

## 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 24 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](http://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](http://monarchcasino.com)



enrich

immerse

renew

indulge

escape



## MASSAGE

### Monarch Signature Massage

Transform your massage into a beauty and wellness ritual with our assortment of targeted treatment-oriented massage lotions and oils. This massage is designed to be personalized for your specific needs.

60 minute <sup>\$</sup>185 / 90 minute <sup>\$</sup>265

### 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 <sup>\$</sup>175 / 90 minute <sup>\$</sup>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 <sup>\$</sup>195 / 90 minute <sup>\$</sup>275

### 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 <sup>\$</sup>200 / 90 minute <sup>\$</sup>280

### 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 <sup>\$</sup>175

### 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 <sup>\$</sup>205 / 90 minute <sup>\$</sup>280

### Relaxing 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 <sup>\$</sup>205 / 90 minute <sup>\$</sup>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 Himalayan salt 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 <sup>\$</sup>325

## FACIALS | SKIN CARE

### 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 with a Gua Sha facial massage as each unique sensation takes over and powerful botanicals and actives uncover balanced, energized, glowing skin.

60 minute <sup>\$</sup>205 / 90 minute <sup>\$</sup>315

### Pure Balance

Find the perfect balance for your skin's needs with this purifying and replenishing facial. Your complexion will be renewed and hydrated to reveal your most luminous self. \*90 minute includes your choice of Gua Sha Massage Enhancement, Detoxifying Mud Pack, or Eye and Lip Perfection.

60 minute <sup>\$</sup>185 / 90 minute <sup>\$</sup>265

### 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 <sup>\$</sup>195 / 90 minute <sup>\$</sup>275

### Pro-Collagen Firming Facial

Lift and tone the skin with a session of massage and concentrated products that echoes Laser, LED and Micro-Needling techniques. It offers an immediate tensing effect and visibly improves the firmness of the skin to reduce fine lines and wrinkles. \*Receive a complimentary tone, lift, and contour treatment featuring NuFace when booking a 90 minute.

60 minute <sup>\$</sup>195 / 90 minute <sup>\$</sup>295

### Organic

Delight your senses and treat your skin with this Organic Seasonal 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 <sup>\$</sup>175 / 90 minute <sup>\$</sup>255

### Calming 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 balm for the ultimate relaxation.

60 minute <sup>\$</sup>185 / 90 minute <sup>\$</sup>265 (includes neck, shoulder, hand, and arm massages with CBD balm)

### Back Ritual

This proven treatment purifies and normalizes the skin's complexion. First, a mild, purifying peel is used to soften the surface of the skin and begin the deep cleaning process. Then, a deep pore extraction is performed to remove the impurities responsible for causing inflamed breakouts. A special post-extraction serum reduces redness and inflammation to increase skin's repair response. Finally, a cool, creamy mask absorbs impurities, while soothing the skin.

60 minute <sup>\$</sup>185

## SPECIALTY TREATMENTS

### Exfoliate, Soak, Massage

Experience the therapeutic, restorative and re-mineralizing effects of the ocean throughout this soaking ritual. After the skin is polished to silky perfection with crystallized seawater and marine lactic acid, relax in a warm, freeze-dried seawater bath as the 104 trace elements and minerals are absorbed to boost and rebalance cell functions that have become sluggish due to stress, lack of nutrition and other common lifestyle factors. Finally, the body is massaged from head to toe to deliver a final dose of minerals and quench the skin with moisture.

120 minutes <sup>\$</sup>365

### Tropical Escape Refining Body Treatment

Your tropical escape begins with a coconut sugar scrub to refine and prepare the skin for a rejuvenating body wrap that features 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 <sup>\$</sup>205 / 90 minute <sup>\$</sup>285

### Tighten and Tone Body Treatment

The sea is full of powerful fat-fighting ingredients such as remarkable algae that contains special fatty acids, minerals, and antioxidants capable of restoring our cells' fat-burning abilities. After a slimming and firming massage is performed with a fat-burning massage medium, the body is wrapped in a mask made of Algae Jam to help with restoring slenderness and firmness to the silhouette. Enjoy one treatment for a slimming boost or a series of treatments for a sustained result.

60 minute <sup>\$</sup>235

### Total Transformation

Throughout this anti-aging ritual, the complexion is transformed from head to toe. After a smoothing body exfoliation with black sand and pumice, the body is cocooned in a firming body gel, rich in anti-aging sea minerals. While wrapped, enjoy an express facial which includes a creamy facial mask to plump and firm the skin. Finally, a toning body mask is massaged into the skin to immediately hydrate, tighten, and restore elasticity to the skin for the ultimate metamorphosis.

90 minute <sup>\$</sup>315

## SPECIALTY ENHANCEMENTS AND ADD-ONS

### Massage Enhancements

#### Aromatherapy

<sup>\$</sup>30

#### Hot Stones

<sup>\$</sup>25

#### Himalayan Stones

<sup>\$</sup>25

#### Muscle Relief

<sup>\$</sup>35

#### Dry Brushing

<sup>\$</sup>35

#### Spine Detox

<sup>\$</sup>60

### Facial Enhancements

#### Spine Detox

<sup>\$</sup>60

#### Collagen Mask

<sup>\$</sup>65

#### Glycolic Peel

<sup>\$</sup>60

### Massage Add-Ons

#### Warm Oil Scalp Massage

25 minute <sup>\$</sup>80

#### Showerless Body Scrub

25 minute <sup>\$</sup>80

#### Leg Revival

30 minute <sup>\$</sup>95

### Facial Add-Ons

#### Eye Brow or Lip Wax

15 minute <sup>\$</sup>30

#### Warm Oil Scalp Massage

25 minute <sup>\$</sup>80

#### NuFace® Eye and Lip

30 minute <sup>\$</sup>110

#### Revitalizing Eye and Lip

15 minute <sup>\$</sup>75

#### Leg Revival

30 minute <sup>\$</sup>95

## 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 featuring our Soft Pack® 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 <sup>\$</sup>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 <sup>\$</sup>295

### Oxygenating Mud Body Wrap

For tight muscles, joints and tendons, an intensely active marine mud will soothe sore tissue while toxins are drawn from deep within. This treatment leaves your body detoxified, re-mineralized, and fully oxygenated. Awake from relaxation to a refreshing shower and an application of rich body cream, which leaves the surface of the body as beautifully transformed as the inside.

60 minute <sup>\$</sup>215 / 90 minute <sup>\$</sup>295

### Perfect Contour Body Treatment

After a shower-less scrub polishes the skin to a satin finish, a contouring massage balm is used with specific techniques to reshape the figure, boost fat-burning, and firm the skin. This scrub and massage combination allow you to relax, slim, and gain a glowing complexion at the same time.

60 minute <sup>\$</sup>195 / 90 minute <sup>\$</sup>275

### Detoxifying Sea Salt Scrub

An invigorating, exfoliating body scrub using the healing powers of salt from the 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 <sup>\$</sup>195 / 90 minute <sup>\$</sup>275

## COUPLE'S MASSAGE

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

### Monarch Signature Massage

60 minute <sup>\$</sup>370 / 90 minute <sup>\$</sup>530

Swedish 60 minute <sup>\$</sup>350 / 90 minute <sup>\$</sup>510

Deep Tissue 60 minute <sup>\$</sup>390 / 90 minute <sup>\$</sup>550

Hot Stone 60 minute <sup>\$</sup>400 / 90 minute <sup>\$</sup>560

CBD Massage 60 minute <sup>\$</sup>410 / 90 minute <sup>\$</sup>570

## 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 <sup>\$</sup>65 / Pedicure <sup>\$</sup>95

\*Does not include gel polish or dip.

### 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.

<sup>\$</sup>115

\*Does not include gel polish.

### Monarch Luxury Spa Pedicure

Relax and enjoy the luxury of your own spa pedicure suite. A coconut milk bath soak will nourish your legs and feet before they are exfoliated and hydrated with an exotic Pure Fiji sugar rub. Your hands and feet are then submerged into a relaxing paraffin treatment. Complete the ultimate pedicure experience with a hot stone massage before you are polished to perfection.

<sup>\$</sup>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\*.

<sup>\$</sup>130

\*Does not include gel polish.

## NAIL ENHANCEMENTS

### Dip

Starting at \$45

### Gel Polish

\$25

### French Polish

\$20

### Gel Removal

\$20

### Polish Change (regular polish)

\$20