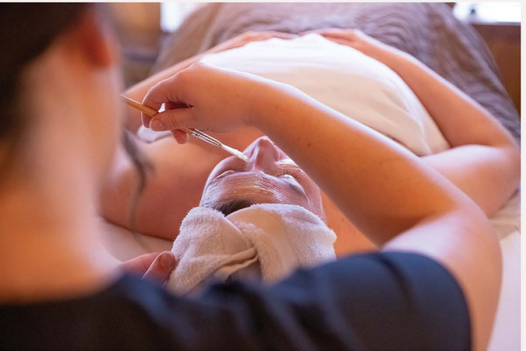
Triple Creek Ranch
A Montana Hideaway

MOUNTAIN WELLNESS MENU



Massage Services

60 minutes/$225 | 90 minutes/$325 | 120 minutes/$450
Hot Stone Add-on/$50
Priced Per Guest

Relaxation Massage

A deeply relaxing and soothing massage that uses long, flowing strokes with pressure varying from light to medium. This massage helps reduce tension and stress, eases stiffness and gently increases circulation.

Therapeutic Massage

A slow, deliberate process that focuses pressure on layers of tissue deep under your skin, helps to stretch tight muscles, stimulates inactive muscles and improves soft tissue condition. Deep tissue should never be painful, so you choose the depth of pressure.

Prenatal Massage

This massage can be performed in all stages of pregnancy and is designed to reduce fluid retention, increase muscle tone and soothe aching backs and necks.

Couples Massage

An exclusive in-cabin massage experience that allows you and your partner to relax and connect more deeply. Each of you will select a preferred massage service to enjoy simultaneously, perhaps in the warm glow of your fireplace, or to the soothing sounds of the forest from the deck of your cabin.

Massage Services may be enjoyed in our Tanager reatment Rooms, or in the privacy of your cabin.

Facial Nourishing

60 minutes/$225 | 90 minutes/$295

Priced Per Guest

Alpenglow Facial

This customized facial comes with two different cleansers, a custom toner, an exfoliant/treatment, a masque, and specialized hydrators and eye creams. This treatment also features a massage of the face, arms and decolletage to ensure that you reach full relaxation.

Mountain Man Facial

Designed for the unique properties of a man's skin, this customized-for-men facial provides the full spectrum of skin benefits as nature intended.

Body Pampering

90 minutes/$295

Priced Per Guest

Herbal Grains Body Polishing

Increase circulation and stimulate your lymphatic system with this therapeutic dual-action full body exfoliation treatment utilizing ancient herbal grains that first sweep away dull cells, then melt into skin, moisturizing while releasing natural AHAs.

Facial & Body Pampering Services may be enjoyed in our Tanager Treatment Rooms.

Yoga & Meditation

Complimentary Group Sessions

Included in your Stay

Group Sessions

Embrace the serenity here on-Ranch, and relax with a Guided Yoga or Meditation Session from one of our Certified Yoga Instructors!

Clear and focus your mind to bring yourself fully into the present, breathe deeply to fill your lungs with the fresh mountain air, and better absorb all the natural, stress-relieving benefits of your vacation in the Montana wilderness.

Private Sessions

60 minutes/$150

Available Upon Request

Custom Private Session with our Multi-Certified, Registered (RYT) Yoga Instructor

Whether you are an experienced yogi, or a total novice, this is an opportunity to enjoy a class that's been designed especially for you.

In this private class tailored to your levels and goals, you may choose to focus on alignment, flexibility, strength, meditation, certain body parts, simple relaxation, or any combination thereof, perfectly suited to meet your needs.

Group Sessions are held outdoors on our scenic Observation Deck, as often as weather permits.

Wet & Cold Weather sessions are held indoors, in one of our cozy cabins.

Private Sessions may also be held in the peaceful quiet of your very own cabin.

Services are performed at our Treatment Cabin in the Bear Grass & Pinedrop Treatment Rooms, conveniently located near the Main Lodge, Dry Sauna, Outdoor Pool, Hot Tub, & Fitness Center, although massages may also be enjoyed in the privacy of your cabin by request.

Advanced reservations are required, and cancellation within 24 hours is assessed at full price.

All charges will be added to your invoice.

Therapist gratuity not included.

RELAIS & CHATEAUX