

## MASSAGE TREATMENTS

### BLUE RIDGE SYMPHONY MASSAGE

Your therapist will compose the ideal 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, this massage 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 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

### HIMALAYAN SALT STONE MASSAGE

Perfectly heated, soothing stones combined with Swedish massage techniques will naturally exfoliate the body while melting muscle tension and calming your mind.

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.

### DRY BODY BRUSHING

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

### 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

### 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

## BODY TREATMENTS CONT.

### 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

### 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

### 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

### GROVE PARK HYDRAFACIAL

For overall healthier skin, experience a revolutionary resurfacing treatment that clears pores and hydrates skin. This treatment offers Lymphatic Drainage, HydraFacial's patented hydradermabrasion, a booster of your choice to address specific concerns, a Neck and Décolleté Booster, an Eye or Lip Perk of your choice and LED light therapy to further reduce visible signs of aging and blemishes.

80 minutes

### 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.

## THERAPEUTIC WELLNESS POD

### GROVE PARK CLASSIC MASSAGE WITH WELLNESS POD

Elevate your massage experience with this multisensory treatment pod, offering unique features that leave you rebalanced, rejuvenated and transformed. The pod offers healing from infrared heat, adjustable thermal sauna, gemstone and vibrational therapy, mood enhancing colored lights, aromatherapy, a calming negative ion field and music to enhance the theme of your choice. Select from the following themed programs, designed to meet your specific wellness journey.

### STRESS FREE | SUNSHINE | RELAXATION | REJUVENATE

80 minutes

### DEEP MEDITATION

Relax the nerves and calm your mind with this supremely unique treatment that includes detoxifying dry body brushing, massage with a special essential oil blend and guided meditation with binaural beats music designed to transport you into a state of deep relaxation.

80 minutes

## 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 DAY PASS

A limited number of Spa Day Passes will be available for resort guests only by reservation 60 days in advance. Due to availability, Spa Day Passes may not be available to purchase the day of, and availability cannot be guaranteed without prior reservation. A Spa Day Pass grants access to Spa Pools and all amenities on the day of reservation only. Check-in for Spa Day Passes begins at 10:00 a.m.

## SPA DETAILS

### SPA HOURS

Sunday – Thursday: 8 a.m. to 6 p.m.

Friday – Saturday: 8 a.m. to 7 p.m.

**AGE REQUIREMENT** | The Spa is available for guests 18 years of age and older. Please be prepared to present an ID upon request.

**CANCELLATION NOTICE** | As a courtesy to other guests and our staff, cancellations and time changes for Spa Treatments and Day Passes must be received at least 24 hours prior to appointment to avoid full cost.

**ADVANCE APPOINTMENTS** | We strongly recommend making your Spa Treatment reservation when you make your hotel room reservation. Weekend appointments should be booked three (3) to four (4) months in advance. Spa Treatments and Spa Day Passes are reserved for overnight resort guests only. Please inform your reservations representative if you are pregnant, nursing, under a physician's care or have mobility difficulties.

To check availability, please call reservations at **800-438-5800** between 9 a.m. and 6 p.m. EST.

**SPA SERVICE CHARGE** | A 22% service charge is automatically added to Spa Treatments and Spa Day Passes on your bill.

**WHAT TO BRING** | Bring your swimsuit and sunglasses for our pool areas, as well as workout gear for The Spa fitness room. Robes, slippers and towels are provided. Please do not bring jewelry or other valuables to The Spa, as we cannot guarantee the security of these items. Please be sure to bring your favorite book, magazine or journal as The Spa is a completely electronics free environment

**SPA ETIQUETTE** | The Spa is a completely electronics free environment. Please leave all electronics, including cell phones, cameras, iPads, e-readers, in your room or locker throughout your Spa visit. There are no exceptions to this policy. We also ask that you speak softly or simply enjoy the silence. The Spa is a non-smoking facility and outside food and beverage is not permitted. Thank you for partnering with us to create the most healing, restorative and relaxing experience possible.

**SPA ARRIVAL & SPA TREATMENT** | Arrive a minimum of one hour prior to your first scheduled treatment time. Treatments begin at the scheduled time booked. Arriving later than one hour in advance of your scheduled treatment may result in a shortened service. Upon arrival to The Spa, you will be asked to complete a brief health form to assist Spa service providers in delivering the best treatment experience possible and to ensure your safety and comfort. We encourage you to disclose any pertinent health conditions that may affect your Spa experience.

**SPA DAY PASS RESERVATIONS** | Check-in for Spa Day Pass reservations begins at 10 a.m. A Spa Day Pass grants access to Spa Pools and all amenities on day of reservation only.

# SPA PRICING

Classic Pricing | Daily

Holiday Pricing | November 24 - January 2, Daily



## MASSAGE TREATMENTS

### BLUE RIDGE SYMPHONY MASSAGE

80 minutes	Classic	\$290
	Holiday	\$309

### GROVE STONE MASSAGE

75 minutes	Classic	\$285
	Holiday	\$299

### AROMATHERAPY MASSAGE

80 minutes	Classic	\$285
	Holiday	\$299

### ARNICA AND HOT TOWEL MASSAGE

80 minutes	Classic	\$275
	Holiday	\$289

### DEEP TISSUE MASSAGE

80 minutes	Classic	\$290
	Holiday	\$299
50 minutes	Classic	\$220
	Holiday	\$239

### GROVE PARK CLASSIC MASSAGE

80 minutes	Classic	\$270
	Holiday	\$279
50 minutes	Classic	\$210
	Holiday	\$219

### MOUNTAIN VIEW MASSAGE

80 minutes	Classic	\$270
	Holiday	\$289
50 minutes	Classic	\$210
	Holiday	\$229

### HEAD IN THE CLOUDS MASSAGE

50 minutes	Classic	\$210
	Holiday	\$219

### HIMALAYAN SALT STONE MASSAGE

50 minutes	Classic	\$229
	Holiday	\$239

### COUPLES MASSAGE

80 minutes	Classic	\$540
	Holiday	\$559

50 minutes	Classic	\$420
	Holiday	\$439

### MATERNITY MASSAGE

80 minutes	Classic	\$270
	Holiday	\$279

50 minutes	Classic	\$210
	Holiday	\$219

## MASSAGE ENHANCEMENTS

DRY BODY BRUSHING \$30

HEALING HANDS TREATMENT \$30

SCALP REFRESHER \$30

REFLEXOLOGY \$30

REFRESHING FOOT TREATMENT \$30

## BODY TREATMENTS

### DE-STRESS BODY TREATMENT

80 minutes	Classic	\$310
	Holiday	\$319

### MOUNTAIN HONEY WRAP

80 minutes	Classic	\$290
	Holiday	\$299

### MOTHER-TO-BE OR NEW MOTHER WRAP

80 minutes	Classic	\$290
	Holiday	\$299

### TOTAL INDULGENCE BODY TREATMENT

75 minutes	Individual Classic	\$290
	Individual Holiday	\$299

75 minutes	Couple Classic	\$540
	Couple Holiday	\$579

# SPA PRICING

Classic Pricing | Daily

Holiday Pricing | November 24 - January 2, Daily



## SKIN CARE

### GROVE PARK HYDRAFACIAL

80 minutes	Classic	\$440
	Holiday	\$440

### ULTIMATE FACIAL

110 minutes	Classic	\$520
	Holiday	\$529

### REVERSIVE FACIAL

80 minutes	Classic	\$290
	Holiday	\$299

### BRIGHTENING FACIAL

80 minutes	Classic	\$290
	Holiday	\$299

### COLLAGEN FACIAL

80 minutes	Classic	\$290
	Holiday	\$299

### GENTLEMENS SKIN CARE TREATMENT

80 minutes	Classic	\$269
	Holiday	\$279

### GROVE PARK CLASSIC FACIAL

80 minutes	Classic	\$269
	Holiday	\$279

## SKIN CARE ENHANCEMENTS

EYE BRIGHTENER	\$30
AGELESS HANDS	\$30

## THERAPUTIC WELLNESS POD

### GROVE PARK CLASSIC MASSAGE WITH WELLNESS POD

80 minutes	Classic	\$280
	Holiday	\$289

## DEEP MEDITATION

80 minutes	Classic	\$280
	Holiday	\$289

## FOOT TREATMENTS

### MOUNTAIN HONEY PEDICURE

60 minutes	Classic	\$140
	Holiday	\$140

### MOTHER-TO-BE PEDICURE

60 minutes	Classic	\$140
	Holiday	\$140

### HIKERS DELIGHT PEDICURE

60 minutes	Classic	\$140
	Holiday	\$140

### GINGERBREAD PEDICURE

60 minutes	Classic	\$140
	Holiday	\$140

## SPA DAY PASS

SPA DAY PASS	\$200
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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.