Express Pedicure

Foot soak, toenail shaping, exfoliation, quick massage, and polish. **\$55**

extras

Add CND Shellac

Polish shines for up to a 14-day manicure and a 5-week pedicure.

Zero dry time allows you to confidently go about your day. **add \$20**

French Design

White edges painted on the nail tip create a clean, classic look. **\$15**

Polish Change (Air Dry)

If your nails and cuticles are in good shape, all you may need is a splash of OPI or Vinylux Polish accompanied by a shiny top coat. **\$15**

Shellac or Gel Polish Removal

Gentle and effective foil wrapping technique removes gel-polish. **\$10**

finishing touches

Waxing

full leg and bikini **\$90** | full leg **\$65** | half leg **\$40**

bikini **\$35** | french bikini **\$55** | brazilian bikini **\$79**

back or chest **\$50** | arm **\$35** | underarm **\$25**

full face **\$50** | lip **\$15** | eyebrow **\$22** | lip & chin **\$25** | nose **\$15**

Tinting

brow **\$20** | eyelash **\$30** | eyelash & brow **\$45**



because nothing else compares

**Reliance Place
224 South Main Street
Breckenridge, CO**

970.453.7676

www.bluesagespa.com

body treatments & tanning

State-of-the-art Hydrotone Tub used in most treatments

Thalassotherapy

Detoxify in a soothing jetted tub of water enriched with your choice of sea salts. Stimulate the lymphatic system and nourish your body, mind and soul.

30 minutes \$40 **With another treatment \$35**

Buff and Bronze

The therapist will exfoliate your body using an avocado and ootango body scrub, steam the product into the skin and shower you off all in the hydro tone system. The therapist then sprays a hydrating aloe mist to reduce pore size and prolong your tan. The treatment is finished with the spray application of the Infinity Sunless Tanning Solution. You may select your level of tan.

60 minutes \$165

Turquoise Sage Salt Scrub

We begin this treatment with the turquoise sage desert body polish with fossilized desert salts. Its fine texture offers a gentle yet thorough body exfoliation. We then massage in our rich whipped turquoise sage jojoba body butter leaving you feeling refreshed inside and out.

60 minutes \$125

Lavender and Blue Chamomile Body Polish

Do you love lavender? We do! So we created a treatment around the soothing and relaxing aroma of lavender and blue chamomile. The combination of salt and volcanic pumice scrub gently but thoroughly polish the skin and replenish magnesium levels. We top it off with the application of a lavender and blue chamomile jojoba body lotion that is deeply hydrating and helps repair dry or irritated skin conditions.

60 minutes \$125

Most products are available for retail on our website at www.bluesagespa.com

spa packages

Packages below reflect a 10% discount and include an 20% gratuity.

Simple Sage

One hour massage, Blue Sage Facial

2 hours \$247.50

Head-To-Toe Harmony

A one hour massage and a Blue Sage Spa pedicure

2 hours \$191

The Blissful Body

One hour massage and a one hour body treatment of your choice
\$253 additional charge for bronzing application *add-on*

Mountain Recovery Package

One hour massage, one hour body treatment of your choice, Blue Sage express Facial, Thalassotherapy, Hot stone sinus treatment

3-1/2 hours \$433

Chai Spice and Vanilla Sugar Scrub

A gently warming and stimulating blend of exotic spice oils combined with sweet vanilla supports circulation and helps with muscle discomfort. This luxuriously, indulgent scrub will gently exfoliate your skin leaving it soft, supple and glowing. We finish with an application of the chai spice and vanilla aloe shea butter cream that will warm your body and soul.

60 minutes \$125

Turquoise Sage Detoxifying Sea Mud Mask

Some of the world's most pristine and healing clays come from the Utah desert. This cosmetic grade mask for the body is powerfully detoxifying and an amazing anti-inflammatory. It will leave you feeling reenergized and refreshed! To top this amazing treatment off, we apply the turquoise sage mountain arnica oil to target aches, pains and soft tissue damage.

60 minutes \$125

Infinity Sunless Tanning

Please arrive 15 minutes prior to service to get into a robe and if needed be shower and exfoliate using a pineapple enzyme mask. A therapist will then apply a refreshing aloe mist to hydrate and reduce pore size and sustain tan longer. You can select the level of tan from light to savage.

20 minutes \$50



oxygen therapy

Blue Sage Spa is now offering oxygen therapy that may help alleviate some altitude sickness, hangovers and fatigue. Don't let the elevation get you down, breathe in the oxygen and enjoy your vacation.

30 minutes \$35 **can be added on to any service**

facials

Blue Sage Facial ~

Organic cleansing & moisturizing. The exclusive Blue Sage Facial uses fresh natural ingredients to impart healthy, beautiful skin. Let the aromas treat your senses while the highly active products detoxify, stimulate, and firm your skin. Feel the difference that organic nutrients make. The esthetician will pamper the face, neck, décolleté, and hands during the one hour treatment. This facial is customized for individual facial needs.

60 minutes \$120

Gentleman's Facial

A customized Blue Sage facial. **60 minutes \$120**

The Blue Sage Express

A mini facial designed to cleanse, tone and brighten the skin. The perfect addition to any massage or body treatment. **30 minutes \$69**

Replenishing Youth ~ Anti Aging Repair

This revolutionary 4-layer facelift will truly change the appearance of your skin in just one application. Vitamin C, glycolic acid and gentle but highly active enzymes speed up cellular turnover. A cocktail of pharmaceutical grade ingredients immediately drench the skin to tighten, lighten, and brighten. Microcurrent is incorporated for facial contouring, toning and firming of aging skin. Microcurrent is a low-level current that mimics the body's natural current and can provide both instant and cumulative results.

75 minutes \$149

Be Clear Purifying Facial ~ Purifying

Specifically designed for oily and blemished skin. We use products to exfoliate, detoxify, and nourish your skin.

75 minutes \$149

Scentual Facial ~ Organic Aromatherapy

This facial builds onto the Blue Sage Facial more personalized massage and an extra masking time. After an hour and a half of delicious aromas, pure vitamin infusions and natural acids, your skin will be radiant. Let Mother Nature's gifts revitalize your entire being.

90 minutes \$179

Dermaplanning

Make healthier and more luminous skin a reality with dermaplanning. A trained esthetician exfoliates the epidermis manually, by gently scraping away dead skin along with fine facial hair. Your skin will be brighter, smoother and your skincare products will be more effective.

45 minutes \$125 **add 30 minute facial \$180**

a la carte up-grades for facials

Revitalizing Lip Treatment

Soften the skin and restore plumpness to the lips. This treatment is excellent for dry, flaky lips.

\$30 **eye and lip treatments together \$55**

Soothing Eye Treatment

The eye area is infused with antioxidants to reduce puffiness and dark circles, leaving eyes refreshed.

\$30 **eye and lip treatments together \$55**



HydraFacial MD® is a non-invasive, multistep treatment that combines the benefits of hydradermabrasion, a chemical peel, automated painless extractions (no pinching) and a special delivery of antioxidants, hyaluronic acid and peptides. It does all of this in one quick treatment that delivers real results without downtime or irritation. Effectively help mitigate environmental damage, reduce fine lines & wrinkles, and plump & firm skin for long-term results you can see and feel instantly.

45 minutes \$149 **30 minutes Neck and Chest Hydracial \$99**

add-ons to HydraFacial

DermaBuilder is a multi-peptide complex used to strengthen and firm to give you a youthful and refreshed look. Smooth and restore the health, vitality and appearance of your skin.

1/2 Vial \$30 **Full Vial \$50**

Britenol complex helps diminish the appearance of brown spots, sun spots and hyperpigmentation. Balance and brighten your complexion.

\$30 spot treatment

CTGF is advanced growth factor technology to firm skin while diminishing the appearance of fine lines and wrinkles. Proteins stimulate pathways to promote tissue repair and regeneration. This non-invasive treatment gives immediate and long term results to keep you looking your best.

\$80 Full Vial

Nuvsse Deep Hydrating and Brightening Mask is a mini facial for the person that wants a little more pampering. We offer the Nuvsse deep hydrating and brightening mask along with heated hand mitts and neck and forearm massage..

30 mins. \$55

Most retail products are available on our website at

www.bluesagespa.com

Cancellation Policy: Your treatment has been reserved especially for you. As a courtesy to our guests please notify us 24 hours in advance to avoid being charged in full. Thank you for your consideration.

Prices subject to change without notice.

Gift Certificates are available. (no refunds on Gift Certificates)

All major credit cards accepted.

Now serving
wine
&
champagne!

