


SPA AH!

The best treatments and products for body, mind and soul from the experts at The Spa at The Broadmoor



Waterworks The word "spa" is an acronym for the Latin phrase *sanus per aquam*: "health through water." The SilverTAG Serenity Shower and TAG Galyean-designed Tranquility Tubs featured at The Spa at The Broadmoor are a bridge from the everyday world to the world of spa in its most basic definition. "In addition to the physical benefits of hydrostatic pressure on the lymphatic system, circulation and warming the muscles, hydrotherapy treatments act as a decompression chamber that prepares the mind and spirit for deeper relaxation," says Ella Stimpson, Director of The Spa at The Broadmoor. "When the mind and spirit are calm and clear and the body is physically warm and relaxed, our guests are in the perfect state to receive the full benefits of any touch therapy that follows."

The Spa's new Serenity Shower reinterprets traditional European hydrotherapies by using varying temperatures and pressures to simulate the feeling of showering under a vigorous waterfall. The

Tranquility Tub allows the guest to be surrounded by 70 gallons of constantly filtered water while warm streams flow over the shoulders, giving a floating sensation. These two treatments are uniquely relaxing experiences by themselves, but when coupled with a massage, they are powerful tools in creating an effective and relaxing spa therapy experience. 

Some of our favorite **Spa Products**

All products and treatments available at The Spa at The Broadmoor and The Spa Shop. For more information, call The Spa at ext. 5770.



YON-KA PARIS Face, Body and Sun Products



LAVENDER MEADOWS Signature Candle



TAG ESSENTIALS, with select essential oils

Did you know? When The Broadmoor opened in 1918, there was a Turkish bath located behind the Front Desk. This was the hotel's first spa.

EAST MEETS WEST

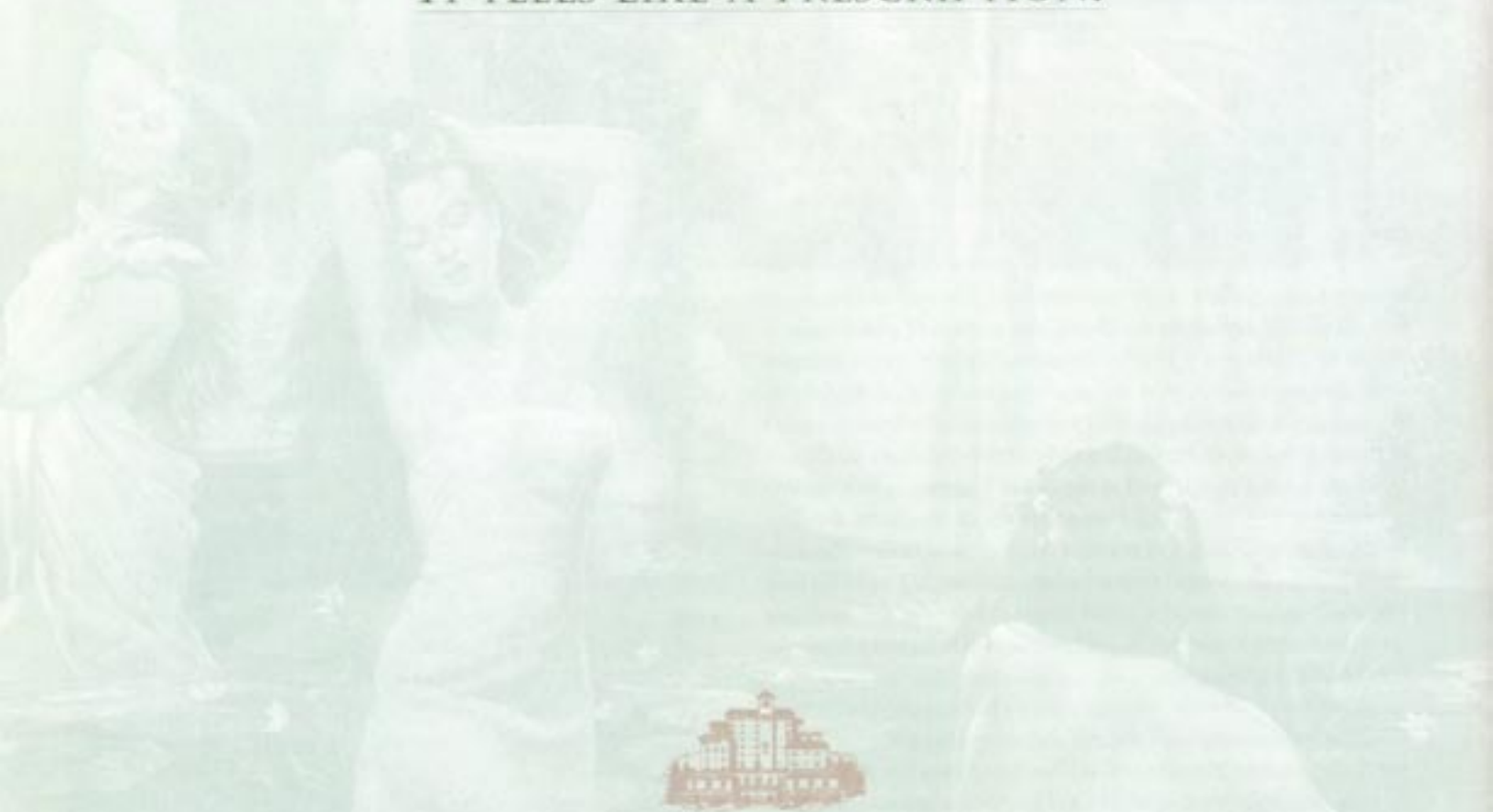
Ashiabu is an ancient form of bodywork that started with Buddhist monks, first from China and then from Thailand and Japan. Now, this ancient treatment makes its debut at The Spa at The Broadmoor with the Ashiabu Oriental Bar Therapy.

Widely regarded as one of the most luxurious deep tissue massages ever created, Ashiabu is an adaptation of an ancient form of bamboo massage using deep, gliding strokes over the body. Gravitational force is combined with massaging movements to bring about a structural change in chronic soft tissue damage.

Correct application provides deep relaxation and stimulates the lymphatic system of the body. Bars are used over the head of the therapist for balance. This treatment helps to induce deep relaxation, relieve tight muscles and to stimulate the body's self-healing capabilities.



IT WORKS LIKE A RESERVATION.
IT FEELS LIKE A PRESCRIPTION.



The Spa at The Broadmoor. An environment of rare beauty and healing. A magnificent collection of therapies, amenities and services, including our signature Serenity



Shower that brings the timeless art of hydrotherapy to a luxurious new level. Indulge yourself. You deserve it.

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