

Sonnenalp Spa

Where Vail Comes to Relax™





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The Sonnenalp Spa is an exquisite resource to rejuvenate mind and body. With pampering massage, body treatments, skin care, manicures and pedicures, the Spa offers world-class pleasures. Look inside at all the possibilities.

Massage treatments

Sonnenalp Signature Massage

Our most popular full-body massage with firm pressure to soothe tense, sore muscles.

Swedish Massage

A full-body, light pressure relaxation massage designed to reduce stress and rejuvenate mind and body.

Sports Massage

A more invigorating massage, assisted stretching is incorporated to improve joint mobility.

Aromatherapy Massage

Our Swedish massage with the addition of specially blended essential oils to assist the body in its own healing process.

Thai Table Massage

A holistic style of bodywork done without oils and lotions. Referred to as “assisted yoga,” it incorporates stretching, acupressure and rhythmic compression. It is deeply relaxing, grounding and balancing.

Deep Tissue Massage

This therapeutic massage incorporates slow strokes with deep pressure and works best on targeted areas, not the full body.

Heated Stone Massage

A Native American influenced treatment that uses warm, smooth stones to bring relief to tense and sore muscles and joints as well as a weary spirit.

Prenatal Massage

A gentle massage that provides relaxation for mother-to-be and baby. The focus is on relieving stress on weight bearing joints, neck and lower back discomfort and the effects of edema.

Reflexology

This hand and foot treatment will evoke a systemic reaction that relaxes and revitalizes your entire body.

Couple's Massage

Enjoy each other's company in our couple's suite while indulging in a massage experience tailored to your specific needs.

Refresher Massage

This 20 minute Swedish massage is designed to help you relax and refresh and get you back to what you enjoy most.

Invigorate Massage

This 20 minute deep tissue massage is the perfect quick fix for tired and sore muscles.

Massage Add-Ons

25 Minute Acutonics Treatment

25 Minute Neck and Scalp Treatment

25 Minute Foot Treatment

25 Minute Reflexology

Body Treatments

Acutonics Treatment

This is a system of vibrational sound healing rooted in Oriental medicine that utilizes tuning forks, tuned to the planets, body, mind and soul in the journey toward optimal health, harmonic attunement or at-one-ment with all things in the universe. Sound therapy combined with massage.

Energy Balancing Treatment

This treatment incorporates the MRS2000 mat, which improves general well being through the invigoration of body cells. This immune system therapy assists with pain relief, wound healing, relaxation and improves sleep.



Body Balancing Treatment

Specific essential oils are used on the body and along the spine to restore balance and structural alignment. This is a very gentle and soothing treatment.

Bavarian Body Polish

Our exclusive anti-aging, detoxifying and exfoliating treatment consists of a body scrub followed by a relaxing moisturizing treatment. Choose the 80 minute treatment to enjoy a relaxing massage with your body polish.

Mountain Body Glow

This invigorating treatment uses a more active sugar scrub, followed by a relaxing moisturizing treatment. Choose the 80 minute treatment to enjoy a relaxing massage with your body glow.

Alpine Back Treatment

This treatment is ideal for a sore, stiff or tight back. After an exfoliation, we apply a healing mask to relax overworked muscles. We then follow up with a light back massage. Choose the 80 minute treatment to enjoy a 25 minute massage with your back treatment.

Hot Oil Wrap

A full body exfoliation is followed by a deep penetrating wrap, with warmed aromatherapy oil.

Hydrating Seaweed Wrap

This therapeutic wrap will firm, hydrate and re-mineralize dry and damaged skin. An exfoliation is followed by an application of warm seaweed mask and moisturizer.

Detoxifying Mud Wrap

This enzyme-rich body mask nourishes and tones the skin, stimulates circulation and assists the body in releasing toxins. An exfoliation is followed by an application of warm mud mask and moisturizer.

Airbrush Tanning

Safe, sunless professional tan application. Look tan all winter with this safe alternative to sunbathing.

Facials

Five Star Signature Treatment

The ultimate head-to-toe relaxation treatment combines a Sonnenalp Facial with a Reflexology treatment.

Sonnenalp Custom Facial

Our aesthetician will analyze your skin and treat accordingly. This treatment includes cleansing, exfoliation, steam and extractions. A personalized serum is applied to your skin with facial massage techniques. We finish your experience with a mask, leaving your skin hydrated and glowing.

Men's Refresher Facial

The perfect treatment for any man who is concerned about the health and appearance of his skin. This treatment includes cleansing, exfoliation and steam as well as removing clogged pores as needed.

Vitamin C Peel

A natural fruit enzyme peel that leaves your skin immediately softer and smoother with noticeable improvements in skin tone and texture. (Extractions not included).

Lymphatic Drainage Facial

This is an ideal treatment for sinus issues. A gentle, pressure-point facial massage allows for the draining of toxins by manually activating the lymphatic systems. The results include reduced puffiness, as well as sinus and allergy relief. (Extractions not included).

Caviar Facial

This restorative treatment hydrates and firms mature skin utilizing vegetable Botox, crushed pearls and marine caviar for deep penetration and anti-aging repair.

Luminous Facial

This three-layer Vitamin C treatment assists sun damaged skin as well as hydrates and reduces fine lines, strengthens elasticity, counteracts photo aging and restores a youthful appearance.

Rocky Mountain Radiance

The perfect treatment for sensitive skin. The secret is in the rich mineral content in the rubber textured formulation mask that lifts off to reveal youthful, vibrant skin.

Repair and Renew Facial

An excellent treatment to address the effects of aging for mature skin. Your skin will be analyzed to create a unique treatment for your specific needs. Treatments may include collagen, elastin or our anti-free radicals mask.

Teen Facial

The perfect treatment for youthful skin. This 25 minute teen acne treatment includes cleansing, exfoliation and extractions. Choose the 50 minute treatment to receive a masking procedure. Our Aesthetician will also provide instruction in maintaining healthy skin.

Rejuvalight Treatment

Our unique Rejuvalight system uses infrared light to increase the production of collagen and elastin at the cellular level, helping with acne and pigmentation problems.

Facial Soundscapes

This treatment integrates sound and vibration therapy into your facial experience using tuning forks to create activity in the muscles and promote collagen and elastin production. Assists in the relieving of sinus conditions and puffiness.

Facial Add-Ins and Add-Ons to maximize your experience.

Add-Ins

Firming Eye Treatment
Lip Treatment
Décolletage Treatment
Hand Paraffin Treatment

Add-Ons

25 Minute Scalp Massage
25 Minute Lymphatic Drainage
25 Minute Rejuvalight Treatment
25 Minute Foot Massage
25 Minute Bust Treatment
25 Minute Firming Eye Treatment
25 Minute Lip Treatment

Hand and Foot Care

Sonnenalp Deluxe Manicure

A complete manicure with exfoliation, moisturizing, massage, paraffin treatment, cuticle work, nail shaping and a choice of polish.

Sonnenalp Deluxe Pedicure

A relaxing footbath is followed by heel exfoliation and a hydrating foot and calf massage. Select paraffin or callous treatment and finish with the polish of your choice.

Classic Combination

This treatment includes shaping of the nails along with cuticle work, followed by a massage and polish of hands and feet.

Ion Spa Foot Treatment

This detoxifying footbath incorporates a foot scrub and a relaxing foot massage to release built up toxins.

Ion Spa Pedicure Combination

Ultimate foot experience starting with Ion Spa detoxifying footbath. Release built up toxins prior to receiving our Deluxe Pedicure.

Polish Change

A quick clean up that includes light shaping and polish for the hands or the feet. No cuticle work or paraffin included.

Gentleman's Nail Grooming

Cuticle work, nail shaping, nail buffing and a moisturizing massage for the hands or the feet.

Hand and Foot Add-Ons to maximize your experience

25 minute foot massage with pedicure
Hand or foot paraffin treatment



Waxing and Tinting

Waxing

Brow, lip, chin or nose
Neck
Full face

Underarms
Half leg
Full leg

Half arm
Chest
Back

Bikini
French Bikini
Brazilian

Tinting

Brows
Lashes

Spa Packages

Gentlemen's Renewal

50 minute Sports Massage, 50 minute Men's Refresher Facial and 25 minute Nail Grooming for hands or feet.

Mother and Daughter Package

Choice of two 80 minute Body Treatments, two 80 minute Custom Facials and two Classic Combos for hands and feet.

Mom-to-be Package

50 minute Prenatal Massage, 50 minute Sonnenalp Custom Facial and an 80 minute Classic Combo for hands and feet.

Romance Package

80 minute Couple's Massage, two 50 minute Custom Sonnenalp Facials, and two 50 minute Sonnenalp Deluxe Pedicures

Ask us how to build your own custom package.

Wellness

Our state of the art fitness center is available offering cardiovascular as well as strength training equipment. We offer personal training by appointment as well as group and private yoga instruction. Please see our Spa Concierge for details.

Please make time to enjoy our steam rooms, sauna and whirlpools along with our signature indoor/outdoor pool and solarium.



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