Escape into a beautiful environment and cultivate your sense of calm.
day spa philosophy

Escape into a beautiful environment and cultivate your sense of calm. The Aspen Leaf Day Spa, set at the garden’s edge, beneath the Sleeping Lady profile, is the ideal respite from the every day. Immerse yourself in our range of holistic services – inspired by and in cooperation with nature. You’ll emerge serene and rejuvenated, poised to explore our art walk, gourmet cuisine, and all the splendor of Sleeping Lady. Our professional, licensed, and dedicated staff members are committed to bringing wellness to you and your environment today, tomorrow and beyond.

signature jade treatments

Experience Jade’s healing, balancing and harmonizing properties in our Signature Jade Spa Treatments. This semi-precious stone is a symbol of immortality and longevity dating back 7,000 years. Jade has been used to preserve and maintain skin tone and strengthen the immune system. The alluring heated Jade stones melt away tension held in the body. When cooled, circulation is boosted and inflammation and heat in the body is reduced.

day spa amenities

Robes and Slippers || Relaxation and Walking Meditation in the Organic Garden || Organic Tea and Chocolate Self Guided Art Walk || Spa Boutique and Shopping at the Mercantile in O’Grady’s Pantry
day spa packages

breath of mountain air
Breathe in as you take time from the busy world to experience the essence of mountain air. This pampering event will bring the functions of the skin back into perfect harmony. Your experience includes a foot soak, 60 minute full-body antioxidant scrub with moisture application and 60 minute Signature Organic Facial.

allow 2 hours 15 minutes || $230

aspen leaf relaxation ceremony
Take time for a healthy escape and ease back into total relaxation. Begin with a foot soak, your choice of a skin balancing facial or herbal body wrap followed by a relaxing full-body massage. This ceremony includes a 75 minute facial or Jade body wrap and relaxing 60 minute full-body massage.

allow 2 hours 30 minutes || $250

the enchantment of renewed energy
Encounter the power and strength of Jade as you melt away tension and strengthen the immune system. This journey includes a foot soak, 60 minute organic facial and our 90 minute signature hot and cold Jade massage.

allow 2 hours 45 minutes || $285

iffs day or couples side-by-side
Add sparkling cider or wine along with organic chocolate, a lavender organic garden sachet and a foot soak to your side-by-side treatments

couple, $32 || each, $16

aromatherapy steam shower or sauna
located at the Aspen Leaf Day Spa
(Must be 16 years of age or older.)

for two, $40 || single, $25
massage

aspen leaf relaxation massage (swedish)
60 minutes, $115 || 90 minutes, $155

resource renewing treatment massage (deep)
60 minutes, $125 || 90 minutes, $165

shared space massage for two
60 minutes, $230 || 90 minutes, $310
Steam shower upgrade: $40

signature hot and cold jade stone massage
90 minutes, $180 || side by side, $350
Enhancement package upgrade:
Add sparkling cider or wine, organic chocolate and a foot soak, $15 each

earth mother pregnancy massage
60 minutes, $120 || 90 minutes, $160

natural hot stone massage
90 minutes, $165

synergie AMS massage
The Synergie AMS is cleared by the FDA to provide reductions in the appearance of cellulite along with increased local blood circulation, relaxed muscles and the relief of minor muscle aches and pains.
50 minutes, $95 || Series of 6, $540 || Series of 10, $850

cupping massage
Experience an amazing full body treatment utilizing specially designed cups that create suction to the skin during your massage. This massage stimulates circulation, lymphatic flow, relieves pain and releases tense muscles.
90 minutes, $165
skin care

signature organic jade stone facial
60 minutes, $105 || 90 minutes, $155

the luxury champagne facial
60 minutes, $160

skin balancing facial (for acne or mature skin)
75 minutes, $135

the synergie ultimate facial
(facial/microderm combo – day spa only)
90 minutes, $155 || 30 minute mini-microderm, $90
Series pricing: 5 treatments – 2 full and 3 mini, $525

protect the environment treatment
facial with gentle peel
60 minutes, $125 || 30 minute quick peel, $85
Series pricing: 2 full and 3 quick peel treatments, $455

waxing
waxing lip, chin or brow, $15 || combo of 2, $25
jaw/full face, $25-55 || underarm, $25 || bikini, $35
high bikini, $50 || half/full leg, $55-85 || Brazilian, $90
full back, $75 || half back, $45 || eyebrow threading, $25

makeup
consult, $40 || wedding makeup ~ bride, $55
mother + additional, $40 each

tinting
brow tint, $25 || lash tint, $35 || combo, $50

express facial services and add-ons
Mini microderm ~ 30 min || $90
Mini peel ~ 30 min || $80
Back facial ~ 30 min || $65
LED light therapy || $25
AMS lifting massage || $35
Mask or serum upgrade || $12
Paraffin (hands or feet) || $15

REJUVENATE YOUR SKIN
**body treatments**

**signature jade body wrap**
Choose hydra nourishing or detoxifying

Discover the secret of Jade therapy. The unique formulation of Jade powder and herbs works to rejuvenate and nourish the skin as it rebalances and revitalizes the entire system. This cell awakening treatment includes dry body brushing, herbal jade body wrap, head and scalp massage and moisture application.

allow 75 minutes, $135

**antioxidant body scrub**
Raw cane sugar with vitamin E

Your spa mixologist will select a personalized body scrub for an ultra-restorative full body exfoliation and hydration for the skin. Treatment includes body scrub, shower, moisture application, scalp, hand and foot massage.

60 minutes, $125

**detoxifying mud treatment**
Volcanic ash and neem oil

Mud purifies and detoxifies for a renewed sense of wellbeing and also restores hydration to the skin, while healing and soothing inflammation. This treatment includes a foot soak, dry body brushing, mud masque and relaxing wrap, head and scalp massage, shower and hydrating lotion application.

90 minutes, $150

**tension release treatment**

For those desiring a more focused treatment to release the tension around the head and neck along with those busy hands and our feet that carry us through the day. Foot soak – Tension release for head/scalp, arms/hands, legs/feet.

60 minutes, $115 || for two (side-by-side), $230
energy balancing

reiki
This Japanese healing technique helps to restore and strengthen the whole system – mind, body and spirit – for total wellbeing.
60 minutes, $90

reading of the moment
Experience the clarity and insightfulness that comes from only positive affirmations and direction from an angel card reading. Experience on your own or bring a friend.
60 mins, $90  ||  with a friend – 90 mins, $130

the awakened spirit
Journey into yourself as you take time for renewal and balance of the mind, body and spirit. This energy work package includes a gentle Reiki treatment and finishes with an insightful reading of the moment providing positive affirmations and inspirations.
Combination Reiki & Reading: 2 hours, $175

foot rituals
These services do not include any nail work.

signature jade stone sole-2-soul foot treatment
This treatment begins with a relaxing foot bath and organic cane sugar exfoliation of the feet and legs followed by a hydrating masque. Massage accompanied by warm Jade Stones. Like walking on sunshine.
60 minutes, $95

express massage services
short, but sweet!
Custom 30 minute massage  ||  $60
30 minute cupping therapy  ||  $60
20 minute chair massage  ||  $35
Appointments
Reservations are recommended. To schedule, contact Aspen Leaf Day Spa at 509.888.9896 or email us at spa@sleepinglady.com. Please advise us of any special medical or health concerns.

All Guests
Please turn off cell phones inside the spa to preserve the tranquil nature of the space. To receive the full benefit of your spa experience, please arrive on time. Guests must be 14 years of age or older. Guests under 18 years of age must be accompanied by an adult.

If you wish to use the Steam Shower or Sauna, please discuss with the spa coordinator to allow the appropriate additional amount of time. Please refrain from bringing any unnecessary or valuable items.

Cancellations
Our staff has reserved this time to care for you, should you need to cancel an appointment please contact us 24 hours in advance of your visit, 72-hours for groups. Any cancellations with less than the required notice will result in a full charge of the scheduled service.

Alcohol
Some of our package offerings include wine as part of your experience. We do limit this to one beverage which must be consumed during the spa treatment and on spa property.

Gratuities
Gratuities may be given in appreciation of excellent service. To make your spa experience as seamless as possible, a 20% service charge will be applied to all group services and day spa packages; however it is adjustable at checkout.

Go to SleepingLady.com/aspen-leaf-spa for more detailed information about the services we offer.

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