

Spa Information

Resort Guests

Guests at The Peaks enjoy complimentary use of all Golden Door facilities including the fitness center, swimming pools and locker rooms.

Age Policy

Children ages 16 – 17 years are welcome to enjoy massages, facials, and body treatments but must be accompanied by an adult at all times, including during spa treatments. Gender of therapist may be chosen based on preference of accompanying adult. Children ages 12 – 17 years may enjoy treatments in the Hair and Nail Spa unaccompanied.

To protect the tranquil nature of the spa and its environment, children under 16 years are not permitted to use the spa facility except the Spa pools and Relaxation Deck. This includes the Men's and Women's Lounges, fitness facilities and other spa areas.

Spa Hours

Spa Services	9:00am – 7:00pm
Spa Fitness and Lap Pool	6:30am – 8:00pm
Family Area Indoor / Outdoor Pool	10:00am – 8:00pm
Pool Slide	Varies Seasonally
Hair and Nail Spa	9:00am – 6:00pm
Base Camp for Kids	8:30am – 5:30pm

* Hours of operation are subject to change at management's discretion.

Reservations & Cancellations

Booking your spa reservations in advance is strongly recommended. Please call Golden Door directly at (970) 728-2590 or from the Peaks resort at extension 6714.

As a courtesy to other guests and to our therapists, we strictly adhere to the spa cancellation policy: If you must reschedule or cancel an appointment, workout or recreational activity, please advise us 4-hours in advance to avoid being charged 100% of the scheduled activity. To cancel a package, we require 24-hours notice and for groups (8 or more persons), a 14-day notice is required to avoid being charged 100% of the activity.

How To Spa...

What do I need to bring?

Golden Door provides you with a locker, robe, towel and slippers, in addition to grooming amenities such as shower gel, shampoo, conditioner and body moisturizer. Other items are available upon request. We suggest that you bring a bathing suit to take full advantage of the facilities.

Should I bring my valuables?

For the safety of your valuables, we suggest that you leave them in the safe provided in your hotel room. We cannot assume any liability for valuables.

How early should I arrive for a spa service?

We suggest that you arrive at least 30-minutes prior to your first appointment to allow ample time to check in, change, acclimate to and fully enjoy the spa facilities.

What should I do before my treatment?

We recommend that you enjoy Golden Door's extensive facilities and Aqua Purification Ritual prior to your treatments. Showering is essential before any treatment because clean skin better absorbs beneficial oils.

Are there health benefits to a spa visit?

The guaranteed benefit of a spa visit is immersion in a relaxing environment, which helps to reduce the effects of stress and contributes to good health. Many spa services are geared to easing various aches and pains. Additionally, take-home programs can help you make lifestyle changes for long-term benefits.

Should I alert someone if I have any physical ailments, disabilities or allergies?

Yes. Please notify the Spa Concierge when booking your appointments and your therapist at the time of treatment.

Should I avoid the spa if I'm pregnant?

Not at all. Of course, you will want to avoid treatments using deep pressure and heat. Please advise the Spa Concierge of your due date when booking your appointment and he or she will assist in determining the best treatments for you.

Do I have to disrobe entirely for a spa treatment?

This is your experience and we want you to be comfortable. It is customary for guests to completely disrobe for spa services. However, you may wear a swimsuit or undergarments if you prefer. Keep in mind that our therapists are trained to drape you discreetly and to protect your privacy at all times. The boundaries you define will be respected. Swimsuits are required for Hydrotherapy Bath services. For Thai Massage, please dress in loose, comfortable clothing.

Personal Choices

Please communicate any requests for a specific therapist or gender of therapist at time of booking.

What are the rules of Spa Etiquette?

To ensure that you and those around you reap the full benefits of the spa experience, we make the following suggestions:

- Arrive early. Remember, all services will end on time, regardless of how late the start, so that the next guest isn't delayed.
- Respect other guests. To preserve the spa atmosphere of tranquility and relaxation, please respect all guests' right to privacy and quiet. **Cell phones, pagers and smoking are prohibited.**

Gratuities

For your convenience, a 20% gratuity is automatically added to all services and distributed to the staff.