



## welcome to ara

Experience balance, harmony, and relaxation with our transformative massage and skin care treatments. Personalize your manicure or pedicure with a selection of tantalizing aromas to stimulate your senses. Energize your body and soul with an invigorating scrub.

Take to the waters with our 'splash at ara' hydro-experience, offering steam, sauna and hydro-pool to stimulate circulation and provide relief from muscle tension.

**\$30 daily usage fee to indulge in ara's hydro-experience. Fee waived if a 50 minute or longer spa service is received.**



## massage therapy

### **massage fusion** 50/80 min

Our talented therapists utilize a multitude of skills to create a customized massage experience that dissolves stress, tames tension, and re-energizes your body. Whether you're in need of some soul soothing or seek a deeper focus, we'll create a massage experience just for you.

### **aroma fusion** 50/80 min

Relax, Revitalize, Balance, Detox, Stress Relief or Therapeutic Sports. Select from an array of botanical blends to create your own unique scent-sory experience.

### **prenatal** 50 min

During a time when you need extra care let our experienced therapists provide soothing relief from the symptoms associated with pregnancy. Reduce fatigue, increase circulation, decrease swelling, and relieve back tension with gentle support and comfort.

### **hot rocks** 70 min

Heated stones used in your massage provide deeper, longer lasting relief from muscle tension.

### **lava shell** 50/80 min

An unforgettable heated massage experience! Beautiful Tiger clam shells are infused with mineral rich sea kelp to melt muscle tension.

### **paraffin**

Enhance your massage session with a warm paraffin immersion to soothe painful joints and leave skin soft and hydrated.

## splash at ara

Our steam, sauna, and hydro-pool circuit stimulates circulation and provides deep muscle relaxation. Enjoy pre- or post-treatment.

**shower** rinse away the day's stress  
3 min

**steam** purify your mind and body  
5-10 min

**shock** take the plunge in the cold shower  
1 min

**sweat** feel the heat in the dry sauna  
5-10 min

**shiver** take a refreshing cold shower  
1 min

**submerge** relax in the whirlpool  
10-15 min

**shower** conclude with a warm shower

## body therapy

### **scrub bar** 25 min

Grit 'n bare it for smooth, glowing skin! We've chosen specific aromatherapy blends to help you through each of the seasons,

## ara soaks

A great way to unwind before or after any spa service, soaking in a whirlpool of aromatic, mineral rich waters washes away stress, rejuvenates the skin, and provides the rest and relaxation you deserve.

Our soaks are created with salts and essential oils to help you through each season.

## ara rituals

### **The "up all night and I need to detox" wrap** 50 min

Our marine mud treatment restores your body with rich marine minerals, sea algae, and detoxifying essential oils. You'll be ready to hit it again by nightfall!

### **rocky mountain high altitude wrap** 50 min

Help your body in adjusting to the Rocky Mountains with this invigorating body wrap. Surround yourself with native grains and essential oils that exfoliate, increase circulation and melt away travel stress. You'll walk away with that "Rocky Mountain High"!

Create the ultimate body experience by adding a Soak and Scrub to either of our Spa Rituals.



## skin care

### **ara signature** 50 min

Unsure of what your skin needs? Our skin care specialists will hand-tailor an appropriate course of treatment that tackles your most complex skin care challenges to reveal fresh, radiant skin

80 min

Our premier facial experience features an in-depth cleansing regimen, green papaya enzyme peel for uncovering a youthful glow, golden hydration mask to nourish the skin and lock in moisture, and an invigorating treatment for the hands and feet. The highlight of this exquisite skin care treatment is a relaxing face massage utilizing jade stones to instill harmony and balance.

### **age-defiance** 50 min

Seeking a syringe to fight the signs of aging? Opt for our anti-aging skin care solution featuring ingredients with sophisticated age control technology to lift, refine, and rejuvenate complexions affected by environmental conditions and aging.

### **power peel** 50 min

Put some power in your skin! This highly active facial uses Glycolic, Lactic or Alpha/Beta compounds to exfoliate and replenish at the same time. It quenches your skins thirst!"

## upgrade your skin care

### **paraffin**

Enhance your skin care session with a warm paraffin immersion to soothe painful joints and leave skin soft and hydrated.

### **hand renewal**

Enzyme peel, paraffin, and anti-aging hand cream repair and soften the hands.

### **neck & décolleté treatment**

Brighten uneven skin tone, repair sun damage, and nourish the skin for a healthy radiance.

## nail therapy

### **spa pedicure** 50 min

### **spa manicure** 40 min

Create a personalized nail treatment from an array of intoxicating scents to soak, scrub, and smooth your feet and hands.

### **OPI gel manicure** 45 min

It's the latest and greatest in the salon world! Enjoy the newest sensation in manicures, with your nails looking gorgeous for up to 3 weeks without losing its shine (unless you're a rock climber!). Oh, and they dry instantly!

### **french polish**

### **polish change**

## specialty pedicures

### the pedi-cure 60 min

Our targeted, therapeutic pedicure soothes overworked feet with specialized ingredients to relieve and revive rough skin and calluses. This therapeutic pedicure does not include polish. Upgrade to a polish change upon request.

### lava shell pedicure 60 min

After a refreshing aroma soak and scrub, your feet and legs are provided with some much 'kneaded' relief with the sole soothing sensation of hot lava shells.

## paraffin

Enhance your manicure or pedicure with a warm paraffin immersion to soothe painful joints and leave skin soft and hydrated.

## hair removal

A variety of waxing services are available for both men and women.

## hair care & makeup

### styling

women's cut

men's cut

blow out

shampoo and blow out

up-do and styling

### color

full highlights

partial highlights

### makeup

application

event

### bridal services

consultation

Complimentary consultation with a stylist to plan for your special day.

### bridal hair styling

### bridal makeup

*We recommend reserving your bridal services several months in advance.*

### hair therapy upgrades

deep conditioning treatment

Restore balance and shine stressed hair with a nourishing scalp oil, hair mask, and stimulating scalp massage.

### paraffin wrap

An ideal enhancement to your shampoo, cut, or color. Treat your hands and feet with warm, nourishing paraffin replenishing your skin and soothing achy joints.



## etiquette

### arrival

We suggest arriving 30-60 minutes prior to your treatment so that you may enjoy your experience in its entirety. Our locker room amenities include a hydro-pool, sauna and steam rooms for you to enjoy prior to or after your spa treatments. Arriving late may limit your treatment time so that our next guest is not delayed.

### safety

When reserving your spa services please notify the spa receptionist if you have any medical conditions that may be affected by our services. These include allergies, high blood pressure, or physical ailments. Please tell us if you are pregnant so that we may provide you with the proper guidance, care, and comfort you need.

### comfort

For your comfort during your experience, we provide a robe, slippers, and a locker for your personal belongings. Our therapists use professional draping techniques to ensure your privacy at all times, only exposing the area to be worked upon. While most spa treatments are best enjoyed without clothing, every step is taken to ensure discretion.

### respect

We request that cell phones and personal communication devices be turned off while in the spa so that you and our guests may experience a relaxing spa environment.

### courtesy

If you must reschedule or cancel your services please notify us 12 hours prior to your scheduled appointment to avoid being charged the full value of your services. Spa packages require a 24 hour notice. Groups of 5 guests or more require 48 hours notice and 10 guests or more require a 5 day notice. A credit card number is required at the time of booking.

### satisfaction

For your convenience, a 20% service charge will be added to your final bill and may be adjusted to your satisfaction.

### giving

Be the one who gives the best gift at the next party or holiday gathering! Spa gift certificates are available in any dollar amount or for a specific service and may also be used toward retail purchases.

### usage

Ara Spa is an adult retreat reserved for guests 18 years of age or older. Guests under the age of 18 may take advantage of hair and nail services while accompanied by an adult.



## ara fitness

Maintain your balance, energy, and strength in our state-of-the-art fitness studio equipped with free weights, cardio and strength equipment.

### cardio

ellipticals  
recumbent bike  
upright bike  
treadmills

Cardiovascular experience  
equipment features fully-integrated,  
15" personal televisions.

### strength

Full-body circuit training to focus on upper  
and lower body.

### free weights

Free weights are provided for attention  
to specific muscles.

### usage

All guests under the age of 18 years must  
be supervised by an adult.

**open 24 hours with hotel  
key card.**

**located on the spa level of hotel.**

**water and towels are provided  
for your convenience.**



the spa at ameristar  
111 richman street  
black hawk, colorado 80422  
t 720.946.4300  
araspa.bh@ameristar.com  
araatameristar.com