

Sundance, at the base of Utah's Wasatch Range, has served as an escape for artists and nature aficionados since Robert Redford purchased the land in 1969. Since then, Sundance has evolved into an enormous rustic compound with facilities for crafts, snow sports, horse riding, and all-round relaxing. With the growth of the Sundance Film Festival and the Sundance Channel, the resort, with 90-100 rooms and adjoining spa, has developed an elite status with celebrities and artists who seek a natural retreat. But it's clear that Sundance wishes to remain true to its roots. There is nothing cold or uninviting about Sundance. Referred to as a "Hocoka," the Sioux term for a sacred environment to restore the spirit and improve the body, the Spa at Sundance focuses on maintaining a peaceful environment that uses traditional Native American sources in its treatments. The treatments express that aim, with options like the Sundance Stone Massage, which uses warm basalt stones on the body to relax the muscles, each stone representing a different direction, color, animal, and life cycle. Cell phones and pagers are not permitted and the staff enforce a "whisper zone" inside the spa. Even the spa's own phones don't ring - they blink!

SIGNATURE TREATMENT: SUNDANCE STONE MASSAGE







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