



welcome to spa linnea at hotel madeline telluride.

we invite you to relax and enjoy the 'make it all better' effects of our nature inspired spa therapies.

our philosophy at spa linnea is to provide you with the highest quality products, most skilled therapists, and results driven therapies, allowing you to experience the best in high mountain living.

play hard, rest easy...

massage

spirit of the mountains

our signature massage using a healing herbal poultice to deliver soothing warmth, detoxification and therapeutic botanicals deep into the muscles. kneading massage technique, potent aromatherapy oils and balancing pressure points create an ultimate healing experience.

80 min

linna custom swedish

classic favorite using kneading, gentle strokes, light to moderate pressure and your choice of aromatherapy oils.

50 or 80 min

alpine remedy deep tissue

deep targeted pressure and therapeutic muscle remedy cream to alleviate tension and knots in tense, overworked areas of the body.

50 or 80 min

boots and boards

custom massage geared toward the sports enthusiast. 'where you need it – get right to it' massage invigorates muscles, increases range of motion, & assists in preventing injuries associated with high altitude adventure sports and play.

50 min

ultimate recovery- add a 20 min muscle soak and oxygen therapy

specialty massage

deep heat stone massage

allow the penetrating warmth of smooth heated river stones to soothe weary muscles as they glide across the body, leaving a complete sense of warmth and relaxation.

80 min

hiker's heaven

pull off your boots (or stilettos!) and indulge in a treat for the soul. steaming compresses and an invigorating scrub prepare the feet for a deeply moisturizing, warm shea butter mask and soothing scalp and foot massage.

50 min

mountain mama

specifically designed to address stress and movement related issues during pregnancy. this massage features a shea butter mask to soothe and hydrate.

50 min

junior sport massage

a gentle introduction to therapeutic massage for young athletes. massage is concentrated on areas experiencing repetitive use or soreness from athletic, and the therapist will recommend appropriate stretching techniques for home. loose fitting clothing or pj's are recommended attire. accompanying adult must be present in the massage room.

20 min

make mine a double – add a foot massage for the accompanying adult

couple's massage

together you can enjoy many of our spa therapies and massage in our comfortable couples rooms and suites.

in-room massage

enjoy a swedish or deep tissue massage in the comfort of your own guest room. sit back and let the spa come to you.

body and wellness therapies

twin flower body renewel

a seasonal results-driven body exfoliation that meets your specific needs. this full body treatment and massage combines natural ingredients, restorative scrub and healing massage.

50 or 80 min

moisture cocoon

soothing lavender sugar body scrub and deeply moisturizing shea butter body mask.

50 min

deep detox body mask

purifying coffee body scrub and moroccan mud soothes soreness, warms and detoxifies the body.

50 min

extra elements

extreme measures – a wonderful addition to any massage or body treatment, enjoy an aromatic steam and shower along with a hydrating body quench treatment.

20 min

body quench – pure organic shea butter is blended with your chosen aromatherapy oil during any of our massages to enhance hydration at high altitude.

extra

ultimate recovery - we take healing to the next level as we add a deep steep muscle soak with our altitude adjustment oxygen therapy to any of our massage or body treatments.

20 min

altitude adjustment oxygen bar - an inhalation of purified oxygen with personalized aromatherapy options to nourish, relax and balance your mind and body. adjust to altitude change and enhance the quality of sleep.

20 min

warm oil scalp treatment – scalp, neck and shoulder massage with warming aromatic oils.

20 min

hand and foot therapy - warm shea butter mask and relaxing massage.

20 min

face and beauty

transformation facial

multi-action transformation treatment helps firm and tone, while reducing the appearance of fine lines and wrinkles. powerful exfoliators open pathways to deliver vitamins, antioxidants, and peptides deep into your face, neck, and décolleté, where active cell production takes place. an antioxidant mask helps your skin regenerate at a faster rate and protect itself against free radicals that contribute to premature aging. treatment includes a restoring hand massage incorporating powerful softening agents and skin brighteners. after just one treatment, the skin on your face, neck, décolleté will appear smoother, brighter, and softer.

50 min

80 min – oxygen boost with hand and foot therapy

organic nourishing facial

a completely organic facial utilizing aromatherapy and wild harvested botanicals. deeply moisturizing facial massage with a penetrating warm poultice of healing raw sea algae to re-mineralize and nourish the skin. gentle, hydrating, deep cleansing and abundantly relaxing.

50 min

80 min – oxygen boost with hand and foot therapy

eye, neck and lip fortifying treatment

intensive hydrating treatment gives an immediate rested and refreshed look by helping to strengthen sagging, slacking eyelids, minimize crow's feet, reduce puffiness, tighten loose skin and wrinkles on the neck, and soften rough cracked lips.

20 min

face and beauty extras

lash and brow tinting	20 min
hair removal	varies
warm oil scalp treatment	20 min
ultimate recovery	20 min
hand and foot therapy	20 min

packages and rituals

restful sleep ritual

this recipe for sweet dreams begins with a cup of calming herbal tea and oxygen inhalation therapy featuring a blend of relaxing essential oils including bergamot and sandalwood. after a soothing steam shower, the body is gently scrubbed with lavender and sugar, and then sinks into a warm mineral bath. fifty minutes of gentle massage concludes the ritual.

100 min

mountain love journey

for couples, you begin with a body scrub using your chosen aromas. next, step into a private steam chamber and play with massage muds, rinse please. then a soaking bath with signature scents...enjoy sparkling wine and artisan chocolates, melt during a fifty minute massage.

135 minutes

base camp recovery ritual

the ultimate sport recovery ritual for healing the effects of extreme athletic endeavors. a private luxury spa suite is your base camp for this restorative, recovery based experience. your journey will include a soothing mineral soak and aromatic steam to loosen sore joints and muscles, followed by an alpine deep tissue massage. a recovery tea and oxygen therapy enhances the internal affects of this extreme healing ritual.

100 min

how to spa

spa etiquette

our spa environment is one of relaxation and tranquility. please contribute to this serenity by speaking in soft tones or enjoying the quiet. please respect all spa guests' right to privacy and refrain from the use of mobile phones, pagers and cameras during your time with us.

reservations

to book an appointment, please contact the spa. spa linnea welcomes both resident and non-resident guests. non-resident bookings will be secured with a credit card.

to ensure your preferred time and services are available, advanced booking is advised. the spa accommodates walk-in bookings based on availability. please communicate any requests for a specific therapist or gender of therapist at time of booking.

health concerns

when making your spa reservation, please advise us of any health conditions, allergies, or injuries that could affect your service. you will be asked to complete a health assessment prior to your treatment so that we may ensure your comfort and safety and provide a service customized to your needs.

we have specially designed treatments for expectant and nursing mothers. please allow our spa staff to guide you in selecting the treatments most suitable for you during this special time.

lateness and cancellation policy

please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. we kindly ask our guests to give a minimum of twenty-four hours notice for changes or cancellations. with less than twenty-four hours notice, you will be charged for 50% of your treatment. with less than five hours notice, you will be charged for 100% of your treatment.

arrival and attire

we ask that you arrive at least 30 minutes prior to your appointment to prepare for your treatments in an unhurried manner. you are in the mountains – wear street clothes or your robe.

upon arrival to the spa, you will be escorted to a locker and lounge area adjacent to the treatment area to change into a robe and slippers, sip a spa beverage and complete a brief consultation form. prior to your treatment, you are greeted by your licensed spa therapist and led to your treatment quarters.

it is customary for guests to disrobe completely for spa services; however, disposable undergarments are available at your request. our therapists are trained to drape you discreetly and to protect your privacy at all times. we do recommend that you refrain from wearing jewelry or bringing any valuables to the spa.

guests of the spa are invited to enjoy the pool, hot tub, and fitness rooms, available before or after all spa services. all facilities are co-ed, and bathing suits are required for the pool and hot tub area.

gratuities

for your convenience, a 20% gratuity is automatically added to all services.