Spa & Wellness Offerings

THE HIMMEL SPA
AT THE
FAIRMONT HERITAGE PLACE,
FRANZ KLAMMER LODGE

WWW.FAIRMONT.COM/KLAMMER-LODGE-TELLURIDE
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970-728-7113 OR
970-728-0425

To Book Online:
https://go.booker.com/location/TheHimmelSpa
THE Himmel SPA ENVIRONMENT

We are a co-ed facility.
Please wear your Fairmont robe and spa sandals.
You must be 18 years or older. Parents or guardians of children under 18 must sign a parental approval form; if under 12 a parent or guardian is required to be present.

Manicure/Pedicure Appointments:
Lodge guests will be picked up at the residence, unless your appointment is directly following a spa service, whereby you will be escorted to our manicure/pedicure suite. Outside guests - please meet your nail technician in the Club Room on the 3rd floor.

Before your appointment: Men, please shave the day of your facial. Women, please avoid shaving or waxing the day of any therapies involving heat or salt.

After your appointment: Water is important following any spa therapy, including facials. Relax in our spa lounge, enjoy a hot soak or steam, or a complimentary oxygen service.

Our Products: Eminence Skin Care of Hungary, Jan Marini Skin Research, Echo2 Plus Oxygen Treatment, AlpineGlow Pure, Tara Spa Therapy, and Splish organic hemp products.

Gratuities: A gratuity for your therapist may be added to your spa voucher at the end of the treatment. 20% of the full price of the service is customary.

For guests not staying at the Lodge: Local guests, or those residing elsewhere, are welcome to join us and enjoy the Spa amenities with a minimum appointment fee of $100.

At check in you will be assigned a locker, complete with a spa robe and spa sandals.

MASSAGE
Choose from 120, 90, 75, 60 or 45 minute treatments unless otherwise noted.

The Himmel Signature
Our most requested massage created for you. Your therapist will customize your service to address specific needs and goals.

Himmel Relaxation Journey
Starting with meditative breathing, your therapist will then guide you to a zen state with fluid strokes and de-stressing blends of organic essential oils.

Deep Therapeutic Performance Therapy
Deep tissue techniques are used to address tight muscles and pain. We combine the flow of Swedish, the moist heat of body packs, and sports stretches, and trigger point therapy.

Himmel Hemp Heaven
A deeply therapeutic massage uniting hemp-derived (non-psychoactive) massage oil or cream with your milligram preference - see price insert for more details.

High Altitude
Help ease the transition to our heavenly mountains with this altitude-specific massage. Chi brushing encourages lymph flow and prepares the body for a luxurious massage with mountain herbs and oils.

Hot Volcanic Stone
Smooth, jet black, volcanic stones hold the secrets of the Universe, and work as beneficial tools for a deeply relaxing, and warming massage.

Warm Himalayan Pink Salt Stone
Pink mineral salt stones provide a gentle whole body exfoliation, and a deeply effective, muscle-melting massage.

Prenatal
Gentle body work for moms beyond their first trimester. Soothing and nurturing touch for the unique needs of the expectant mother.
Ashiatsu Barefoot Massage Therapy
"The deepest, most luxurious massage on the planet", this phrase tells the story. Our therapists’ warm and ultra-smooth bare feet deliver a powerful, deep, and impactful treatment. Slow, whole body effleurage is combined with targeted pressure for treating the body. The consistent, firm pressure of the bare foot makes this unique therapy a truly deep experience.

Couples Massage
This in-room service for two is the perfect way to reconnect in the privacy of your residence. 60-minutes of bliss. Includes chocolates and a sparkling beverage.

Enhancements to Massage Services
- Organic isolate or broad spectrum hemp
- Indian Head Massage - 30 minutes
- Hand & Foot Recovery - 30 minute scrub/mask
- Reflexology - 30 minutes
- Spiritual healing - 30 minutes
- HyperVolt Percussive add on
- Hot Thai Herbal Compression Bundle - yours to take home
ENERGETIC HEALING

Reiki or Therapeutic Touch
Your Energy Therapist can help to balance and treat Chakra, and other energy imbalances. Using hand placements, energy techniques, and meditative breathing, your therapist can guide you to self-healing.

Access Energetic Facelift
Rejuvenates and helps to reverse the appearance of aging of the face and throughout the entire body. Working with the universal energy that all of us have access to, and through gentle touch to your face and neck, the Access Facelift™ works with your body’s own cells to restore, enliven, and refresh.

NAIL SERVICE ENHANCEMENTS
- 15 minute Jan Marini anti-aging treatment
- Polish change
- CND Shellac Upgrade
- French Tips
- Gel/Shellac Removal
- Hot Stones
- Hemp/Oil/Cream hand/foot massage

FITNESS AND YOGA

Yoga
Our certified, professional instructors specialize in a variety of yoga styles, and offer classes designed to accommodate beginners to advanced students. 60 minutes

Pilates
We combine Pilates and Yoga into a easy-to-follow and effective class for any level of athlete. 60 minutes

Various Fitness Classes / call the Spa Concierge at extension 122 to inquire about class schedules. 60 minutes

Private Yoga Lessons
Learn introductory asana or refine and deepen your established practice with hands-on instruction. 30 or 60 minutes

Complimentary Extras:
Hemp Oil or Cream - Fitness Classes
Aromatherapy Compresses
Yoga Mats, Straps, Blocks, and Blankets

Ashi Thai
An adaptation of traditional Thai massage; integrating Ashiatsu’s deep compression strokes with yoga-like stretching. Working within a healthy range of motion, this therapy is performed through clothing on a massage table; the therapist moves your body into deep relaxing stretches.

Traditional Thai Massage
Performed on a Thai mat on the floor, or on a massage table, this modality features rhythmic compressions and assisted yoga stretches. Enjoy the benefits of increased flexibility and energy. Loose fitting, comfortable clothing is necessary for this oil-free luxury.

NAIL SERVICE ENHANCEMENTS

FITNESS AND YOGA
**NAIL SERVICES**

Enjoy a relaxing service in our private nail studio with a view.

Choose from:

**CND Shellac**, a two week, long lasting gel enamel
**Dazzle Dry** – A complete vegan nail system; long-lasting, quick-drying and nontoxic.

**Himmel Signature Pedicure**
Includes foot soak, exfoliation, therapeutic leg and foot masque, callous treatment, preparation of the nail bed, shaping of the nails, cuticle care, massage with a rich treatment cream, and nail polish application. 60 minutes

**Himmel Signature Manicure**
Includes soak, exfoliation, renewing hand masque, preparation and shaping of the nails, cuticle care, massage and nail polish. 45 minutes

**Express Manicure**
Includes warm compress cleanse, hand massage, nail shaping and cuticle care followed by nail polish. 30 minutes

**Express Pedicure**
Includes warm compress cleanse, foot massage, nail shaping and cuticle care, followed by nail polish of choice. 45 minutes

**Milk and Colorado Honey Manicure or Pedicure**
A warm and nurturing 6-step service includes salt soak, sugar scrub, a soothing mud masque, callous treatment, honey massage. 45 and 60 minutes.

The **Himmel Natural Nail**
Includes everything you would expect from a manicure or pedicure, excluding nail clipping and cuticle nipping. Polish is with our vegan formula nail enamel. Manicure/30 minutes, Pedicure/45 minutes.

**BODY TREATMENTS**

The way to health is an aromatic bath and a scented massage every day.

**The Himmel Skin Quencher - 90 minutes**
This all-inclusive body treatment begins with a Chi brush dry exfoliation, followed by a sugar or salt scrub, body wrap and pressure point facial, a refreshing shower, and a 30 minute massage with a complimenting body butter.

Choose your scrub:
- Blueberry Detox Sugar
- Cranberry Pomegranate Sugar
- Nurturing Coconut Sugar
- Customized Himalayan Salt or Sugar
- Stone Crop Skin Restoration
- Tara Spa Therapy Organic hemp sleep or muscle soothing

Choose your body masque:
- Hot Hungarian Herbal Mud
- Herbal Cellulite
- Stone Crop Skin Restoration
- Age-defying Chocolate Truffle
- Skin smoothing Mango
- Tara Spa Therapy Sea Mineral Wrap infused with organic hemp, Arnica and birch oils

**Mountain Renewal 30/30**
Start with a nurturing and hydrating 30 minute back massage with a warm, rich Colorado-inspired body butter. Concludes with a 30-minute luxuriating facial massage.

**True Grit Body Experience - 60 minutes**
An herbal grit scrub, a rich body masque wrap with high altitude essential oils, hot steamed towels, and massage application of a soothing body butter. Includes the face, neck and scalp in this 60 minute dash to relax.
SKIN THERAPY

Reveal your most radiant self: Choose from 90, 75, 60 or 45 minutes, unless otherwise noted. 90 minute services include hand and foot treatment.

Himmel Customized Eminence Organics
Signature Facial
A Classic European Facial to nourish, soothe, and protect skin from the high altitude challenges of life above 8000 feet. Extractions as indicated.

Oxygen Facial Therapy
This intensely oxygenating treatment delivers vitamins, minerals, enzymes and amino acids to revitalize every cell of the skin. Oxygen calms and nourishes the skin to reveal dazzling, and more even-toned skin of the face and decollette.

The Gentleman
Following European facial techniques, this facial treatment targets the unique needs of men’s skin. Reduce sensitivity, redness and the appearance of fine lines. Extractions as indicated.

True Grit Facial Experience
This unique and curiously effective facial features naturally-inspired scrubs, oils, and mists to leave a smooth, glowing complexion.

Jan Marini Age-Correction Facial
This super-hydrating clinical treatment helps to reduce the signs of hormonal and environmental aging.

TellurideGlow Alpine Pure Facial
The power of 50 of the highest grade botanicals and 13 alpine plants combine to transport nature directly to your skin.

Facial Enrichments - 30 minutes
- Diamond tip Microdermabrasion with facial cupping and contouring
- Light Stim - Red, Amber and Infrared
- Hemp Facial Serum and Hemp Facial Oil
- Hand and Foot Rejuvenation

Spa Body Treatment Enhancements
- Add Isolate or broad spectrum hemp massage cream, oil, or balm
- Indian Scalp Massage - 30 minute warm oil scalp massage
- 30 minute moisturizing facial massage with Eminence organic stone crop products.

COSMETICS

Waxing
From Brows to Bikinis - our professional wax of choice is the Berodin low temperature waxing system; gentle on skin, strong on hair removal.

Brow and Lash Tinting
With natural, plant-based tints.

Lash Extensions
Full sets and fills from the House of Sassy Lash