

MASSAGE TREATMENTS CONT.

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 | **\$240**

50 minutes | **\$180**

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 | **\$30**

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

SCALP REFRESHER | **\$30**

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 | **\$30**

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 | **\$30**

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 half-hour massage. *For new mothers and expectant mothers in their second and third trimesters only.*

80 minutes | **\$290**

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 | **\$310**

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 | **\$290**

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 | **\$540**

Individual | **\$290**

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 | [\\$510](#)

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 | [\\$290](#)

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 | [\\$290](#)

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 | [\\$290](#)

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 | [\\$239](#)

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 | [\\$239](#)

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 | [\\$30](#)

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

AGELESS HANDS | [\\$30](#)

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 | [\\$130](#)

MOTHER-TO-BE PEDICURE

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

60 minutes | [\\$130](#)

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 | [\\$130](#)

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 | [\\$130](#)

SPA DAY PASS

A limited number of Spa Day Passes will be available for resort guests only by reservation 30 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 | [\\$130](#)

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.