



## WELLBEING TREATMENTS

(435) 940-6604 | [spa@steineriksenresidences.com](mailto:spa@steineriksenresidences.com) | Hours 9 am-6 pm



## ABOUT OUR WELLBEING SPECIALIST

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.

## 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.*



## GRATUITY

A 20% gratuity will be added to all Silver Aspen services for your convenience only. Upon check out, please free to adjust based on your experience.

## RESERVATIONS

We ask that you arrive at least 15 minutes prior to your scheduled appointment so as not to disrupt the length of your treatment. Guests should leave valuables in their rooms and silence cell phones during spa visits. Silver Aspen Spa is reserved for guests over the age of 18. Any changes or cancellations must be done 24-hours in advance of service to avoid being charged in full.

