



The Spa
AT THE OMNI GROVE PARK INN

A woman with long brown hair, wearing a blue swimsuit, is sitting in a stone hot tub. She is looking towards the right. The hot tub is surrounded by stone walls and has a small stone structure with a potted plant on top. In the background, there are outdoor chairs and umbrellas under a twilight sky.

TO REJUVENATE THE

SOUL, START WITH THE BODY.

AN ENTIRE DAY, JUST FOR YOU.

Your Spa experience is not limited to the length of a specific treatment. Instead, it is our desire to immerse you in exceptional rejuvenation and tranquility — all day long.

The Spa is more than 43,000 sq. ft. in size, 18,000 of which are amenities for you to enjoy before and after your treatment. Consider yourself cordially invited to use our mineral pools, with their soothing underwater music and nearby waterfall pools. Enjoy exhilarating contrast pools, a lap pool, an inhalation room, a sauna and a eucalyptus-infused steam room. Sip herbal teas and savor refreshments in our separate Men's and Women's Relaxation Lounges. And step outside to drink in the views of the Blue Ridge Mountains by the fireplace and outdoor whirlpool.



SKIN CARE

Our facials immerse you in total relaxation, combining a classic European technique with the most current skin care technology.

● ULTIMATE FACIAL

This decadent combination of specially selected active ingredients from the depths of the ocean and our perfect, exclusive treatment techniques produces skin with an incomparably smooth, firm and youthful appearance. At the same time, this indulgent experience bestows complete inner balance and a feeling of rejuvenation while activating the body's energy systems for radiant beauty. | 110 min

● REVERSIVE FACIAL

Turn back the hands of time and recapture youth; utilizing the revolutionary time-reverse technology complex. 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. The lifting effects of this treatment are further intensified by an exclusive, deep relaxing European facial massage technique. *This facial does not include steam or extractions.* | 80 min

● HIGH SKIN REFINER LIFTING FACIAL

Specially designed to improve the skin's resiliency, High Skin Refiner lifting products use a multitude of innovative complexes to visibly firm, tone and lift. The skin becomes firmer and plumper with more elasticity, allowing the face to regain its youthful contours. | 80 min

GLYCOLIC FACIAL

A results driven facial designed to improve environmentally challenged or stressed skin. 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 the glycolic acid in the products.* | 80 min

COLLAGEN-ENRICHED FACIAL

This collagen enriching therapy instantly plumps and adds density to your skin. Using an ultra potent hyaluronic acid, collagen and thermal sculpting masque to boost the skin from the inside out, resulting in reshaping the facial contours and smooths fine lines and wrinkles. | 80 min

GENTLEMEN'S SKIN-CARE TREATMENT

Tailored for a man's unique skin care needs, this treatment banishes fatigue and stress that the skin experiences, increases the regeneration of the skin and offers a long lasting moisturizing effect. The skin will look revitalized, strengthened and well-groomed. *For optimal results, gentlemen should shave two hours prior to treatment.* | 80 min

GROVE PARK CLASSIC FACIAL

This is the perfect balance between simplicity and effectiveness by combining a classic European technique with customized products to address your individual skin care needs. This facial includes a nourishing, warm paraffin treatment for the hands and feet. | 80 min

SKIN CARE ENHANCEMENTS

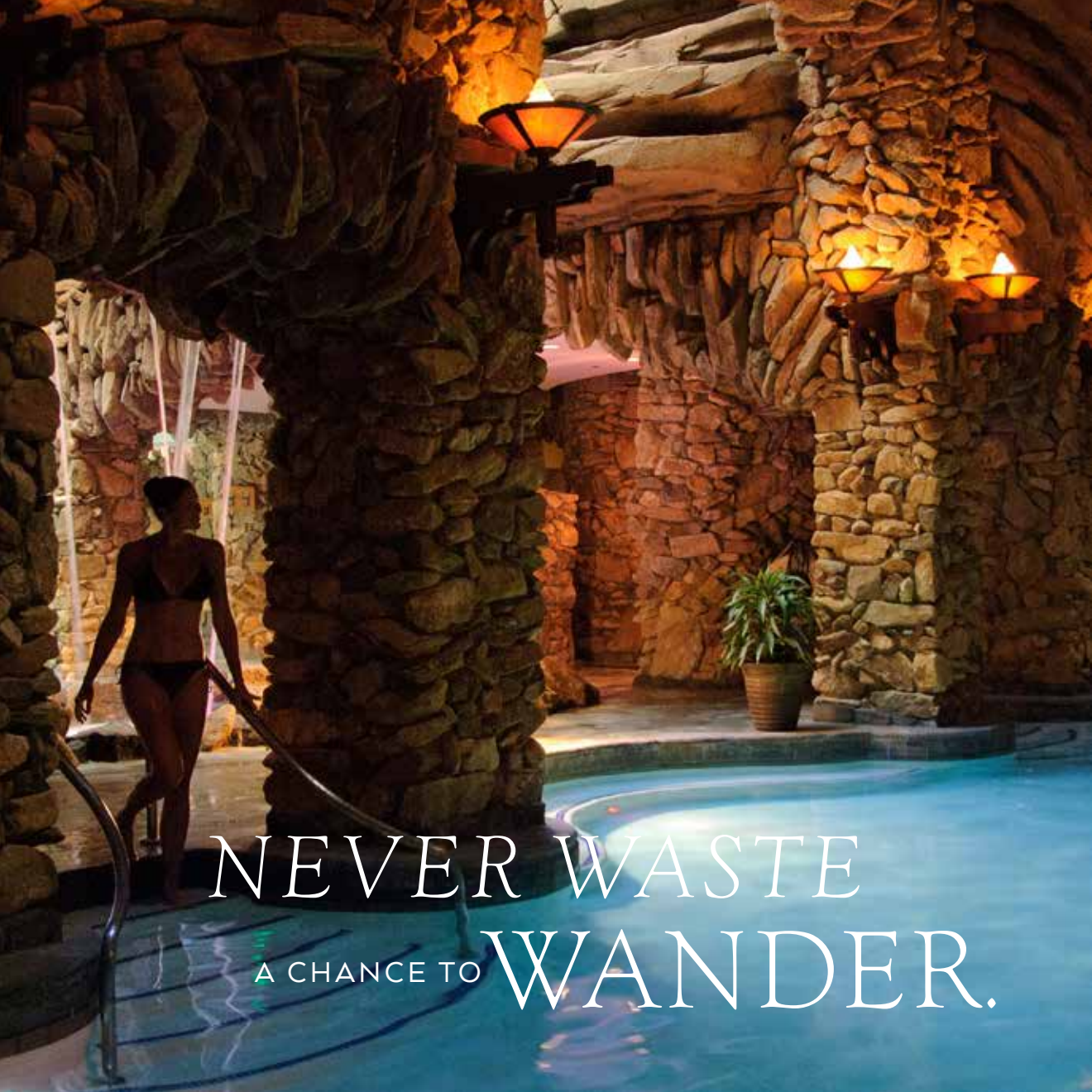
Added to the Grove Park Classic Facial only. Continue your journey to the skin you desire by purchasing these additions. *These additions are included in your scheduled treatment and do not add additional time.*

COLLAGEN EYE BRIGHTENER

Designed to fight fine lines and puffiness, our eye treatment helps amplify the production of collagen, diminishing the signs of fatigue and age.

AGELESS HANDS

Diminish the signs of aging with this active "facial" for your hands. Reduce age spots and sun damage as your skin regains its firmness.



NEVER WASTE
A CHANCE TO WANDER.

MASSAGE TREATMENTS

Each massage includes pampering with specialized aromatherapy oils, herbal steamed towels and the therapist's attention to your needs. All massage and bodywork services are provided by North Carolina licensed massage and bodywork therapists.

🕒 BLUE RIDGE SYMPHONY MASSAGE

After a brief conversation concerning your specific needs, your therapist will compose the perfect treatment, blending any combination of Swedish, Reflexology, Deep Tissue or Stone massage. This massage is truly a symphony of soothing healing. | 80 min

🕒 GROVE STONE MASSAGE

The therapist's healing touch combined with the therapeutic properties of warm, smooth basalt stones will melt tension from your muscles and de-stress your mind. | 75 min

🕒 AROMATHERAPY MASSAGE

This therapeutic treatment combines the power of pure essential oils with a specialized massage. Concentrating on the scalp, face, neck, shoulders, back and feet, this massage helps to balance your nervous system, transporting both your body and mind into deep relaxation. | 80 min

🕒 MOUNTAIN VIEW MASSAGE

Experience your Grove Park Classic Massage in our year-round outdoor pagoda overlooking the breathtaking Blue Ridge Mountains. 80 min | 50 min

ARNICA AND HOT TOWEL MASSAGE

The ultimate relaxing experience combining muscle-release massage, steaming hot towels and extracts of arnica, eucalyptus, clove and peppermint to wash away aches and pains. | 80 min

DEEP TISSUE MASSAGE

Perfect for those who prefer a more therapeutic massage that focuses on allowing tight, overused muscles to lengthen, loosen and become more relaxed. *Not recommended for a first-time massage.* 80 min | 50 min

GROVE PARK CLASSIC MASSAGE

Within this customized Swedish massage, your massage therapist uses gentle, gliding strokes to soften tense and sore muscles. *Does not include Deep Tissue, Aromatherapy or Grove Stone massage.* 80 min | 50 min

MATERNITY MASSAGE

Designed specifically to relieve discomfort associated with pregnancy and pamper the mother-to-be, this massage improves circulation and calms the body. *Please inform us of your due date at time of reservation.* 80 min | 50 min

🕒 *Heaven Series treatments are designed exclusively for The Spa at The Omni Grove Park Inn.*

MASSAGE TREATMENTS cont.

MOUNTAIN RIVER WALK

Using the science of reflexology to ease tension in the body, warm stones are combined with finger pressure on the soles of your feet to improve circulation and reduce fatigue. Also includes an extensive scalp, neck, shoulder and hand massage to melt your cares away. | 80 min

HEAD IN THE CLOUDS MESSAGE

Clear your mind, relax and say “ahh” as we rejuvenate your scalp, neck, shoulders, arms and back. | 50 min

COUPLE'S RETREAT

Two 50-minute tandem Grove Park Classic Massages are followed by a warm, aromatic hydrotherapy bath in one of our deluxe Couple's Rooms. You're encouraged to simply relax, sip chilled champagne and feed each other chocolate-covered strawberries. | 110 min

COUPLE'S MESSAGE

A wonderful massage can be even better when the experience is shared. Together, you will each receive customized Grove Park Classic Massages in one of our deluxe Couple's Rooms. *Does not include Deep Tissue, Aromatherapy, or Grove Stone massage.* 80 min | 50 min

MASSAGE ENHANCEMENTS

Enhance your 80 minute Classic or 80 minute Deep Tissue Massage by purchasing one of these additions. *These additions are included in your scheduled treatment and do not add additional time.*

AURA IMAGING PHOTO

One of our professionals will interpret the colors of your aura. A remarkable and enlightening experience. Before or after your massage, or both.

HEALING HANDS TREATMENT

An extensive hand treatment designed to alleviate more than just finger or wrist discomfort.

REFRESHING FOOT TREATMENT

This luxurious foot exfoliation and wrap leaves your feet feeling like you've been wading through a refreshing mountain stream.

MASSAGE ENHANCEMENTS

cont.

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.

DRY BODY BRUSHING

Dry skin brushing boosts circulation, exfoliates the skin, may reduce the appearance of cellulite and offers both stress relief and invigoration.

WARM HERBAL POULTICE

Developed centuries ago to provide moist and nutrient rich relaxation to the skin and muscles, a warm herbal poultice also works with the body's energy to promote harmony and to stimulate blood circulation.





BODY TREATMENTS

Our body treatments enhance your massage experience with the perfect combination of indulgences, such as exfoliation, hydrating wrap or Vichy waterfall massage.

FIRE, ROCK, WATER AND LIGHT

Our signature treatment blends the natural elements of The Spa – Fire, Rock, Water and Light – into one luxurious experience. Indulge in a rejuvenating full body exfoliation, softening soak, healing body masque and remarkable Vichy waterfall massage. It feels like an entire day at The Spa! A take-home gift is yours to enjoy. | 80 min

SANCTUARY OF THE SENSES BODY TREATMENT

This journey through the senses utilizes the finest rose essential oils to silken and envelop the body. An exfoliation and wrap are followed by a relaxing half-hour massage. A take-home gift is yours to enjoy. | 80 min

MOUNTAIN HONEY WRAP

Local sourwood honey, warm body butter and a gentle exfoliant are blended with lavender essential oil to caress you into blissful relaxation. This wrap includes exfoliation, wrap and a half-hour massage. A take-home gift is yours to enjoy. | 80 min

COLOR AND LIGHT WRAP WITH AURA IMAGING

This treatment begins and ends with our special light-sensitive photography, identifying your particular aura. It includes a soothing exfoliation and detoxifying clay body wrap, during which music, light, heat and aromatherapies work to achieve balance and harmony. | 80 min

DE-STRESS BODY TREATMENT

Specially formulated blends of essential oils release muscle tension and de-stress an overworked mind. Treatment includes exfoliation, wrap and a half-hour massage. A take-home gift is yours to enjoy. | 80 min

WATERFALL BODY EXPERIENCE

This enlightening treatment experience, includes a rejuvenating full-body exfoliation, cascading Vichy waterfall and a soothing massage. | 80 min

MOTHER-TO-BE OR NEW MOTHER WRAP

Specially chosen essential oils, safe for mother and baby, nourish the body from head to toe while restoring skin condition and refining stretch marks. This treatment includes exfoliation, wrap and half-hour massage. A take-home gift is yours to enjoy. *Please inform us of your due date at time of reservation.* | 80 min



DETOX BODY TREATMENT

This treatment was designed to harness the most powerful detoxifying elements and techniques. Experience double exfoliation, warmed Himalayan salt stones, volcanic clay with pure essential oils and a relaxing massage, leaving you absolutely revitalized. | 80 min

COUPLE'S INDULGENCE BODY TREATMENT

Together you will experience a wonderful mélange of natural ingredients and healing techniques that will envelope you in luxury, nourish your skin and leave you ultimately relaxed. Includes dual exfoliation, powerful hydrating warm mineral and aloe body masque and a full body relaxation massage with fragrant essential oil emulsions. A take-home gift is yours to enjoy. | 75 min

HAND AND FOOT TREATMENTS

All hand and foot treatments include a complimentary glass of champagne and custom Spa chocolates.

WALK IN THE CLOUDS PEDICURE

This pedicure includes shaping, exfoliation, creamy masque, imported oils, paraffin dip and warm stones between your toes. | 60 min

MOTHER-TO-BE PEDICURE

A luxurious aromatherapy pedicure designed to soothe swollen feet, improve circulation and melt away aches and pains. | 60 min

GENTLEMEN'S PEDICURE

A warm footbath is followed by grooming of the nails, cuticles and feet. Your sore, tired feet are also revitalized with pressure-point techniques, paraffin dip and warm stones between the toes. | 60 min

FOOT TREATMENT ENHANCEMENT

Elevate your pedicure experience by purchasing this addition to your foot treatment. *This addition is included in your scheduled treatment and does not add additional time.*

GENTLEMEN'S MANICURE

Your hands are exquisitely cared for with grooming of the nails, as well as stress-relieving touches including moisturizing paraffin, warm stones and soothing pressure point techniques. | 60 min

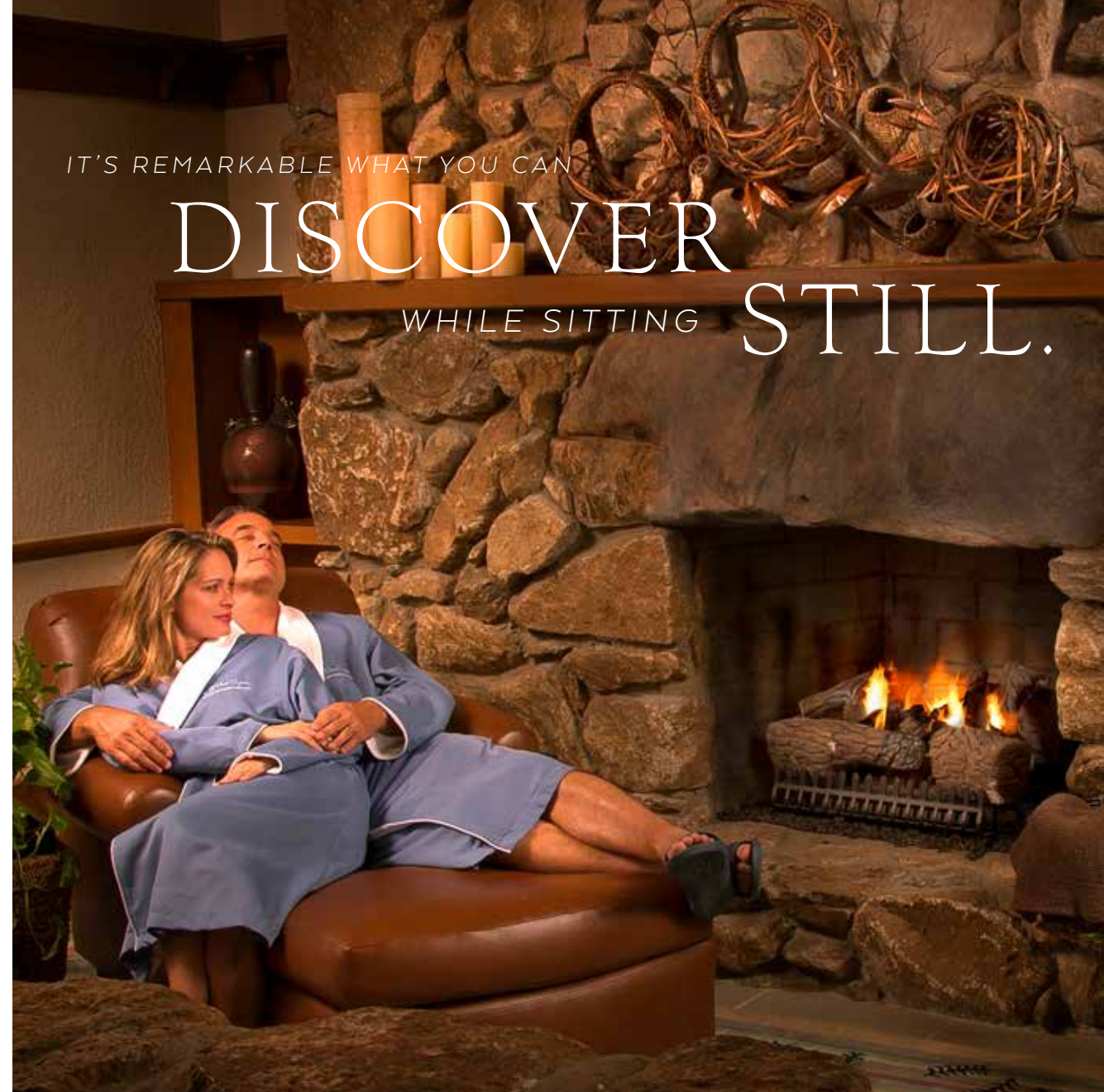
GROVE PARK CLASSIC MANICURE

This luxurious manicure includes shaping, exfoliation, moisturizing masque, imported oils, warm stones and softening paraffin. | 60 min

HYDRATING HANDS

Pamper your hands with a moisturizing masque and warm paraffin treatment to deeply nourish, protect and soften dry hands.

Heaven Series treatments are designed exclusively for The Spa at The Omni Grove Park Inn.



IT'S REMARKABLE WHAT YOU CAN

DISCOVER
WHILE SITTING STILL.



IMPORTANT SPA INFORMATION

All pricing, services and hours of operation are subject to change without notification. Holiday pricing will vary from price listed.

HOURS OF OPERATION

8am – 9pm, daily

Hours may vary by season. Please call in advance.

AGE REQUIREMENT

The Spa is available for guests 18 years of age and older. Please contact our Sports Complex (ext. 1046) for extensive children's programming or our Concierge desk (ext. 7005) for child care services. While you are relaxing at The Spa, your child can enjoy fun-filled programs for children ages 5-12. Activities include swimming, arts and crafts, ping pong, pool, racquet ball, tennis, active video gaming and playing on our playground. Call 828-252-2711, ext. 1046, to register.

ADVANCE APPOINTMENTS

We strongly recommend making your Spa appointments when you make your room reservation. Weekend appointments should be booked three to four months in advance. Beginning Friday at noon through Sunday at noon, appointments are reserved for resort guests only. Please inform your reservations representative if you are pregnant, nursing, under a physician's care, or have mobility difficulties.

CANCELLATION NOTICE

As a courtesy to other guests and staff, cancellations and time changes must be received at least 24 hours prior to appointment to avoid full cost.

SERVICE CHARGE

For your convenience, a 20% service charge is automatically added to your bill.

TOURS

To protect the privacy of our guests, tours of the facility are not available. A viewing window is available for your convenience.

SPA ACCESS FEE

A Spa Day Pass provides access to The Spa without a scheduled treatment. Day Passes, when available, are open to resort guests only, Monday – Thursday. Day Pass access begins at 9am.

WHAT TO BRING

You will need to bring your swimsuit and sunglasses for our pool areas and workout gear for The Spa fitness room. Robes, slippers and towels are provided for all guests. Please do not bring jewelry or other valuables to The Spa, as we cannot guarantee the security of these items. *Cell phones and cameras are prohibited within The Spa.*

SPA ETIQUETTE

Help us keep The Spa a sanctuary of tranquility and relaxation. *Please respect the quiet and privacy of other Spa guests by refraining from using cameras and cell phones while at The Spa.* We invite you to “unplug” during your visit to The Spa and also ask that you speak softly or simply enjoy the silence. *The Spa is a non-smoking facility.*

CHECK-IN

We recommend that you arrive a minimum of one hour prior to your first treatment. The exception is for 8:30am appointments, for which you should arrive at 8am. Arriving late may result in a shortened service. Upon arrival to The Spa, you will be asked to complete a brief health form to assist Spa therapists in providing you the best experience possible and to ensure your safety and comfort. We encourage you to disclose any pertinent health conditions that may affect your Spa experience. Give yourself plenty of time before your treatments to indulge in our complimentary amenities, including our Spa fitness room.

THE SPA BOUTIQUE

Enhance your home spa experience with a variety of skin, bath and beauty elixirs available in our Spa Boutique. You can also explore a host of intriguing gift ideas, including candles, teas, clothing, blankets, robes, gift baskets and more. Please call 800-438-0050, ext. 7740, for product availability and delivery.

THE SPA CAFÉ

Located adjacent to The Spa's main entrance, The Spa Café is open for breakfast and lunch daily. Guests may dine in The Spa Café in their robes, in either the outdoor waterfall dining area or the outdoor pool area. Menu offerings include refreshing fruit smoothies, fresh juices, artisan salads, specialty sandwiches and other delicious offerings to restore, revitalize and refresh.



THE OMNI GROVE PARK INN • 290 MACON AVENUE, ASHEVILLE, NC 28804

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the grove park inn