



# SUGATI

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SPA & WELLNESS

WELLNESS. ELEVATION. BLISS.

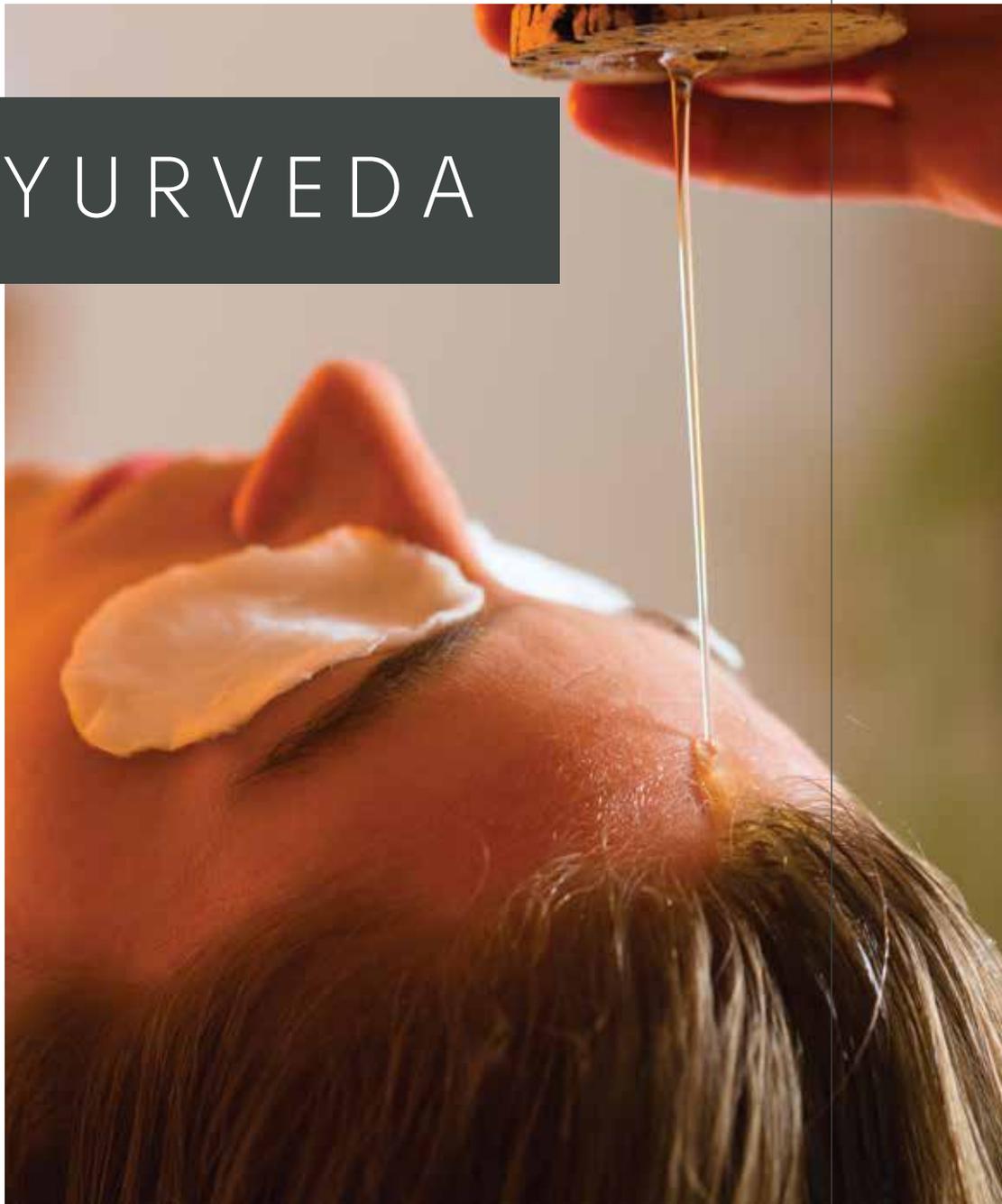
CONTACT OUR WELLNESS CONCIERGE AT 435 658 9411  
TO CUSTOMIZE YOUR HEALING EXPERIENCE.



In Sanskrit “Sugati” means “moving into wellness, bliss, and higher insight”. Steeped in the transformational traditions of Ayurveda, Eastern principles, and alpine mountain remedies for relaxation, Sugati aims to bring long-term insight, lasting wellness, and overall transformation to all we serve.

With an in-depth yoga program, seasonal cleanse calendar, and nutritionist on staff, we offer simple approaches to overall wellbeing. We invite you into the “W.E.B.” of SKY where our core principles of Wellness, Elevation, and Bliss are central to our healing services and our greater mission to be a force of Light in the lives of our guests and community.

# AYURVEDA



Directly translated, Ayurveda means the “Science of Life” and is an ancient system of natural healing that has its origins in the Vedic traditions of India. This dynamic body of knowledge encourages a sense of overall wellbeing by striking a balance between our environment and the cohabitating needs of our body, mind and spirit.

## NASYA FACIAL

The most comprehensive way to regulate vital life force is to concentrate on the breath. A Nasya facial and nasal treatment uses herbal oils to open the airway by clearing the sinuses. Using marma pressure points to soothe congestion, this treatment has a lasting impact on immunity, clarity, and balanced respiration.

## MARMA POINT FACIAL

In Sanskrit, marma means ‘sensitive’ or ‘vital’ energy points that can mobilize the prana in the body to restore vitality. Like yoga for the face, a marma facial invigorates skin and muscle tone while reducing frown lines and furrowed brows. This unique combination of gentle touch to the face and neck, mixed with stimulation to the scalp and ears, not only unmask the natural radiance just below the surface, but it is also good for stress relief, TMJ pain, disturbed sleep patterns, and chronic sinus congestion.

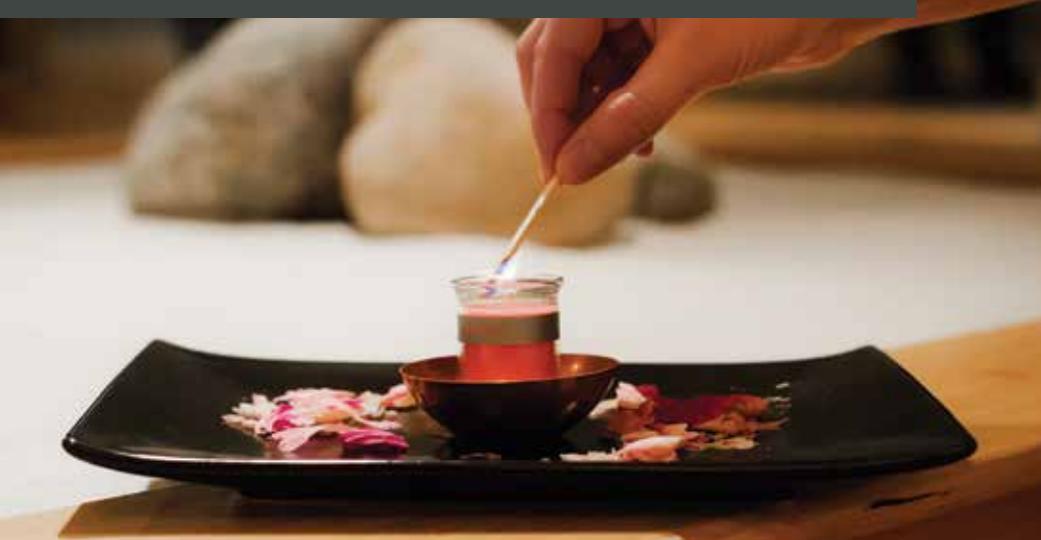
## ABYHANGA

Performed by two therapists, Abhyanga is a 4-handed, friction-based, choreographed massage. Skin is anointed with warm, herb-infused oil as medium-pressured strokes are applied to reset the nervous system. This unique and loving experience increases circulation, strengthens immunity, and deeply relaxes the mind.

## SHIRODHARA

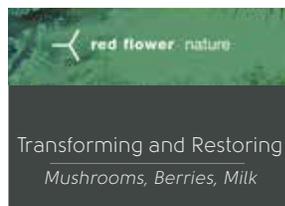
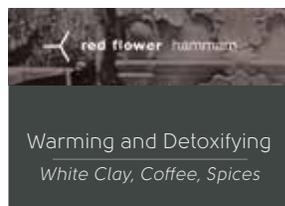
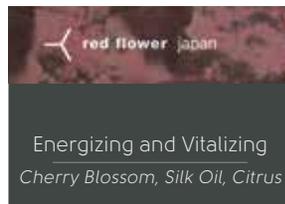
With Shirodhara, a soothing stream of warm oil is poured over your forehead and onto the sixth chakra to drop you into a meditative state that awakens your intuitive center. This treatment calms the central nervous system and provides deep nutrients to your scalp, face, shoulders, and neck—bringing the physical and energetic body back into deep union.

# RED FLOWER RITUALS



Our seven-step Red Flower body treatments reactivate every level of your being. After setting intentions for this ceremony, you will be guided through stages that will cleanse, exfoliate, and deeply nourish your entire body as all five senses are enlivened by native plants and flower extracts. Straight from the bathhouses of Turkey and Japan, these three signature Red Flower rituals combine a long soak and a remarkably relaxing massage using 100% natural, biodegradable and biocompatible cruelty-free products.

*Included in the Red Flower Ritual is an exfoliating scrub and full body wrap and hydrating application. A 25 or 50-min massage can be added for a reduced fee.*



# SKY SKIN CARE

## ORGANIC, LOCALLY-SOURCED PRODUCTS

### SIGNATURE FACIAL

Nourish the look and feel of your skin with this essential organic facial, customized to your specific skin care needs. This treatment includes deep cleansing, exfoliation, extractions, as well as a relaxing facial massage using bio-compatible, enriching, and organic products.

### HYDRAFACIAL™ Skin Health for Life

HydraFacial combines cutting-edge medical technology with a therapeutic spa experience to provide instant, non-invasive results that will leave your skin looking immediately radiant and refined—with no downtime or painful recovery. Skin health is a lifestyle requiring monthly maintenance and the correct treatment applied for your specific skin type. Nourish your skin back to life with ongoing cumulative treatments.

*\*Please note contraindicative conditions may apply in some cases.*

# BODYWORK



## SIGNATURE MASSAGE

Whether it's light, medium, or deep pressure, our therapists will customize each massage to your specific needs using a variety of specialized modalities.

## SIDE BY SIDE

Share the experience of our Signature Massage with someone special. Two therapists and two tables are used in a shared space (which can also be combined with two Ofuro tubs or a shared sauna).

## LYMPHATIC DRAINAGE THERAPY

Extremely light, sequenced strokes stimulate the movement of lymphatic fluid, thereby cleansing the body of static toxins and sluggish methylation. Excellent for chronic inflammation, allergies, sinus conditions, headaches, joint pain, and sprains.

## CONTRAST STONE

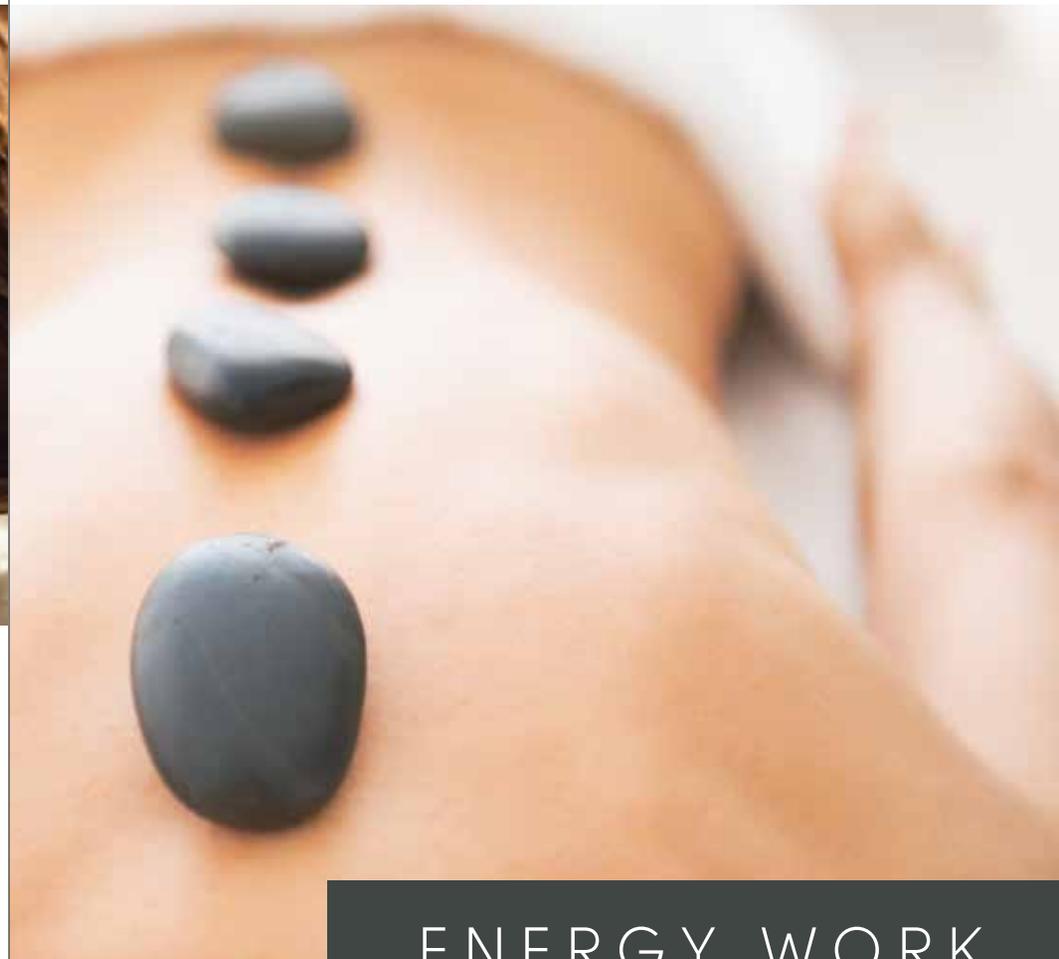
Inspired by the graceful movements of the Koi fish, this massage uses warm and cool basalt stones for a deeply grounding experience.

## MOM-TO-BE

Vitamin rich oils, gentle rocking, and pressure-perfect touch is used to soothe and calm an expectant mother's changing body while creating an enriching experience for both mother and child.

## REFLEXOLOGY

This Eastern scientific approach to treating illness involves having a skilled practitioner apply pressure to specific reflex points in the hands and feet that correspond to internal organs and nerves. Using deep thumb pressure, every system in the entire body gets an invigorating reboot.



# ENERGY WORK

## ENERGY WORK AND SOUND HEALING

Unseen energy flows through all living things. Stress, injury, and illness can often block the natural flow of that energy—but when it is summoned to return, the human form can correct many of its own imbalances. Based on our knowledge of the Hindu nadi system, chakras, and the meridians of traditional Chinese medicine, our energy workers aim to get all systems operating optimally in a gentle and nurturing way, aided by the use of tuning forks, crystal bowls, and meditative visualization.

# PACKAGES AND WELLNESS JOURNEYS



## SKYSTRETCH

Lengthen your limbs and calm your mind with a day devoted to opening your heart, head, and hips. Begin with a warming far-infrared sauna or steam followed by a private yoga session to bring your awareness to current issues or holdings in the body and mind. Then enjoy a Red Flower Ritual. *(3.5 hours; advanced booking required).*

## SKYCLEARING

Launch into a clarifying detoxification process with this perfect protocol: Begin with an Ofuro soak, followed by a deep sweat in a far-infrared sauna. Then enjoy a 50-minute lymphatic drainage massage and a 50-minute purifying Rhassoul clay wrap. And continue cleansing all day long with our organic, pressed-juices. *(3 hours; package includes 6 juices for a 1-day cleanse but can be upgraded to a 3- or 5-day cleanse).*

## SKYCALMING

Devote your day to clearing out the cobwebs and resetting every aspect of your being in a gentle and loving way. Begin your day with a full medical evaluation and holistic Shirodhara/Ayurvedic combination. Then take a deep dive inward with a private yoga nidra session that includes visual and guided meditation tailored to your process. End your experience under the nurturing care of two therapists for a 4-handed abhyanga massage that will rock you back to life in a unique and soulful manner. *(5 hours; advanced booking required).*

## SKYBLISS

Melt into our traditional Ofuro Soak followed by a relaxing 50-minute massage, custom facial, and soothing pedicure to help you unwind your day and restore your body to its natural state of bliss. *(3.5 hours).*

## SKYBRIDGE

This is a couple's escape for two. Build a bridge of bliss between you and your loved one by disappearing into a world of your own. In our private couple's suite you will enjoy medicinal and scented soaks in our twin Ofuro tubs by candlelight, a dual shower, side-by-side 80-minute massages, and a couple's pedicure or body scrub. *(3 hours).*

## SKYBRIDE

After a purifying soak, you will be indulged with our luxurious Red Flower Ritual and massage followed by a facial designed just for you. Finish with a manicure and pedicure to leave you feeling relaxed, renewed, and ready for your big day, whether you're a bride or just want to feel like one. *(5 hours)*

# INDIVIDUAL HOLISTIC CLEANSING

## SKY WEIGHT LOSS CLEANSE

Jump start a healthy weight loss program designed specifically for you.

### 1-, 3- or 5-Day Cleanse

1-hour nutritional consultation; and each day of your cleanse receive: (1) Ofuro soak, (1) far-infrared sauna, (1) 50-min bodywork session, (1) day's worth of cold-pressed juice from Just Organic Juice (6 bottles per day).

## SKY VITALITY CLEANSE

Make a lifestyle change or compliment an already-healthy lifestyle with this structured cleanse for increased energy and immunity.

### 1-, 3-, or 5-Day Cleanse

Each day of your cleanse you will receive: (1) Ofuro soak, (1) far-infrared sauna, (1) 50-min bodywork session, (1) day's worth of cold-pressed juice from Just Organic Juice (6 bottles per day).



## GROUP CLEANSSES

We offer group cleanses and retreats throughout the year. Join us for a scheduled event or create your own journey when 5 or more friends can participate.

CALL 435 658 2500  
TO INQUIRE.

# VISIT OUR BEAUTY BAR

Come shop our curated selection of the best in organic beauty care.



Sugati Spa & Wellness is home to Park City's only retail beauty bar, featuring organic hair care, skin care, cosmetics, and wellness products for both men and women.

Let our team of master esthetician's guide you in your selection of luxurious amenities, beautifying nutritional supplements, and SKY-vetted beauty products, featuring exquisite brands such as:

Sodashi

Spark Naturals

One Love Organics

Livia

VitaJuwel

Red Flower

RMS Beauty

Butter Elxir

Comfort Zone

Earth Tu Face

Sun Potion

Black to Life

## ADDITIONAL SKY SERVICES

Enhance any spa experience or cleanse with:

- Organic, cold-pressed fruit and vegetable juices from our in-house juicery, JUST ORGANIC JUICE.
- Daily hikes, private yoga, or customized exercise regimens.
- Nutritional & grocery-shopping consultation or healthy cooking classes.
- Organic, locally-sourced cuisine from NIKARA, Wellness Kitchen & Artisanal Bar (vegan and gluten-free options are available).

# PRICING

## BODYWORK

SIGNATURE MASSAGE	50 min \$145	80 min \$185
SIDE-BY-SIDE (FOR 2)	50 min \$300	80 min \$400
CONTRAST STONE		80 min \$195
EXFOLIATING BODY TREATMENT	50 min \$145	
DETOXIFYING MUD WRAP	50 min \$145	80 min \$185
RED FLOWER RITUALS		110 min \$250
~ ADD-ON MASSAGE	25 min \$75	50 min \$120
MANUAL LYMPHATIC THERAPY	50 min \$145	
ENERGY WORK	50 min \$145	
ABYHANGA	60 min \$300	
SHIRODARA	50 min \$200	
ABHYANGA AND SHIRODHARA COMBINED	110 min \$450	

## SKINCARE

SIGNATURE FACIAL	50 min \$145	80 min \$185
NASYA FACIAL	50 min \$145	
MARMA POINT FACIAL	50 min \$145	
SKY MANICURE	45 min \$55	
SKY PEDICURE	50 min \$75	
WAXING		
~ Brow	\$30	
~ Lip	\$15	
~ Bikini	\$55	

## HYDRAFACIAL™ – Skin Health For Life

HEALTHY EXPRESS	30 min \$155
ANTI-AGING ESSENTIALS	50 min \$245
PROBLEMATIC SOLUTION	50 min \$245
COMPLETE RENEWAL	80 min \$295

## WELLNESS & SPA PACKAGES

SKY BLISS	3.5 hours \$355
SKY BRIDGE (for 2)	3 hours \$495
SKY BRIDE	5 hours \$455
SKY STRETCH	3 hours \$350
SKY CLEARING	3 hours \$325
SKY CALMING	3.5 hours \$600

## HEALTH ENHANCEMENTS

FAR-INFRARED SAUNA	20 min \$25
JAPANESE OFURO SOAK	25 min \$25
OXYGEN THERAPY	30 min \$30
PRIVATE YOGA / PERSONAL TRAINING (advance booking)	\$160
NUTRITIONAL CONSULTATION (advance booking)	\$160

## ADD-ON TREATMENTS

*(not allowed as a stand-alone treatment)*

EXFOLIATING BODY POLISH	30 min \$75
MARMA POINT	30 min \$75
CONTRAST STONE	30 min \$75
REFLEXOLOGY	30 min, \$75
HEAVENLY HEAD HAIR AND SCALP	15 min, \$40
HYDRATING HAND AND FOOT	15 min, \$40
ENERGY WORK	25 min \$75



## SPA ETIQUETTE

Cancellation Policy: All reservations must be guaranteed with a valid credit card or room reservation. We ask that you give us 24-hours notice should you need to cancel or reschedule your appointment. No-shows or cancellations made less than 24 hours before your scheduled appointment will be billed at the full treatment rate. Guests who arrive late will be charged the full time of their booked treatment.

Please arrive 15-30 minutes prior to your scheduled appointment to take advantage of our relaxation room and additional spa amenities. We ask that guests please silence their cell phones to ensure a blissful experience for everyone on the premises. If you would like to request a specific therapist, please do so at the time of booking.

An 18% gratuity will be applied to your service total.



# SKY

WELLNESS  
COLLECTION



Contact our Wellness Concierge at 435.658.9411  
to customize your healing experience.

STAY WELL. EAT WELL. LIVE WELL. BE WELL.