Welcome
Our boutique spa is one of the best kept secrets in Vail Village, delighting with quality over quantity and impressing with genuine attention to detail.

We value using the highest quality products available to deliver the best results. We are passionate about using organic, eco-friendly, biogenic, anti-inflammatory, cruelty-free and locally-sourced products, and we are always searching for innovative treatments that are both thoughtful and effective. We honor the elements associated with our mountain lifestyle and have curated a menu of services that cater to your individual needs with inventive and inspired methods.

We invite you to relax and revitalize your mind, body and soul while letting us care for you with the offerings of Bloom Spa. Quietly infused with Timbers Resorts’ signature service, Bloom Spa is tastefully appointed and graciously attended to ensure that each visit is peaceful, memorable and soothing.
MASSAGE

BLOOM SPA SIGNATURE MASSAGE
50 | 80 minutes
We harness the power of bioenergetics from the botanical world and align them with your unique energetic frequency. This treatment is designed to enhance your mind, body, spirit and concludes with a glass of prosecco. Find your signature energy wave at PhiaLab.com and bring your results to the spa to expedite check-in.

CBD BODY RECOVERY MASSAGE
80 minutes
After your alpine adventures, enjoy Bloom Spa’s antidote to relieve muscle soreness, aches or pains. This treatment is tailored to your needs using a combination of hot stones, organic hemp oil, stretching and sports massage techniques so you can get back outdoors, ready for more.

HIGH-ALTITUDE ADJUSTMENT
80 minutes
When the effects of altitude are slowing you down, it’s time to recharge with this treatment designed to help ease your discomfort. Begin with a foot soak and oxygen therapy session, followed by a full body massage which incorporates a combination of grounding massage techniques with additional attention to the feet. This treatment is the perfect way to return you to a state of balance.

COUPLES MASSAGE
50 | 80 minutes
This treatment strengthens heart connections and offers relaxation with a partner or friend. Relish your time together with side-by-side massages.
HEALING STONE
75 minutes
Himalayan salt stones are massaged along the energy centers of the body, infusing the body with the Earth’s ions. This massage is designed to create deep relaxation for improved sleep quality and relaxation of the body as the stones gently draw toxins from the skin while soothing tense, sore muscles.

MOTHER-TO-BE MASSAGE*
50 | 80 minutes
Designed for expectant mothers, this relaxing massage focuses on reducing stressors the body encounters during pregnancy. A special cushion system is used to provide extra comfort during pregnancy.
*Recommended in the second and third trimesters.

MASSAGE ENHANCEMENTS
Must be booked in conjunction with a 50-minute, or longer, service.

NATIVE COLORADO CBD
Assists in relieving achy, tight or strained muscles, arthritis, cramping and a variety of additional muscular and/or nerve pain with locally-sourced hemp CBD oil. Our organic salve’s heating and cooling elements often provide a sense of relief within minutes.

AROMA JOURNEY
Create your own experience by selecting one of our aromatic blends of essential oils to be incorporated into your massage, along with a ritual inhalation bowl.

HOT STONES
Improve muscle relaxation and ease tension faster with the addition of warm stones.

DRY SKIN RELIEF
Turn any massage into a mini body treatment with a quick-dry brushing followed by a massaging application of coconut and shea body butter.

SINUS SOOTHER
Enjoy this sinus massage using essential oils that will help you breathe. Pure essential oils and sinus massage help to open nasal passages and promote clearer breathing.

CUPPING
Add on to any massage or body treatment to release muscle tension and tightness, or focus on eliminating the appearance of cellulite by focusing on areas of concern.
ORGANIC BODY FIRMING WRAP
80 minutes
EXFOLIATION / WRAP / HYDRATION / HEAD & FOOT TREATMENT

This treatment includes natural and organic high-performance ingredients to help address dryness, sun damage and the appearance of cellulite while toning and firming skin. This detox wrap begins with an invigorating dry brush exfoliation to help remove dead skin cells. Next, the body is wrapped with our cooling peppermint-scented French green clay detox body mask to help draw out impurities, stimulate circulation, reduce inflammation and brighten skin. An application of organic body-firming serum is smoothed onto the body. Then grape stem cell, white tea and seaweed body butter is applied to help moisturize and improve muscle tone for a smoother appearance.

RED ROCK DETOX MUD WRAP
80 minutes
EXFOLIATION / WRAP / HYDRATION / HEAD & FOOT TREATMENT

This body renewal begins by preparing the skin with a gentle dry brush exfoliation, followed with an application of red clay mud designed to pull toxins from the skin. While cocooned, let your mind drift while extra attention is paid to your head and feet. To finish the detox ritual, your skin is briskly massaged with a detox oil and moisturizing shea body butter.

LIME BLOSSOM BODY SCRUB
50 minutes
EXFOLIATION / HYDRATION

Using sustainably harvested cane sugar in a macadamia nut creme base, the body is gently exfoliated from tip to toe. The scrub not only cleanses and softens, but also stimulates blood flow to the surface of the skin. This lightly-scented exfoliating treatment stimulates new cell growth and is an excellent remedy for reducing stress. After the exfoliation, a full body application of nourishing body creme leaves the skin soft and supple.

DOUBLE MOISTURE WRAP
80 minutes
EXFOLIATION / WRAP
HEAD & FOOT TREATMENT / MASSAGE

Indulge in the luxury of clementine, shea butter and coconut oil, an extravagant formula that infuses your skin with ultimate hydration and improves elasticity. Incorporating dry brush exfoliation, this treatment will increase circulation and renew a state of youthful balance.
SHORT & SWEET
These mini treatments are great by themselves or as an add-on to any facial or massage.

HAIR AND SCALP THERAPY
20 minutes
An amazing treatment that deeply hydrates the hair and scalp while releasing tension. An ultra-rich conditioning masque containing exotic argan oil and shea butter drenches the hair with moisture, leaving it silky and soft while a scalp massage relieves stress.

SOLE REVIVAL
20 minutes
Whether skiing all day, hiking the hills or strolling around the village, your feet work hard to take you where you want to go. Give them the relief they need with a quick exfoliation, heated booties and massage designed to renew and revive your sole.

TARGET MASSAGE
20 minutes
Choose a specific area for your therapist to focus on for 20 sweet minutes.

JUST FEET
20 minutes
A foot massage that incorporates stretching the muscles in the feet and ankles. Perfect for tired achy feet.

OXYGEN INHALATION THERAPY
Per minute | 10 minute minimum
In-room rental also available
Maintain proper oxygen levels in the body, to promote physical stamina and endurance. Oxygen inhalation therapy is a powerful and efficient method of detoxifying the body and cleansing the blood. It is an excellent way to combat the negative affects of high altitude.

SPECIALIZED SERVICES
These services require specialized training and are offered by specific providers. Please inquire about availability in advance.

THAI MASSAGE
Traditional or Table Thai. Incorporates stretching, deep compressions, pressure point and energy meridian work. Please arrive in comfortable clothes to wear during the service.

REFLEXOLOGY
Uses specific light pressure techniques on the feet that correlate with the body and its organs.
**Renew**

**FACIALS**

**BLOOM SPA SIGNATURE FACIAL**
50 | 80 minutes

This facial is personalized at every step for a truly unique experience. We can address many skin care concerns ranging from acne and dehydration to fine lines and wrinkles. Vitamin C can be used to lighten and brighten the skin. This facial can also help soothe and calm wind burn, sun burn or rosacea.

**ORGANIC FACIAL**
50 | 80 minutes

This facial is an active, natural and organic, paraben-free, synthetic fragrance-free experience. Our organic facial is customized just for your skin whether it needs deep pore cleansing, hydrating or anti-aging attention. You will reconnect with nature, spirit and self with this deluxe facial that includes vitamins, minerals and botanical extracts.

**ORGANIC MALE FACIAL**
50 | 80 minutes

This treatment, specifically designed for men, deeply cleanses and soothes skin that has been exposed to environmental aggressors such as shaving, sun and extreme sports. Fight the signs of aging, this highly effective facial leaves the skin healthy and revitalized.

**ULTIMATE AGE-DEFYING FACIAL**
80 minutes

Luxury meets results in this tightening and lifting facial. A powerhouse of collagen boosting peptides soften fine lines and minimize the signs of aging. The latest in advanced skin care ingredients and micro-current technology are merged together to provide the ultimate results.

**OXYGEN LIFT**
50 | 80 minutes

This facial is the ultimate in providing instant, visible results. A potent serum of vitamins, green tea extract, ginger root extract and hyaluronic acid are infused into the deeper layers of the skin. This will leave the skin plump, hydrated and glowing.

**FACIAL ENHANCEMENTS**

Must be booked in conjunction with a 50-minute, or longer, service.

**LIP RESCUE**

Treat your lips to this three-step process of removing dry skin and relieving chapped conditions.

**BRIGHT EYES**

Rejuvenate your eyes with this amazing treatment that combats fine lines and puffiness.

**PERFECTING PEEL**

Blends the resurfacing power of alpha-hydroxy and lactic acids. Lifts away impurities, refines and conditions the complexion for smoother, younger looking skin.

**SKIN SOOTHING CBD**

Calm, replenish and refresh your skin, while toning and firming using organic CBD combined with a powerhouse of anti-aging ingredients.
NAIL CARE

BLOOM SPA SIGNATURE MANICURE
50 minutes
Enjoy this pampering treatment which includes a hydrating soak, exfoliation and luxurious hand massage. Choose your color from our selection of hypo-allergenic, non-toxic and vegan polishes. This unique formula flexes with the natural nail to deliver long lasting wear. Our polish dries in just five minutes so you’re off to your next adventure with no-smudge nails.

BLOOM SPA SIGNATURE PEDICURE
50 minutes
Feet are soaked in a warm milk bath infused with healing minerals to soothe and soften the skin. Next they are exfoliated to remove any rough or calloused areas. A rich mask is then applied to hydrate while snuggled in warm booties. Choose your color from our selection of hypo-allergenic, non-toxic, and vegan polishes. This unique formula flexes with the natural nail to deliver long lasting wear. Our polish dries in just five minutes so you can slip on your shoes or boots without a smudge.

PINT & PEDICURE
50 minutes
Our Signature Pedicure with a kick. Relax while your feet are soaked in a warm foot bath filled with pale ale. Feet and legs are exfoliated and massaged while you sip on a beer of your choice.

WINE DOWN PEDICURE
50 minutes
Pop the cork and surrender to wine and relaxation. While enjoying a glass of wine, allow your legs and feet to be pampered in a luxurious soak, followed by an exfoliating scrub and an antioxidant serum made from grapes.

NAIL CARE ENHANCEMENT

GEL REMOVAL
15 minutes

ADDITIONAL SERVICES

HAIR, MAKEUP & WAXING SERVICES
Please see the price list.
PACKAGES

THE SEBASTIAN SIGNATURE PACKAGE
These customized services were created especially for Bloom Spa at The Sebastian.

- Bloom Spa Signature Massage
  80 minutes
- Bloom Spa Signature Facial
  50 minutes

FULL BLOOM
Whether you are preparing for a special occasion or simply need a little lift, this package pampers you from head to toe.

- Classic Massage
  50 minutes
- Oxygen Lift Facial
  50 minutes
- Bloom Spa Signature Manicure
  50 minutes
- Bloom Spa Signature Pedicure
  50 minutes

THE ALPENGLOW
Before sunrise and after sunset, a beautiful pre-dawn or post-sunset reddish light can often be seen over our mountain peaks. This special light is called alpenglow. With this package we have combined our favorite treatments to help your body naturally glow from the inside out.

- Sole Revival
  20 minutes
- Lime Blossom Body Scrub
  50 minutes
- Classic Massage
  50 minutes

ETERNAL HONEYMOON
This package is designed to help you spend more quality time with that special someone. Finish off this treatment with a glass of bubbly and delicious chocolates for two.

- Couples Massage
  80 minutes
- Hair and Scalp Therapy
  20 minutes

Packages must be used on the same day. Other than the Eternal Honeymoon, packages are for one person only.
SPA ETIQUETTE
Please arrive 30 minutes prior to your treatment to enjoy Bloom Spa’s amenities and relax before your treatment. A spa robe and sandals are provided for your comfort and convenience.
If you have a gender preference for your spa therapist, please make the request when scheduling your appointment.
As a courtesy to other guests, all appointments start and end at their scheduled times. Any late arrivals will only be allotted the remaining time left in their scheduled appointment.

HOURS OF OPERATION
Please call 970.477.8060 for current hours of operation, as they change seasonally. Classic Massages are also available in-room during spa hours and are based on availability.

RESERVATIONS
Reservations are recommended in advance to ensure availability of your preferred date and time.
To book your appointment today, please call 970.477.8060 or visit www.TheSebastianVail.com/BookBloomSpa.

SERVICE CHARGE
For your convenience, we add a 20% gratuity to all services, this is discretionary and may be adjusted.

CANCELLATION POLICY
As a courtesy, please give 24 hours notice for cancellations or rescheduled appointments to avoid being charged in full.

GIFT CARDS
Gift cards are available in any denomination and may be purchased online or at the spa desk.

SPA AMENITIES
Pool | Hot Tubs | Steam Room | Sauna Fitness Center | Self-Care Circuit
Self-Care Circuit instruction card and more information is available at the Bloom Spa reception desk.
bloom
spa
at The Sebastian – Vail
A Timbers Resort
www.TheSebastianVail.com/BookBloomSpa | 970.477.8060