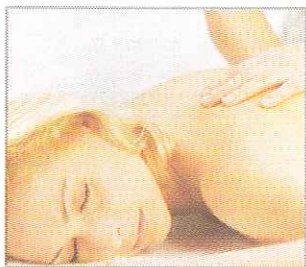


trends watch

Mountain indulgences

by LAUREN GLENDENNING

In the land of mountains and highbrow hotels, spas are customizing the pampered experience with treatments for those who love all things mountain. From rituals with Colorado Indian spring mud to hydration treatments that reverse the high altitude's effects, spas in the mountains are all about the mountains.



<< HIGH ALTITUDE RESCUE,

50 minutes, \$130

Counteract the effects of the high altitude with this hydrating and deeply relaxing body treatment at the **Lodge and Spa at Cordillera**. Propolis moisturizing lotion — created by honeybees and rich in antioxidants and omega fatty acids — is smoothed onto the skin. The body is wrapped to enhance the absorption. To finish, warm coconut milk is gently massaged into the skin, leaving it moisturized and smooth.



<< COLORADO WILD ROSE CURE,

2 hours and 15 minutes, \$325

Warm lavender compresses calm the nervous system in preparation for a rose oil and wildflower body scrub at the **Allegria Spa in the Park Hyatt Beaver Creek**. A chamomile bath of essential oils and flower petals follows. Relax with a full-body massage using a rose-geranium body butter. A calming body wrap sweetened with a foot and scalp massage follows for complete relaxation.



<< SLOPESIDE RECOVERY FACIAL,

45 Minutes, \$135

This healing facial at the **Ritz-Carlton, Bachelor Gulch**, is for anyone in need of relief after being exposed to the sun, wind and dry air while adventuring in the Rocky Mountains. A medical-grade mask pulls the burn out of overexposed skin and is followed by Noni Gel, used to repair skin cell damage and hydrate wind-burned, sunburned and chapped skin.

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