



GOLDEN DOOR

WALDORF ASTORIA PARK CITY

TREATMENT MENU

SPA INDULGENCE PACKAGES

YOUR DAY BEHIND THE DOOR

BEGIN YOUR JOURNEY WITH THE 50-MINUTE BODY TREATMENT OF YOUR CHOICE BEFORE YOU ENJOY THE HEALING TOUCH OF A 50-MINUTE THERAPEUTIC MASSAGE, FOLLOWED BY AN 80-MINUTE GOLDEN DOOR FACIAL AND A SPA PEDICURE. ROUND OUT YOUR JOURNEY WITH A SHAMPOO AND BLOW OUT TO MATCH YOUR NEWLY REVITALIZED STYLE. INCLUDES SPA LUNCH. *\$660*

THE GOLDEN DOOR EXPERIENCE

THIS QUINTESSENTIAL "SPA DAY" EXPERIENCE INCLUDES TREATMENTS THAT WILL REVITALIZE FROM HEAD TO TOE. BEGIN WITH A 50-MINUTE THERAPEUTIC MASSAGE FOLLOWED BY OUR SIGNATURE 50-MINUTE GOLDEN DOOR FACIAL. FINISH WITH A SIGNATURE MANICURE AND SIGNATURE PEDICURE. INCLUDES SPA LUNCH. *\$440*

MOUNTAIN MASTER TUNE-UP

RELIEVE TENSION AND SORE MUSCLES WITH THIS SERIES OF SERVICES FOR MEN INCLUDING A GENTLEMAN'S FACIAL, SPORTS PEDICURE, AND CHOICE OF MOUNTAIN MUD BACK RELIEF, MOUNTAIN SALVATION MASSAGE, OR 50-MINUTE SWEDISH MASSAGE. *Please allow 3-5 hours - \$360*

FUTARI FOR TWO

CHOOSE FROM ANY TWO 80-MINUTE SERVICES OR ANY THREE 50-MINUTE SERVICES FROM THE SPA MENU. *\$840 for two people*

BRIDAL SERVICES

NIRVANA

GET SERIOUSLY PAMPERED WITH A LAVENDER ZEN BODY TREATMENT, NATURAL NAILS SPA MANICURE AND PEDICURE, SPECIAL OCCASION MINERAL MAKEUP AND HAIR DESIGN, CUSTOMIZED THERAPEUTIC 50-MINUTE MASSAGE AND A SPA LUNCH. AHH...

Package starts at \$590 per person.

MAN'S BEST FRIEND

GUYS WILL GET THE ROYAL TREATMENT WITH A MIX OF SEATED MASSAGE CHAIR SERVICE, MINI MANICURE, MINI REFLEXOLOGY SERVICE, FULL USE OF THE MEN'S ONSEN, WITH MOVIE AND CATERING IN THE GATHERING ROOM.

Package starts at \$200 per person, minimum of four people.



GOLDEN DOOR
435.647.5555

TRUE FRIENDS — BRIDESMAIDS

FOR THE WOMEN YOU CHERISH ON YOUR SPECIAL DAY, THIS PACKAGE INCLUDES NATURAL NAILS SPA MANICURE AND PEDICURE, SPECIAL OCCASION MINERAL MAKEUP AND HAIR DESIGN. INCLUDES SPA LUNCH.

Package starts at \$290 per person.

SIMPLE TRUE FRIENDS — BRIDESMAIDS

OUR STYLISTS WILL LEAVE THE GIRLS LOOKING REFRESHED AND BEAUTIFUL FOR THE OCCASION WITH SPECIAL OCCASION MINERAL MAKEUP AND HAIR DESIGN. *Package starts at \$145 per person.*

FACIALS AND SKIN CARE

CAVIAR TIMELESS BEAUTY RITUAL

OUR LUXURIOUS SIGNATURE FACIAL IS INDULGENT AND EFFECTIVE FOR DRIER, MATURE SKIN. NUTRIENT RICH SEVRUGA CAVIAR CONTAINS VITAMINS, MINERALS AND AMINO ACIDS TO INCREASE SKIN ELASTICITY, REDUCE APPEARANCE OF FINE LINES, AND REMINERALIZE FOR ESSENTIAL ANTIOXIDANT PROTECTION.

80 minutes - \$260

GOLDEN DOOR CUSTOM FACIAL

OUR ORGANIC FACIAL EXPERIENCE IS CUSTOMIZED SPECIFICALLY TO THE NEEDS OF YOUR SKIN. PROVIDING BENEFICIAL ELEMENTS OF ORGANIC FRUITS, VEGETABLES AND HERBS, YOUR FACIAL WILL INCLUDE CLEANSE, EXFOLIATION, EXTRACTATIONS, FACIAL MASSAGE, MASQUE AND FINISHING PRODUCTS.

50 minutes - \$155 / 80 minutes - \$215

CUSTOMIZE FURTHER WITH OUR ULTRASOUND EXFOLIATION OR
ULTRASOUND INFUSION UPGRADES

BIODYNAMIC FACIAL: THE PUREST FACIAL ON EARTH

A FRESH TAKE ON SKIN CARE! THE NEW BIODYNAMIC FACIAL IS THE FIRST AND ONLY CERTIFIED ORGANIC SKIN TREATMENT FROM HUNGARY MADE WITH BIODYNAMIC INGREDIENTS. SUITABLE FOR SENSITIVE SKIN, THIS TREATMENT WILL REVITALIZE AND REJUVENATE ALL SKIN TYPES WITH THE ACTIVE PROPERTIES OF RADISH SEED, YELLOW SWEET CLOVER AND APRICOT. SKIN IS REFRESHED AND BALANCED ALL WHILE REMAINING FREE OF PARABENS AND HARSH CHEMICALS. MOTHER NATURE WOULD APPROVE.

50 minutes - \$165 / 80 minutes - \$225



FACIALS AND SKIN CARE

YOUR SKIN COACH AWAITS

RESURFACE AND RESTORE SKIN WITH HIGHLY ACTIVE, NATURAL GLYCOLIC ACID, DELIVERING VITAMIN RICH ANTIOXIDANTS WHERE ACTIVE CELL PRODUCTION TAKES PLACE. A SINGLE TREATMENT WILL PRODUCE VISIBLE RESULTS FOR HEALTHY, GLOWING SKIN. 80 MINUTE SERVICE INCLUDES HAND AND ARM TREATMENT.

50 minutes - \$165 / 80 minutes - \$225 (MAY NOT BE SUITABLE FOR ALL SKIN TYPES)

ULTRASONIC TRIPLE PEEL MICRO EXFOLIATION FACIAL

THIS UNIQUE FACIAL COMBINES GLYCOLIC AND ULTRASONIC RESURFACING, AN ADVANCED ALTERNATIVE TO TRADITIONAL MICRODERMABRASION. THIS NON-INVASIVE TREATMENT IMPROVES CELLULAR TURNOVER, ALLOWING HEALTHY SKIN CELLS TO SURFACE. EFFECTIVE FOR HYPER-PIGMENTATION, REDUCING DULLNESS, AND MINIMIZING FINE LINES AND WRINKLES. 80 MINUTE SERVICE INCLUDES HAND AND ARM TREATMENT.

50 minutes - \$185 / 80 minutes - \$235 (MAY NOT BE SUITABLE FOR ALL SKIN TYPES)

ANTI-GRAVITY FACE LIFT

ULTRA MICRO-CURRENT TECHNOLOGY INSTANTLY TONES, LIFTS, FIRMS, AND RE-EDUCATES TIRED MUSCLES, FOR YOUNGER LOOKING, GLOWING SKIN. THIS AGE-DEFYING FACIAL IS HIGHLY RECOMMENDED AS A NON-INVASIVE ALTERNATIVE.

FOR LONGER TERM BENEFITS, MAY WE RECOMMEND THE MICROCURRENT SERIES OF TREATMENTS. *80 minutes - \$225*

YAM AND PUMPKIN ENZYME PEEL

A DELICIOUS PUREE OF YAMS AND PUMPKINS ACCELERATE THE EXFOLIATION PROCESS TO PEEL AWAY DEAD SKIN CELLS, REDUCING HYPER PIGMENTATION, FINE LINES AND SUN DAMAGE. THE NATURAL ENZYME CONTENT INCREASES COLLAGEN PRODUCTION TO LEAVE SKIN FIRM AND RADIANT WITH INCREASED ELASTICITY. TREATMENT INCLUDES CLEANSE, A 20% ENZYME EXFOLIATION, MASQUE TO CALM AND SOOTHE AND FINISHING PRODUCTS. FOR MAXIMUM RESULTS WE RECOMMEND A SERIES OF TREATMENTS.

25 minutes - \$85 / Series of 3 - \$240 / 25 minutes for the back - \$90


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FACIALS AND SKIN CARE

GENTLEMEN'S FACIAL

THIS IS A REAL MAN'S FACIAL USING NATURAL ORGANIC PRODUCTS ESPECIALLY SELECTED FOR A MAN'S SKIN AND INDIVIDUAL NEEDS. USING STEAMED TOWELS RECEIVE A FACE, NECK AND HAND MASSAGE WITH NON-PERFUMED, NON-GREASY, NATURAL PRODUCTS. THIS FACIAL IS WONDERFULLY RELAXING AND FANTASTIC FOR KEEPING A MAN'S SKIN IN OPTIMAL CONDITION. *50 minutes - \$155 / 80 minutes - \$215*

RESURFACING BACK TREATMENT

THIS INTENSIVE BACK TREATMENT USES THE SMOOTHING AND CLEANSING PROPERTIES OF GLYCOLIC ACID TO HELP RESTORE SKIN TO ITS NATURAL HEALTHY STATE. MINIMIZES THE POTENTIAL FOR BREAKOUTS.

25 minutes - \$85 / 50 minutes - \$165

50 MINUTES INCLUDES FOOT TREATMENT AND BLUE LED LIGHT TO REDUCE REDNESS AND KILL BACTERIA.

GOLDEN HONEY FACIAL

REVITALIZE AND REFINE SKIN'S TEXTURE WITH PRODUCTS DEVELOPED EXCLUSIVELY FOR GOLDEN DOOR SPA. FEATURING HONEY, OATMEAL, ALMOND SCRUB AND MASQUE COMBINED WITH LOCAL UTAH HONEY TO SOFTEN AND MOISTURIZE. 80 MINUTES INCLUDES SCALP, HAND AND FOOT MASSAGE. *50 minutes - \$155 / 80 minutes - \$225*



FACIALS AND SKIN CARE

SEASONAL ORGANIC CUSTOM FACIAL

MOTHER NATURE AT HER BEST! THE SEASONAL ORGANIC CUSTOM FACIAL BRINGS TOGETHER THE FINEST FRUITS, VEGETABLES AND HERBS OF THE SEASON TO DELIVER THE MOST POTENT AND ACTIVE TREATMENT AROUND. A VERITABLE CORNUCOPIA OF HUNGARY'S BEST, ONLY THE FRESHEST INGREDIENTS ARE COMBINED WITH HOT THERMAL SPRING WATER IN HANDMADE BATCHES EVERY TWO WEEKS ENSURING THE BEST OF THE SEASON ARE OFFERED IN EACH TREATMENT.

50 minutes - \$160 / 80 minutes - \$220

ORGANIC REFRESH RETREAT

ORGANIC CUSTOMIZED MINI FACIAL SPECIFICALLY DESIGNED TO MEET THE NEEDS OF YOUR SKIN. PROVIDING BENEFICIAL ELEMENTS OF ORGANIC FRUITS, VEGETABLES AND HERBS, YOUR FACIAL WILL INCLUDE CLEANSE, EXFOLIATION, MASQUE AND FINISHING PRODUCTS. AN EXPRESS FACIAL LEAVING YOU WANTING MORE! *25 minutes - \$85*

(EXTRACTIONS NOT INCLUDED)


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SOOTHING WIND AND SUN MINI RESCUE FACIAL

THIS DELECTABLE MINI-FACIAL SOOTHES HYDRATES AND NOURISHES SKIN THAT HAS BEEN EXPOSED TO THE ELEMENTS. INCLUDES A HIBISCUS CALENDULA MASQUE TO SOOTHE, SOFTEN, AND COOL THE SKIN AND ALOE VERA JUICE TO ALLEVIATE THE EFFECTS OF UV RADIATION. INCLUDES CLEANSE, MASQUE, COOL BEAUTY GLOBE MASSAGE AND FINISHING PRODUCTS.

25 minutes - \$75

FACIALS AND SKIN CARE



ENHANCE YOUR SKINCARE RITUAL WITH ONE OF THESE ADVANCED THERAPIES:

EYE LIFT: NON-SURGICAL MICRO-CURRENT REPLENISHES AND LIFTS THE EYES. SEE VISIBLE RESULTS IN MINUTES	\$60
LED LIGHT THERAPY: RED LIGHT THERAPY TO HEAL SKIN AND STIMULATE COLLAGEN OR BLUE LIGHT THERAPY TO TREAT ACNE	\$60
ANTI-GRAVITY LIFTING SERIES: INCREASE BENEFITS WITH OUR SERIES OF TEN 25-MINUTE FACIAL LIFTING TREATMENTS	\$700

MAY BE ADDED IN TO ANY FACIAL EXPERIENCE:

EYE RESCUE: REDUCE DARK CIRCLES AND PUFFINESS, ADD-IN TO ANY FACIAL EXPERIENCE. VISIBLE RESULTS INSTANTLY	\$25
ULTRASOUND EXFOLIATION: ADVANCED NON-INVASIVE ALTERNATIVE TO TRADITIONAL MICRODERMABRASION	\$35
ULTRASOUND INFUSION: CHOICE OF SERUM INFUSED TO DEEP LAYERS OF THE SKIN FOR RESTORED GLOW IN MINUTES	\$35
LUSCIOUS LIP TREATMENT: GENTLY ERASES DRYNESS AND FINE LINES THEN HYDRATES AND PLUMPS LIPS	\$25

BODY TREATMENTS

RE “JAVA” NATING BODY SCRUB

INVIGORATE YOUR BODY WITH A CAFFEINE AND MINT SCRUB AND MASSAGE. RELIEVE MUSCLE TENSION WITH HERBAL OILS AND SEA SALT FOLLOWED BY REHYDRATING MASSAGE WITH A BOOST OF NATURAL ALOE, OLIVE OIL AND SHEA BUTTER. *50 minutes - \$155 / 80 minutes - \$200*

MUD SEASON'S FINEST

MOOR MUD'S LEGENDARY THERAPEUTIC PROPERTIES ARE BLENDED WITH BOTANICAL EXTRACTS TO REJUVENATE DULL SKIN AND SOOTHE TIRED MUSCLES. BEGIN WITH A DRY BRUSH EXFOLIATION, FOLLOWED BY A LUXURIOUS FULL-BODY WRAP IN THIS MINERAL-RICH MUD. A REMINERALIZING FULL-BODY MASSAGE COMPLETES YOUR INTERLUDE. *80 minutes - \$200*

DEEP DETOX SENSATION

DEEP DETOXIFICATION IS ACHIEVED THROUGH A RITUAL BODY EXFOLIATION WITH GENTLE BAMBOO SCRUB, ANTIOXIDANT RICH RHASSOUL CLAY MASK AND WARMING SCALP MASSAGE. OLIVE, FIG AND SHEA BUTTER IS MASSAGED ONTO YOUR SKIN TO COMPLETE THIS SENSORY BODY RITUAL THAT IS BOTH HIGHLY EFFECTIVE AND DEEPLY RESTORATIVE. *50 minutes - \$155 / 80 minutes - \$200*

LAVENDER ZEN

ENJOY SOOTHING AND BALANCING BENEFITS OF LAVENDER AND EUCALYPTUS IN THIS LUXURIOUS TREATMENT THAT BEGINS WITH A TWO STEP INVIGORATING FULL BODY SCRUB FOLLOWED BY A SOOTHING FULL BODY MASSAGE USING ROSE PORFYR STONES ON THE BACK. DEEPLY RELAX IN A WARM COCOON WHILE DRIFTING OFF WITH A SCALP AND FOOT MASSAGE. PURE BLISS!
80 minutes - \$200


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BODY TREATMENTS

MOUNTAIN MUD BACK RELIEF

THE ULTIMATE BACK TREATMENT. CLEANSE AND DETOXYFY YOUR BACK WITH A GENTLE EXFOLIANT AND MINERAL RICH MUD. RELIEVE YOUR SOLES WITH A SCRUB AND RUB WHILE THE HOT MUD MELTS AWAY TENSION. FINISH WITH A BACK MASSAGE CUSTOMIZED TO YOUR NEEDS. GREAT AFTER A DAY ON THE MOUNTAIN. *50 minutes - \$155*

CALMING EXPECTATIONS

ENHANCE YOUR SKIN'S HEALTH DURING PREGNANCY WITH THIS GENTLE SCRUB AND MASSAGE, FOR MOTHERS AFTER THE FIRST TRIMESTER. LUXURIOUS FRENCH PUMICE SCRUB GENTLY SWEEPS AWAY DULL SURFACES AND RENEWS THE SKIN. REDUCE STRESS AND TENSION WITH A MASSAGE USING ORGANIC HARMONY BODY OIL TO BALANCE THE BODY WHILE NOURISHING AND PROTECTING. *50 minutes - \$155 / 80 minutes - \$200*

INVIGORATING FOOT THERAPY

REJUVENATE YOUR TIRED FEET! BEGIN WITH AN INVIGORATING SCRUB ON YOUR FEET AND CALVES. FINISH WITH A SPORTS STYLE MASSAGE USING STRETCHING TECHNIQUES ESSENTIAL TO A QUICK RECOVERY.

25 minutes - \$75 / 50 minutes - \$155

SZEKELY HERBAL WRAP

NAMED IN HONOR OF OUR FOUNDER, THIS RESTFUL EXPERIENCE BEGINS WITH A DRY BRUSHING, THEN BASK IN THE REBALANCING EFFECTS OF AN AYURVEDIC HERB-INFUSED MUSLIN SHEET WRAP. WARMING AND DETOXYFYING, YOU WILL EMERGE PEACEFUL AND PURIFIED.

50 minutes - \$125



BODY TREATMENTS

COFFEE ORCHID HYDRATING BODY WRAP

GENTLE EXFOLIATE, RELAXING WRAP, AND SOOTHING MASSAGE. BEGIN WITH AN ORGANIC CITRUS AND ESPRESSO SCRUB TO GENTLY REVIVE YOU WHILE SMOOTHING AND SOFTENING YOUR SKIN. NEXT, A COCOON OF MOISTURIZING WILD ORCHID EXTRACT AND POWERFUL ANTIOXIDANTS ENVELOPS YOU, RENEWING YOUR BODY'S NATURAL DEFENSES. FINISH WITH A MASSAGE USING OUR SUMPTUOUS CRÈME MADE WITH COFFEE, COCOA AND SHEA BUTTERS INFUSED WITH EXOTIC JASMINE AND ORGANIC YLANG YLANG. *80 minutes - \$200*

LYMPHATIC DETOXIFYING WRAP

CUSTOMIZED WRAP AND LYMPHATIC MASSAGE FOR ULTIMATE DETOXIFICATION! IN CONSULTATION WITH YOUR THERAPIST, YOU WILL CREATE A TREATMENT TO HELP WITH CELLULITE, WATER RETENTION AND BLOATING, WEIGHT LOSS, OR SIMPLY DETOXIFICATION. AFTER A BODY BRUSHING, YOUR THERAPIST WILL APPLY A SEAWEED, MUD, OR HERBAL BODY WRAP TO REMINERALIZE

AND RELEASE TOXINS FROM THE SKIN. WHILE YOU SOAK IN THE GOODNESS, YOU'LL DEEPLY UNWIND WITH LYMPHATIC MASSAGE ON THE FACE AND NECK. AFTERWARD, RELAX WITH A FULL BODY LYMPHATIC MASSAGE TAILORED TO YOUR NEEDS. *110 minutes - \$265*

JAPAN RITUAL

A RITUAL BASED BODY TREATMENT INSPIRED BY THE THOROUGH ART OF CARING FOR THE BODY DEVELOPED AND PERFECTED IN JAPAN. THE SKIN IS FIRST EXFOLIATED WITH A GINGERGRASS BAMBOO SCRUB, THEN IS SOFTENED AND BUFFED WITH CHERRY RICE BLOSSOMS, MISTED, MASSAGED WITH WILD LIME AND PLUM BLOSSOMS, AND WRAPPED TO SEAL IT ALL IN. USING SIMPLE MOVEMENTS BASED ON JAPANESE MERIDIAN MASSAGE AND BLENDING LAYERS OF EXCEPTIONAL INGREDIENTS AND PURE SCENTS DEEPLY INTO THE SKIN, YOU WILL LEAVE PURIFIED AND ENERGIZED, YOUR SKIN SOFTENED AND DELICATELY SCENTED. *80 minute - \$200 / 110 minute - \$265*


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MASSAGE

GOLDEN DOOR MASSAGE

GOLDEN DOOR IS PROUD TO PROVIDE CLASSIC LIGHT-TOUCH SWEDISH, CUSTOMIZED THERAPEUTIC, AND DEEP TISSUE MASSAGE FOR YOUR CUSTOMIZED RELAXATION.

THERAPISTS USE VARIOUS TECHNIQUES TO INCREASE CIRCULATION, RELIEVE MUSCLE TENSION AND PROMOTE OVERALL RELAXATION. UPON REQUEST, GOLDEN DOOR MASSAGE IS ALSO OFFERED IN OUR COUPLE'S FUTARI SUITE. CHOOSE ONE:

SWEDISH MASSAGE *50 minutes - \$145 / 80 minutes - \$215*

CUSTOMIZED THERAPEUTIC *50 minutes - \$155 / 80 minutes - \$225*

DEEP TISSUE MASSAGE *50 minutes - \$160 / 80 minutes - \$230*

WASATCH WARM STONE MASSAGE

WARM EVERGREEN OIL IS MASSAGED INTO YOUR SKIN WHILE NATURAL STONES ARE PLACED ON YOUR BODY TO RELEASE BLOCKED ENERGY AND BRING YOU IN BALANCE WITH THE WORLD. THE AROMATHERAPY BLEND EVOKES A SENSE OF CALM WHILE OUR MASSAGE MOVEMENTS, USING THE WARM RIVER STONES, MELT YOUR TENSION AWAY. *50 minutes - \$190 / 80 minutes - \$260*

FUTARI MASSAGE FOR TWO

SHARE A PEACEFUL GOLDEN DOOR SWEDISH, CUSTOMIZED THERAPEUTIC OR DEEP TISSUE MASSAGE WITH A COMPANION OR LOVED ONE IN OUR SPACIOUS, RELAXING COUPLES' FUTARI SUITE. CHOOSE ONE:

SWEDISH MASSAGE *50 minutes - \$290 / 80 minutes - \$430*

CUSTOMIZED THERAPEUTIC *50 minutes - \$310 / 80 minutes - \$450*

DEEP TISSUE MASSAGE *50 minutes - \$320 / 80 minutes - \$460*

MOUNTAIN SALVATION MASSAGE

GET BACK ON THE SLOPES OR TRAIL IN NO TIME AFTER TARGETING AREAS MOST STRESSED BY PHYSICAL ACTIVITY. OUR SPECIALTY HIGH-ALTITUDE BLEND OIL AND PAIN-RELIEVING GEL, COMBINED WITH SPORTS-STYLE TECHNIQUES PROMOTES A RECORD RECOVERY. *50 minutes - \$155 / 80 minutes - \$215*



M A S S A G E

LYMPHATIC MASSAGE

LYMPHATIC MASSAGE FOCUSES ON INCREASING THE LYMPHATIC FLOW OF THE BODY. LYMPHATIC FLUID CLEANS CELLULAR DEBRIS AND FIGHTS INFECTIONS IN THE BODY TO SUPPORT THE IMMUNE SYSTEM. TREATMENTS ARE INDIVIDUALLY CUSTOMIZED TO DRAIN CONGESTED AREAS DUE TO STRESS, INJURY, WATER RETENTION, BLOATING, AND DIGESTIVE ISSUES. *25 minute - \$75, 50 minute - \$145, 80 minute - \$215*

4-HANDED MASSAGE

THERAPEUTIC AND RESTORATIVE MASSAGE PERFORMED BY TWO THERAPISTS. THIS MAGNIFICENT MASSAGE DONE IN SYNCHRONIZATION INTEGRATES RHYTHMIC, RELAXING MASSAGE TECHNIQUES. COORDINATED MOVEMENTS INDUCE RELAXATION, EASE MUSCLE TENSION AND STRESS, AND SOOTHE THE NERVES. YOUR THERAPISTS WILL CUSTOMIZE THE MASSAGE AND WARM AROMATHERAPY OILS TO YOUR NEEDS TO GIVE YOU THE EXPERIENCE OF A LIFETIME! *50 minute - \$240, 80 minute - \$360*

HARMONY MASSAGE

A RELAXING OIL APPLICATION, MASSAGE, AND BODY WRAP. ALLOW YOUR MIND, BODY AND SPIRIT TO RESONATE TO THEIR HIGHEST. USING OUR SIGNATURE HARMONY MASSAGE OIL AND ROSE PORPHYR STONES, THIS MASSAGE RITUAL WRAPS YOU IN WARMTH WHILE RELEASING THE LINGERING STRAINS OF TENSION IN YOUR BODY, HEAD AND FEET. *50 minutes - \$150 / 80 minutes - \$215*

MOMMY TO BE MASSAGE

ENJOY A MASSAGE AT THIS SPECIAL TIME WHEN YOUR BODY NEEDS EXTRA CARE AND NURTURING. EXPECTANT MOTHERS, AFTER THE FIRST TRIMESTER, ARE INVITED TO INDULGE IN THIS EXCLUSIVE MASSAGE IN WHICH EXPERTLY-TRAINED THERAPISTS USE A SPECIFICALLY-DESIGNED BODY SUPPORT SYSTEM FOR ADDED COMFORT. *50 minutes - \$160 / 80 minutes - \$215*

AYURVEDIC AND EASTERN HARMONIES

BINDI BODY REJUVENATION

BINDI MEANS THE PRIMORDIAL POINT WHERE EVERYTHING BEGINS AND ENDS. REJUVENATE AND DELIGHT THE SPIRIT WITH A WARM HERB EXFOLIATION. A VIGOROUS MASSAGE, USING YOUR SPECIFIC DOSHA OIL, HELPS STIMULATE CIRCULATION AND DETOXIFICATION. END IN SERENITY WITH A WARM COCOON WRAP. *80 minutes - \$215*

SPIRIT OF LIFE

ENJOY A COMPLETE HEAD-TO-TOE EXPERIENCE WITH THE BINDI BODY REJUVENATION COUPLED WITH THE GROUNDING SHIRODHARA TO CREATE THE ULTIMATE AYURVEDIC RITUAL. *110 minutes - \$295*

SHIRODHARA

BEGIN YOUR INNER HARMONY WITH A SOOTHING STREAM OF WARM OIL FLOWING ONTO YOUR "THIRD EYE" TO EASE YOUR MIND AND ENCOURAGE A REM STATE. THE OIL IS LAVISHLY MASSAGED INTO YOUR HAIR AND SCALP, FOLLOWED BY A LIGHT FACIAL MASSAGE. RELAX, REPAIR AND REJUVENATE. *50 minutes - \$175*

ABYHANGA

BRISK TRADITIONAL OLEATION MASSAGE TECHNIQUES ARE USED TO NOURISH SKIN, LUBRICATE TISSUES AND JOINTS, AND CALM THE NERVOUS SYSTEM. THIS AYURVEDIC HERBAL WRAP FURTHER REBALANCES THE BODY'S SUBTLE ENERGIES AND RELEASES STAGNANT TOXINS. *80 minutes - \$230*



AYURVEDIC AND EASTERN HARMONIES

SHIATSU MASSAGE

THIS JAPANESE STYLE MASSAGE USES RHYTHMIC PRESSURE TO RELIEVE STIFF MUSCLES, IMPROVE CIRCULATION, AND ALLEVIATE STRESS. FOLLOWING THE MERIDIAN SYSTEM, POINTS OF TENSION ARE RELEASED, AIDING IN THE FLOW OF ENERGY. PLEASE WEAR LOOSE, COMFORTABLE CLOTHING TO ALLOW EASE OF MOVEMENT THROUGHOUT THE SESSION. *80 minutes - \$235*

THAI MASSAGE

A SERIES OF FACILITATED STRETCHES COMBINE ACUPRESSURE AND YOGA POSITIONS TO WARM THE MUSCLES, ENCOURAGE ENERGY FLOW AND REGENERATE THE SPIRIT. SOOTHING FOR THE RESTLESS MIND AND BODY. PLEASE WEAR LOOSE OR COMFORTABLE CLOTHING. *80 minutes - \$235*

SPA REFLEXOLOGY

THIS TRADITIONAL SERVICE BEGINS WITH A HOT TOWEL CLEANSING RITUAL, FOLLOWED BY THE STIMULATION OF A SERIES OF SPECIFIC PRESSURE POINTS OF THE HANDS AND FEET TO ENCOURAGE THE BODY TO FIND ITS OWN ENERGY PATH AND RELEASE BLOCKAGES THAT CAUSE PAIN OR DISCOMFORT. *50 minutes - \$155*

ACUPUNCTURE

A NATURAL SOLUTION TO EVERYDAY AILMENTS. IF YOU ARE EXPERIENCING DISCOMFORT, OR IF YOU ARE WELL AND SEEKING PREVENTATIVE CARE OR ENHANCEMENT OF YOUR WELL-BEING, ACUPUNCTURE MAY BE *your* SOLUTION.

CONDITIONS SUCH AS: SPORTS, OR OVERUSE INJURIES, NECK TENSION, LOWER BACK PAIN, CARPAL TUNNEL, OR TENDONITIS, STRESS RELATED ISSUES, INSOMNIA, ALTITUDE SICKNESS, HEADACHES, DIGESTIVE DISORDERS, MALAISE... ARE ALL WITHIN THE EFFECTIVE SCOPE OF ACUPUNCTURE. *50 minutes - \$190*

FACIAL REJUVENATION TREATMENT

AN ULTIMATE STRESS REDUCTION EXPERIENCE. 30 MINUTES OF FACIAL ACUPUNCTURE, FOLLOWED BY A SOOTHING, SCULPTING, FACIAL MASSAGE AND ACTIVE MASQUE. THE MASQUE IS A MIXTURE OF HONEY AND NUTMEG, WHICH ACTS AS A MEDIUM TO LIFT AND " PLUMP" THE SKIN. *80 minutes - \$270*


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MASSAGE

IN-ROOM

EXPERIENCE A MASSAGE IN THE PRIVACY OF YOUR ROOM.

24 HOURS NOTICE REQUESTED.

SWEDISH MASSAGE	<i>50 minutes - \$195 / 80 minutes - \$265</i>
CUSTOMIZED THERAPEUTIC	<i>50 minutes - \$205 / 80 minutes - \$275</i>
DEEP TISSUE MASSAGE	<i>50 minutes - \$210 / 80 minutes - \$280</i>
SHIATSU MASSAGE	<i>80 minutes - \$285</i>
CRANIO-SACRAL THERAPY	<i>50 minutes - \$145</i>
REIKI	<i>50 minutes - \$145</i>

IN-ROOM SERVICES RECEIVE A COMPLIMENTARY BATH BUTLER

REFLEXOLOGY ADD-ON

REFLEXOLOGY TO INCREASE OVERALL RELIEF
USING PRESSURE POINT MASSAGE OF THE FEET

\$75

SZEKELY WRAP ADD-ON

DETOXIFICATION WARMING HERBAL WRAP TO
ENHANCE ANY MASSAGE SERVICE

\$75

CLEAR MY HEAD

CUSTOMIZED SCALP MASSAGE TO EASE TENSION
AND STRESS. ADD-ON TO ANY MASSAGE

\$75

ALL ADD-ON'S 25 MINUTES.



HAIR AND NAIL SPA

H A I R

CUT & STYLE

STYLE CONSULTATION	\$45
BLOW DRY / SET	<i>from \$60</i>
HAIRCUT & STYLE	<i>from \$80</i>
SPECIAL OCCASION STYLE	<i>from \$80</i>
CHILD CUT	\$35

TREATMENTS

PERMANENT WAVE	\$110
PERMANENT WAVE LONG HAIR	\$135
DEEP CONDITIONING	\$55
COMB OUT	<i>from \$35</i>
GLOSSING	\$140
SCALP TREATMENT	\$70
KERATIN HAIR STRAIGHTENING (FORMALDEHYDE FREE)	<i>from \$300</i>

COLOR

FULL WEAVE	<i>from \$200</i>
WEAVE	<i>from \$180</i>
FULL COLOR	<i>from \$155</i>
COLOR RE-TOUCH	\$140
CORRECTIVE COLOR	<i>by Consultation</i>

EXTENSIONS

HAIR EXTENSIONS	<i>by Consultation</i>
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MINERAL MAKEUP SERVICES

MINERAL MAKEUP TOUCHUP (COMPLIMENTARY WITH PURCHASE)	\$25
MINERAL MAKEUP LESSON / APPLICATION	\$35
SPECIAL OCCASION MINERAL MAKEOVER VARIES WITH CONSULTATION	<i>from \$65</i>

EYELASH EXTENSIONS	<i>by Consultation</i>
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MEN'S SERVICES

GENTLEMEN'S HAIRCUT	\$45
GENTLEMEN'S MANICURE	\$45
GENTLEMEN'S PEDICURE	\$90

MANSCAPING

BACK / SHOULDERS	\$80
STOMACH	\$40
CHEST	\$40
MEN'S FULL BIKINI	\$85

HAIR AND NAIL SPA



NAILS

HANDS

SIGNATURE MANICURE	\$65
SPA MANICURE	\$50
FRENCH MANICURE	\$55
FULL SET OF NAILS	\$90
FILLS	<i>from \$60</i>
POLISH CHANGE	\$25
FRENCH POLISH CHANGE	\$30
NAIL REPAIRS	<i>\$15 each</i>
SHELLAC MANICURES	
MANICURE	\$75
POLISH CHANGE	\$40
REMOVAL ONLY	\$20
NAIL REPAIR	<i>\$9 each</i>
PARAFFIN ADD ON	\$20

FEET

SIGNATURE PEDICURE	\$90
SPA PEDICURE	\$80
FRENCH PEDICURE	\$85
SHELLAC PEDICURES	
PEDICURE	\$75
POLISH CHANGE	\$40
REMOVAL ONLY	\$20
NAIL REPAIR	<i>\$9 each</i>
PARAFFIN ADD ON	\$20

HAIR AND NAIL SPA


GOLDEN DOOR
435.647.5555

SPECIAL OCCASION HAIR AND MAKEUP

BRIDAL CONSULTATION

Complimentary

CONSULTATION WITH HAIR AND MAKEUP DESIGN

STARTING AT *\$150*

SPECIAL OCCASION HAIR DESIGN (WITHOUT CURLS)

STARTING AT *\$70*

SPECIAL OCCASION HAIR DESIGN (WITH CURLS)

STARTING AT *\$100*

À LA CARTE SERVICES AVAILABLE UPON REQUEST

FITNESS TESTING AND COUNSELING PROGRAM ENHANCEMENTS



FITNESS AND WELLNESS

PRIVATE SESSIONS

50 minutes - \$100 / 80 minutes - \$155

PERSONAL TRAINING, PRIVATE PILATES, KINESIS,
PERSONALIZED YOGA AND MEDITATION

WELLNESS & NUTRITIONAL COUNSELING

OUR NUTRITIONAL COUNSELING IS A HOLISTIC APPROACH TO HEALTH. USING INDIVIDUALIZED ASSESSMENTS, OUR GOAL IS TO FIND THE BEST TREATMENTS TO SUPPORT THE BODY'S INNATE ABILITY TO HEAL. OUR LICENSED NATUROPATHIC PHYSICIAN USES SEVERAL MODALITIES INCLUDING NUTRITION, HERBAL MEDICINE, HOMEOPATHY, ENVIRONMENTAL MEDICINE AND CRANIAL SACRAL THERAPY.

Pricing by consultation

LIFE COACHING

UNLEASH YOUR FULL POTENTIAL, ACHIEVE GOALS AND LIVE WITH GREATER BALANCE AND AUTHENTICITY. BEGIN A JOURNEY OF SELF-DISCOVERY WITH A LIFE COACH AND EXPLORE, CLARIFY AND IDENTIFY AREAS IN YOUR LIFE YOU WANT TO CHANGE OR ENHANCE. *Pricing by consultation*

SEASONAL ACTIVITIES

HIKING, BIKING, STAND UP PADDLE BOARDING, SNOWSHOEING, CLASSIC AND SKATE SKIING. *Pricing by consultation. Other activities available upon request.*

FITNESS TESTING AND COUNSELING PROGRAM ENHANCEMENTS



GOLDEN DOOR
435.647.5555

RESTING METABOLIC RATE (RMR) ASSESSMENT

THE RESTING METABOLIC RATE (RMR) IS A MEASURE OF EXACTLY HOW MANY CALORIES YOU BURN WITHOUT EXERCISE ON ANY GIVEN DAY. KNOWING THIS NUMBER ALLOWS YOU TO STRATEGICALLY CONSUME THE CORRECT NUMBER OF CALORIES TO HIT YOUR NUTRITIONAL REQUIREMENTS. OBTAIN NEW WEIGHT LOSS GOALS AND PROPERLY DETERMINE THE CORRECT INTENSITY OF EXERCISE YOUR BODY NEEDS. *(time varies) \$125*

Assessment Requirements

- *An 8 - 12 hour fast (water is ok) prior to your assessment is required.*
- *No fitness work-outs the day prior to assessment.*

EXERCISE METABOLIC RATE (EMR) ASSESSMENT

THIS ASSESSMENT OFFERS A DETAILED ANALYSIS TO TRAIN MORE EFFICIENTLY. USING THE NEW LEAF TECHNOLOGY, OUR TRAINERS WILL ASSESS YOUR BODY TO OBTAIN YOUR VO₂ PEAK/MAX. BY KNOWING YOUR VO₂ PEAK/MAX YOU ARE ABLE TO WORK WITHIN YOUR EFFICIENT TRAINING ZONES TO OBTAIN OPTIMAL RESULTS FOR YOUR PERSONAL GOALS. *(time varies) \$125*

Assessment Requirements

- *A 2 - 3 hour fast (water is ok) prior to your assessment is required.*
- *No fitness work-outs the day prior to assessment.*

PACKAGE PRICING —

BOTH ASSESSMENTS \$225

SPA INFORMATION

RESORT GUESTS

GUESTS AT WALDORF ASTORIA, PARK CITY ENJOY COMPLIMENTARY USE OF THE FITNESS CENTER. GUESTS MAY PURCHASE A SPA DAY PASS WHICH INCLUDES FITNESS CLASSES, LOCKER ROOMS, STEAM AND WATER AMENITIES.

AGE POLICY

CHILDREN AGES 12-17 YEARS ARE WELCOME TO ENJOY MESSAGES, FACIALS, AND BODY TREATMENTS BUT MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES, INCLUDING DURING SPA TREATMENTS. GENDER OF THERAPIST MAY BE CHOSEN BASED ON PREFERENCE OF ACCOMPANYING ADULT. CHILDREN AGES 12 – 17 YEARS MAY ENJOY TREATMENTS IN THE HAIR AND NAIL SPA UNACCOMPANIED. TO

PROTECT THE TRANQUIL NATURE OF THE SPA AND ITS ENVIRONMENT, CHILDREN UNDER 18 YEARS ARE NOT PERMITTED TO USE THE ONSENS. THIS INCLUDES FITNESS FACILITIES AND OTHER SPA AREAS.

RESERVATIONS & CANCELLATIONS

BOOKING YOUR SPA RESERVATIONS IN ADVANCE IS STRONGLY RECOMMENDED. PLEASE CALL GOLDEN DOOR DIRECTLY AT (435) 647-5555 OR FROM THE RESORT AT EXTENSION 5555. AS A COURTESY TO OTHER GUESTS AND TO OUR THERAPISTS, WE STRICTLY ADHERE TO THE SPA CANCELLATION POLICY: IF YOU MUST RESCHEDULE OR CANCEL AN APPOINTMENT, WORKOUT OR RECREATIONAL ACTIVITY, PLEASE ADVISE US 4 HOURS IN ADVANCE TO AVOID BEING CHARGED 100% OF THE SCHEDULED ACTIVITY. TO CANCEL A PACKAGE,

WE REQUIRE 24-HOURS NOTICE AND FOR GROUPS (8 OR MORE PERSONS), A 14-DAY NOTICE IS REQUIRED TO AVOID BEING CHARGED 100% OF THE ACTIVITY.

WHAT DO I NEED TO BRING?

GOLDEN DOOR PROVIDES YOU WITH A LOCKER, ROBE, TOWEL AND SLIPPERS, IN ADDITION TO GROOMING AMENITIES SUCH AS SHOWER GEL, SHAMPOO, CONDITIONER AND BODY MOISTURIZER. OTHER ITEMS ARE AVAILABLE UPON REQUEST. WE SUGGEST THAT YOU BRING A BATHING SUIT TO TAKE FULL ADVANTAGE OF THE FACILITIES.

SHOULD I BRING MY VALUABLES?

FOR THE SAFETY OF YOUR VALUABLES, WE SUGGEST THAT YOU DO NOT BRING THEM TO THE SPA. WE CANNOT ASSUME ANY LIABILITY FOR VALUABLES.

HOW EARLY SHOULD I ARRIVE FOR A SPA SERVICE?

WE SUGGEST THAT YOU ARRIVE AT LEAST 30-MINUTES PRIOR TO YOUR FIRST APPOINTMENT TO ALLOW AMPLE TIME TO CHECK IN, CHANGE, ACCLIMATE TO AND FULLY ENJOY THE SPA FACILITIES.

ARE THERE HEALTH BENEFITS TO A SPA VISIT?

THE GUARANTEED BENEFIT OF A SPA VISIT IS IMMERSION IN A RELAXING ENVIRONMENT, WHICH HELPS TO REDUCE THE EFFECTS OF STRESS AND CONTRIBUTES TO GOOD HEALTH. MANY SPA SERVICES ARE GEARED TO EASING VARIOUS ACHES AND PAINS. ADDITIONALLY, TAKE-HOME PROGRAMS CAN HELP YOU MAKE LIFESTYLE CHANGES FOR LONG-TERM BENEFITS.

SHOULD I ALERT SOMEONE IF I HAVE ANY PHYSICAL AILMENTS, DISABILITIES OR ALLERGIES?

YES. PLEASE NOTIFY THE SPA CONCIERGE WHEN BOOKING YOUR APPOINTMENTS AND YOUR THERAPIST AT THE TIME OF TREATMENT.

SHOULD I AVOID THE SPA IF I'M PREGNANT?

NOT AT ALL. GOLDEN DOOR SPA INVITES MOTHERS, AFTER THE FIRST TRIMESTER, TO ENJOY SERVICES THAT DO NOT INVOLVE DEEP PRESSURE OR HEAT. PLEASE ADVISE THE SPA CONCIERGE OF YOUR DUE DATE WHEN BOOKING YOUR APPOINTMENT AND HE OR SHE WILL ASSIST IN DETERMINING THE BEST TREATMENTS FOR YOU.

WHAT ARE THE RULES OF SPA ETIQUETTE?

TO ENSURE THAT YOU AND THOSE AROUND YOU REAP THE FULL BENEFITS OF THE SPA EXPERIENCE, WE MAKE THE FOLLOWING SUGGESTIONS: ARRIVE EARLY. REMEMBER, ALL SERVICES WILL END ON TIME, REGARDLESS OF HOW LATE THE START, SO THAT THE NEXT GUEST ISN'T DELAYED. RESPECT OTHER GUESTS. TO PRESERVE THE SPA ATMOSPHERE OF TRANQUILITY AND RELAXATION, PLEASE RESPECT ALL GUESTS' RIGHT TO PRIVACY AND QUIET. CELL PHONES, PAGERS AND SMOKING ARE PROHIBITED.

GRATUITIES

FOR YOUR CONVENIENCE, AN 18% GRATUITY IS AUTOMATICALLY APPLIED TO ALL SERVICES AND DISTRIBUTED TO THE STAFF.



GOLDEN DOOR

WALDORF ASTORIA PARK CITY

2100 FROSTWOOD DRIVE PARK CITY, UTAH
435.647.5555 GOLDENDOOR.COM