

## GENERAL INFORMATION

Your renewal begins the moment you enter Spa Monarch, where we invite you to leave the complexities of your everyday world at the door. Our spa is available to guests 18 and older. We encourage you to schedule your spa services well in advance of your visit to ensure the widest selection of treatments and appointment times. Spa Monarch is a tranquil setting. Please be mindful by using quiet conversation and refrain from using cell phones or other electronic devices. Spa Monarch is an alcohol and smoke-free environment.

### Arrival

For your enhanced comfort and relaxation, we recommend that you arrive at least 45 minutes prior to your service. This allows time to shower and enjoy our co-ed spa relaxation experiences which include the Aqua Lounge, Laconium Relaxation Lounge, Mountain Stone Bath, Brine Inhalation-Light Therapy Lounge, Men's and Women's Herbal Steam Rooms and Tea Lounges. If arriving late, we will do our best to accommodate your scheduled appointment; there may be times when we are unable to do so. Your appointment will end as scheduled and the full value will apply.

### What do I wear?

We provide a luxurious robe and spa slippers. Most body treatments are enjoyed without clothing, however, please disrobe to the level of your comfort. Our therapists are fully trained in proper draping and your privacy will be maintained at all times. We also recommend guests bring their fitness attire and bathing suits to enjoy all we have to offer. Lounges are designed for a co-ed environment.

### What if I have special health conditions?

We recommend that you check with your physician prior to your visit at Spa Monarch. Please notify us of any special needs or concerns. Your therapist will consult with you prior to your service. He/She may recommend modifying the service, booking another service or may find it necessary to cancel the service. Elderly people, pregnant women and those with health conditions should consult with a physician before using spa amenities, entering a spa, pool or specialty lounge.

### What should I do with my belongings?

Spa Monarch provides a locker for your personal items. Please do not bring items of value to the spa. Spa Monarch is not responsible for lost or stolen items.

### Cancellation Courtesy

We value your business and respectfully ask that you provide at least a 4 hour notice if you would like to reschedule or cancel an appointment. The full service(s) cost will be charged for any late cancellation or no-show appointments.

Spa Monarch reserves the right to refuse service to anyone at any time

**For appointments, please visit**  
**monarchblackhawk.com/wellness/spa**  
**or call**  
**720.460.4000 | 833.826.9467**

## YOUR DAY AT SPA MONARCH...

### INFINITY POOL, FIRE PITS, SPAS

Pure indulgence. Sunrise, sunset, magnificent mountain and canyon views. Indoor infinity pool and jetted spas, outdoor jetted spa, fire pits and sun deck. For your dining pleasure, we offer poolside service.

### LACONIUM RELAXATION LOUNGE

Heated contoured seating, a warm floor and a captivating water feature soothe the spirit, stimulating circulation and purifying and detoxifying the body while reducing stress. The laconium is a welcome alternative to spa-goers who find a traditional sauna too hot.

### AQUA SPA LOUNGE

Expansive jetted spa pool with waterfall massage, luxurious lounge chairs and spectacular mountain views of the Rocky Mountains, big blue skies and passing clouds.

### EXPERIENTIAL SHOWER

A unique choreographed shower experience to discover your inner well-being located on the deck of the Aqua Lounge. Specialty programs to stimulate the senses; ice fog, thunder shower, tropical rain, gentle falling snowflakes and waterfall infused fragrance from concentrated essential oils. Stimulates circulation, strengthens the immune system and firms the skin.

### ICE FOUNTAIN

A beautiful fountain of cold crushed ice to refresh with while in the Aqua Lounge. Blood circulation is stimulated, the immune system strengthened and skin tightened when the body is heated and cooled.

### BRINE INHALATION-LIGHT THERAPY LOUNGE

A waterfall of beautiful brine cascading crystals, with color changing lights rotating through the spectrum and soothing music aid in the therapeutic benefits of this lounge. The ambience and inhalation of salt aerosols positively affect the respiratory tract to increase well-being both psychologically and physiologically. Experience what spa-goers have appreciated for decades. White — Refreshing, Blue — Soothing, Purple — Healing, Pink — Motivating.

### MOUNTAIN STONEBATH®

An experience that leaves a lasting impression . Hot Stone, ice cold water, steam that spreads throughout the room. The Stonebath® is an impressive sauna that was modeled on the elemental forces that occurred deep down in the earth's core. Infusions in the Stonebath® are a ceremony you can see, hear and feel.

### CARDIO THEATER AND FITNESS CENTER

Cardio Theater and Fitness Center featuring TechnoGym® and Bluetooth® connectivity with stunning mountain views. Enjoy complementary infused water hand-crafted to enhance your workout recovery.

### HERBAL STEAM ROOMS

Pleasant and agreeable temperatures, high humidity, genuine herbal aroma, soft lights and relaxing music. The skin is supplied with blood, the respiratory passages cleansed and the immune system strengthened.

**Men's and women's locker rooms with tea lounge and relaxation room**

**Enjoy our lounges and pools in a co-ed environment**

## WELCOME TO SPA MONARCH

Escape to Spa Monarch and discover a refuge set atop the Monarch Casino Resort Spa where every day cares and worldly concerns are replaced with a world of relaxation for your well-being. Slip into total serenity as you rejuvenate your mind, body and soul in a setting enveloped by majestic Rocky Mountains. Luxuriate in a setting of warm natural wood tones, a calm healing palette, natural stone and the gentle notes of cascading water.

Experience Spa Monarch specialty services, treatments and amenities. A unique Steam bath with pleasant temperatures, high humidity, genuine herbal aromas, soft mood lights and relaxing music. Tea and relaxation lounges. Aqua Spa Lounge. Experiential Shower with Snow Bliss. Mountain Stone Bath. Brine Inhalation and Light-therapy Lounge. Indoor Infinity Pool. Indoor and Outdoor Jetted Spas. Seasonal Sundeck with firepits and majestic mountain and canyon views. Cardio Theater and Fitness Center. State-of-the-art Technogym® equipment with Bluetooth® connectivity.

Our spa concierge team and professionally trained service providers will guide you through your journey of well-being. Spa Monarch, an unparalleled spa experience catering to the sophisticated expectations of spa-goers.



488 Main Street | Black Hawk, Colorado 80422 | 303.582.1000  
monarchcasino.com

enrich

immerse

renew

indulge

escape

## MASSAGE

### Swedish Massage

A traditional full body massage with light to medium pressure that works gradually to release muscle tension. Increases the level of oxygen in the blood, decreases muscle toxins and improves circulation and flexibility. Elevate your service with any selection from our massage enhancements.

*60 minute \$165 / 90 minute \$245*

### Monarch Signature Massage

Unwind and relax with this custom full body massage. Completely personalized for your specific needs.

*60 minute \$175 / 90 minute \$255*

### Deep Tissue

A therapeutic massage targeted to release tightness and reduce muscle pain. This technique uses slow, deep-guided strokes and firm pressure designed to relieve tension and reach below the superficial muscles. Our highly trained therapists will be happy to adjust pressure to your liking.

*60 minute \$185 / 90 minute \$265*

### Lomi Lomi Massage

A profound Hawaiian art, Lomi Lomi massage facilitates healing on a spiritual level. This specialized technique focuses on the wellness of the whole being, relieving stress and tension as well as increasing blood and lymph flow. The rhythmic flowing movements up and down the body are used to achieve a deep, yet gentle massage. Your experience concludes with a nourishing scalp massage using warm coconut oil.

*60 minute \$185 / 90 minute \$265*

### Hot Stone Massage

The radiating heat of the stones are used to warm muscles allowing the massage to penetrate deeper, increase circulation, melt aches and pains away, restoring balance and create ultimate relaxation.

*60 minute \$190 / 90 minute \$270*

### Prenatal Massage

Indulge the mother-to-be with this specialized massage. Using techniques designed specifically for relaxation and to ease discomforts during this time of transition. (Not available in the first trimester)

*60 minute \$165*

### Arnica Hot Towel Massage

Experience the benefits of hot towels to allow your muscles to achieve a deep state of relaxation. This massage uses essential oils, Arnica tension relieving oil and hot stones to achieve a deeper more therapeutic massage.

*60 minute \$165 / 90 minute \$245*

### Vital Body CBD Massage

This full body massage utilizes CBD Balm to help alleviate muscle soreness and inflammation. Your body is nourished, renewed and supported with this high potency blend of hemp-derived CBD and penetrating essential oils. Includes your choice of light, medium or deep massage pressure.

*60 minute \$205 / 90 minute \$285*

### Gemstone Signature Massage

The ultimate massage experience! Begin your relaxation retreat with a full body dry brush exfoliation to increase blood flow and remove dead skin impurities from the body. You will enjoy a customized massage featuring our exquisite gemstone oil that also incorporates hot stones on the back to release any tight or tense areas of concerns. Your experience will end with a warm oil scalp massage to bring you to a state of ultimate relaxation.

*120 minute \$275*

## FACIALS | SKIN CARE

### Organic

Delight your senses and treat your skin with this Organic Custom Facial designed to address your specific needs. Éminence Organic Skin Care products feature the finest fruits, vegetables and herbs of the season to deliver an incredibly potent, active treatment. Fresh organic ingredients are combined to make curated facials that deliver specialized results, ensuring that the best of the season is offered in each treatment.

*60 minute \$165 / 90 minute \$245*

### Age Defy

Correct the signs of aging with this luxury facial to tighten and tone the skin. This anti-aging treatment includes a glycolic peel that is designed to revitalize and repair dull, tired skin, while restoring luminosity and diminishing fine lines and wrinkles.

*60 minute \$175 / 90 minute \$255*

### Brilliant Radiance

This vitamin packed facial will refine and restore your skin's radiance to leave you glowing. Brighten your complexion with this luxury facial that includes a glycolic peel to minimize the build-up of dead skin cells which will improve the appearance of the skin's tone and texture.

*60 minute \$175 / 90 minute \$255*

### Tone, Lift, Contour

Indulge in this rejuvenating, lifting facial for beautiful, visible results with no downtime. Feel refreshed, renewed and uplifted with this treatment that provides supreme sculpting and toning, while delivering instant results.

*60 minute \$185 / 90 minute \$265*

### Gemstone Signature Facial

Uplift your senses and bring positivity your way with an energizing gemstone facial. Natural gemstones are infused into potent formulas that take your treatment to a higher level. Relax your mind and body as each unique sensation takes over and powerful botanicals and actives uncover balanced, energized, glowing skin.

*90 minute \$285*

### Calmng CBD Facial

Heal and calm skin with this anti-inflammatory CBD oil blend, bringing skin back to a healthy balance while diminishing redness and irritation without clogging pores. Utilizes concentrated moisturizing masque and emollients to soothe, smooth and visibly repair. Includes our signature hand and arm massage with CBD cream for the ultimate relaxation.

*60 minute \$195 / 90 minute \$275 (includes CBD hand , arm and foot massage)*

## SPECIALTY TREATMENTS

### Exfoliate, Soak, Massage

Your treatment starts with an exfoliation using a specialized mitt to increase circulation. An application of a de-stressing blend of essential oils to the body follows. Next, step into a warm bath and soak away your worries. De-stress muscle gel is applied to aching muscles giving them the extra love they need. We end the treatment with a 50-minute massage using an oil blend to help support healthy circulation and revive tired, overworked muscles as well as nourish the skin. Your aching muscles will appreciate the TLC.

*120 minutes \$275*

### Tropical Escape Refining Body Treatment

Your tropical escape begins with a coconut sugar scrub to refine and prepare the skin for a mango enzyme body wrap that is featuring a warming Soft Pack®. While you are wrapped, you will receive a scalp massage to allow you to drift away to paradise. The treatment is concluded with a full body application of a luxurious, hydrating body oil.

*60 minute \$205 / 90 minute \$285*

### Espresso and Limón Slimming Body Treatment

Treat your body like a temple with this detoxifying and firming treatment, guaranteed to leave your body looking sleek and smooth. This treatment begins with dry body brushing to stimulate lymphatic drainage and detoxification. Your body will then be covered in a European inspired Espresso Limón Slimming Oil formulated to purify and tone the body. This luxurious treatment will keep your body looking slim and fabulous all year round.

*60 minute \$210 / 90 minute \$290*

## SPECIALTY ENHANCEMENTS

### Massage

|                          |      |                          |      |
|--------------------------|------|--------------------------|------|
| CBD                      | \$35 | Aromatherapy             | \$20 |
| Hot Stones               | \$15 | Himalayan Stones         | \$15 |
| Warm Oil Scalp Treatment | \$30 | Biofreeze® Muscle Relief | \$20 |
| Arnica Muscle Relief     | \$20 | Dry Brushing             | \$25 |

### Facial

|                                    |      |                              |      |
|------------------------------------|------|------------------------------|------|
| The Perfect Pout NuFace®           | \$55 | Éminence Collagen Mask       | \$45 |
| Revitalizing Eye Treatment NuFace® | \$55 | SkinCeuticals® Glycolic Peel | \$60 |
| Wrinkle Reducer NuFace®            | \$55 | Eyebrow or Lip Wax           | \$30 |

## BODY WRAPS | SCRUBS

### Söl Gemstone Body Wrap

The Söl Gemstone Wrap uses skin therapy that activates a 'Sölful' radiance from within by beginning with an invigorating exfoliation using dry brushes to prepare the skin for treatment. The body is drenched in hydration while you relax in a warm cocoon and receive a neck and shoulder massage with oils that harness the power of citrine gemstones charged by the sun to awaken the mind and body. A full body rhythmic massage concludes this once in a lifetime journey leaving you with skin that brilliantly shines.

*90 minutes \$305*

### Coconut Firming & Hydrating Cocoon

Revitalize and renew your skin's appearance with an invigorating coconut sugar body scrub. Once the scrub has been removed, your therapist will apply a coconut firming treatment to your body that will also provide deep hydration to the skin. Enjoy a deep relaxing scalp massage while floating weightless in the warmth of our Soft Pack®. The finishing touch is a full body application of our rich, hydrating body oil.

*90 minutes \$295*

### Mangosteen Body Glow Experience

Regain your body's radiance. Begin your body transformation with an exfoliating blueberry soy body polish. Your body will be emulsified with the Mangosteen body lotion which contains lactic acid to encourage cell turn over to resurface the skin from head to toe. You will feel weightless as you are wrapped in our warm Soft Pack®.

*90 minute \$225*

### CBD Body Treatment

This treatment begins with a body brushing technique that has been used for centuries to assist in stimulating the lymph and detoxifying stagnant toxins. After a thorough dry brushing, your body will be lathered in warm, skin nourishing CBD Body Oil and wrapped in our heated, weightless flotation Soft Pack®. While wrapped, enjoy a warm oil scalp massage.

*90 minute \$315*

### Detoxifying Dead Sea Salt Scrub

An invigorating, exfoliating body scrub using the healing powers of salt from the Dead Sea gently worked into the skin to exfoliate and improve circulation. After a refreshing rinse, enjoy a light moisture application that will leave your skin feeling silky soft and glowing.

*60 minute \$195 / 90 minute \$275*

## COUPLE'S MASSAGE

Relax with your choice of side-by-side full body massages in our Couple's Ultimate Suite.

Swedish *60 minute \$350 / 90 minute \$490*

Monarch Signature Massage *60 minute \$350 / 90 minute \$510*

Deep Tissue *60 minute \$370 / 90 minute \$530*

Hot Stone *60 minute \$390 / 90 minute \$540*

Lomi Lomi *60 minute \$380 / 90 minute \$530*

## NAIL SERVICES

### Classic Manicure/Pedicure

Our luxurious manicures/pedicures begin with a relaxing soak to refresh and soften skin. Next, skin is smoothed with an exfoliation before a nourishing mask is applied. Hands and/or feet are then massaged with a hydrating moisturizer and finished with the perfect polish\* of your choice.

*Manicure \$65 / Pedicure \$95*

\*Does not include gel polish.

### Effervescence Spa Pedicure

Sit back and enjoy the comfort of our spa pedicure suite. A luxurious soak in coconut milk nourishes your legs and feet. Your skin is then exfoliated and hydrated with an exotic sugar scrub. A scented paraffin treatment is enjoyed before you are polished, poised and effervescent.

*\$115*

\*Does not include gel polish.

### Monarch Luxury Spa Pedicure

Sit back and enjoy the comfort and privacy of our spa pedicure suite. A luxurious soak nourishes your legs and feet. Your skin is then exfoliated and hydrated with an exotic Pure Fiji sugar scrub. Your hands and feet are then bathed in a relaxing paraffin treatment. Complete the ultimate pedicure experience with hot stone massage before you are polished to perfection.

*\$180*

\*Does not include gel polish.

### CBD Pedicure

Restore, detoxify and heal with a CBD salt soak, followed by expert nail, cuticle and callus care. A salt scrub made with healing CBD oil and CBD salt will give you the best exfoliation for dry, achy feet. CBD body oil is applied to the lower legs and feet followed by warm paraffin wax to ease into the ultimate relaxation. Includes our signature massage with CBD cream containing a dynamic blend of eight organic herbs that deeply penetrate for intense hydration and renewal. Finished with your choice of a buff or polish\*.

*\$130*

\*Does not include gel polish.

## NAIL ENHANCEMENTS

|             |      |                                |      |
|-------------|------|--------------------------------|------|
| Gel Polish  | \$25 | French Polish                  | \$20 |
| Gel Removal | \$20 | Polish Change (regular polish) | \$20 |

## SALON SERVICES

Women's Blow Dry and Style *\$80*

Women's Cut *\$95*

Deep Conditioning Treatment *\$75*

Men's Cut *\$50*