

SPAS OF THE RITZ-CARLTON

Abama	Half Moon Bay	Powerscourt (ESPA)
Amelia Island	Istanbul	Reynolds Plantation
Bachelor Gulch	Rose Hall, Jamaica	San Juan
Bahrain	Kapalua	Sanya (ESPA)
Barcelona (Six Senses)	Key Biscayne	Sarasota
Beijing	Laguna Niguel	Sharm El Sheikh
Beijing, Financial Street	Lake Las Vegas	Sharq Village & Spa (Six Senses)
Cancun	Lake Tahoe	Shenzhen
Dallas	Los Angeles	South Beach
Denver	Marina del Rey	St. Thomas
Doha	Moscow (ESPA)	Tokyo (ESPA)
Dove Mountain	Naples	Villa Padierna
Dubai	New Orleans	Westchester
Fort Lauderdale	Orlando, Grande Lakes	
Grand Cayman (La Prairie)	Palm Beach (EAU Spa)	
Guangzhou	Penha Longa (Six Senses)	

BOUTIQUE & DAY SPAS OF THE RITZ-CARLTON

Berlin (La Prairie)	Georgetown	Tysons Corner
Charlotte	New York, Central Park (La Prairie)	Wolfsburg
Coconut Grove, Miami		

THE BACHELOR GULCH SPA AT THE RITZ-CARLTON
0130 Daybreak Ridge, P.O. Box 9190 • Avon, Colorado 81620 USA
tel: 970-343-1138 fax: 970-343-1126
www.ritzcarlton.com/bachelorgulch

0113/??????/??

THE RITZ-CARLTON
[BACHELOR GULCH, COLORADO]



THE RITZ-CARLTON SPA®



The Bachelor Gulch Spa at The Ritz-Carlton embodies true Rocky Mountain Luxury – naturally beautiful surroundings capped by personal service and discreet attention. Our extensive menu of therapeutic and fitness services has been formulated to meet the specific needs of our active and discerning clientele.

Here, skin prescriptions, touch therapies, indigenous remedies and water cures fuse in an exceptional approach to relaxation and rejuvenation. Caringly crafted treatments and programs are offered in a soothing, nature-inspired setting, where guests are invited to indulge in a variety of experiences created with essential characteristics that are uniquely beneficial in the Colorado climate.

BACHELOR GULCH SPA PACKAGES

The Bachelor Gulch Spa

Signature Package

- 60-minute Signature Massage
- 60-minute Signature Facial
- Signature Manicure and Pedicure

Allow up to four hours

The Romance Package

- 90-minute Close-to-You Massage
- Couples Signature Copper Tub Soak
- Champagne or Mimosas for two

Allow up to three hours

The Bachelor Gulch Spa

Sampler Package

- 45-minute Rosemary and Sage Salt Scrub
- 30-minute Signature Massage
- 30-minute Signature Facial

Allow up to two hours

The Mountain Man Package

- 60-minute Signature Massage
- 60-minute Signature Facial
- Mountain Man Hand and Foot Grooming

Allow up to three hours

Mountain Spa Mornings

SUMMER - Available July through September, this outdoor experience begins at 8:00 a.m. with a 90-minute guided hike through scenic Bachelor Gulch to the historical Anderson's Cabin. The invigorating morning hike is followed by a rejuvenating outdoor Private Yoga session and culminates with a nurturing 60-minute outdoor massage. Allow up to four hours

WINTER - Available December through March, this mountain adventure begins with a 90-minute snowshoe hike through scenic Bachelor Gulch. Upon return to The Bachelor Gulch Spa, a Private Yoga session and 60-minute Bachelor Gulch Signature Massage completes this winter journey. Allow up to four hours

"Mountain Spa Mornings" are available for two to four guests seasonally, and trail snacks and bottled water are provided. For enhanced benefits, a 20-minute Oxygen Lounge session is included and may be enjoyed before or after the experience.





RENEW

SKIN THERAPY

Bachelor Gulch Signature Facial -

This organic experience, designed for either a lady or rugged mountain man, will cleanse, nourish and renew the skin, leaving it healthy and younger-looking. 30, 45, 60 and 75 minutes

Platinum Restore Facial with Shirodhara -

The ultimate facial experience. This indigenous treatment, including an anti-aging hand peel and an Ayurvedic Shirodhara Scalp Massage, reveals your ageless radiance and leaves you with a renewed look. 90 minutes

Vitamin C Rescue Facial - Benefiting from the restorative elements of Vitamin C, a powerful antioxidant scientifically proven to increase collagen production, this age-preventative treatment helps to repair and revitalize skin. 60 and 75 minutes

The Illumination Facial - Using carefully formulated ingredients, this highly effective treatment for all skin types targets hyper-pigmentation to repair the uneven appearance of sun-damaged skin and restore a radiant complexion. 60 minutes

Transformation Resurfacing Facial -

Designed to promote optimal skin health, this resurfacing treatment instantly minimizes the appearance of fine lines and wrinkles and repairs discoloration and blemished skin. 30 and 60 minutes

Oxygen Rejuvenation - This revolutionary skincare treatment delivers moisture, vitamins and antioxidants via cooling and calming topical hyperbaric oxygen, resulting in luminous hydration and visible age-defying results. Enhance your experience with your choice of the following Oxygen Boosters: Antioxidant, Collagen, Vitamin A, or Vitamin C. Upgrade to the 75-minute Oxygen Rejuvenation with Atoxylene which targets fine lines and wrinkles for instant and sustainable results. 60 and 75 minutes (with Atoxylene)

River Stone Back Facial - An essential treatment prior to any special event, this deep-cleansing exfoliation of the back is followed by a purifying mask to detoxify skin and release muscle tension. 60 minutes

ESSENTIAL ENHANCEMENTS:

- Preventative Eye and Lip Treatment
- Glycolic Resurfacing
- NuFace Micro Current

**Please refer to the Pricing Menu for available Waxing Services*

TOUCH THERAPY

Bachelor Gulch Signature Massage -

Designed to leave you energized and ready for the day, this therapeutic massage is personalized with firm, medium or light pressure to relieve stresses and strains related to travel or change of environment. 30, 45, 60, 75 and 90 minutes

Close-to-You Massage - A massage enjoyed side-by-side with your special someone, this experience may be enhanced with a Bachelor Gulch Signature Copper Tub Soak for two. 60, 75 and 90 minutes

River Stones Therapy - Stress melts away as essential oils and heated river stones from the Rocky Mountains ease muscle tension. This experience may also be offered as a couples massage. 75 and 90 minutes

Hot Herbal Poultice - This deep-heat, medicinal muscle treatment incorporates Royal Thai massage, hot poultices and aromatherapy to alleviate sore muscles, ease back and joint pain, reduce stress and renew energy. 75 minutes

Mountain Raindrop Therapy - This therapy is the sequential application of essential oils, dispersed as lightly as our Colorado afternoon showers, to reduce inflammation along the spinal column and assist the body in releasing toxins. 75 minutes

Additional Touch Therapy Modalities - Reflexology, Thai, Ashiatsu, Shiatsu, Lymphatic, Sport, Cranio Sacral, Accutronics and Lomi Lomi

MATERNITY TOUCH THERAPY

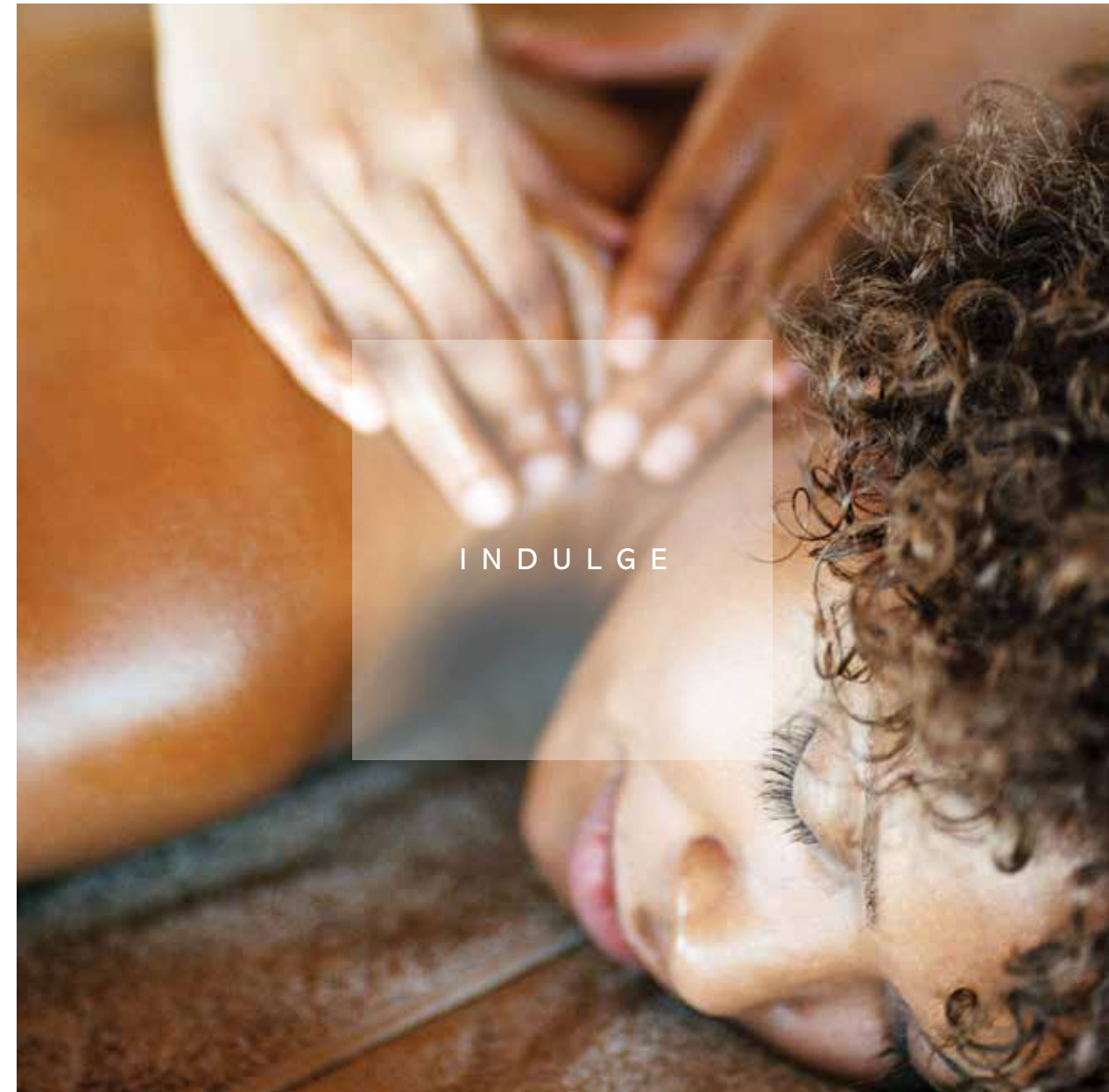
Mellow Mama - Uses specific pre-natal techniques to increase circulation, alleviate tired muscles and reduce water retention. 75 minutes

The Yummy Tummy - A concentrated serum and deep treatment mask is applied to soothe and moisturize the abdomen. Enjoy a relaxing lower leg and foot massage as the intensive Tummy Stretch-Ease serum and mask take effect. 75 minutes

Mama Mio Smoothie - Mama Mio Smoothie exfoliates your skin oh-so-gently and is followed by a deeply moisturizing massage to hydrate and elasticize your skin. A luxurious scalp massage will sweep away your stress. 75 minutes

ESSENTIAL ENHANCEMENTS:

- High Country Scalp Treatment
- Hydrating Face and Lip Treatment
- Organic Foot Scrub





BODY THERAPY

Bachelor Gulch Signature Scrub -

A delectable assortment of organic sugar scrubs varies seasonally to complement our ever-changing environment. Combined with your choice of either a hydrotherapy tub or Vichy shower experience. 75 minutes

Fun-in-the-Mud Wrap - Heated Colorado Indian Spring Clay, combined with cinnamon and nutmeg, tightens the skin and soothes tired muscles. Mud, rich in minerals, offers medicinal benefits and detoxifies the skin while increasing elasticity and smoothness. 60 minutes

Hot Toddy for the Body - A luxurious scrub, containing sweet almond oil, jojoba beads and shea butter with the aromatic spices of cinnamon and nutmeg, is massaged into the skin to eliminate dry patches and relax muscles. 60 minutes

Rosemary and Sage Salt Scrub - Mineral-rich, Dead Sea salt blended with rosemary and sage stimulates circulation, sloughs away dull surfaces and nourishes new skin cells. For enhanced benefits, a warm body wrap may be added to the treatment. 45 and 60 minutes

Deep Hydration Wrap - Combining the hydrating benefits of honey, avocado and a Shea Butter Body Scrub, this treatment was created specifically to prevent or remedy dry skin in our Rocky Mountain climate. 75 minutes

WATER THERAPY

Bachelor Gulch Signature Copper Tub Soak - An indulgent soak in our legendary Copper Tub hydrates the body, soothes the skin and restores a sense of balance. This treatment may be enjoyed as either a singles or couples experience. 20 minutes

Roaring Rapids - Inspired by white water rafting, this hydrotherapy massage experience includes a choice of detoxifying mustard or relaxing herbal mountain blend and is a wonderful alternative to a hands-on massage. 20 minutes



HAND AND FOOT THERAPY

Bachelor Gulch Signature Manicure and Pedicure

- During this relaxing and rejuvenating treatment, nails are filed and buffed, cuticles are refined, feet are gently resurfaced and smoothed and arms and legs are exfoliated. Manicure, 35 minutes; Pedicure, 45 minutes

Zoom Groom - Nails are shaped and buffed, cuticles are refined and skin is hydrated during this efficiently indulgent treatment, designed for the "time-conscious" traveler. This service does not include polish.

Manicure, 20 minutes; Pedicure, 20 minutes

The Royal Treatment - Sip on champagne while indulging in our ultimate Signature Pedicure, enhanced with a saturating foot mask and a paraffin therapy that promises complete hydration and skin renewal. 75 minutes

Mountain Man Hand and Foot Grooming

- Designed to clip, shape and buff the appearance and feel of a gentleman's nails, hands and feet. A hydrating massage completes this experience. Hand Grooming, 25 minutes; Foot Grooming, 35 minutes

ESSENTIAL ENHANCEMENTS:

- French Polish
 - Paraffin Hand or Foot Hydration
 - Organic Foot Massage
- 10 minutes

HEALTH AND WELL-BEING

The Summit Health Experience

- 60-minute Personal Training
- 60-minute Nutrition Consultation
- 20-minute Oxygen Lounge Session

Personal Training - Certified fitness trainers are available to work one-on-one to establish and reinforce a customized exercise program in either individual or series format.

- Body Composition Assessment
- 30-minute Personal Training Session
- 60-minute Personal Training Session

Private Yoga - A personalized yoga experience designed to balance the mind, body and soul. 60 minutes

Nutrition Consultation - Work together with a board-certified nutritionist to achieve your personal health goals. 30 or 60 minutes

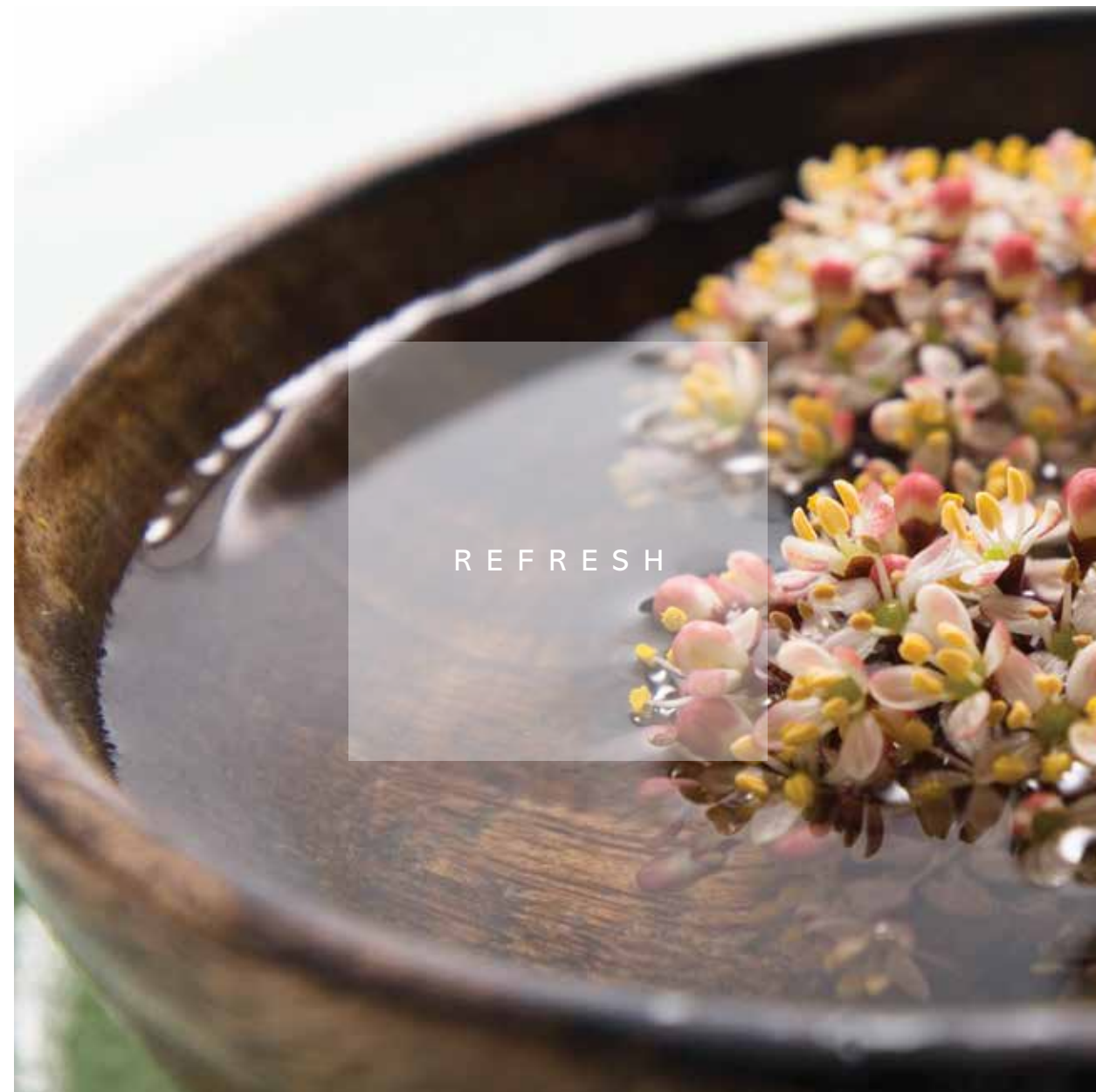
Group Exercise Classes - A variety of seasonal conditioning classes designed to inspire a new outlook towards personal well-being.

The Great Outdoors - Private, guided outdoor adventures in the surrounding White River National Forest, ideal for the mountain enthusiast.

- WINTER - Private Snowshoe Adventure
- SUMMER - Private Guided Hike

Priced per hour

Oxygen Lounge - Particularly at high altitude, oxygen can provide numerous health benefits, such as enhancing energy, increasing mental clarity, detoxifying the body, diminishing nicotine cravings and promoting healing. 20, 40 and 60 minutes



REFRESH

SPA GUIDELINES

Spa Age Policy - Guests of The Bachelor Gulch Spa at The Ritz-Carlton must be 18 years of age or older to enjoy Spa services and facilities. Nail salon services are available to guests 16 and older.

Spa Access Fee - The Bachelor Gulch Spa offers complimentary use of the Spa and Fitness facilities to resort guests. May through November, guests not staying at the resort may enjoy Spa facilities for a daily fee of \$35.

Spa Reservations - Please notify the Spa reservations agent if you have high blood pressure, allergies, physical ailments, disabilities or are pregnant. While a few services should be avoided during pregnancy, there are treatments that can be enjoyed. When making your appointment, please notify the Spa reservations agent if you are pregnant so he or she can offer guidance. If you prefer a male or female therapist, please make your request when scheduling your treatment.

Arrival - For your enhanced comfort and relaxation, we suggest you arrive 30 minutes before your scheduled treatment to allow time to relax in the lounges, saunas, steam rooms and whirlpool. Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next guest is not delayed. The full value of your treatment will be charged.

Attire - Most body treatments are enjoyed without clothing, however, disposable undergarments are available upon request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided in the ladies' and gentlemen's lounges before treatments.

Shaving is recommended but not necessary for men prior to a facial. If you choose to shave prior to your facial, be sure to do so at least two hours prior to your appointment. Shaving is not recommended prior to body treatments or hair removal services.

Personalization - This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify your therapist of any discomfort or preferences.

If you are a guest of the resort, please leave valuable items in the safe in your guest room. Otherwise, lockers are available for your personal items.

Cell Phone Policy - To enhance the Spa experience, the use of cell phones and pagers is not permitted while in the Spa.

Payment - We accept all major credit cards and travelers checks. You may also charge Spa services to your resort bill. For your convenience, payment is also accepted prior to treatments, upon request.

For your convenience, a 20% service charge will be added for each Spa service you receive. Gratuities will be dispersed to the Spa staff that served you during your visit. Additional gratuities may be provided at your discretion.

The Ritz-Carlton Gift Cards may be purchased in specific dollar amounts and redeemed toward services or purchases in the Spa Boutique.

Prices and services are subject to change.

Hours of Operation:

Spa	8 a.m. to 8 p.m.
Fitness Center	6 a.m. to 9 p.m.
Pool	6 a.m. to 10 p.m.

Hours of Operation are subject to change.

CANCELLATION POLICY

If you must reschedule or cancel your Spa appointment or Personal Training session, please notify us 24 hours before your scheduled appointment to avoid a cancellation fee of \$35. A credit card number is required at the time you book your treatments. Changes made on the day of the appointment are also subject to a \$35 fee.

THE RITZ-CARLTON
[BACHELOR GULCH, COLORADO]