

# 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 \$70      60 minutes \$115      90 minutes \$160**

## Deep Tissue Massage

**30 minutes \$75      60 minutes \$130      90 minutes \$180**

## Body Bliss Aroma Design Bar

Custom blended aromatherapy specifically designed to meet your personal needs. **\$10** Take your aromatherapy experiences home in a 2oz. to go bottle. **\$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 \$135      90 minutes \$180**

**\*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 therapist's feet and is perfect for the person with chronic back pain and scoliosis.

**60 minutes \$145      90 minutes \$190**



## 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 into balance. Tuning forks are used as well to release tension and reduce stress.

**60 minutes \$135      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 overexertion and arthritic pain relief.

**60 minutes \$135      90 minutes \$180**

## The Mountain High Massage

Cannabidiols (CBD's) is 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 \$180**

# massage add-ons

more, more, more... we all want more!

- **Oxygen:** Coming from low elevation? Do yourself a favor and oxygenate yourself. **30 minutes add \$35**
- **Deep Tissue:** Get more pressure and more specific body work. **30 minutes add \$5      60 minute add \$15      90 minute add \$20**

add even **MORE** to your treatment today with any of the below services for **\$20**

- **Body Nourishment:** Get extra hydration with the use of a luxurious shea or coconut butter in your service
- **Hot/Cold Stones:** Use of hot and cold stone, on the body can reduce inflammation and aid in relaxation
- **Mountain High:** Uses CBD and arnica oil to gain a deeper state of relaxation
- **Chinese Muscle Oil:** Incorporates a powerful Chinese liniment to relieve muscle tension
- **Scalp Treatment:** Uses Éminence Wildflower Oil to hydrate and revitalize the scalp and hair
- **Hand or Foot Treatment:** Includes exfoliation and deep moisturizing for the hands and feet

the following require **15 extra minutes for \$35**

- **Cupping:** Incorporates suction to aid in myofascial release, to get more out of your massage
- **Hot Stone Sinus:** Alleviate congestion and puffiness in your head with essential oils and stones



# spa packages

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

## Simple Sage

One hour massage, Blue Sage facial. **2 hours \$268.50**

## The Blissful Body

One hour massage and a one hour body treatment of your choice. **\$264** additional charge for bronzing application *add-on*

## The Fixer Upper

One hour mountain high massage, hydrafacial, lip and eye treatment, oxygen therapy. **2.5 hours \$445**

## Afternoon Delight

One hour massage, Blue Sage facial, chai spice and vanilla scrub. **3 hours \$406**

## Just What the Doctor Ordered

90 minute mountain high massage, replenishing youth facial and body treatment. **4 hours \$517**

## Design a Personal Package

and we will take 10% off the total price and add a 20% gratuity. **MUST BE 2 or more hours to receive discount**

Now serving  
wine  
&  
champagne!



# 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**

Most retail products are available on our website at:

[www.bluesagespa.com](http://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.**



*Because You Deserve  
The Best*

224 South Main Street  
Breckenridge, CO

970.453.7676

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## 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 \$129**

### Gentleman's Facial

A customized Blue Sage facial. **60 minutes \$129**

### 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 \$75**

### Replenishing Youth ~ Anti Aging Repair

This revolutionary facial 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 \$165**

### Be Clear Purifying Facial ~ Purifying

Specifically designed for oily and blemished skin. We use products to exfoliate, detoxify, and nourish your skin. **75 minutes \$155**

### Scentual Facial ~ Organic Aromatherapy

This facial builds onto the Blue Sage Facial and is a more personalized massage including 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 \$190**

## à 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 bathed 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 and wrinkles, and plump and firm skin for long term results you can see and feel instantly.

**45 minutes \$179** **30 minutes Neck and Chest \$105**  
**Add Lip or Eye Treatment \$50** includes take home products

## 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 \$35** **Full Vial \$50**

**Britenol** complex helps diminish the appearance of brown spots, sun spots and hyperpigmentation. Balance and brighten your complexion.  
**\$35 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**

### Dermaplaning

Make healthier and more luminous skin a reality with dermaplaning. 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**

**Dermaplane and HydraFacial** **90 minutes \$285**

### Pumpkin Peel

Brighten up with our new lunchtime pumpkin peel. This active treatment will awaken and brighten your skin leaving your skin glowing for weeks.  
**30 minutes \$90** **or add to any facial \$30**

## 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**  
**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, armpits, legs, back, and bikini areas for both men and women.

**Upper lip/chin 15 minutes \$70**  
**Basic bikini 30 minutes \$100**  
**Brazilian bikini 30 minutes \$185**  
**Full leg 90 minutes \$455**  
**Half leg 60 minutes \$255**  
**Full arm 45 minutes \$140**  
**Under Arms 30 minutes \$100**  
**Full back 60 minutes \$255**  
**Chest 45 minutes \$140**  
**Forearms 30 minutes \$105**  
**French bikini 30 minutes \$140**



## body treatments & tanning

### 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**

### 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**

### 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**

### SunFX Sunless Tanning

SunFX is the healthy sunless tanning, offering perfect coverage for a fast, natural looking spray tan every time. SunFX all natural spray tan solutions are a unique combination of organic, natural and hypoallergenic ingredients that not only deliver the perfect spray tan but build, nourish, and hydrate the skin.

**20 minutes \$50**

## 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**

### Now offering...

**Botox, Juvéderm® filler, and Vitamin B12 injections**

## 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**