





## Massage Therapy

**Sleeping Indian Custom Massage**  **80 minutes \$190**    **50 minutes \$135**    **20 minutes \$75**  
Our therapists will work within your preference in pressure and technique from a Swedish Massage to Deep Tissue.

**Kodo Massage**  **80 minutes \$190**    **50 minutes \$135**  
Inspired by traditional Australian Aboriginal techniques & aromatherapy, the massage works to balance and re-align energy flow, using a combination of pressure points and spiraling movements.


**Mala Mayi**  **100 minutes \$260**  
Desert salt exfoliation and cocoon of warm mineral rich body mud, Paudi scalp massage followed by a Kodo massage.

**River Stone Massage** **75 minutes \$190**    **45 minutes \$135**  
Massage with the healing of warm stones naturally tumbled smooth by water, accompanied by essential oils.


**Mother -To- Be Massage**  **80 minutes \$190**    **50 minutes \$135**  
Custom massage with special considerations such as careful control of the body temperature, body support, cushions and massage oil safe for use during pregnancy.


**Couples welcome for massage and body treatments upon request (excludes River Stone)**


## Skin Care

**Altitude Adjustment**  **(Hydrating)** **80 minutes \$190**  
Combats the dehydrating effects of living at high altitude or traveling, and replenishes your skin's moisture levels.


**Age Defense Facial**  **(Anti-Age)** **80 minutes \$190**  
Combats free radicals, fine lines and rehabilitates firmness leaving the appearance of a younger, healthier skin.


**Classic Cleansing Facial**  **80 minutes \$190**    **50 minutes \$135**  
Deep cleansing facial, regulates the skin, utilizing anti-bacterial, healing and hydrating properties derived from the sea.


**Mirri Facial**  **(Sensitive)** **50 minutes \$135**  
Ideal for sensitive skin. Targeted pressure point therapy and specialized massage techniques to rebalance energy from within to ensure optimum skin care results.


**Gentleman's Facial**  **50 minutes \$135**  
Customized for a man's skin, combats the aggressive effects of shaving, aging and environmental damage.


## Body Treatments

**Essential Wrap**  **80 minutes \$190**  
A gentle exfoliation, warmed re-mineralizing gel wrap, and final effleurage with a hydrating lotion.

**Wrapped in Stillness**  **80 minutes \$190**  
Full body exfoliation, soothing massage, pouring of warm herbal infused body oils and relaxing wrap.

**Paudi Head Massage w/Shirodhara**  **50 minutes \$135**  
Scalp massage with nourishing hair mask, foot massage and Shirodhara treatment (warmed oil dropped on third eye of forehead to calm the chronic and reflexive body responses).

**Snake River Detox Wrap**  **50 minutes \$135**  
Light exfoliation, detoxifying, naturally heating and gently bubbling seaweed/clay wrap, with hydrating effleurage.

**Gros Ventre Glow**  **(Scrub)** **45 minutes \$135**  
Full body exfoliation with a choice between local volcanic salt (carrying over 50 trace minerals) or sugar, leaving your skin smooth, glowing and refreshed.

 **Indicates a selection that includes sustainable ingredients as part of RockResorts Environmental Initiative**



# AVANYU<sup>®</sup> SPA

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## *List of Services*