

VAIL PLAZA HOTEL & CLUB  
16 VAIL ROAD  
VAIL, COLORADO 81657



*"Dolce Far Niente!"  
(Indulge in "Sweet Doing Nothing")*



## SPA TREATMENT MENU

*"In vino veritas" – Plato  
(In wine there is truth)*

# Welcome to the Sorrento Spa

**The Sorrento Spa at the Vail Plaza Hotel & Club** offers personal spa services that emulate some of Italy's renowned thermal spas. As you look through our spa menu you can see we provide a wide variety of spa services such as body treatments, soaks, massage, facials, and nail treatments. Our main product line, [comfort zone], is based in Italy and their products contain a number of well known Italian ingredients such as verbena, lavender, and extracts of olive oil.

In addition to having excellent massage, facial, and nail treatments...the Sorrento Spa's *signature treatments* involve **vinotherapy**, otherwise known as wine therapy, or therapy of the wine grape. Wine grapes have been shown to contain powerful antioxidants, particularly polyphenols and resveratrol. The polyphenols have priceless benefits for the skin, and resveratrol (red wine extract) is great for anti-aging properties and promoting increased energy.

These vinotherapy signature treatments include; massages, facials, and body treatments, as well as manicures and pedicures. Our two vinotherapy skin care lines are Olavie, who specializes in the Chardonnay grape, and d'vine, who specializes in many red wine grapes. The massage oil and body products use extracts of the red and white wine's seeds, skin, stalk and pulp. These wine inspired oil and skin products contain a balance of nutrients, vitamins and proteins which are absorbed through your skin pores in order to revitalize your skin and body.

The treatments that have  before the title are vinotherapy treatments.

## Weddings

*We have a full selection of spa services specifically designed for the bride and groom, as well as their wedding parties and family members. Please inquire about updos, make-up application and nail treatments for the big day, as well as catered spa events prior to the ceremony. Advanced consultations are strongly encouraged.*

## *Important Spa Information and Helpful Hints*

- **Please arrive 15-20 minutes prior to your scheduled treatment** so you can slip into a robe and slippers and have a chance to unwind in our tranquility room with a cup of tea before your treatment. Late arrivals will only receive the remaining time available for their treatment so that our next guest may begin on time. You may also use our steam and sauna as well as our pool and hot tubs before or after your treatments.
- **Cancellations or changes to appointment times must be made 24 hours prior to your appointment** to avoid being charged the full amount of your treatment.
- **We do require a credit card and phone number to reserve your spa appointments** if you are not a hotel or club guest.
- **Spa and fitness guests must be at least 16 years old** and minors under the age of 16 must be accompanied by a parent/guardian at check in.
- **Please specify if you would prefer a male or female therapist when you schedule your appointment** to avoid any problems when your service begins. All therapists are trained professionals who will properly drape you throughout your spa service.
- **Please leave all valuables behind before you come to the spa**, like expensive jewelry or important personal belongings.

- **If you are pregnant we recommend that you do not receive any spa treatments if you are in the first trimester.** We also recommend that you avoid treatments using deep pressure, Table Thai massage, specific foot massage or foot treatments, hot stone massage or any wraps that involve an increase in body temperature or the addition of heat.
- **Out of respect for everyone in the spa, cell phones are not permitted anywhere in the spa, and only limited quiet usage is allowed in our fitness area.**
- **Your comfort level is very important to us.** Please communicate with your therapist regarding pressure or technique to ensure you have a fantastic spa experience.
- **You may disrobe to your comfort level during your treatment.** This includes disrobing entirely or leaving undergarments on. For Table Thai massage, it is important to wear comfortable fitness clothing for your session.
- **An 18% service charge is applied to all spa services.** This does act in part as a gratuity for your therapist.
- **We prohibit sexual advances or innuendos of any kind at Sorrento Spa.** Appropriate measures are in place to ensure the safety and well-being of our clients and staff.

# Massages

## **Focused Swedish Massage 25 min \$85**

A short and sweet relaxing massage focusing on a few specific problem areas.

## **Reflexology 25 min \$85**

Enjoy a hand and/or foot meridian-based therapeutic session that can improve vitality and wellness.

## **Skier's & Hiker's Thai Foot Massage 25 min \$85**

After a day on the slopes or trails, this treatment will relieve the foot tension caused by skiing, boarding, or hiking boots.

## **Swedish Massage 50 min \$130 80 min \$185**

A classic, relaxing full-body massage, which is not too light or deep, designed to release muscle tension, increase circulation, and promote general relaxation. Choose the 80 minute session to receive focused attention on specific areas of tension: hands, feet, scalp or whatever you feel is important.

## **Chardonnay Massage 50 min \$135 80 min \$190**

Discover the anti-aging benefits of Chardonnay. Feel your muscle tension melt away as your skin is drenched with antioxidants from our Chardonnay grapeseed extract in a nourishing blend of grapeseed, jojoba, and avocado oils.

## **Mourvedre Massage 50 min \$135 80 min \$190**

Saturate your skin with the nourishment of wine, holly oil, pomegranate and black cherry. The hydration experience is unlike any other by merging aromatherapy and vinotherapy to create the perfect massage.

## **Sports Massage 50 min \$135 80 min \$190**

This massage is perfect for the athlete who wants not only a full-body massage, but also knows that he or she requires a great deal of specific work and stretching on a particular muscle group or groups that get over-worked because of a certain sport.

## **Deep Tissue Massage 50 min \$140 80 min \$195**

This full-body massage includes gradually increasing pressure on one or two areas, eventually accessing deeper levels of musculature, recognizing that certain areas withstand more pressure than others. In the 80 minute session your therapist has ample time to sink gradually into the muscle tissue and release deeply locked tension in many different ways.

## **Pre-Natal Massage 50 min \$135 80 min \$190**

Special body cushions that allow you to lie face down and on your side not only aid in total relaxation, but permit our trained therapists to relieve pains only pregnant women know about. This is only recommended for women in their second or third trimester.

## **Sorrento Hot Stone Massage 75 min \$190**

Using heated river stones, this massage treatment provides deep heat at strategic points on the spine, back, hands and feet. Muscles are warmed and relaxed with the combination of expert massage and deep penetrating heat.

## **Aromatherapy Massage 50 min \$135 80 min \$190**

This massage uses pre-blended aromatherapy oils (Mediterranean, Oriental, Arabian, Indian or Tranquility) to balance energy, moods and physiology through inhalation and application to the skin.

## **Table Thai Massage 80 min \$195**

Using a sequential flow of pressure points and stretching, Thai massage encourages the release of blockages and stagnation. One of the oldest forms of therapeutic bodywork, this unique massage is effective for increasing flexibility and fitness. This particular style of Thai massage is done on our massage table, rather than on floor mats. *Please wear comfortable athletic clothing for this treatment.*

## **Couples Massage \$130-195 per person**

Relax and enjoy any of the above massage selections with your partner in our couples room.

## **In-Room Massage 60 min \$185 90 min \$240**

Choose from Swedish, Sports or Deep Tissue massage to be received in the comfort of your own room.

## Massage Add-Ons

### Massage Oil add-on \$5

Aromatherapy or vinotherapy massage oils can be added to any of our massages instead of our unscented oil.

### Hydrotherapy Baths 15 min \$65

Choose from one of our exclusive baths while you relax in our hydrotherapy tub. Inner C, Olavie Chardonnay Bubble Bath, Tranquility Bath (see Body Treatment menu for bath descriptions page 10).

### Aromasoul Scrub 25 min \$90

Inspired by the well being rituals of ancient cultures, each aromasoul treatment begins with the skin smoothing scrub of your choice followed by a botanical crème application to boost skin hydration and protection.

### Lushly Hand and Foot Ritual 25 min \$85

This is an exclusive exfoliating, hydrating and refreshing treatment for hands and feet with tiare flower, inspired by the ancient Polynesian ritual of well-being.

### Vital Leg Apres-Ski Treatment 25 min \$90

Ideal for travelers and those prone to swelling and discomfort in their legs after a day on the slopes. The synergy of active ingredients favor the elimination of impurities, to improve circulation and provide a rebalancing action. Reduces sensations of heaviness, tension, and swelling and brings restored lightness, improved circulation, and luminous skin tone.

## Facials

### Mini Facial 25 min \$95

To cleanse and refresh the face when you're short on time. Good for all skin types: oily, combination, teen, dry and dehydrated.

### Rebalance & Purify Facial 50 min \$140

Deep cleansing treatment with extractions to render the skin fresh and glowing. This is an ideal treatment for oily, depleted impure skin and is also good for reducing inflammation caused by acne.

### d'vine Red White and Rosé Facial 50 min \$140

A spectacular customized anti-aging and toning treatment that exfoliates, tightens and hydrates the skin using powerful grapeseed and red wine extracts.

### Le Vin Chardonnay Signature Facial 50 min \$140

Featuring doctor-grade actives, organic botanicals, and Vita-vino Actif™, this facial delivers moisture, oxygen and antioxidants deep into the dermal layer for immediate noticeable results. Your skin will be detoxified and deeply hydrated for a renewed glow.

### Sorrento Custom Facial 50 min \$140 75 min \$185

A personalized facial that is tailored to your skin type using one of our [comfort zone] skin systems. This facial neutralizes free-radicals and nourishes the tissue, while calming and moisturizing your skin.

### Oxygenating Facial 75 min \$185

With immediate effects, this treatment will greatly increase luminosity and provide both oxygenating and antioxidant action. 95% enriched oxygen is used from Oxygen Plus to help counter the effects of being at such a high altitude.

### Anti-aging Facial 75 min \$185

An intense treatment to exfoliate, revitalize and deeply hydrate the skin while stimulating circulation and cellular activity. The after-effects include; glowing skin, decreased appearance of dark spots and overall more uniform skin appearance.

*Facials continued on the following page*

Facials continued from the previous page

**Gentlemen's Facial 50 min \$140**

This is an active treatment for any gentleman to help contrast wrinkles and expression lines. It favors cellular turnover and re-establishes skin compactness and tone.



**d'vine Men's Red Wine Facial 50 min \$140**

This treatment uses fruit enzymes to gently enhance exfoliation and cell turnover using the d'vine essence antioxidant mask to fight free radicals keeping your skin young.

**Back Treatment 50 min \$140**

This is a great treatment to refresh your back for a formal event or to aid with problematic skin. It's a deep cleansing treatment with an exfoliation and mask application, as well as extractions if needed.

## Facial Add-ons

**Active Pureness Biphasic Algae Mask \$25**

A great balancing/calming mask for all skin types, especially for sensitive and acne or wind burned skin. This mask helps to balance, purify and softens skin for a glowing result.

**Eye Treatment \$30**

A specific treatment to rejuvenate the area around the eyes, attenuating unsightly swelling, dark circles, and expression lines.

**Lip Treatment \$30**

Reduces small lines of the lips and lip contour while immediately nourishing, volumizing and softening the lips.

**Hand Treatment \$25**

A moisturizing and refreshing treatment where we exfoliate then hydrate by using one of our fine [comfort zone] balms.

**Foot Treatment \$25**

A moisturizing and refreshing treatment where we exfoliate then hydrate by using one of our fine [comfort zone] balms.

**Hand and Foot Treatment \$25**

A moisturizing and refreshing treatment where we exfoliate then hydrate by using one of our fine [comfort zone] balms.

**Scalp Treatment \$30**

A truly relaxing treatment where your scalp is massaged with one of our vinotherapy oils to relieve stored stress and tension.

**Paraffin Treatment (Perfect-Sense) 15 min \$20**

PerfectSense™ delivers heat and hydration for soft, smooth skin for hands or feet.

## Waxing

Eyebrow cleanup	10 min	\$20
Eyebrow shape	15 min	\$30
Cheek	10 min	\$30
Lip	10 min	\$20
Chin	10 min	\$20
Brow, Lip, Chin	25 min	\$55
Sideburns	10 min	\$30
Bikini	40 min	\$65
French Bikini	40 min	\$75
Upper Half Leg	50 min	\$60
Lower Half Leg	25 min	\$40
Full Leg	50 min	\$70
Full Leg & Bikini	60 min	\$115
Half Arm, upper or lower	10 min	\$30
Full Arm	25 min	\$55
Underarm	10 min	\$30
Stomach Line	10 min	\$25
Lower Back	10 min	\$35
Full Back	50 min	\$75

# Body Treatments

## Hydrotherapy Baths

### Olavie Chardonnay Bubble Bath 15 min \$65

Enjoy the wonderful aroma of the Chardonnay grape mixed with a fantastic blend of grapefruit and other essential oils while you relax in our hydrotherapy tub. You may follow this with a self application of the Chardonnay oil or lotion to complete the hydration process.

### Tranquility Bath 15 min \$65

An exclusive [comfort zone] bath. Carried out with essential oils, it provides a deep sense of relaxation that makes the hydrotub experience even more special. You may follow this with a self application of the tranquility blend oil to further hydrate your skin after the bath is complete.

### Inner-C Bath 15 min \$65

Experience a sea of relaxation in this hydrotherapy tub experience. Effervescent bath salts contain micronized Hawaiian algae atomized sea water, and silk powder. The care and pleasure continues with a self application of Inner-C body lotion, easy to absorb, elasticizing and silkening due to the combined action of baobab and olive oil derivate.

*Baths can accommodate one or two people without an additional charge.*

## Mud Treatments

### Detoxifying Monticelli Mud 80 min \$190

From an ancient mineral spring in Monticelli, Italy, this rich, creamy mud spiked with aromatherapy oils is applied warm relieving the ache of sore muscles and swollen joints while bestowing systemic balance and renewed energy. Experience the benefits and the pleasure of a true thalasso treatment.

### Revitalizing Firming Mud 80 min \$190

This treatment uses marine sediment mud and essential oils to stimulate the circulatory system, remineralize, and firm the skin. Results include increased energy and circulation.

## Scrubs

### d'vine Pinot Noir Scrub 50 min \$135

With this vinotherapy we use a mild scrub to remove dead skin cells to smooth and soften your skin. Then we infuse hydration with an aromatherapeutic passion-fruit moisturizer.

### Olavie Chardonnay Sugar Scrub 50 min \$135

A full body polish with natural sugars, shea butter, and hand selected oils will be the genesis of glowing and radiant skin. We use Olavie's body moisturizer or body butter for intense hydration and to infuse the skin with essential antioxidants.

### d'vine Wine Salt Glow & Hydration 50 min \$135

The ultimate in Vinotherapy body exfoliation and hydration treatment! Embark on your experience with an exceptional Wine Salt Glow™ freshly prepared by your therapist. The combination of Dead Sea salt and delectable wine, sunflower oil, clove and cinnamon will stimulate and thaw out the cold from your skin. Concluding your treatment; a puréed Pinot Noir moisturizer is applied, that dedicates itself to quenching those thirsty skin cells.

## Wraps

### D-Age Skin Firming Wrap 50 min \$120

With the extraordinary effects of kamani oil from a sacred Asian tree, the skin is reborn. Provided in a penetrating serum, followed by a protective cream, kamani oil along with walnut and bitter orange extracts provide damage reversing cellular renewal and intensive anti-oxidant protection, rendering the skin silky, firmed and restored.

### Organic Veggie Wrap 50 min \$120

A skin soothing and firming mask of botanical extracts including tomato, artichoke and pumpkin provide complete hydration leaving the skin highly nourished, toned and glowing.

### Cellulite Reshaping Treatment 50 min \$135

Essential oils, caffeine, carnitine and other botanical extracts exert a powerful effect on localized cellulite. Immediate effects include a strong heat producing reaction, followed by intense cooling to improve skin elasticity and firmness, while significantly reducing the appearance of cellulite.

## Manicures

### **Honey Hibiscus Manicure 40 min \$65**

This combination soothes the senses for complete relaxation. Experience an aromatic hand soak infused with essential aromatherapy oils. Invigorating exfoliation is applied followed by a hydrating mask and massage cream then finished with a glowing oxygenating hydrator. Great for dry hands!

### **d'vine Bordeaux Manicure 40 min \$65**

A heavenly bliss treatment! The therapeutic ingredients come from plants, fruits, wine and peptides to give you the full benefit of a healthy, smooth and soft skin. This whole treatment will get your senses stimulated with the aroma-therapeutic fragrances.

### **Luminous Hands Deluxe Manicure 40 min \$65**

Concerned with age spots or hyper-pigmentation areas on your hands? Experience an aromatic hand soak then an invigorating exfoliation scrub is applied, followed by a lightening anti-oxidant and oxygenating mask to reduce and prevent dark spots.

### **Olavie Chardonnay Manicure 40 min \$65**

Olavie's concentrated Chardonnay grapeseed extract stimulates and protects fatigued skin and nails from environmental damage. A hand and forearm massage with nutrient rich moisturizers will bring your tired hands back to life and leave them soft as velvet.

### **In-Room Manicure 40 min \$85**

Enjoy the comfort of receiving a manicure in the comfort of your own room.

## Manicures Add-Ons

### **Absolute Pearl cream spf12 \$15**

This cream can be added on to any manicure treatment, a deep impact spot corrector reducing and preventing dark spots and acne scarring.

### **French Manicure \$15**

Show off your hands with clean and elegant white tips.

### **Polish Change 15 min \$20**

Includes filing, buffing of nails and polish.

### **Paraffin Treatment (Perfect-Sense) 15 min \$20**

PerfectSense™ delivers heat and hydration for soft, smooth skin and protection from dry, rough, achy or irritated hands and feet. Ideal for renewal and maintenance, the system ensures your safety with individually sealed treatments. Available in lavender or invigorate aromavapor.

### **Nail decal on two fingers \$6**

### **Nail design on two fingers 10 min \$10**

## Pedicures



### **d'vine Primitivo Pedicure 50 min \$85**

With our intoxicatingly aromatic and healing d'vine vinotherapy products, this pedicure will send you away. The luxurious experience includes a stimulating salt glow exfoliation, the detoxifying Primitivo green clay mask and a deep re-hydration with our Mourvedre oil and Pinot Noir Body cream.

### **Tranquility Pedicure 50 min \$85**

This treatment begins with a tranquility welcome using the tranquility blend oil from [comfort zone]. Your feet will be soaked in a tranquility bath oil, then exfoliated using an aromasoul scrub mixture and finally massaged with tranquility body cream. This will get your feet hydrated, nourished, firmed and relaxed.



### **Olavie Wine Therapy**

#### **Chardonnay Pedicure 50 min \$85**

This pedicure treats your feet to an intoxicating Chardonnay bubble bath followed by an invigorating exfoliation with Olavie's Sugar Scrub. This lavish indulgence ends with antioxidant moisturizers for feet that will look and feel years younger.

### **Healing Water Pedicure 50 min \$85**

Great for skiers and hikers. This treatment begins with a tranquility welcome using the tranquility blend oil from [comfort zone]. Your feet will be soaked in a tranquility Inner-C Gel Bath, then exfoliated using our fruity peel gel, followed with a detoxifying Monticelli mud mask.

### **In-Room Pedicure 50 min \$100**

Enjoy the comfort of receiving a pedicure in the comfort of your own room.

## Pedicure Add-Ons

### **French Pedicure add-on \$15**

Show off your feet with clean and elegant white tips.

### **Polish Change 15 min \$20**

Includes filing, buffing of nails and polish.

### **Paraffin Treatment (Perfect-Sense) 15 min \$20**

PerfectSense™ delivers heat and hydration for soft, smooth skin and protection from dry, rough, achy or irritated hands and feet. Ideal for renewal and maintenance, the system ensures your safety with individually sealed treatments. Available in 'lavender' or 'invigorate' aromavapor.

### **Callus Eliminator Treatment 5 min \$5**

Breaks down calluses in minutes.

## Express Manicures & Pedicures

### **Sorrento Espresso Manicure 25 min \$45**

Includes nail grooming and polish.

### **Sorrento Espresso Pedicure 25 min \$60**

Includes nail grooming, some exfoliation, and polish.

### **Sorrento Espresso Manicure & Pedicure 50 min \$95**

For those that need their hands and feet looking fabulous, but don't have the time, try this session on for size. Includes a quick clean up and polish on your hands and feet.

## Spa Packages

### *Together in Love ~ Assieme in Amore*

**Allow 2 hours \$415**

- 15 min Tranquility Bath for two
- 80 min Couples Swedish Massage

### *Becoming a Mother ~ Diventar' Mamma*

**Allow 4 hours \$380**

- 50 min Pre-Natal Massage
- 50 min Rebalance & Purify Facial
- 40 min Honey Hibiscus Manicure
- 50 min d'vine Primitivo Pedicure

### *Man Time ~ Massaggio Uomo*

**Allow 3 hours \$360**

- 50 min Deep Tissue Massage
- 50 min Red Wine Facial with Scalp Treatment add-on
- 50 min d'vine Bordeaux Manicure

### *The Good Life ~ La Vita Bella*

**Allow 3.5 hours \$400**

- 75 min Sorrento Hot Stone Massage
- 50 min Sorrento Custom Facial
- 50 min Sorrento Espresso Manicure and Pedicure

### *Stay Young ~ Stare Giovani*

**Allow 3 hours \$415**

- 15 min Inner-C Bath
- 50 min D-Age Firming Wrap
- 75 min Anti-Aging Facial with Eye & Lip Treatment add-ons

### *Detoxify Inside & Out ~ Disintossicazione del Corpo'*

**Allow 2.5 hours \$320**

- 25 min Aromasoul Scrub
- 15 min Inner-C Bath
- 80 min Monticelli Mud Wrap

### *Woman's Day ~ Massaggio Donna*

**Allow 3 hours \$415**

- 50 min Aromatherapy Massage
- 50 min Red, White and Rosé Facial with Eye and Lip Treatment add-ons
- 50 min Sorrento Espresso Manicure and Pedicure

*Treatments are performed in the sequence they are listed above.*

## Kids Menu

These treatments are designed for our spa guests under the age of 12. Parents of the children may request to be present in the room during the treatment.

### **Kids Massage 25 min \$75**

Let us introduce your child to the relaxing world of massage. This session is tailored to be an introduction to basic Swedish massage and it's perfect for any kid's first spa treatment.

### **Kids Facial 25 min \$75**

This facial is designed to help your child learn good skin care techniques at an early age. The basic steps of cleansing, toning, treating, moisturizing, and protecting are performed in this treatment to encourage children to learn how to care for their skin.

### **Kids Manicure 20 min \$20**

This treatment includes: nail care treatment, hands soak in bubble bath, massage with your choice of fruity scented lotion, and finish with polish.

### **Kids Pedicure 20 min \$20**

This treatment includes: nail care treatment, feet soak in a bubble bath, a massage with your choice of fruity lotion and finish with polish of your choice.

### **Kids Mani & Pedi 40 min \$45**

This treatment includes: nail care treatment, hands and feet soak in a bubble bath, a massage with your choice of fruity lotion and finish with polish of your choice.

## Kids Add-Ons

### **Nail Decals 5 min \$5**

Designs on two finger nails or two big toes.

*Prices and treatments are subject to change without notice.*