



# The Original Colorado Spa

**F**rom the beginning, when the Ute Indians spent their summers enjoying the cool rivers and hot springs, the Yampa Valley was spa central. The Utes believed that the local springs had the power to rejuvenate strength, and they would often visit the springs after battles.

Early settlers to the area also frequented the springs. James Crawford discovered the beauty of the Yampa Valley in 1875, and helped to build the first log bathhouse at the Heart Spring in 1884. Soon after, the secret was out... by 1902 there were already two hotels in downtown Steamboat Springs and in 1909 the train began bringing visitors seeking the pleasures of hot springs in this spectacular mountain retreat.

Today the hot springs remain a popular attraction year round, and in recent years a number of day spas have sprung into being. A diverse selection of body treatments in a variety of environments means there is a remedy for every need and a unique retreat to suit every taste.



Photo © Tread of Pioneers Museum



Photo © Larry Pierce/Steamboat Ski Area

## Strawberry Park Hot Springs

Just 7 miles from downtown Steamboat Springs, Strawberry Park Hot Springs is a must. Set in 40 pristine acres, bordered by National Forest, it is considered one of the most attractive mineral springs in the world. The waters are pure and mineral rich yet only contain trace amounts of sulphur. Overlooking the pools, and nestled next to the creek, are two private cottages dedicated to Swedish, deep tissue, sports and Watsu™ massage including two private pools for side-by-side Watsu™. Come for an afternoon or stay the night in a rustic cabin or an old caboose.

*Unique treatments and specialties:* Watsu™, a floating massage which uses Zen Shiatsu performed in warm water;  
*Packages:* the "Combination" is half hour of Watsu™ and a half hour of table massage [www.strawberryhotsprings.com](http://www.strawberryhotsprings.com).

## Old Town Hot Springs (formerly Steamboat Springs Health & Recreation) and Body Works Massage

Come see where it all started. Hot Springs Body Works located downtown at Steamboat Springs Health and Rec. offers both hot springs and convenience along with competitive prices. One of the largest and most experienced staff in town is available offering everything from sports and deep tissue massage to neural muscular therapy. Combine a massage with a workout with all the necessary facilities (lockers, showers, pools and springs) or drop the kids off in daycare or at the pool.

*Unique treatments and specialties:* Sports massage and deep tissue therapy.

*Packages:* All massages require entry into the pool and fitness center, so combine one or more of the amenities [www.steamboathotsprings.com](http://www.steamboathotsprings.com).



Photo © Steamboat Springs Health & Recreation Assn.

## Advanced Massage & Healing Work

Serving Steamboat Springs since 1986, certified massage therapist Lena Steed combines deep tissue massage with Swedish massage. She also incorporates Rebalancing, Aromatherapy and Sports massage. Her technique is powerful and effective with a sensitive and caring approach. Her clients experience deep relaxation and rejuvenation that lasts.

970-879-2444/[www.lenahealingarts.com](http://www.lenahealingarts.com)

---

## Bear River The Spa

Where the locals go when they can't go to Europe. Bear River Therapists' experienced staff have trained and worked internationally and have been in the industry for nearly 20 years. Specializing in facial treatments, Bear River will diagnose each client's skin type and prescribe the best treatment and products. Massage, body wraps, and reflexology are also available. Located downtown along the Yampa River, in the same building as Steamboat's Yoga Rx Studio.

970-879-8282

---

## Brio Salon and Spa

New to Steamboat Springs experience the warm atmosphere of Brio Salon and Spa. With services such as: highlights, trend setting cuts, soothing manicures, pedicures, healing massages, and facials. Reservations are recommended your "me time."

970-870-6541

---

## HandsOn Therapy

HandsOn Therapy offers therapeutic massage in a relaxing atmosphere. Located in a private studio in the heart of downtown Steamboat Springs, HandsOn Therapy specializes in Swedish and pregnancy massage, hot stones and paraffin treatments. Gift certificates, discounts packages, yoga videos and massage products are also available and make terrific gift ideas. Out calls available.

970-871-9892

---

## Life Essentials Spa

Life Essentials transports its clients from downtown Steamboat Springs into another world from the moment one walks in the door. A unique two-sided waterfall inspires relaxation and reemphasizes Their goal is to provide an environment conducive to educating their clients on the importance of body maintenance. Steam wraps, intense exfoliation, massage and full-body oxygen treatments are available to round out the body's needs for achieving internal balance.

970-871-9543/[www.lifeessentials-inc.com](http://www.lifeessentials-inc.com)

---

## Massage to Go

Massage to Go brings the best holistic therapists home so you can relax, be rejuvenated and heal in the comfort of one's home, hotel or condominium. Massage, acupuncture, personal trainer or private yoga classes are available. Massage to Go...it's so easy and convenient to take care of oneself.

970-879-4603/[www.steamboathealingarts.com](http://www.steamboathealingarts.com)

---

## Serenity Spa

Located in "Old town" Steamboat Springs in a charming cottage which formerly housed a bed & breakfast, Serenity Spa's staff of two will more than satisfy the experienced spa client. Valerie Pearl, certified reflexologist and massage therapist, is always studying the latest trends to bring her clients, most of who are repeat customers. She believes in the service more than the spa, focusing on therapy for the sports minded. Valerie's partner, Joan Peters is a licensed aesthetician, also always in training to keep up with the latest treatments, specializing in European facials and is considered a local phenom in eyebrow shaping.

970-879-3381

---

## Sol Day Spa

Based in the Sheraton Hotel at the bottom of the slopes of the Steamboat Ski Area, Sol Day Spa offers a few treatment rooms with a view. Offering a variety of services, it's easy to spoil oneself with a variety of treatments from hydrotherapy to aromatherapy facials. After a day at the spa, bring part of the experience home after visiting their boutique, Touch.

970-871-9765/[www.solspa.com](http://www.solspa.com)

---

## Sore Muscles Kneaded Massage Therapy

Conveniently located close to the Gondola, experience a most relaxing atmosphere of waterfalls, soothing music and aromatherapy. Ray Thomas (nationally certified) and Lucille Gruss, CMT, with over 30 years combined experience, offer professional therapy treatments for repetitive injuries, deep muscle therapy for sports pain relief, as well as Swedish style massage, reflexology and Reiki energy balancing treatments. By appointment only.

970-870-0550

---

## Steamboat Healing Arts

When a body needs nurturing help, Steamboat Healing Arts' best therapists are waiting to make a house call. Professional, insured, prompt & reasonable. They are the source for a personal massage therapist or yoga class at home, the condo, or office.

970-846-6233/[www.steamboathealingarts.com](http://www.steamboathealingarts.com)

---

## Waterside Day Spa and Salon

Waterside Day Spa & Salon is dedicated to providing the finest spa treatments in a tranquil, serene setting. They are a full service day spa offering therapeutic massage, hot stone massage, advanced skin care, hair and nails, microdermabrasion, body treatments, waxing and tinting, photo rejuvenation, yoga, in-home spa parties, medical massage and much, much, more. Specializing in Weddings and Groups, too!

970-870-9860/[www.steamboatspringsdayspa.com](http://www.steamboatspringsdayspa.com)