



Appt: 970.728.9515

307 East Colorado Ave

Relax@myALTvibes.com

Telluride CO 81435-2465

## RELAXATION LOUNGE MENU

**PRIVATE TREATMENT ROOMS / SINGLE & COUPLES MASSAGE**

***Oxygen Bar Menu on the back.***

**Call our Hostess: 970.728.9515**

**Book your appointment today!** Appointments are highly recommended especially for groups or for Massage (we work early & late by appointment & are open everyday). Same day appointments are frequently available. Same day cancellations are not allowed & full charges will apply. All changes must be made by noon the day before. Arrive early to relax in the **Oxygen Bar** & stay late unwinding in our **Elixir Bar**. ***Our Elixirs taste like craft cocktails with NO alcohol & are actually healthy for you.***

### SPA PLATINUM PACKAGES

***For those who want more than a massage & we all deserve a spa day.***

**THE WORKS:**      **2 HOURS**    \$375                      **2.5 HOURS**    \$465

Massage, Facial, Reflexology, Reiki, Aromatherapy, Hot Hand & Foot Treatment  
Customized for you. Additional time available for deep tissue & specific needs.

**+OXYGEN:** Oxygen with 60+ minutes massage for the price of 30 minutes +\$75

**+CBD:** Organic Locally Grown Extra Strength CBD with Menthol +\$35

**MASSAGE OPTIONS:** We are **Professionals**, choose your style & relax. Couples (price/person), Deep Tissue/Sports, Relaxing/Swedish/Stress Reducing, Therapeutic/Chronic & Acute Pain Relief, Injuries, Pre/Post Natal, Reflexology, Reiki/Energy Work, Lymphatic, Altitude Adjustment/Acupressure, **Facial** or Custom.

**1 HOUR**    \$195              **75 MINUTES**    \$240              **90 MINUTES**    \$285

**2 HOURS**    375              **45 MINUTES**    150              **30 MINUTES**    105

### ORGANIC EUROPEAN FACIAL

The perfect stress reducing facial with all the perks to acclimate your skin to our high altitude climate. Our facials steam, cleanse, exfoliate, tone, hydrate with **organic plant based ingredients**. Facial Acupressure, Massage of Head, Neck & Shoulders, Reiki, & Reflexology.

**WAXING:** Facial & body waxing for women & men. Limited appointments.



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## OXYGEN & ELIXIR BAR

### OXYGEN BAR FLATLANDERS

Services for clients from sea level & for locals. The quickest, most enjoyable way to kickstart & enjoy your **High Elevation Vacation**. Your body is retaining fluids from **Dehydration & Oxygen Deprivation** pressing on points in your brain causing discomfort. Anti-Inflammatory supplements may help with symptoms but only **Oxygen** followed by water will treat the cause. Don't be a martyr. **Treat yourself to Oxygen ASAP for maximum enjoyment.**

**FLATLANDERS 20 MINUTES \$110 25 MINUTES \$138 30 MINUTES \$165**

Your choice of **Chair Massage** or **Foot Reflexology** with **Oxygen Simultaneously.**

**VIP FLATLANDER 40 MINUTES \$220**

Choose 40 minutes of **Chair Massage** or **Reflexology** or 20 minutes of each with 40 minutes of **Oxygen** simultaneously.

**PLATINUM FLATLANDER 30-30-30 60 MINUTES \$255**

30 Minutes **Oxygen**, 30 Minutes Head, Neck, Shoulder & Back **Chair Massage** & 30 Minutes **Reflexology**. **1 hour of Relaxation** in our **Chill Oxygen Bar**.

**CHAIR MASSAGE or FOOT REFLEXOLOGY \$3.00/MINUTE**

**20 MINUTES \$60 25 MINUTES \$75 30 MINUTES \$90**

**45 MINUTES 135 60 MINUTES 180**

**OXYGEN BAR \$2.50/ minute/ person**

We are professionals who have experienced **Altitude Sickness** & have helped 1000's of individuals to avoid or recover. Tell us when you arrived, how far you traveled & any symptoms you have & for how long. **Altitude Symptoms:** Headaches, Migraines, Insomnia, Nausea, low energy, lethargy, fainting, bloody nose, digestive issues & mental health to name a few. Its more than Oxygen, this is a **Spa Service** with hot shoulder wraps, hot tea, cold marble rocks, foot rests, water & Elixirs (non-alcoholic Adaptogens)

**30 MINUTES \$75 RESET to Sea Level 25 MINUTES \$63** Eliminate mild symptoms

**20 MINUTES 50 Popular 45 MINUTES 113** Nausea, Migraines...

**10 MINUTES 25 Quick pick me up 15 MINUTES 38** Energy bump

**60 MINUTES 150** When you really need to recuperate in a private room.

**HYDRATED OXYGEN w/ AROMATHERAPY BLENDS: Pick Me Up (Rosemary, Peppermint, Lavender, Lemon); Breathe (Eucalyptus, Lavender, Lemon); My Essence (Geranium, Lavender, Lemon); Peppermint. Unscented Available.**

