



Living Spa™ at El Monte Sagrado Living Resort & Spa

The Living Spa™ at El Monte Sagrado is a haven of serenity, inviting guests to experience a truly transformative event. The nurturing environment and the tranquility of the facility will enable you to recapture lost time and rejuvenate your mind, body and spirit.

Signature Massage & Body Therapies

Signature High Desert Body Treatment

A blend of wild-crafted, indigenous plants, flowers and aromatic skin-nourishing oils from Taos and the surrounding area create signature products. The body is exfoliated with a Zuni salt mixture then wrapped in a volcanic ash mask that is mineral rich and serves to draw toxins from the body. Completing the treatment is a gentle massage and application of hydrating sage lotion or massage oil.

90 minutes \$180

Signature Crystalline Whole Being Treatment This regenerative and balancing treatment utilizes 1.6 billion year old crystals to address the issues of aging and stress. The active ingredient is POME Crystals which carry a geo-imprint that activates your skin's ability to remember its optimum state. Beginning with a dry brushing to exfoliate the skin and stimulate the lymphatic system, the treatment continues with a detoxifying Turquoise body wrap. A crystalline masque is applied to the face for deep circulation, hydration and profound rejuvenating benefits. While receiving the benefits of these ancient crystals, gemstones are used to balance the body chakras through foot reflexology. This one of a kind restorative service comes full circle with a luxurious application of ultra-hydrating body crème.

90 minutes \$190

Sacred Time Treatments

This combination of treatments infuses nature in the process of nurturing. Spend time nourishing your body with a sequence of treatments designed to restore your skin's natural beauty.

Sacred Time for the Body

- Sumatra Body Polish
- Relaxing full-body Massage
- Lymphatic face treatment
- Scalp Revitalizer
- Aqua Latte hair rinse

2 1/2 hours \$300

Sacred Time for Skincare

- Lemon Verbena Body Polish
- Essential Hydrating Facial
- Lymphatic face treatment
- Scalp Revitalizer
- Aqua Latte hair rinse

2 1/2 hours \$300

Hot Towel Infusion Massage

This is the ultimate relaxing experience combining a deep, vigorous massage with steaming hot towels and specialized oils. Tension bound deep within muscles is released. This treatment is excellent after a long day of winter sports.

75 minutes \$155

Talystone Massage

To begin this journey guests are asked to chose an engraved Talystone (magical stone) that's written intention best resonates with them. This stone becomes the core of this unique treatment and sets the intention for you and your therapist. Then the combination of water, heated river stones, gemstones and plant extracts are integrated into the massage to enhance your personal experience. You are invited to melt away stress, relieve tense muscles and reconnect your sense of profound sacredness.

75 minutes \$155

Living Spa™

For your convenience, a **20% Service charge will be added** to all Living Spa™ Treatments and services. Additional gratuities may be added for exceptional service at your discretion at time of check-out. Due to the popularity of the Spa facilities, a **24-hour cancellation notice is required to avoid charges for scheduled treatments**. Please contact us to reschedule or cancel your appointment at least one day prior during operating hours. **Please check in at the reception desk at least 15-minutes prior to your first scheduled service**. Your early arrival also allows time to change into a spa robe, relax and ensure the full time scheduled for your appointment. Unfortunately, treatments started late will not extend past the scheduled finishing time to accommodate all of our guests fairly. **For the comfort of all of our guests, the Living Spa is an Adult Only Facility**. The concierge will be happy to arrange childcare services at your request. Services may be booked for guests 14-18 years old when accompanied by an adult guardian. Please contact the Spa Director to make arrangements

Ph# 575-737-9880 spa@elmontesagrado.com