



ALT VIBES MENU

970.728.9515 307 East Colorado Ave

OXYGEN BAR \$2.50/MINUTE

Sofa seating, foot stools, mountain views, warm shoulder wraps, cold marble rocks, hot tea & water included. Other beverages available: Elixirs, Coconut Water, Espresso, Kombucha...

Fun	10 min.	\$ 25
Energy Bump	15	38
Mild Symptoms	20	50
RESET to Sea Level	30	75
Migraine/Nausea	40	100

FLATLANDER SPECIALS \$5.50/MINUTE

Your choice of Chair Massage or Foot Reflexology w/ Oxygen.

20 min.	\$ 110
30	165
40	220

CHAIR MASSAGE OR FOOT REFLEXOLOGY \$3/MIN.

20 min.	\$ 60
30	90
40	120

TABLE MASSAGE OR ORGANIC FACIAL

30 min.	\$ 105
45	150
60	195
75	240
90	285
Massage & Facial	120 375
Oxygen	75

House Calls for groups are available.

We have 4 Oxygen Bar Pods serving groups up to 24 individuals.

Relaxing Healing Music & Aromatherapy.

5 liter Oxygen Machine Rentals are \$350 for 3 nights including delivery. Serves 1-2 people simultaneously.

Oxygen Canisters \$15-25

Art Gallery



How to Enjoy a High Elevation Vacation

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After a long day of travel give yourself a break before diving into sports & cocktails.

Chances are you are arriving dehydrated.

Telluride is the perfect storm for experiencing Altitude Symptoms from Dehydration & Oxygen Deprivation.

Altitude Sickness is real & that nagging headache can last for days. Only Oxygen & Water treat the cause. If nauseous get Oxygen right away. A few symptoms include: Headaches, Insomnia, Nausea, Digestive Issues, Low Energy, Out of Breathe...

TIPS

1. Catch up on your water intake immediately unless Nauseous. Drink more water than at home.
2. Caffeine is your friend. Treat yourself to 1-2 extra cups/day.
3. Alcohol is NOT your friend. 1 drink at Elevation= 2 at Sea Level.
4. Oxygen Rentals are good for groups or anyone who wants to sleep with Oxygen.
5. Oxygen Canisters are great for "emergency" situations. For example, it's 3am and you're wide awake...
6. 30 minutes at an Oxygen Bar with 95% oxygen will RESET you to sea level. Best upon arrival. Self care will maintain higher oxygen levels throughout your vacation.
7. Already have symptoms? They will get worse unless you receive Oxygen. Sooner is better. Yes Oxygen Works.
8. Rest.

Effective level of Oxygen in Telluride is only 2/3 of sea level. Less than 15% vs 21%.

Our Oxygen Bar offers 95% oxygen.

Rule of thumb. If you get dehydrated you will likely get Altitude Sickness. Certain individuals are more likely to experience altitude symptoms if they are prone to motion sickness, vertigo, headaches/migraines, insomnia, certain medical conditions or sensitivities. If you forget to drink water or coffee or drink too much alcohol you will experience Altitude Sickness. Oxygen is the best/quickest way to avoid symptoms or to relieve them.