



Photos by Cheyenne Rouse

Nice Touch!

After a recent trip to **The Spa at Sundance**, I emerged, as would be expected, relaxed, content, and rejuvenated. Not unusual for a spa visit except for one thing. I had yet to have a single treatment! Such is the effect of the spa's ambience.

On entering, the visitor is warmly greeted and invited to rest a bit with a cup of herbal tea in a low-lit lounge with soothing Native American flute music floating into the room. Navajo rugs, on loan from the Adopt-a-Native Elder program in Park City, adorn the wood-paneled walls. Reed baskets, clay pots, warm blankets and rustic mountain furniture contribute to the feeling of relaxed comfort. While sipping the steaming tea, the visitor is treated to a traditional Sioux foot-soak with pebbles and soothing salts as a first step in the spa journey. "Even the way we take you out of the chair, a hand hold, gives you a chance to experience touch before entering a treatment room," said Brian Paris, director of the spa.

Paris has blended his backgrounds of business, massage therapy and a life-long passion for the traditions and cultures of Native American people to the creation of The Spa at Sundance. The inclusion of aspects of Native American culture is cen-



tral to the spa's program and ambience. Paris says the balancing of elements is fundamental to the well-being of the client.

Among the services offered at The Spa at Sundance are hot basalt river rock massage, an Okipe [meaning "Sundance" in the Mandan language] Herbal

Facial, a White Sage and Sweetgrass Rub, a Honey and Cornmeal Body Blanket, pressure point therapy, and other treatments that blend ancient traditions and organic products with the healing power of human touch. The Spa is located within the Sundance resort, found nestled at the base of Mount Timpanogos near the Provo River.

Plans are afoot to introduce a VIP spa retreat at **The Spa at Stein Eriksen Lodge** in Deer Valley in the spring of 2003, which will include five stress-free days of massage and other treatments in The Spa, combined with Pilates, yoga, meditation, and hiking programs. According to Kathleen Hahn, director of The Spa, which opened in early February, 2002, therapists are trained to individualize a program based on the personal needs of a client. "For example, someone who has been in a car accident might want a deep tissue massage, while an

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By Sedona Callahan



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athlete needs to detoxify from a lactic acid buildup in the muscles. Another might want an opportunity to achieve deep relaxation. Clients recognize that spa treatments are part of an overall wellness program, a way to calm from the inside out," said Hahn. The Spa at Stein Eriksen Lodge offers a full menu of treatments including scrubs, wraps and massages, as well as beauty and care packages designed to treat everyday stress, correct for insufficient sleep or rehydrate the skin. The Spa is available to lodge guests and the public, has seven state-of-the-art treatment rooms, a full gym, a juice bar stocked with healthy tonics, a relaxation room with private lounging areas secreted behind gauzy curtains, and whirlpools and a swimming pool enclosed in native Utah stone.

In all honesty, let me just say that all my needs were anticipated at **Papillon the Spa at Westgate**, at the base of The Canyons Resort. In saying that, however, I must add that it's not easy being objective about a spa that has treated me to a hot oil scalp treatment that included a peppermint wash and essential rosemary, juniper, nut and avocado oils, plus a neck, shoulder, hand and foot massage, all at the end of a day of nonstop meetings and appointments. The staff is friendly and knowledgeable; the luxurious surroundings reflect the soft sage and yellows of the Utah mountain landscape; and a cascading waterfall is backdrop to the whirlpool. A full-service hair and nail salon, state-of-the-art fitness center, and a yoga and Pilates studio round out the menu of services. What else could I possibly need?

Hotel guests make up much of the clientele at Papillon, but local residents respond to the dry mountain climate's frontal attack on their hair and skin by taking advantage of the many body treatments. According to staff members, the hot oil wraps, foot and hand treatments, and massages are basic survival to locals who beat up their bodies on the slopes on a regular basis. And really, could you resist a treatment called the Butterfly Body Wrap?

While the above spas are relatively new, a couple of in-town day spas have pampered loyal local and visiting clientele for many years. The Aveda con-

cept **Bellé Salon and Spa** on lower Main Street is conveniently positioned to accept town visitors and local clients in need of a pick-me-up. The day spa packages include The Bellé Miner Special, a package of manicure, pedicure, massage, shampoo and hairstyle; and the full-day treatment Pampered Powder Day package bundling detoxifying steam and massage, manicure and pedicure, facial, deep conditioning, shampoo and hairstyle with a tasty lunch at La Casita or Mulberry Street restaurants nearby. The atmosphere is relaxed, and the staff is friendly and fun. While walk-in clients are welcome, making an appointment ahead of time is appreciated.

"Tell everyone I'm back!" said Francois Bujol, owner of **Vie Retreat Salon and Day Spa** on Park Avenue in Park City, referring to his return from a two-year stay in Australia. Bujol says 70 to 80 percent of his clients are local residents with an additional surge of visitors during the peak winter and summer seasons. "There was a time when a spa was only for the wealthy. Ten years ago, many people would ask 'what's a

day spa?' But it's no longer just for the leisure class," said Bujol. "Everyone wants to feel good about themselves, feel better, and we're cheaper than the doctors," he joked. Bujol lifts the spirits of his clients with a full European concept spa that provides facials, hair and nail services, and full packages that include massage, body treatments and personal makeup consultations. The Skier's Delight package offers a deep tissue massage, pedicure and reflexology foot massage. That's the ultimate treat for tired tootsies. *

Sedona Callahan had to endure multiple spa treatments as research for this article.

Contacts:

(Please see the magazine's "Things to Do" section for a complete listing of spas in Park City.)

The Spa at Sundance: 801.223.4270

Papillon the Spa: 435.655.2266 or 435.940.9444

The Spa at Stein Eriksen Lodge:
435.649.3700, ext. 475

Bellé Salon and Spa: 435.655.8250

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