

ASCEND

SPA & WELLNESS

Ascend Spa Menu

Follow your True North.... Let your light shine...

We all have our own True North. And when we prioritize our health and wellness, our North Starlight shines brighter and the path there gets wider. When it comes to Spa & Fitness, we want you to strive onward and upward towards your inner True North. Because whether you're reclining and relaxing or scaling a mountain trail, the goal is always to Ascend. Our spa and wellness destination is more than a respite; it's about building and maintaining vitality as the light of Polaris guides us on our journeys toward a more fulfilling life.

We aim to better ourselves every day by letting our light shine.

Massage & Body Work

Ascend Custom Massage 50min (\$175) /80min (\$275)

Experience a truly personalized massage, tailored to meet your body's specific needs. Choose your desired pressure level—whether you prefer relaxing, medium, deep tissue, or a combination of all three. This thoughtful approach ensures a rejuvenating experience that promotes deep relaxation and well-being.

Summit Salt Stone 50min (\$175) /80min (\$275)

A massage and healing technique using warm salt stones to ground and balance the body's electromagnetic field, central nervous system, and meridians. Gently soothe away an accumulation of stress, tension, and pollutants, bringing the mind, body and spirit into balance

Peak Therapeutic Sports 50min (\$175) /80min (\$275)

Focuses on the muscles and connective tissues that are most engaged during physical activities. Using a variety of techniques, including deep tissue manipulation, stretching, and trigger point therapy, to release tension and improve overall muscle function. Ideal for pre-competition preparation or post-workout rejuvenation, helping prevent injuries and keeps you performing at your peak.

Rocky Mountain Reflexology 25min (\$95)

Rooted in the ancient Chinese concept of qi, reflexology uses pressure point techniques that corresponds to different organs and systems, releasing blockages and toxins while enhancing the flow of vital energy for a renewed sense of balance.

Duo Massage 50min (\$175) /80min (\$275)

Enjoy your choice of massage in a room for two.

Pre-natal Massage 50min (\$175)

Nurture your body and uplift your spirit with a relaxing massage using pure organic oils and an advanced body positioning pillow system designed specifically for mothers to be.

Hydrating Hand, Scalp & Foot Massage 50min (\$175)

An intentional ritual designed to hydrate and heal your dry and over washed hands, relieve your aching feet, and alleviate tension in your head and scalp. All your areas that need extra attention.

Massage Enhancements

CBD (\$25)

Helps to reduce inflammation and reduces aches and pains

Arnica/Magnesium Relief (\$25)

Powerful Recovery Balm is packed with magnesium and arnica to help combat muscle soreness and help aide in recovery.

Hydrating Hand Ritual (\$25)

Warm shea butter, jojoba, sustainably farmed palm oil, essential oils, and extracts for hydration and skin recovery.

Recovery Foot Ritual (\$25)

Invigorate and refresh tired legs and feet with a cooling stimulating foot mask and massage

Under Eye Rescue Mask (\$25)

This refreshing eye mask depuffs, decongests, and hydrates the delicate eye area to restore a brighter, refreshed, and more lifted look.

De-Stress Scalp Therapy (\$25)

Revitalizes the scalp and protects hair follicles from damage caused by pollutants and environmental exposure.

Skincare

Transformation Signature Facial 50min (\$175) /80min (\$275)

Customized to address skin conditions related to acne, aging, hyperpigmentation and dry or sensitive skin. A non-inflammatory exfoliant dissolves dead skin layers, while restorative antioxidants and clay-based mask are applied to fight free radical damage, detoxify, and repair the skin's protective barrier. Skin is visibly improved and left smoother with a translucent glow.

**80 minutes includes scalp treatment and extended facial massage.*

Nature's Bounty Phytoactive Organic Facial 50min (\$175)

A facial curated with a cornucopia of high potency plant actives that get to the root of beautiful skin. Grounded in SuperFlowers, SuperPlants and SuperFoods that Restore, Nourish, Soothe and Clarify revealing the brighter complexion you love, without all the bad things you don't.

Express Facial 25min (\$95)

Transform the skin in 25 minutes! This express treatment uses a Fear-Free Peel™ to minimize lines, brighten, and smooth skin texture with an infusion of Vitamins C and A,, and SkinSuit™ to prevent signs of aging due to exposure to screens, wireless devices, UV, heat, and pollution. Skin is left radiant and hydrated.

Skincare Enhancements

Under Eye Rescue Mask (\$25)

This refreshing eye mask depuffs, decongests, and hydrates the delicate eye area to restore a brighter, refreshed, and more lifted look.

Lip Treatment (\$25)

Exfoliates, hydrates and plumps the lips to soften and smooth fine lines on the outer lip area for fuller look

De-Stress Scalp Therapy (\$25)

Decadent scalp massage revitalizes the scalp and protects hair follicles from damage caused by pollutants and environmental exposure.

Hydrating Hand Ritual (\$25)

Warm shea butter, jojoba, sustainably farmed palm oil, essential oils, and extracts for hydration and skin recovery.

Spa Etiquette and Policies

Welcome to Ascend Spa & Wellness! We invite you to find your True North.

To ensure a pleasant experience for everyone, please review our spa etiquette and policies:

Arrivals

Your appointment time is pre-set for the time your treatment begins. Please arrive 15-30 minutes prior to your scheduled time to change and relax before your service. Late arrivals may result in a shortened service to accommodate the next guest on time.

Cancellations

Your treatment reservations and selected appointment times are held exclusively for you. A 24-hour notice is required for cancellations. If cancellation occurs within 24 hours of service, the full price of the treatment will become non-refundable.

Gratuity

A customary 20% gratuity is suggested for all services during your checkout experience.

Relaxation

Please consider other guest's space and privacy. Cell phone conversations are not allowed in any area of the spa and should be left in lockers. Please avoid taking pictures where other guests are present or in the changing rooms.

Smoking

The spa is a smoke-free environment.

Age Restrictions

Guests must be 18 years of age or older to enjoy spa services and facilities.

Health

Please inform us of any allergies, health concerns or injuries that may make the treatment you have chosen unsafe or unsuitable. We can assist by offering alternatives at the time of making your reservation. Please note that management has the right to decline service if deemed necessary for the health of the guest or the therapist.

Pre-Natal

We require you to be past your first trimester for any massage service. Please consult your doctor prior to any visit.

Valuables

We recommend not wearing jewelry or bringing personal belongings to the spa. Management accepts no responsibility for the loss of valuables brought onto the spa premises.

Payment

We accept all forms of major credit cards. For security reasons, gift cards may not be used until after 48 hours from the date of purchase.

Food & Beverage

Outside food & beverage, including alcohol, are not permitted in the spa. Should you wish to bring a cake for a special celebration, please arrange this with our spa team in advance. Spa guests are welcome to dine at any of our food & beverage areas (should seating be available). Upon request, a glass of champagne is available as part of your spa experience.

Drug and alcohol abuse will not be tolerated. For the safety of all, management has the right to refuse service or treatments to ensure the health and well-being of our guests.

SPA HOURS OF OPERATIONS

Sunday - Thursday 10am - 6pm

Friday – Saturday 10am - 7pm

Closing times may fluctuate. Please inquire with our front desk.