

massage

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

30 minutes \$70      60 minutes \$115      90 minutes \$160

Deep Tissue Massage

30 minutes \$75      60 minutes \$125      90 minutes \$175

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

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



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 \$140    60 minutes \$230    90 minutes \$320

Pregnancy Massage

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

It reduces stress and promotes overall wellness.

30 minutes \$70      60 minutes \$115      90 minutes \$160

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 \$140      90 minutes \$185



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 \$120      90 minutes \$165

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 \$135      90 minute \$175

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 the most popular, but all parts of the body can be treated. A 15 minute pretreatment consultation is included in the 45 minute service. You will see an improvement after the first treatment, but up to 3 treatments may be required to achieve the full effect. After treatment, 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 few days 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      Décolleté 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, legs, back, and bikini areas for both men and women.

Upper lip/chin 15 minutes \$70

Forearms 30 minutes \$105

Full arm 45 minutes \$140

Under Arms 30 minutes \$100

Basic bikini 30 minutes \$100

French bikini 30 minutes \$140

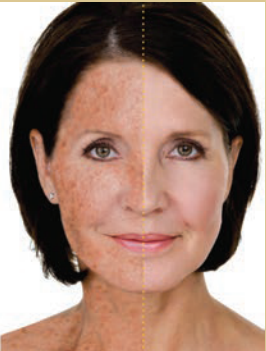
Brazilian bikini 30 minutes \$185

Half leg 60 minutes \$255

Full leg 90 minutes \$455

Full back 60 minutes \$255

Chest 45 minutes \$140



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.

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 Solaris oil.

Express Manicure

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

Blue Sage Pedicure \*\*\*

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

Express Pedicure

Foot soak, toenail shaping, exfoliation, quick massage, and polish.

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.

French Design

White edges painted on the nail tip create a clean, classic look.

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.

Shellac or Gel Polish Removal

Gentle and effective foil wrapping technique removes gel-polish.

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

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