

THE SPA AT THE BROADMOOR



IF YOU'VE BEEN HERE, YOU KNOW.™



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If you've been here, you know...

The Spa at the Broadmoor is an extraordinary experience—where your appointment becomes an escape, and your visit becomes a tradition.

We highly recommend the combinations on the next page. They encompass a wide variety of indulgent delights designed to help you look and feel your best.

We also encourage you to explore the entire menu to find a treatment combination that's perfect for you.

Hydrotherapies can be viewed on page 3,
Massage and Body Services on page 4,
Skin Treatments on page 5,
Beauty Services on page 6,
Children's Services and Bridal Beauty on page 7,
Men's and Fitness Services on page 8,
and a list of
Frequently Asked Questions is on pages 9 and 10.

To create your ideal Spa experience, please dial 5770 from within the hotel. From off-property, please dial 719.577.5770 or toll-free 866.686.3965.



We look forward to welcoming you to the
Spa at the Broadmoor.

COMBINATIONS

The prices listed for our signature combinations are inclusive of a customary 20% gratuity.

Fountain of Youth \$568

Everyone's searching for the mythical secret to eternal youth. This 4 1/2-hour combination will be completely customized by your esthetician to meet your needs.

- Hydrating Tub Soak
- Anti-aging Body Treatment (customized)
- Anti-aging Facial that may include non-surgical facelift, appropriate exfoliation (possibly a peel or Vibraderm service), or oxygen facial treatment.
- 50-minute makeup application inclusive of a \$40 makeup credit

Wine Down \$462

Relax and enjoy the antioxidant benefits of wine, inside and out. Our wine therapy line harnesses the antioxidant power of chardonnay grape seed extract. Anti-aging, hydrating and fragrant, these are some of our most popular services; together here in a 4-hour treatment extravaganza.

- 30-minute wine therapy sugar scrub for the body
- 50-minute Swedish massage with Olavie wine therapy oil
- Olavie wine therapy 50-minute manicure & 65-minute pedicure, accompanied by a glass of wine

Girls Gone Spa \$426

Everyone needs an escape from everyday stressors. This 3-hour combination will help rejuvenate and refresh you!

- 70-minute Broadmoor Bliss massage
- 50-minute customized facial
- 50-minute makeup application inclusive of a \$40 makeup credit

The Bare Necessities \$222

When time is of the essence, but you still want to do it all, this combination allows you to experience our signature hydrotherapy service, a short massage, and very effective facial, all in just over an hour.

- Serenity Shower
- 30-minute Express Massage
- 30-minute Vitamin Infusion facial

The Sound of Music *30/50 minutes; \$ 96/144*

Experience music in a whole new way—through Acoustic Resonance Sound Immersion. Relax in our So Sound chair and experience music as it plays through the headphones and resonates through the structure of the chair. We have a wide variety of music available from which you may choose, or you may bring your own MP3 player to enjoy.

Acoustic resonance sound technology can be experienced in any of our dry massage, body, or facial treatments, so feel free to bring your personal MP3 player with you to enjoy during your Spa service.



WATER

The word “spa” is believed to come from a Latin expression meaning “health through water.” Ancient civilizations believed in the power of water to heal, and water has always been a significant aspect of Spas. The Spa at the Broadmoor offers several hydrotherapy treatments that you may choose to enjoy before another Spa service, at the conclusion of your Spa experience, or all on their own.

Herbal Bath Soak



*\$35 a la carte;
\$15 if accompanied by another
Spa service*

Soak in our deep, relaxing tubs—choose from aromatherapy bath soaks or salt soaks. Scent options include:

- Lavender
- Orange & Linden Blossom
- Rosemary
- Spruce
- Eucalyptus
- Almond Blossom

Signature Shower

*\$35 a la carte;
\$15 if accompanied by another Spa service*

Our signature hydrotherapy service features 18 shower heads that mimic a warm, vibrant waterfall cascading over your body. Truly a once in a lifetime experience!



DIY Bath Bar

\$25

Sometimes you just need a little “you” time. For those who prefer to spend a bit longer enjoying the bathing ritual, we’ve created our Do It Yourself Bath Bar. We’ll provide a soaking tub, body scrub, bath soak, and hydrating lotion in a scent of your choice, then leave you alone for 30 minutes to relax and pamper yourself.

For your convenience, a customary 20% gratuity will be added to your Spa invoice.

MASSAGE AND BODY

If You Have 30 Minutes...

- Blackberry Burnout** Focuses entirely on the overused muscles of your hands and forearms. Leave your Blackberry at home!.....\$ 80
- Express Massage** For our time conscious guests, where the pressure and focus is adjusted according to your needs.....\$ 90
- Wine Therapy Sugar Scrub** The best kind of therapy—your body will be gently exfoliated with an antioxidant wine therapy sugar scrub, then rinsed clean by an overhead shower.\$ 90
- Broadmoor Duet** This incredibly indulgent service is conducted by two therapists. One therapist will provide a scalp, neck, & shoulder massage, while a second provides a therapeutic foot and lower leg massage.....\$170

If You Have 50 Minutes...

- Swedish Massage** Focuses on relaxation using light to medium pressure.\$135
- Broadmoor Bliss** Featuring our signature body care line, this service incorporates a variety of massage techniques.\$140
- Mountain Showers Massage** Performed under an overhead shower, this unique body treatment includes a relaxing rinse, hot stone massage under warm showers, full body exfoliation with a special honeycomb mitt, and an application of hydrating oil. This is a multi-sensory experience that leaves you refreshed and invigorated.....\$145
- Deep Tissue Massage** Focuses on muscle therapy, perfect for those who prefer deeper work.\$150

If You Have 70 Minutes...

- Swedish Massage** Focuses on relaxation using light to medium pressure.\$175
- Broadmoor Bliss** Featuring our signature body care line, this service incorporates a variety of massage techniques. Our 70-minute version includes an exfoliation and mask for the hands and feet.\$180
- Deep Tissue Massage** Focuses on muscle therapy, perfect for those who prefer deeper work.\$190
- Hot Stone Massage** Warm stones are used to massage & relax the muscles.\$190
- Ashiatsu Deep Therapy** Performed by a therapist who uses their bare feet to manipulate your muscles. Traditional work with hands in select areas is also included\$190

If You Have 90 Minutes...

- Swedish Massage** Focuses on relaxation using light to medium pressure.\$225
- Deep Hot Stone** Extended version of our hot stone massage that allows for additional deep work with the hands.....\$230
- Magic of the Silk Route** Inspired by the historic Silk Route, this service draws on techniques and spices from Thailand, India and China. Includes cinnamon gel massage for hands and feet; oriental oil application to the scalp; full body exfoliation with cardamom and nutmeg spice; warm Vichy shower; relaxing massage; and a firming silk wrap that leaves the skin hydrated and soft.\$235

If you would like to experience massage with someone special in our luxurious couples room...

- Couples Swedish**.....50/70/90 minutes \$270/350/450
- Couples Deep**50/70 minutes \$300/380

For your convenience, a customary 20% gratuity will be added to your Spa invoice.

SKIN

If You Have 30 Minutes...

Essential Extraction Although extractions are included in all of our full length facials, this service is for those who prefer the focus to be primarily on extractions.\$ 85

Vitamin Infusion Facial A highly effective facial which utilizes special technology that allows vitamins to penetrate inner layers of skin. Treats all skin types and conditions, including dry, mature, damaged, acneic, and rosacea.\$ 90

The Perfect Peel This lactic acid peel provides a deep exfoliation to reveal smooth, radiant skin.\$ 90

If You Have 50 Minutes...

Customized Facial Deep pore-cleansing and appropriate for all skin types. It includes a brief skin analysis, cleansing, extractions, an exfoliation, mask, finishing skin treatment, brief shoulder and neck massage and a treatment for hands and feet.\$135

Customized Intraceuticals Oxygen Facial This cutting-edge facial delivers oxygen under hyperbaric pressure to infuse an active serum to the deeper layers of the skin. You'll choose from: *Rejuvenate*, which deeply infuses a cocktail of vitamins and anti-oxidents into the skin, providing instant hydration, improved firmness and a noticeable lift; *Brightening*, which renews skin's radiance and treats the cause of uneven skin tone while revealing a healthy glow; and *Clarity*, which addresses blemishes caused by hormonally challenged skin.\$165

Vibrant Vibraderm A vibrating paddle exfoliates dead skin cells, improving skin's tone and texture.\$195

If You Have 70 Minutes...

Luxe Facial Completely customized to each guest's skin type; includes an in-depth skin analysis, cleansing, extractions, double or triple exfoliation, mask, finishing treatment, lymphatic drainage massage designed to tone skin's appearance, neck and shoulder massage and a treatment for hands and feet.\$195

Body Beautiful Your skin will be exfoliated and hydrated with decadent, skin-renewing body products. Also includes a brightening face massage.\$200

Non-Surgical Facelift Micro-current is used to stimulate facial muscles and re-educate them back to their original shape. Provides a more lifted, toned appearance. For best results, we recommend receiving a Peel with this service.\$200

Age-defying Oxygen Facial All the benefits of the *Rejuvenate* Oxygen Facial with the addition of a natural peptide proven to improve skin's elasticity and soften common expression lines. Designed to smooth the forehead, refine eye countour and immediately plump and smooth lips.\$210

If You Have 90 Minutes...

Pearl Glow Body Therapy & Facial Detoxifying & hydrating treatment includes a body exfoliation with pearl powder, a body wrap and a brief black pearl facial. The result is more toned, hydrated, glowing skin ...\$230

Body & Sole Vibraderm Picks up where the Vibraderm face treatment leaves off—deep exfoliation for the rest of your body, followed by an infusion of hydrating body products. Also includes a brief anti-aging treatment for your face. Perfect alone or paired with the Vibraderm face treatment.\$230

Customized Intraceuticals Oxygen Facial Extended version of our Customized Intraceuticals Oxygen Facial that also includes the neck, décolleté and hands.\$250

**Beautiful results can be experienced from one Oxygen Facial, Vibraderm treatment or Non-Surgical facelift, but a series of these treatments is recommended for more lasting results.*

For your convenience, a customary 20% gratuity will be added to your Spa invoice.

BEAUTY

NAILS

Spa Manicure All of our manicures are 50 minutes in length and include a therapeutic soak, exfoliation, hydrating paraffin treatment, relaxing massage, cuticle work, nail shaping and polish of choice. Choose from a seasonal menu at the start of your service to determine which indulgent products are used.\$ 80

Spa Pedicure Our pedicures are a pampering 65 minutes and include a therapeutic soak, exfoliation, hydrating paraffin treatment, relaxing massage, cuticle work, nail shaping and polish of choice. Choose from a seasonal menu at the start of your service to determine which indulgent products are used. Pedicures also come with a complimentary beverage.\$ 100

HAIR

Lady's Cut with shampoo, condition, and style.....\$ 75/85/95

Lady's Style with shampoo, condition, and blow dry, flat iron, or roller set.\$ 60/70/80

Lady's Updo on dry hair for a special occasion look\$ 90

Highlights/Lowlights with style\$170/190/220

Color Treatment with style.\$140/150/160

Color with Highlights/ Lowlights with style\$190/220/250

Hair & Scalp Treatment hair masque, protein treatment, or gloss with style.....\$100

Add Cut or Hair & Scalp Treatment to other full length hair service.\$ 50

Bang or Beard Trim\$ 20

MAKEUP

Mineral Makeup Makeover Our pure mineral makeup contains sun protection, vitamins, anti-oxidants, peptides, and other skin "treatments" that make it a continuation of good skincare. Our experts will spend 50 minutes with you teaching you special application techniques to help you achieve your desired look. Price includes a \$40 credit towards purchase of makeup.\$ 60

WAXING

Brow.....\$ 25

Lip, Chin, or Cheek.....\$ 20

Bikini (Brazilian technique not available)\$ 55

Legs lower half/entire leg.....\$ 60/100

Back\$ 75

Underarm\$ 30

TANNING

Mystic Tan in our automated spray booth provides a safe, healthy glow.\$ 35

For your convenience, a customary 20% gratuity will be added to your Spa invoice.

JUST FOR KIDS

To preserve the serenity of the third floor and the privacy of our guests, the amenity area and locker rooms are reserved solely for adults 16 and older. Children 15 and under may enjoy their services in the Salon on the second floor, or will be led directly to their treatment room on the Spa's third floor.

Kids 11 and Younger

Junior Manicure 15 minutes/**Pedicure** 30 minutes. This indulgent pedicure includes a delicious milkshake.\$ 35/40

Junior Hair Cut & Style 30 minutes.....\$ 45

Princess Updo 30 minutes.....\$ 65

Guests 12-15 Years of Age

Extreme Express Massage 30-minute massage that focuses on head, neck, arms, legs, hands and feet.\$ 85

Teen Ice Cream Manicure 30 minutes/**Pedicure** 30 minutes. This indulgent pedicure includes a delicious milkshake\$ 50/60

Skin Clarity Oxygen Facial 50-minute service uses blemish-fighting technology to address hormonally-challenged skin..\$165

Teen Facial & Lesson A 50-minute customized service especially for teens. Our estheticians will provide education and answer questions on proper skincare techniques.....\$130

Teen Fundamental Facial & Lesson This 30-minute facial using our Vitamin skincare line includes skincare education and tips.\$ 85

Teen Facial & Makeup Lesson This 50-minute service will include a facial, skincare tips and advice. Then our experts will provide makeup tips and an introduction to our "good for your skin" mineral line. Unlike most makeup, this line helps treat and prevent skin conditions while also providing coverage and sun protection.....\$140

BRIDAL BEAUTY

The Spa at the Broadmoor specializes in bridal hair and makeup. We can provide beauty services either in our Salon or in our guest rooms. Please contact us for assistance customizing your bridal party experience.



SALON PRICES

Big Day Beauty Infusion 50/70 minutes. Perfect the day before or the day of the wedding, this oxygen infusion is a must for brides who want plumper, lifted, glowing skin. Also provides a smooth, beautiful canvas for your wedding makeup.\$165/210

Pre-wedding makeup 50 minutes.....\$ 40

Wedding makeup 50 minutes\$ 60

Pre-wedding updo 50 minutes.....\$ 50

Wedding updo 70 minutes.....\$ 90

For your convenience, a customary 20% gratuity will be added to your Spa invoice.

ESPECIALLY FOR MEN

All of our services are crafted to suit the needs of both ladies and gentlemen. This section addresses male-specific grooming basics.

- Gentleman's Facial** 50-minute facial designed just for gentlemen. Includes exfoliation, mask, extractions, neck and shoulder massage and hand and foot treatment.\$135
- Gentleman's Manicure** 30 minutes\$ 55
- Gentleman's Pedicure** 50 minutes. Includes glass of wine or beer..\$ 85
- Gentleman's Cut** with shampoo, condition, & style.\$ 40



FITNESS

- Personal Training** 30 or 50 minutes.....\$ 55/75
- Body Composition Analysis** Measures your muscle to fat ratio\$ 45
- Fitness Evaluation** Our BSDI measures the full range of your body's fitness.\$100
- Metabolic Testing & On-Line Meal Planning** Includes measurement of your metabolic rate & access to a wellness web site that provides customized meal plans.\$100
- One-on-One Pilates Reformer Session**\$100
- Guided Hikes or Mountain Biking**\$ 30 per person, per hour
- Fitness Classes** Pilates, Yoga, Spinning, Aqua, Ball, Body Bar, Muscle, Stretch and Core with Balance or BOSU Balls. Class schedule is updated weekly and can be found at the fitness desk, online at www.broad-moor.com or in the Bedtime Stories placed in-room at turndown.\$ 20 per person, per class
- Guided Relaxation** Mental fitness is symbiotic with physical fitness. This computer-based program teaches you to quiet the mind, release physical tension, and balance your breath. 50 minutes.....\$ 75

Our fitness center is open daily from 5:30 am to 9:00 pm and is reserved for guests 18 or older. 16 and 17-year olds may use the fitness center only with parental consent and adult accompaniment.

For your convenience, a customary 20% gratuity will be added to your Spa invoice.

FREQUENTLY ASKED QUESTIONS

How and when should I make my Spa appointments? Spa reservations may be made online at www.broadmoor.com (this is for a request only and should be done at least 72 hours prior to your visit) or by calling the Spa directly at 866.686.3965. We encourage you to schedule your Spa services well in advance of your visit to ensure the widest selection of treatments and appointment times. Spa appointments must be held to a credit card or a hotel reservation confirmation.

What is the Spa's cancellation policy? We respectfully ask that you give the Spa a minimum of 24 hours notice if you must cancel an appointment. The full service(s) cost will be charged for any late cancellation or no-show appointment.

How should I tip my therapist? For your convenience, we will add a customary 20% gratuity to your Spa invoice.

What time should I arrive for my Spa service(s) We ask that you arrive at least 30 minutes prior to the start time of your first scheduled service. This will allow you time to check in at the desk, change into your robe and sandals and complete a Health History Questionnaire.

What if I'm late? Arriving late will limit the time for your treatment, lessening its effectiveness and your enjoyment. As your service was reserved at a specific time, your treatment will end at its set time so that the next guest is not inconvenienced and the full treatment price will apply.

What should I bring to the Spa? We will provide you with a warm robe and sandals to wear during your Spa experience. We also have lockers for you to leave your personal belongings in during your time at the Spa. Because we cannot be responsible for lost or damaged items, we request that you do not bring any valuables to the Spa.

What should I wear during my massage? We will provide you with a robe to wear throughout the Spa. During your service, you will be professionally draped at all times. You are not obliged to wear anything under your robe or during your service. Some guests prefer to leave their undergarments on or wear a bathing suit during massage services. Please feel free to do what feels most comfortable to you.

What should I wear into the sauna and steam rooms? Because the sauna and steam areas are not co-ed, many guests choose to wear nothing into the sauna and steam rooms. Some guests wear their robes or wrap up in towels. Others choose to bring their bathing suits to wear in these areas. Please feel free to do what feels most comfortable to you.

What amenities are available at the Spa? Both the ladies' locker area and the men's locker area boast a dry sauna, steam room, aromatherapy room and Fireplace Lounge. Additionally, there is a co-ed Mountain View Room that overlooks the Broadmoor golf course and the foothills beyond. Spa guests are welcome to relax in any of these areas and enjoy the light refreshments (water, tea, and fruit).

Is use of the pool and Fitness Center included in the cost of my Spa service? Use of the pools and Fitness Center is reserved for hotel guests and Broadmoor Golf Club Members.

What are the Spa's hours? The hours of the Spa vary according to the season. Please check with the Spa or the hotel's concierge desk for current hours.

Can I order lunch at the Spa?

The Spa does not permit food or alcohol to be brought onto the 3rd floor where our massages and body services are performed.* There is a Spa Pool Café located on the 2nd floor by our indoor pool. The hours of the Spa Pool Café vary according to the season. Guests are welcome to order food from the Spa Pool Café and enjoy poolside dining on the 2nd floor. Because this is a very casual environment, Spa guests are welcome to visit the 2nd floor in their Spa robes. *Snacks are available in the Mountain View Room.

What about alcohol? For safety reasons, alcohol is not served on the 3rd floor of the Spa. We do not recommend excessive consumption of alcohol before or after massage or body treatments, as the detoxifying effects of these services can contribute to the dehydrating effects of alcohol. The Spa reserves the right to re-schedule services for guests who appear to be intoxicated.

Can I bring my kids to the Spa? As the Spa is an adult area, we respectfully request that guests do not bring their children to services with them. The 3rd floor of the Spa, which includes the amenities area and locker rooms, is reserved for adults 16 and over. We do offer children's services (see the Spa menu), which are performed in the salon on the 2nd floor or if performed on the 3rd floor, the child will be led directly to the treatment room.

Can I request the gender of my therapist? Please let us know of any gender preferences when reserving your services. Some treatments are performed in wet rooms in the separate amenities areas, and thus are gender specific. Please know that all of our therapists are licensed professionals and will do everything in their power to make you feel comfortable during your spa services.

Should I shave before my services? We recommend allowing several hours between shaving and receiving any service that involves an exfoliation (body services, scrubs, gentlemen's facial) to decrease the risk of skin irritation or discomfort.

What are my responsibilities as a guest? Please advise our staff of any special requests, sensitivities or allergies, if you are pregnant, nursing or taking any medications. We will use this information to keep you comfortable and safe throughout your Spa experience. Please notify us of any discomfort or preferences regarding room temperature, music volume or massage pressure during your Spa experience.

If I'm pregnant, what services can I receive? Expectant guests may receive any nail, hair or makeup services, and facial services that do not include a peel or Vibraderm. Once you are safely into your second trimester, pregnant guests may receive a prenatal Swedish massage. Most expectant moms can also enjoy hydrotherapies. We recommend that you check with your physician before booking any Spa services. We will not perform wraps, hot stone services or deep tissue work on expectant guests.

What if I have special medical conditions?

We recommend that you check with your physician before visiting the Spa. Please notify the Spa of any special needs or concerns when you book your services. Your therapist will also briefly review your health history with you before beginning your service. If (s)he believes that the service you are scheduled for is unsafe based on any information given, (s)he may recommend canceling the service, booking another service or modifying the service to make it safe for you. As we are most concerned about your safety and comfort, the Spa reserves the right to refuse service to any guest at any time

Where is the Spa and where should I park?

The Spa is located on the 3rd floor of the Golf Club building, at the southeast corner of the Broadmoor property. You may park in the parking garage located under the Broadmoor Hall located on Lake Avenue, or you may valet park at the main entrance of the hotel. Shuttles are available on property to drive you to the Golf Club building.

What else do I need to know? Colorado Springs is located at an altitude of 6,008 feet, which can affect those guests who are visiting from lower altitudes. We recommend that you drink plenty of water, limit or avoid alcohol and get plenty of rest to minimize the effects of the altitude. We also recommend wearing sunscreen while outdoors. If you become disoriented, dizzy or ill at any time during your stay, the Broadmoor's paramedics are on call 24 hours a day.



For reservations:

From within the hotel, dial 5770.

From off-property, dial 866.686.3965.

Visit our website at www.broadmoor.com

In keeping with our priority of reducing the Spa's environmental footprint wherever possible we strive to meet the following initiatives: conserve energy and water resources; use materials that can be recycled, follow recycling practices and continuously look for effective ways to minimize waste; partner with environmentally conscious vendors; use environmentally friendly cleaning products; and are open to learning and adopting new and environmentally friendly strategies and techniques. To help us better meet our goal please consider recycling this brochure by returning it to the spa, passing it on to a friend or recycling it with other paper products.

THE
BROADMOOR
COLORADO SPRINGS

One Lake Avenue
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www.broadmoor.com