

Massage Therapy

Signature Aromatherapy Massage

Unwind, stimulate or balance yourself with one of our beneficial blends. By combining therapeutic oils and relaxing massage you will be left at ease and tension free.

30mins \$80 60mins \$139
90mins \$189

Customized Massage

Help release muscular tension, improve circulation, ease stress and reduce mental and physical fatigue.

Whether you prefer deep tissue or relaxation, our therapists will consult with you to design the massage that is best suited for your needs.

30mins \$70 60mins \$125
90mins \$175

Couples Massage

Enjoy your customized massage with a special someone in our couple's suite. Relax and unwind with a friend, sibling, partner, parent, or spouse.

60mins \$279 per couple
90mins \$379 per couple

Hot Stone Massage

Experience the warmth and energy of the Basalt Stones. The soothing warm stones are massaged over the body and the heat of the energy stones create relaxation from head to toe.

80mins \$189

Foot & Leg Massage

This treatment commences with a stimulating foot scrub, and a warm towel to cleanse and soothe tired feet. Our therapist will then combine reflex point techniques and massage to rejuvenate your being.

45mins \$90

Head, Neck & Shoulder Massage

For many people, the neck and shoulders are common areas of soreness and tension. Tension in these areas commonly causes stress, headaches and even fatigue.

30mins \$70

**Add the Following to Enhance Your Massage:

Aromatherapy Oil Blends \$10
Tension Relieving Foot Massage \$20
Revitalizing Scalp Massage \$40
Tired Eyes Mask \$40
Mini Facial \$40

Spa & Fitness Facility

All Spa guests are invited to enjoy complimentary use of our facilities:

Sauna
Steam Rooms
Indoor Pool & Whirlpool
Olympic Free Weights
Atlantis Multi-Station
Cardiovascular Equipment
Squash Court
Convenient Lockers
Complete Shower & Vanity Amenities

We offer Yoga throughout the week.

Spa Etiquette

If you need to cancel or change your appointment, please provide 24 hours notice or a cancellation fee will result.

Please arrive 15 minutes prior to your appointment to allow for registration and to enjoy our facility.

Please inform your therapist of any health concerns or allergies prior to your treatment.

Body wraps or scrubs will not be performed on pregnant women, or those with high blood pressure.

As a courtesy to all guests, cell phones and computers are not permitted in the Spa.

For the perfect gift you may purchase one of our Rimrock Spa Gift Certificates.

We are happy accommodate younger spa guests with appropriate treatments (minimum age 10 years). Please talk to our spa concierge about our service offerings for junior spa guests.

Gratuities & Taxes

Gratuities are at your discretion.

GST will be added to prices.

Group bookings are subject to an 18% service charge.

Prices are subject to change without notice.



The RIMROCK
RESORT HOTEL
SPA & FITNESS



Hours of Operation

Spa Treatments: 8:00a.m. - 10:00p.m.

Fitness & Pool Area: 6:30a.m. - 10:30p.m.

Adults only: 9:30p.m. - 10:30p.m.

CANADA & USA 1-888-RIMROCK

Phone: (403)762-1835 Ext. 1

Fax: (403)760-6107

Spa Packages

Take Ten Years Off

Green Coffee wrap
Myoxy-Caviar Facial
Rocky Mountain Pedicure
30 Minute Customized Massage
4 hours \$400

Rocky Mountain Retreat

Hot Stone Massage
Signature Facial
Rocky Mountain Pedicure with Paraffin wax
3.75 hours \$350

The Aroma Escapade

Tropical Escape Crème Fraîche Body Wrap
60 Minute Signature Aromatherapy Massage
Revitalizing Scalp Ritual
2.25 hours \$260

Serenity Package

One hour Customized Massage
Revitalizing Scalp Ritual
Radiant Express Facial
1.75 hours \$200

The Perfect Spa Package for Two!

60 Minute Couples Massage
Rocky Mountain Pedicure
Rimrock Manicure or Men's Manicure with Paraffin
3 hours \$250 per person

Create a customized spa package of 3 or more services and receive a 10% discount. All packages are per person and must be completed on the same day and are subject to availability. No substitution on packages. Please allow time for relaxation between services.

Facial Treatments

Pevonia unites the finest natural marine and botanical ingredients to deliver outstanding skin health, radiance and rejuvenation.

Myoxy-Caviar Facial

The ultimate defense against aging. This intense anti-aging treatment offers luxury to the skin with pure caviar extract, pearl extract and marine collagen. Counteract the imprint of time to reveal a youthful, healthy complexion. Relax as your skin becomes as smooth as a pearl.

75mins \$180

Advanced Facial

Pevonia will provide a full facial experience with more infused ingredients using our luxurious rubber peel or hard lift off masks. Whether your skin needs oxygen, Vitamin C, elastin or strengthening for that very sensitive skin; our advanced masks will give you the extra benefits your skin needs.

75mins \$160

Signature Facial

This classic facial uses all natural plant and essential oil extract from Pevonia Skin Care and relates to skin specific needs. This experience is complete with a deep cleanse, exfoliation, extractions, relaxing massage and absolute nourishment.

60mins \$120

Radiant Express Facial

Restore your natural radiance with this refreshing facial. A combination of natural products, exfoliation, steam and vitamin packed layers will leave your skin glowing in no time.

30mins \$70

Spa Teen Facial

This vitamin enriched facial will tantalize your senses while offering a boost of hydration as well as soothing and repairing the delicate skin of our younger spa guests (10-19 years).

30mins \$60

Your aesthetician will help you design a homecare routine to continue the benefits of your treatment after you leave our spa.



Body Wraps and a Vichy Experience

Green Coffee Wrap

This Cellulite treatment will increase circulation while specialized green coffee products reduce water retention helping improve overall elasticity and appearance of the skin.

75mins \$170

Moor Mud Wrap

Detoxify and re-mineralize with our darkest mud. The moor mud is potent in vitamins, minerals and amino acids and will relieve a tired, sore body. This wrap is great for coming off the mountain.

75mins \$145

Spirulina Wrap

Our Algae wrap is a smooth, silky mud that will eliminate toxins and revitalize the skin. The high content of trace elements and minerals will help to stimulate the skin's metabolism, leaving a healthy glow.

75mins \$145

Tropical Escape Crème Fraiche Body Wrap

Drenched with papaya and pineapple, this tropical wrap is enriched with natural butter, calcium and a high content of Vitamin A. Blended with potent anti-aging collagen and elastin this luscious formula glides smoothly all over the skin. The skin is deeply nourished and rejuvenated.

60mins \$130

Body Bronzing Self Tanning Treatment

Enjoy a healthy tan throughout the year. To ensure even application we start off with a full body exfoliation. This chemical free self-tanning solution is applied leaving the skin with an even glowing tan.

45mins \$115

Aromatic Salt Glow

Glow is the key word for this deep cleansing exfoliating treatment. Using an anti-stress sea salt and mineral aroma blend, your skin will be left smooth and impurity free.

45mins \$95



Hand & Foot Care

Rimrock Manicure

Experience the ultimate in hand pampering. This service includes our signature soak, and intense nail and cuticle therapy. A rejuvenating scrub, hand and arm massage, and an O.P.I. color will complete your manicure.

60mins \$65

Rocky Mountain Pedicure

Treat yourself to mountain views and revitalized feet. Soak your feet in our warm jet baths followed by nail, cuticle and callus therapy. A stimulating scrub and massage are completed with beautiful toes.

60mins \$85

Spoil Your Feet

The best part of any pedicure is the massage. Upgrade your pedicure and increase the massage time

15mins \$20

Paraffin Wax

Add Paraffin wax to any manicure or pedicure and feel as the heat penetrates softness into the skin, helps relax muscles and soothes arthritic joints.

\$20

Polish Change

Nails will be cut, filed and polished with O.P.I.

\$25

Add a French Finish to any manicure or pedicure

\$10

Aesthetic Services

Brow Wax	\$18.00	Chin	\$15.00
Lip	\$15.00	Face	\$45.00
Underarm	\$24.00	Arm	\$35.00
Back / Chest	\$55.00	Bikini	from \$35.00
½ Leg	\$40.00	Full Leg	\$60.00
Basic Bikini & ½ Leg	\$65.00	Basic Bikini & Full Leg	\$80.00
Brow Tint	\$18.00	Lash Tint	\$25.00
Brow & Lash Tint	\$40.00	Brow Wax with Brow & Lash Tint	\$55.00

Spa Services for Men

Men's Manicure

This experience starts with a soak, followed by nail and cuticle clean up finished with a stimulating hand scrub & massage

30mins \$45

Men's Sport Pedicure

Soak your tired feet in a stimulating footbath. After your nail, cuticle and callus therapy, your esthetician will apply a peppermint scrub and menthol mask. To finish you'll have a tension relieving massage.

60mins \$75

Men's Facial

Pevonia has created wonderful products to suit men's common needs. This deep cleansing facial includes an exfoliation, extractions, a mask and relaxing arm and neck massage. Finish with a moisturiser which will leave your face hydrated and glowing.

60mins \$120

Spa Package for Him

Men's Facial

Aromatic Salt Glow with Scalp Ritual

30 Minute Customized Massage

Men's Sport Pedicure

3.5hours \$340

We encourage men to try all our other services and packages including the package for two.

Service Enhancements

Add the following to Enhance your Experience

Revitalizing Scalp Ritual

This deep conditioning treatment is massaged into the hair and scalp, restoring health and shine. A great addition to any facial, massage or Vichy treatment

15mins \$40

Relieve Your Feet

Boost any facial or massage treatment with this tension relieving experience combining warm towels and a moisturizing massage.

15mins \$20

Mini-Facial

Complete your Vichy treatment or massage with an aromatic cleanse, exfoliation and vitamin packed finish will restore your natural radiant skin.

15mins \$40

Refresh Tired Eye

Refresh your eye area and help with dehydration and puffiness with our specialty Ginkgo Bilobo eye mask. A great addition to any facial, massage or Vichy treatment.

15mins \$40

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