

SPA MENU

Please call for Spa Day Pass and Treatment Pricing



MASSAGE TREATMENTS

BLUE RIDGE SYMPHONY MASSAGE

Your therapist will compose the perfect spa experience by blending any combination of Swedish, Reflexology, Deep Tissue or Hot Stone massage.

80 minutes

GROVE STONE MASSAGE

Healing touch combined with the therapeutic properties of perfectly heated stones will melt away muscle tension and de-stress your mind.

75 minutes

AROMATHERAPY MASSAGE

Using the finest essential oil blends and a choreographed pressure point technique that focuses on the spinal nerves to leave you grounded and calm for days.

80 minutes

ARNICA AND HOT TOWEL MASSAGE

Enhance the benefits of a traditional massage by combining muscle releasing massage techniques, steaming towels and extracts to relax away aches and pains.

80 minutes

DEEP TISSUE MASSAGE

Therapeutic massage that focuses on allowing tight, overused muscles to loosen and relax completely. Not recommended for a first-time massage.

80 minutes | 50 minutes

GROVE PARK CLASSIC MASSAGE

Customized relaxing Swedish massage utilizing gentle, gliding strokes to soften tense or sore muscles.

80 minutes | 50 minutes

MOUNTAIN VIEW MASSAGE

Experience your Grove Park Classic massage in our outdoor pagoda overlooking the breathtaking Blue Ridge Mountains.

80 minutes | 50 minutes

HEAD IN THE CLOUDS MASSAGE

Clear your mind and relax as we rejuvenate your scalp, neck, shoulders, arms and back. Includes Scalp Refresher Enhancement.

50 minutes

COUPLES MASSAGE

Share this wonderful massage experience. Together, you will receive a customized Grove Park Classic massage. Does not include Deep Tissue, Aromatherapy or Grove Stone massage.

80 minutes | 50 minutes

MATERNITY MASSAGE

Specifically designed to pamper the mother-to-be, this massage improves circulation and calms the body. *For expectant mothers in their second and third trimesters only.*

80 minutes | 50 minutes

MASSAGE ENHANCEMENTS

Enhance your 80-minute Classic or 80-minute Deep Tissue massage by purchasing one of these unique additions. These additions are included within your scheduled treatment time.

HEALING HANDS TREATMENT

Thoroughly addresses daily occupational stresses and discomfort, using moist heat, therapeutic products and our heavenly hand massage.

SCALP REFRESHER

An extensive ayurvedic scalp massage with exotic botanicals and unique essential oils to release tension, condition the scalp and leave hair glossy and nourished.

REFLEXOLOGY

Based on the idea that areas of the feet are connected with correlating parts of the body and organs, this pressure point massage of the foot can stimulate healing throughout the body.

REFRESHING FOOT TREATMENT

Luxurious foot exfoliation, wrap and specialized massage, leaves your feet feeling like you've been wading through a mountain stream.

BODY TREATMENTS

MOTHER-TO-BE OR NEW MOTHER WRAP

Nourish the body from head to toe while restoring your skin's condition and refining stretch marks. Includes exfoliation, mother and baby safe essential oil wrap and a half-hour massage. *For new mothers and expectant mothers in their second and third trimesters only.*

80 minutes

BODY TREATMENTS CONT.

DE-STRESS BODY TREATMENT

Specifically formulated essential oil blends work to release muscle tension and de-stress an overworked mind. Includes exfoliation, wrap and a half-hour massage.

80 minutes

MOUNTAIN HONEY WRAP

Experience regional sourwood honey, warm body butter and a gentle exfoliant, blended with luxurious essential oils to caress you into blissful relaxation. Includes a half-hour massage.

80 minutes

TOTAL INDULGENCE BODY TREATMENT

This treatment may be enjoyed as a couple or individually. A wonderful mélange of natural ingredients and healing techniques will envelop you into a state of ultimate relaxation. Includes dual exfoliation, powerful hydrating masque and Swedish massage with essential oil emulsions.

75 minutes

Couples | Individual

SKIN CARE

ULTIMATE FACIAL

This decadent combination of specially selected active ingredients from the depths of the ocean and our perfected, exclusive treatment techniques produces skin with an incomparably smooth, firm and youthful appearance.

110 minutes

REVERSIVE FACIAL

Turn back the hands of time and recapture youth. This innovative facial retains and extends skin cell lifespan, reactivates the skin's own anti-aging mechanism and reclaims lost radiance, as it visibly smooths fine lines and wrinkles.

80 minutes

BRIGHTENING FACIAL

Time defying products brighten and even skin tone, allowing radiant, younger looking skin to emerge. This facial does not include steam or extractions, due to alpha hydroxy acids.

80 minutes

COLLAGEN FACIAL

Boost your skin cells renewing power with collagen therapy that instantly sculpts facial contours and provides an infusion of hydration for an overall glow.

80 minutes

GENTLEMENS SKIN CARE TREATMENT

Regenerate and strengthen the skin with this revitalizing, moisturizing and anti-aging treatment, tailored specifically for men's unique skin care goals. For optimal results, gentlemen should shave two hours prior to treatment.

80 minutes

GROVE PARK CLASSIC FACIAL

Experience a perfect balance between total relaxation and effectiveness by combining classic European aesthetic techniques with customized products for your skin's individual needs.

80 minutes

SKIN CARE ENHANCEMENTS

Added to the Grove Park Classic Facial only. Continue your journey to the skin you desire by purchasing these additions that are included in your scheduled treatment time.

EYE BRIGHTENER

Achieve pure radiance and boost hydration, while minimizing the appearance of fine lines and fatigue.

AGELESS HANDS

Instantly diminish age spots and environmental damage as your skin regains firmness with this luxurious facial style treatment for your hands.

FOOT TREATMENTS

MOUNTAIN HONEY PEDICURE

Enjoy a super hydrating pedicure, with essences of warming ginger and sandalwood with a creamy honey glaze. Natural nails only.

60 minutes

MOTHER-TO-BE PEDICURE

Renewing and softening rose, neroli and evening of primrose makes this the perfect choice for new or expectant mothers. Natural nails only.

60 minutes

HIKERS DELIGHT PEDICURE

Recover and revive while experiencing the healing properties of pure aloe, arnica and our signature Muscle Therapy blend. Natural nails only.

60 minutes

GINGERBREAD PEDICURE

Distinctive gingerbread elements are added to an already pampering pedicure. Includes expert shaping, gentle exfoliation, creamy masque, hydrating oils, paraffin wrap and warm stones between your toes. Pure indulgence. Natural nails only.

60 minutes

SPA PRICING

Classic Pricing | Daily

Holiday Pricing | November 25 - January 2, Daily



MASSAGE TREATMENTS

BLUE RIDGE SYMPHONY MASSAGE

80 minutes	Classic	\$290
	Holiday	\$299

GROVE STONE MASSAGE

75 minutes	Classic	\$285
	Holiday	\$295

AROMATHERAPY MASSAGE

80 minutes	Classic	\$285
	Holiday	\$295

ARNICA AND HOT TOWEL MASSAGE

80 minutes	Classic	\$275
	Holiday	\$285

DEEP TISSUE MASSAGE

80 minutes	Classic	\$270
	Holiday	\$290
50 minutes	Classic	\$200
	Holiday	\$220

GROVE PARK CLASSIC MASSAGE

80 minutes	Classic	\$240
	Holiday	\$270
50 minutes	Classic	\$180
	Holiday	\$210

MOUNTAIN VIEW MASSAGE

80 minutes	Classic	\$270
	Holiday	\$280
50 minutes	Classic	\$210
	Holiday	\$220

HEAD IN THE CLOUDS MASSAGE

50 minutes	Classic	\$180
	Holiday	\$210

COUPLES MASSAGE

80 minutes	Classic	\$489
	Holiday	\$540
50 minutes	Classic	\$370
	Holiday	\$420

MATERNITY MASSAGE

80 minutes	Classic	\$240
	Holiday	\$270
50 minutes	Classic	\$180
	Holiday	\$210

MASSAGE ENHANCEMENTS

HEALING HANDS TREATMENT \$30

SCALP REFRESHER \$30

REFLEXOLOGY \$30

REFRESHING FOOT TREATMENT \$30

BODY TREATMENTS

MOTHER-TO-BE OR NEW MOTHER WRAP

80 minutes	Classic	\$290
	Holiday	\$310

DE-STRESS BODY TREATMENT

80 minutes	Classic	\$310
	Holiday	\$330

MOUNTAIN HONEY WRAP

80 minutes	Classic	\$290
	Holiday	\$310

TOTAL INDULGENCE BODY TREATMENT

75 minutes	Individual Classic	\$290
	Individual Holiday	\$310
75 minutes	Couple Classic	\$540
	Couple Holiday	\$560

SKIN CARE

ULTIMATE FACIAL

110 minutes	Classic	\$510
	Holiday	\$520

REVERSIVE FACIAL

80 minutes	Classic	\$290
	Holiday	\$299

SKIN CARE CONT.

BRIGHTENING FACIAL

80 minutes	Classic	\$290
	Holiday	\$299

COLLAGEN FACIAL

80 minutes	Classic	\$290
	Holiday	\$299

GENTLEMENS SKIN CARE TREATMENT

80 minutes	Classic	\$239
	Holiday	\$269

GROVE PARK CLASSIC FACIAL

80 minutes	Classic	\$239
	Holiday	\$269

SKIN CARE ENHANCEMENTS

EYE BRIGHTENER		\$30
AGELESS HANDS		\$30

FOOT TREATMENTS

MOUNTAIN HONEY PEDICURE

60 minutes	Classic	\$130
	Holiday	\$140

MOTHER-TO-BE PEDICURE

60 minutes	Classic	\$130
	Holiday	\$140

HIKERS DELIGHT PEDICURE

60 minutes	Classic	\$130
	Holiday	\$140

GINGERBREAD PEDICURE

60 minutes	Classic	\$130
	Holiday	\$140

SPA DAY PASS

A limited number of Spa Day Passes will be available for resort guests only by reservation 60 days in advance (while passes last). Due to the limited capacity, Spa Day Passes may not be available to purchase the day of, and availability cannot be guaranteed without prior reservation.

Check-in for Spa Day Passes begins at 10:00 am, Monday through Thursday. Spa Day Passes are not available Friday through Sunday, or on Holidays.

A Spa Day Pass grants access to Spa Pools and all amenities on day of reservation only. Cancellations must be received at least 24 hours prior to Day Pass reservation date to avoid full charge.

Spa Day Pass | [PLEASE CALL FOR PRICING](#)

To check availability or to book an appointment, please call 1-800-438-5800. A 22% service charge is automatically added to Spa treatments and Day Passes on your bill. All prices, services and hours of operation are subject to change without notification. Holiday and peak season pricing will vary from price listed. All massage and bodywork services are provided by North Carolina licensed massage and bodywork therapists.