



THE SPA AT FLYING HORSE[®]

WHERE LUXURY MEETS WELLNESS





THE SPA AT FLYING HORSE®

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SPA PACKAGES*

Experience the soothing benefits of a half or full day in the Spa At Flying Horse. Indulge in an escape from your routine, with treatments to grant you an extended feeling of peace and calm. Scheduling any of our luxury spa services will grant you access to our relaxing whirlpool and steam room.

A TASTE OF THE SPA

This miniature spa day includes a 30 Minute Custom Massage, 30 Minute Custom Facial, 40 Minute Essentials Pedicure and a 35 Minute Essentials Manicure. *\$270*

HEAD TO TOE SPA DAY PACKAGE

This spa day includes a 50 Minute Signature Massage, a 50 Minute Signature or Organic Facial, Spa Pedicure and Manicure. *\$450*

MASSAGE AND FACIAL COMBO

Signature Massage & Signature or Organic Facial Combo includes one complementary massage or facial upgrade.

50 minute massage & 50 minute facial \$310

80 minute massage & 80 minute facial \$420

ULTIMATE SPA DAY PACKAGE

80 Minute Scrub + Massage, 80 Minute Signature or Organic Facial, Deluxe Manicure, Deluxe Pedicure. *\$615*

Add The Royal Treatment To Any Package

QUEEN: Wear & take home crystal and rhinestone jeweled tiara with a glass of champagne or wine. *\$40*

PRINCESS: Wear & take home crystal and rhinestone jeweled tiara with rhinestone earrings. *\$40*

ADD LUNCH TO
ANY SPA PACKAGE,
SEE PAGE 13



BODY TREATMENTS

Most of our body treatments include an enjoyable and unique showering experience in our Swiss Showers. Featuring a rain shower from above, 12 body shower heads offer a spectacular hydro massage therapy. The effect is a gentle massage combined with thermal changes leading to a sensation of complete relaxation.

MYSTIC INCA TREATMENT

This treatment has been designed by Aypa to captivate the spirit and pamper the skin. Inspired by the native peoples of the Peruvian Andes, this luxurious spa treatment purifies with a purple corn full body exfoliation, energizes with Lucuma, a warming mud masque for the back, regenerates with a Sacha Inchi body oil, rich in vitamin E and omega-3, and nourishes with a hydrating Quinoa cream. *80 minutes \$250 (Includes 50 minute massage)*

COFFEE CBD BLISS BODY TREATMENT

This multitasking CBD treatment has been created for ultimate relaxation and is packed with nutrient-rich products to benefit the skin from start to finish. A full body Himalayan Salt and Coffee CBD scrub is first applied to exfoliate and hydrate the skin, while helping to relieve sore muscles. Next, the CBD Mud Masque is applied followed by a tranquil wrap and scalp massage. This combination helps to reduce inflammation, stretch marks & cellulite, brightening the skin leaving it silky and smooth. After showering in the luxurious Swiss shower the treatment is completed with a 50 minute Signature massage using our CBD Body Butter. *100 minutes \$295*

SUGAR SCRUB

Full body sugar scrub exfoliation followed by an invigorating Swiss shower revives dull skin. Our all natural sugar scrub selections change seasonally. Scrub is followed by our Signature Massage or Signature or Organic Facial. *40 minutes \$95 (Scrub only)*
80 minutes \$240 (Includes 50 minute massage or facial)

STONE CROP SCRUB AND CONTOUR WRAP

This restorative organic Eminence body treatment begins with a stone crop and lemon peel exfoliant that lathers into a creamy foam as it resurfaces skin. A stone crop gel body wrap is then applied which increases circulation and contains powerful detoxifying actives that encourage skin rejuvenation. Once unwrapped, the appearance of cellulite is reduced with an application of luxurious stone crop contour cream containing a blend of clinically proven micro algae extracts which smooths skin. This body treatment can be taken to the next level with a 30 minute massage or facial leaving you silky smooth and relaxed. This treatment does not include the Swiss shower. *50 minutes \$125*



MASSAGE

Massage is an integral part of maintaining your energy balance and physical dynamics. Benefits are multi-dimensional affecting physical, emotional, and psychological optimization. Massage helps improve circulation and aids in the elimination of toxins by being one of the most effective treatments in reducing stress and relief from aches and pains. The Spa at Flying Horse offers a consultation with your therapist to allow for customization based on your needs. Typically an 80 minute massage is suggested in order to fully enjoy maximum benefits.



FLYING HORSE SIGNATURE MASSAGE

Flying Horse's signature spa therapy massage has been designed to relieve specific areas of tension. This massage combines Swedish style massage techniques, aromatherapy and customized pressure to ease stress. This calming treatment allows the mind and body to completely unwind.

50 minutes \$155 • 80 minutes \$210 • 100 minutes \$260

PREGNANCY MASSAGE

This supportive and relaxing massage is designed for the needs of expectant mothers and babies to help bring ease and comfort during this special time. Recommended for the second and third trimester only. *50 minutes \$160*

DEEP TISSUE THERAPEUTIC

Targeting areas of tension is the focus of this specialized treatment. Concentrated pressure is used with techniques to dissolve your body's aches and strains using elbows and forearms to achieve a truly effective deep tissue massage. The 80 and 100 minute deep tissue massages include percussion massage therapy utilizing a Hypervolt device.

*50 minutes \$175 • 80 minutes \$230
100 minutes \$285*



CBD STRESS-RELEASE JOURNEY

Rejuvenating and restorative, this healing 50 or 80 minute full-body massage will quiet the mind and relax the body. CBD may help ease anxiety, reduce inflammation, alleviate body pain, improve blood circulation and soothe aching muscles and joints. Using CBD products from a local Colorado company with the highest pharmaceutical grade quality products, this grounding and calming therapeutic journey pairs a combination of light to moderate massage techniques with deep tissue pressure on focused areas. *50 minutes \$185 • 80 minutes \$240*

HIMALAYAN HOT SALT STONE MASSAGE

Himalayan salt stones contain 84 naturally occurring minerals that balance and neutralize toxic frequencies, improve circulation, support a healthy respiratory system and lightly exfoliate the skin. Heated stones enhance your Swedish massage and promote relaxation, ease pain and muscle tension and can help reduce stress and anxiety. *80 minutes \$225*

CUSTOM MASSAGE

Customized massage concentrates on a specific region of your body with your choice of light to moderate pressure. *30 minutes \$85*

COUPLES CELEBRATION PACKAGE

Enjoy 80 minutes of massage side by side while rose petals and candlelight set the mood. Continue your experience with a 30 minute Aroma Soak in our dual hydro-thermal massage tub. An assorted cheese and fruit platter and choice of wine or champagne top off your experience at The Spa. *80 minutes \$540*

UPGRADE: For extra relaxation and pain relief, upgrade to the CBD and Lavender bath salts. +\$15

COUPLES MASSAGE

Candlelight and rose petals set the romance in this side by side Signature or Deep Tissue massage. *50 minutes \$350
80 minutes \$460*

ADD TO ANY MASSAGE

HIMALAYAN HOT SALT STONES

Himalayan salt stones contain 84 naturally occurring minerals that balance and neutralize toxic frequencies, improve circulation, heighten mental alertness, support a healthy respiratory system, and lightly exfoliate the skin. Add onto any 80 minute massage. *\$30*

CBD MASSAGE

Combining the healing properties of cannabis with a luxurious blend of nutrient rich therapeutic plant extracts, local CBD products provide immediate relief from aches, pains, sore muscles, arthritis, and inflammation. *\$30*

SUGAR SCRUB ON FEET

Pure Fiji coconut milk and honey sugar scrub is applied to your feet to exfoliate and hydrate skin. *\$15*

SUGAR SCRUB AND FOOT THERAPY

Start any massage with an invigorating foot soak with basalts and sweet orange essential oil. Pure Fiji coconut milk and honey sugar scrub is applied to your feet during the massage exfoliating and hydrating skin. Hot towels remove scrub and complete the relaxation. *\$30*

MASSAGE PERCUSSIVE THERAPY

Percussive therapy uses a pressure-sensing device that loosens soft tissue, increases blood flow, and releases tension in muscles, fascia, and other connective tissues. Percussive therapy aims to prevent tightness, improve range of motion, and can penetrate up to an inch into your soft tissue, stimulating your muscles to improve recovery. *5 minutes \$15*



FACIALS

Facials focus on allowing one's inner beauty to shine through using premium quality products and devices that have been designed to rejuvenate, hydrate and brighten the skin. Your facial begins with a thorough consultation to ensure that your treatment is customized to produce the most effective and beautifying results.



FLYING HORSE SIGNATURE FACIAL

This nourishing treatment has been designed to address all skin types with deep pore cleansing and extractions which leave the skin feeling incredibly clean, hydrated and glowing. Masque, cold therapy, high frequency and red light therapy are options in the 80 minute facial.

50 minutes \$155 • 80 minutes \$210

FIRMING AND LIFTING FACIAL

Firming facial designed to uplift skin with use of active ingredients for a noticeable difference in your skin tone and radiance. Masque and micropeel included.

50 minutes \$175 • 80 minutes \$225

RESTORATIVE ORGANIC FACIAL

Repair, nourish and decongest your skin with the healing powers of Eminence Organic phytonutrients. Heal and hydrate skin with a no-downtime enzyme peel to slough off dead skin cells, reduce pigmentation and prepare skin for deep hydration. Layering of hyaluronic serums and peptide moisturizers increase skin texture and elasticity. A hand, arm, and neck massage nurture you while lip and eye serums along with SPF complete this luxurious results-driven organic treatment. Lip and eye masques, cold therapy, extended massage, and red light therapy are included in the 80 minute facial.

50 minutes \$155 • 80 minutes \$210

INTRACEUTICALS OXYGEN FACIAL

In this results-driven facial, topical hyperbaric pressure infuses highly-concentrated hyaluronic acid, customized corrective serums and oxygen into the skin to reduce fine lines, wrinkles and blemishes, giving an immediate boost to dull, dehydrated skin. This facial is also an excellent option following laser and microneedling recovery periods as well as after any substantial sun or wind damage. The 80 minute facial includes the Lip and Eye Atoxylene treatment, leaving the eye contour area immediately smoothed and the lips plumped and hydrated. *50 minutes \$190 • 80 minutes \$235*



MICRODERMABRASION

Microdermabrasion uses a diamond tip head to remove dead surface skin cells. This initiates cellular turnover at the epidermis level in a safe, controlled manner. Results may include improved skin tone, fewer breakouts, diminished appearance of scars, even skin color, refined skin pores, renewed elasticity, and a healthy glow. Refresh your skin with this non-invasive resurfacing treatment.

**Clients who are pregnant, have active acne, rosacea, or sunburn should avoid Microdermabrasion. Anyone using Accutane, Retin-A, glycolic acids, or have had a recent chemical peel should not book Microdermabrasion treatments.*

- **BASIC** 30 Minutes \$99
- **DELUXE** 50 minutes \$165

GENTLEMEN'S FACIAL

A refining facial that helps return skin to its optimal state. Infused with vital antioxidants, the Men's Facial is geared to meet the needs of today's busy gentleman.

50 minutes \$155 • 80 minutes \$210

NANOFUSION FACIAL

Experience a pain-free alternative to microneedling. NanoFusion microchanneling increases collagen and elastin and results in a smoother, brighter complexion with zero downtime. The NanoFusion device penetrates hyaluronic serum and a customized growth peptide serum into the epidermis, enhancing product absorption and stimulating circulation. You will experience an immediate skin transformation resulting in minimized fine lines and wrinkles, smoother skin texture and decreased pigmentation. A hydration sheet mask and moisturizer complete your treatment. Results are best with a series of 3-6 sessions, each session 1-2 weeks apart with a bi-monthly refresher session. Session includes face, jowls & neck. 50 minute session \$195 • Series of three \$540 (\$180 per session)

UPGRADE: Décolleté added for an additional \$30 per session.

CUSTOM FACIAL

Cleansing, exfoliation, facial massage, and a gentle mask to compliment your skin. 30 minutes \$85 (Extractions not included)

ADD TO ANY FACIAL

RED LIGHT THERAPY*

This luxurious and innovative device uses the strongest infrared light, red light and topical heat therapy to deliver a precise dosage of energy to the skin. By doing so, red light therapy can simultaneously produce collagen fibers and elastin, while gently erasing signs of aging in all three layers of the skin. This rejuvenation system helps tighten, lightens and diminishes scars and is designed to significantly reduce the visual effects of age without any side effects or downtime. \$25

See best results with series of three or more.

**Clients using Accutane should avoid Red Light Therapy.*

HIGH FREQUENCY**

Utilizing a safe and gentle electrical current through a facial machine, high frequency stimulates new cell growth, increases blood flow and circulation and reduces acne-causing bacteria. High frequency increases oxygen to the skin, improving the overall texture, tone, and glow promoting collagen stimulation and elastin production, providing a firmer and more youthful appearance. \$15

***Clients who are pregnant, have a pacemaker, or have braces should avoid High Frequency treatment.*

FACIAL PEEL

A mild chemical solution to help reduce or improve fine lines, sun damage or sun spots, mild scarring, rough, scaly or dark patches in the skin. Helps to improve the tone and texture leaving a more even color and brighter complexion. \$30

MANICURES*

The health of your nails is our utmost priority and is why we choose to service only natural nails. Our nail health philosophy starts with using the most high-quality products to keep your cuticles and nail beds hydrated. Our nail technicians pride themselves on meticulously gentle manicures and pedicures to deliver high-performance, long lasting Dazzle Dry nail services allowing your nails to become healthier and stronger over time.

DELUXE SPA MANICURE

This manicure is the extended version of our spa manicure. The ultimate pampering gives you an extended hand and arm massage and deep hydrating paraffin treatment. *65 minutes \$85*

SPA MANICURE

This pampering spa manicure includes nail shaping, detailed cuticle care, buffing, an exfoliating scrub and moisturizing masque, followed up with warm towels. You'll finish off with a hand massage and polish of your choice. *55 minutes \$72*

GEL MANICURE

This manicure includes nail shaping, cuticle care, buffing, gel polish and lotion application. *60 minutes \$70*

GEL REMOVAL

Complimentary with Gel Service.
15 minutes \$30

ESSENTIALS MANICURE

This basic manicure includes nail shaping detailed cuticle care, buffing, a brief hand massage, and polish of your choice. *35 minutes \$50*

MEN'S MANICURE

This basic manicure includes nail shaping detailed cuticle care, buffing, an exfoliating scrub with a brief hand massage. *35 minutes \$45*

**Please note we can only provide services for natural nails. We do not work on Acyclic or Dip Nails.*

MANICURE UPGRADES

ADD TO ANY MANICURE SERVICE

PARAFFIN TREATMENT, HANDS

Paraffin wax applied to the hands helps to increase blood flow, reduce inflammation, relax muscles, hydrate skin and decrease joint stiffness. *15 Minutes \$15*

FRENCH MANICURE

10 Minutes \$18

NAIL ART

\$5 per nail

CBD PAIN CREAM

Reduce inflammation and pain relief from arthritis. *\$8*

HOT STONES

Heated stones create a sense of balance and calm, enhancing your hand and arm massage. *\$15*



PEDICURES

DELUXE SPA PEDICURE

Come relax in our elite massaging chair while your feet are pampered. This pedicure is the extended version of our spa pedicure. The ultimate pampering gives you an extended foot and leg massage, deep hydrating paraffin treatment and a choice of a glass of wine or champagne, or a smoothie.
75 minutes \$115

SPA PEDICURE

Our Spa pedicure includes nail shaping, detailed cuticle care, buffing, and callus removal. Continue your relaxation with a sugar scrub exfoliation and renewing mud masque to hydrate your feet. Top it off with a calf and foot massage and polish of your choice.
60 minutes \$90

GEL PEDICURE

This pedicure includes nail shaping, cuticle care, buffing, light callus removal, gel polish and lotion application.
75 minutes \$95

GEL REMOVAL

Complimentary with Gel Service.
15 minutes \$30

ESSENTIALS PEDICURE

This basic pedicure includes nail shaping, detailed cuticle care, buffing, light callus removal with a brief foot massage and polish of your choice.
45 minutes \$65

MEN'S PEDICURE

This basic pedicure includes nail shaping detailed cuticle care, buffing, callus removal with a brief foot massage. *45 minutes \$60*

ADD TO ANY PEDICURE SERVICE

PARAFFIN TREATMENT, FEET

Paraffin wax applied to the feet helps product penetration to soften and hydrate dry cracking heels, increase blood flow, reduce inflammation, relax muscles, and decrease joint stiffness.
15 Minutes \$20

FRENCH PEDICURE

10 Minutes \$18

NAIL ART

\$5 per nail

EXTENDED LEG & FOOT MASSAGE

15 Minutes \$15

CBD PAIN CREAM

Reduce inflammation and pain relief from arthritis. \$8

HOT STONES

Heated stones create a sense of balance and calm, enhancing your foot and leg massage. \$15

EXCESS CALLUS REMOVAL

15 Minutes \$12.50

HAIR SERVICES⁺

WOMEN'S HAIR

SIGNATURE CUT

Service includes a wash and relaxing scalp massage with shampoo and conditioner, cut, and styling with products. \$75+

ALL OVER COLOR \$110+

COLOR CORRECTION

**Hourly based on consultation*

FULL HIGHLIGHTS \$150+

PARTIAL HIGHLIGHTS \$115+

FULL BALAYAGE / BABY HIGHLIGHTS \$225+

PARTIAL BALAYAGE / BABY HIGHLIGHTS \$175+

RETOUCH \$100+ BLEACH RETOUCH \$125+

CHILDREN'S HAIR

HAIRCUT (UNDER 12)

Service includes a wash with shampoo and conditioner, cut, and styling with products. \$36+

MEN'S HAIR

MEN'S CUT

Service includes a wash and relaxing scalp massage with shampoo and conditioner, cut and styling. \$48+

HAIR UPGRADES

ADD TO ANY HAIR SERVICE

CONDITIONING TREATMENT

This treatment is designed to help strengthen, reinforce and protect hair against heat and color damage, while adding shine and softness.

This upgrade can be added to any hair service. \$50

SPECIAL EVENT HAIR

Involves the use of hot tools to create a styled hair for any special occasion.

\$100+

**Bridal Packages Available*

BLOWOUT

\$60+

+ Hair Service Prices are dependent on hair length, texture and color.



BROWS & LASHES

BROW OR LASH TINT \$35

LASH LIFT

A semi-permanent treatment to lift and curl your natural lashes. Our lash technicians can set the shape of your natural lashes into an upward and realistic curl without the upkeep and damage of extensions. The results typically last four to six weeks, depending on how quickly your eyelashes grow. Avoid mascara for 48 hours after treatment, and leave lashes untouched for a full day. *Includes complimentary lash tint \$125*

STRIP LASH APPLICATION \$25



WAXING SERVICES

LIP or CHIN \$30+

NOSE or EAR \$30+

BROW SHAPE \$30+

FULL FACE \$85+

UNDERARM \$40+

BASIC BIKINI \$65+

PARTIAL LEG \$60+

FULL LEG \$115+

CHEST \$55+

BACK \$75+

ARM \$60+



TEENS & CHILDREN

TEENS 14 & UNDER

MASSAGE

A parent or guardian must accompany anyone 17 and under during a massage. *30 minutes \$85*

FACIAL

Teaching the “Do’s and Don’ts” about proper skin care at an early age. Promotes confidence in self care. *30 minutes \$100*

ACNE FACIAL

A customized facial designed to target breakouts and imperfections. Includes exfoliation, extractions and a soothing masque. *50 minutes \$125*

MANICURE

15 minutes \$40

PEDICURE

30 minutes \$50

CHILDREN 8 & UNDER

MANICURE

10 minutes \$25

PEDICURE

20 minutes \$40

SPA LOYALTY PROGRAM



YOU DON'T HAVE TO BE A MEMBER OF THE CLUB AT FLYING HORSE TO ENJOY OUR SPA SERVICES.

In fact, we have tailored a program for non-members to enjoy Flying Horse Spa Services with the Spa Loyalty Program. Purchase three spa services within a three-month time period and your following services within the remainder of the year will be 10% off!

You can visit as often as you like and the discount will apply whether you visit 4 times, 10 times, 20 times or more frequently, so the more you visit the more you save!

This offer does not provide discounts on merchandise in the retail area and cannot be combined with other discounts or membership pricing.

LEAVE US A REVIEW

YOUR OPINION MATTERS TO US!

At The Spa at Flying Horse, we take pride in what we do and work hard to give each and every one of our clients a friendly, positive experience. If you enjoyed your spa treatment and have a minute to share your story with others, please consider taking a moment to leave us a review on Google.

When you post a review, you are not only helping us improve our customer service, but you're also helping others make an informed decision about where to receive their next spa treatments and services. We can't wait to hear all about your experience!

Google

SCAN THE PROVIDED QR CODE TO THE RIGHT OR
LOOK US UP ON GOOGLE AT THE SPA AT FLYING HORSE.



FOOD SERVICE



HUNGRY FOR MORE?

ADD LUNCH TO ANY SPA PACKAGE

Flying Horse offers a delicious range of food and beverage options to choose from. Lunch may be added to any spa package at current menu offerings and pricing. View our latest offerings by scanning the code below or visiting FlyingHorseClub.com/spa-dining-menus

**Please plan for a 30 minute wait time after ordering for food to be delivered.*

VIEW OUR SPA DINING MENUS:

*MENUS SUBJECT TO
CHANGE WITHOUT
NOTICE.





TERMS AND CONDITIONS

CANCELLATION POLICY

Treatments are reserved specifically with you in mind. Please allow 24 hours advanced notice to change or cancel any spa treatments to avoid being charged half of the treatment cost. For two or more services please allow 48 hours advanced notice to avoid being charged. No shows will be charged the full treatment cost. A credit card or membership number is required when booking appointments. The person scheduling and securing the appointments for a group is responsible for payment should any member of the group default.

GROUP RESERVATIONS

Depending on the season, please call 2-4 weeks ahead for group reservations. Group reservations of 4 guests or more will have a 72 hour cancellation policy and will incur a .05% group service fee and automatic 20% provider gratuities.

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

FLYING HORSE CASH CARDS

An ideal gift for Spa enthusiasts, Flying Horse Cash Cards may be used towards the purchase of goods and services at The Club at Flying Horse. *Cash Card must be presented at time of redemption. The Cards work like cash and cannot be replaced if lost, stolen, or damaged. Available for purchase at The Spa's front desk.*

ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity. Please take any phone calls to the Athletic Club Lobby.

WHAT IS THE SPA'S PROCESS?

Please check in at the Spa reception desk on the lower level at least 15 minutes before your first scheduled appointment. This allows you to have time to relax and enjoy a beverage while waiting in the Relaxation Lounge until your treatment begins.

WHAT DO I WEAR TO MY TREATMENT?

The Athletic Club desk provides a locker with bathrobe and sandals for you to wear down to the spa. During treatments you may wear whatever is comfortable for you. However, most body treatments are enjoyed without clothing.

WHAT IF I'M LATE FOR MY TREATMENT?

We do ask that if you are running behind schedule that you call ahead and let us know. We have multiple appointments and arriving late may limit the time for your treatment, lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time, so that the next guest will not be delayed.

AGE REQUIREMENT

The minimum age requirement for access to the spa is 14, unless accompanied by an adult. For massage treatments a parent or guardian must accompany anyone 17 and under in the treatment room.

PREGNANCY

We have specially designed treatments for expectant mothers. Please be advised that for your protection, we do not perform pregnancy massage during the first trimester.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your service when making your spa reservation. A health history form will need to be completed for all massage, body, facial, and hair treatments. Please go to FlyingHorseClub.com/spa-health-form or the link in your confirmation email.

LOSS OR DAMAGE

We are not responsible for any lost or damaged items. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we also ask that you wear the robe provided and check your robe pockets upon leaving the spa.

GRATUITY NOT INCLUDED

It is customary to add a minimum of 20% gratuity for Providers.



(719) 487-2614 | FLYINGHORSECLUB.COM/SPA

HOURS OF OPERATION

SUNDAY 11:00am-5:00pm | MONDAY 10:00am-5:00pm

TUESDAY-FRIDAY 10:00am-6:30pm | SATURDAY 9:00am-5:00pm

1880 WEISKOPF POINT, COLORADO SPRINGS, CO 80921