



## WELLBEING SERVICES AND TREATMENTS

(435) 645-6475 | [spa@steinlodge.com](mailto:spa@steinlodge.com)  
Winter Hours 9 am-7 pm | Summer Hours 9 am-6 pm



## WELLBEING TREATMENTS

### INTUITIVE INTERACTION

**90 MIN \$444**

Engage in a personalized, heart-centered session that invites deep dialogue, energetic alignment, and intuitive reflection. In this holistic treatment you will experience a one-on-one journey with our gifted intuitive. She will tune into your energetic field in a safe and secure environment, to offer insights, guidance and gentle clarity around the questions or themes most present in your life. Whether you are seeking direction, healing, or simply a moment of soulful connection, Intuitive Interaction is a powerful opportunity to explore your inner landscape with compassion and curiosity.

*Please note, this is a fully clothed session: we recommend comfortable loose-fitting attire to ensure ease & relaxation.*

### INNER WISDOM CONNECTION

**90 MIN \$444**

Awaken your intuition and reconnect with your inner guidance in this deeply restorative experience. Designed to quiet the mind and open the heart, the Inner Wisdom Connection blends gentle energy work, guided meditation, and intuitive insight to help you access clarity, balance, and a renewed sense of purpose. Ideal for those seeking spiritual alignment, navigating life transitions, or those of us who are ready to finally stop repeating the same behavior that is not working. This session offers a serene space to reflect, release, and realign with your truest self.

*Please note, this is a fully clothed session: we recommend comfortable loose-fitting attire to ensure ease & relaxation.*





## ENERGY RESET

90 MIN \$333

Relax in mindful silence as your healer uses gentle frequency techniques; connecting points on the head, hands and feet, to revitalize and reset your energy to a more empowered state. After this energetic recalibration is complete, feel an enhanced sense of wellbeing, clarity, and spaciousness in the mind, body and being.

*Please note, this is a fully clothed session: we recommend comfortable loose-fitting attire to ensure ease & relaxation.*

## TRAVELER'S RENEWAL SESSION

30-45 MIN \$80

This personalized session begins with a brief intake to identify your areas of focus — perfect for the “on-the-go” traveler or staycationer seeking maximum benefit in minimal time. Designed to promote whole-body wellness and activate the body's natural healing response, this one-on-one discussion helps you discover tools to restore balance, and ease into relaxation so you can come back home into a renewed version of you.







## ALIGN

**30-45 MIN \$65**

This therapeutic experience eases the joints, melts tension in the muscles, and supports the spine and nervous system for complete-body relief. Targeted acupressure through the feet awakens restorative reflex points that help rebalance emotional, mental and physical energy.

Focused, intentional pressure creates a calming blend of relaxation and release, promoting whole-body harmony and rejuvenation.

## GROUNDING SOLES

**75 MIN \$444**

Bring your body into balance while precise direct pressure is applied to the various “zones” of the feet. Experience rejuvenation by stimulating your body’s natural regenerative capabilities. Foot Zoning Therapy is an amazing healing modality that at minimum: can reduce stress, create synergy and enhance all functions of the body and its systems. Integration of gemstone tools in your session time can provide therapeutic benefits.

*Please note, this is a fully clothed session: we recommend comfortable loose-fitting attire to ensure ease & relaxation.*





## ABOUT OUR WELLBEING SPECIALISTS

Sugar Forbes offers personalized spiritual insight, energy work, and holistic guidance to guests seeking clarity, balance, and renewal. With a deep foundation in intuitive perception, she brings a heightened awareness of energy, messages, and emotional insights, allowing guests to connect with their inner wisdom in a meaningful and transformative way. Her practice is rooted in a degree in Psychology with an emphasis on ethical and professional conduct, ensuring that every session is delivered with integrity, compassion, and respect for the guest's unique journey. Sugar prioritizes clear communication and empathy, providing gentle yet insightful guidance while maintaining the highest level of confidentiality and trust. Whether through energy readings, guided meditation, intuitive coaching, or mindfulness practices, her goal is to help guests navigate life's transitions, stress management, and personal discovery.

Wendy Wise is a renowned specialist of holistic clinical knowledge in the field of Regenerative Wellness with a deep connection to her First Nation (Native American) Indigenous heritage. She has a wealth of wisdom and innate gifts, specializing in facilitating profound transformations by combining Ancient Wisdom and cutting-edge technology. Over the course of her journey, and personal healing story, Wendy's impact has reached far and wide, sharing her profound insights and inspiring countless individuals. In addition, Wendy has cultivated over 25 years of experience in the health and wellness industry. Previously, she provided consultation services, education and created customized wellness protocols for over 5,000 doctors, hospitals, holistic pharmacies, and schools. With her extensive background and diverse clientele spanning across local, virtual, and private settings, Wendy has worked with thousands of clients as a clinician, speaker, teacher, consultant, and lead educator of wellness cohorts. Through her profound insights, compassionate guidance, and unwavering dedication, she is a true well-being advocate, providing practical strategies for the body on all levels with lots of heartfelt wisdom, wit, and intuitive guidance. Her background is in pre-med w/focus on nutrition and her expertise is in the following areas: *Bio Harmonization, Epigenetics, Detoxification, Facial Mapping, Herbalism, Iridology, Longevity, Molecular Hydrogen Therapy, Nervous System Regulation and Advanced Regenerative Health*



## PRIVATE YOGA & MOVEMENT SESSIONS

Experience an exclusive Yoga Session, Mindful Meditation, Foam Rolling, Barre, Strength Class, or Sound Therapy with a private instructor in our Verdandi studio. Catered to your individual or group needs, goals, and pace.

**1-2 Guests \$200 | 3-4 Guests \$300 | 5-10 Guests \$500**

**11-15 Guests \$1,000 | 16-20 Guests \$1,500**

## TOUCHLESS TREATMENTS

### OXYGEN THERAPY

**25 MIN \$45 | 45 MIN \$75**

Supplemental oxygen provides numerous health benefits including high altitude relief, mental clarity, and detoxification. This treatment is particularly beneficial at higher altitudes.

### BOOT RELIEF

**25 MIN \$45 | 45 MIN \$75**

Boost circulation with this fast flush compression system. A quick session in our Therabody® Jet boots will decrease swelling and stiffness, reduce delayed onset muscle





## RESERVATIONS

For maximum convenience and flexibility, we recommend that you schedule spa sessions in advance of your visit. We ask that you arrive at least 30 minutes prior to your scheduled appointment so as not to disrupt the length of your treatment.

Appointments may be guaranteed with a credit card or Stein Collection lodging confirmation. As we reserve your appointment time especially for you, please provide 24-hour advance notice for adjustments or cancellation. No-shows or cancellations within 24-hours of appointment time will be billed at the full cost of the service plus gratuity.

**Spa Concierge** (435) 645-6475

**After hours** (855) 876-4395

## AGE POLICY

**Spa Treatments** (*Massages, Facials, Body Treatments*):

Only individuals 18 years and older may receive these services.

**Salon Services** (*Manicures, Pedicures, Hair Treatments*):

Minors aged 12–17 may receive these services with a signed parental consent waiver. A parent or guardian must always accompany the minor for salon & fitness access.

**Fitness Center Access:**

- 18 years and older: Full access permitted.
- Ages 16–17: May access the facility with a signed parental release waiver.
- No one under 16 will be allowed in the fitness center.

**Spa Facilities** (*including locker rooms, steam rooms, saunas, hot tubs, cold plunges and gender specific relaxation lounges*):

18 years and older only. Minors are not permitted in spa locker rooms or relaxation lounges under any circumstances.