

## BODY TREATMENTS

When the body is comfortable, the mind and spirit settle. The Spa is proud to offer a multitude of treatments that heal both the body and the soul.

### MINERAL SPRINGS WRAP

50 MINUTES

Experience the healing properties of the mineral waters that attracted the early settlers to the resort. Before being covered in a warm mask, your body is exfoliated with our unique polish. After relaxing in a cozy wrap and absorbing the natural properties of the mask, you'll shower and rehydrate your skin with warm body cream.

MON-THUR \$230

FRI-SUN & HOLIDAYS \$255

### HOMESTEAD BLISS

80 MINUTES

Starts with a massage of Swedish strokes followed by a relaxing, calming exfoliation. The sugar and salt scrub exfoliation combines sea salts and natural sugar grains. Total relaxation.

MON-THUR \$305

FRI-SUN & HOLIDAYS \$330

### HANAKASUMI

50 MINUTES

Inspired by Japanese tradition, this natural and nourishing body ritual begins with an application of cherry blossoms and rice powder followed by a manual exfoliation. A unique foot rub revives vital energy and is completed with an application of melted aromatic shea butter, bringing blissful relaxation.

MON-THUR \$230

FRI-SUN & HOLIDAYS \$255

## MASSAGE

### AROMATHERAPY MASSAGE

50 MINUTES | 80 MINUTES

This treatment combines the benefits of aromatherapy with Swedish techniques.

50 MINUTES: MON-THUR \$225

FRI-SUN & HOLIDAYS \$250

80 MINUTES: MON-THUR \$305

FRI-SUN & HOLIDAYS \$330

### HOMESTEAD SWEDISH MASSAGE

50 MINUTES | 80 MINUTES

Indulgent and uniquely relaxing, our signature, full-body massage stimulates circulation and soothes tight muscles, leaving behind less tension and a sense of well-being.

50 MINUTES: MON-THUR \$210

FRI-SUN & HOLIDAYS \$235

80 MINUTES: MON-THUR \$305

FRI-SUN & HOLIDAYS \$330

### DEEP TISSUE MASSAGE

50 MINUTES | 80 MINUTES

This treatment is recommended for those who regularly receive massages and enjoy intense body work. Our specialized oil paired with focused techniques will reach deep muscle layers and address points of attachment, as well as the center of the muscles.

50 MINUTES: MON-THUR \$230

FRI-SUN & HOLIDAYS \$255

80 MINUTES: MON-THUR \$330

FRI-SUN & HOLIDAYS \$355



## TENSION ZONE THERAPY

50 MINUTES

Your therapist will banish the tension in your head, back, neck and shoulders with a focused treatment employing a variety of Swedish massage techniques. Feel the weight lifted from your shoulders in less than an hour.

*Please note this is not a full-body massage.*

MON-THUR \$210

FRI-SUN & HOLIDAYS \$235

## HOT STONE MASSAGE

50 MINUTES | 80 MINUTES

Achieve total muscle relaxation using smooth heated basalt stones along with Swedish strokes in this massage.

50 MINUTES: MON-THUR \$230

FRI-SUN & HOLIDAYS \$255

80 MINUTES: MON-THUR \$330

FRI-SUN & HOLIDAYS \$355

## CUPPING

30 MINUTES

\$110

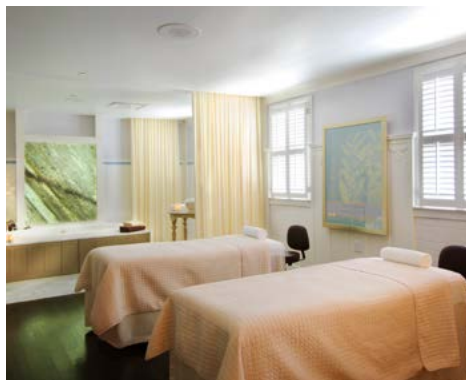
Cupping is an ancient form of alternative medicine. During this service, your therapist will place special cups on your back to create suction which helps with pain, inflammation, blood flow, relaxation and well-being.

## AYURVEDIC

30 MINUTES

\$110

This head, neck and facial massage incorporates essential oils to induce deep relaxation and promote stress reduction.



## TWO-BY-TWO THERAPY

Share your spa experience with someone special with side-by-side treatments. These sessions are perfect for couples. Two therapists and two tables are used during these services.

## TWO-BY-TWO MESSAGES

50 MINUTES | 80 MINUTES

Share your spa experience with someone special with side-by-side massages.

AROMATHERAPY MESSAGE:

50 MINUTES: MON-THUR \$420

FRI-SUN & HOLIDAYS \$445

80 MINUTES: MON-THUR \$585

FRI-SUN & HOLIDAYS \$605

SWEDISH MESSAGE:

50 MINUTES: MON-THUR \$395

FRI-SUN & HOLIDAYS \$415

80 MINUTES: MON-THUR \$585

FRI-SUN & HOLIDAYS \$605

DEEP TISSUE MESSAGE:

50 MINUTES: MON-THUR \$445

FRI-SUN & HOLIDAYS \$470

80 MINUTES: MON-THUR \$635

FRI-SUN & HOLIDAYS \$660

## ROMANCE RITUAL

110 MINUTES

\$585

The treatment begins with a nutrient-rich scrub, followed by a relaxing bath for two. Finish with a Swedish massage.

## TREASURE THE MOMENT

80 MINUTES

\$495

Enjoy a relaxing soak in a tub for two to soothe your spirit and boost energy. Then experience pure tranquility with a Swedish massage.

## MATERNITY

Mothers-to-be and new moms need nurturing, too. Let us care for you with one of these safe, comforting services designed with this unique life stage in mind.

### PRENATAL MASSAGE

50 MINUTES

Our classic Homestead Swedish massage is adapted to provide complete comfort and safety for mom and baby.

MON-THUR \$225

ESCAPE DAYS \$250

### A MOTHER'S GLOW FACIAL

50 MINUTES

A delightfully pampering facial designed for mothers-to-be using calming ingredients, including calming mask to leave you feeling recharged and ready for your new addition.

MON-THUR \$210

FRI-SUN & HOLIDAYS \$235

## FACIALS

You'll love the way our luxurious facials make you look and feel.

### CLASSIC EUROPEAN FACIAL

50 MINUTES

Enjoy our rejuvenating signature facial featuring pure, luxurious products, selected to address your skin's needs.

MON-THUR \$225

FRI-SUN & HOLIDAYS \$250

### PURIFYING FACIAL

50 MINUTES

Designed to clear congested pores and provide a more in-depth cleansing for problem skin. Your treatment includes a deep cleanse, extractions and a specially formulated mask chosen for your skin.

MON-THUR \$235

FRI-SUN & HOLIDAYS \$265

### AGE MANAGEMENT FACIAL

80 MINUTES

An extraordinary treatment that increases hydration, assists in production of collagen and elastin, decreases pigmentation and plumps up wrinkles.

MON-THUR \$330

FRI-SUN & HOLIDAYS \$355

### ESSENTIAL NUTRIENT FACIAL

50 MINUTES

Refresh your skin and maximize its ability to resist damage caused by sun, pollution and stress.

MON-THUR \$250

FRI-SUN & HOLIDAYS \$275

### SOOTHING SPRINGS FACIAL

50 MINUTES

A double layer mask in combination with our unique decongesting facial massage with chilled porcelain spoons immediately calms and soothes your skin.

MON-THUR \$250

FRI-SUN & HOLIDAYS \$275

### GENTLEMEN'S FACIAL

50 MINUTES

A facial designed just for you, using products with a masculine appeal.

MON-THUR \$210

FRI-SUN & HOLIDAYS \$235



## CLARIFYING BACK FACIAL

50 MINUTES

Enjoy a deep cleansing for the back. Repair, balance and purify with this targeted treatment.

MON-THUR \$225

FRI-SUN & HOLIDAYS \$250

## HANDS & FEET

### SIGNATURE SPA MANICURE

50 MINUTES

\$90

Relax as we file and shape your fingernails and condition your cuticles. Treat yourself to a sugar scrub, masque, hot steamy towels, and finish with a hydrating lotion and polish of your choice leaving your skin silky and smooth.

### SHELLAC MANICURE

50 MINUTES

\$100

This dry manicure will treat the cuticle area, shape and buff the nail, provide polish application and finish with a scrub and hydrating lotion application to revitalize your hands.

### GENTLEMEN'S MANICURE

30 MINUTES

\$65

This hydrating and exfoliating service includes a file, soak, groom, massage and buff to enhance the hands.

### SPA PEDICURE

50 MINUTES

\$110

Experience an herbal foot bath during this intense hydrating pedicure. Begin with nail shaping and cuticle conditioning followed by an exfoliating scrub, a masque application and hot towels. A foot and leg massage and polish application complete the service.

## ULTIMATE INDULGENCE

### PEDICURE

80 MINUTES

\$150

Experience a footbath in our luxurious Spa chair. Enjoy an anti-aging exfoliating sugar scrub and softening aromatic masque that softens and hydrates the feet and legs. Application of hot steamy towels followed by a hot stone massage with oils will restore the radiance to your skin. This pedicure is finished with the polish of your choice.

### GENTLEMEN'S PEDICURE

50 MINUTES

\$105

This therapeutic, invigorating treatment begins with a soothing foot bath in herbal salts to refresh and relax the feet. Using a scrub, mask and hydrating massage, our technicians will focus on nail and cuticle care, calluses and dry skin. Polish not included.

### POLISH CHANGE

30 MINUTES

\$55

Perfect for women on the go. Light cuticle work and nail shaping followed by a polish of your choice.

## ADDITIONAL TOUCHES

20 MINUTES

\$25

French-style hands or feet

30 MINUTES

\$35

Gel/Shellac removal



## MAKE UP SERVICES

MAKEUP APPLICATION  
50 MINUTES \$75

MAKEUP APPLICATION &  
LESSON  
80 MINUTES \$125

WEDDING DAY MAKEUP  
50 MINUTES \$150

WAXING  
30 MINUTES  
Bikini \$55  
Underarms \$35

20 MINUTES  
Eyebrow \$30  
Chin | Lip \$25

## HAIR DESIGN

SHAMPOO & STYLE  
50 MINUTES \$85

SHAMPOO, CUT & STYLE  
50 MINUTES \$110

UP-DO  
50 MINUTES \$100

WEDDING DAY HAIR  
50 MINUTES \$130

GENTLEMAN'S HAIRCUT  
50 MINUTES \$55

CUSTOM BLEND HAIR &  
SCALP TREATMENT  
80 MINUTES \$145

Experience the effective reconstructive treatment that conditions and soothes your scalp, while restoring and repairing over-processed and environmentally stressed hair. Paired with a paraffin hand treatment and finished with a blow dry and style.



## QUICK HAIR CONDITIONING

20 MINUTES

\$40

Nourish your hair and indulge your senses with this “on the go” treatment designed to combat hair stresses ranging from dryness to environmental or chemical damage.

### ADDITIONAL SERVICES:

Bang trim \$25

Beard trim \$25

## KIDS' SERVICES

Kids are pampered from head to toe with a touch of glamour. For children ages 5-12.

### KIDS' MANICURE & KIDS' PEDICURE

30 MINUTES (HANDS)

\$40

30 MINUTES (FEET)

\$55

A delightful fizzy soak, yummy scrub and moisturizing icing will leave your fingers and toes sparkling.

### KIDS' SPA HAIR

50 MINUTES

\$55

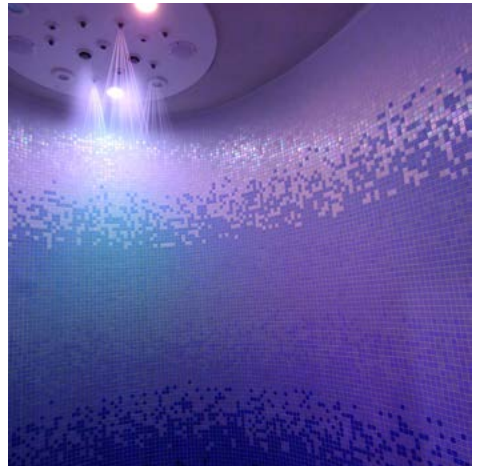
A quick shampoo, cut and style.





## AQUA THERMAL SUITE

We are proud to introduce the Aqua Thermal Suite, a luxurious collection of European-style healing aquatic environments. While much of the pleasure and efficacy of aqua thermal therapy lies in the comfortable temperature of the various treatments, allowing your body to experience a contrast of hot and cold temperatures is at the heart of these therapeutic offerings. For guests 18 years and older.



## EXPERIENTIAL SHOWERS

Enjoy multi-sensory cooling after exposure to heat. Select from three storm experiences: Arctic Mist, Atlantic Storm or Caribbean Storm.

## HERBAL COCOON

Feel stress slip away as you sit in a heated niche below a starlit ceiling. Your muscles relax as your body gently warms, enhancing the purification and detoxification process.

## THERMAL HEATED LOUNGES

Radiant-heated lounges designed to relax your muscles between thermal experiences.



## THE CHILL

Deeply inhale the crisp vapor that fills the air, and apply flaked ice directly to the skin to cool your lungs and core temperature.

## AROMATIC STEAM

The soothing power of steam opens pores and infuses your senses with the invigorating scent of aromatic essential oils.



## LOCATION & HOURS

The Spa at The Omni Homestead is located adjacent to the end of the West Wing.

## FOR APPOINTMENTS

Guests in-house may dial ext. 57547 or press The Spa button on the guest room telephone. Or dial 877-479-8517. Please arrive up to 2 hours before your appointment time to enjoy the benefits of the Aqua Thermal Suite and Serenity Garden.

## KIDS 5-12

Kids 5-12 may choose from the Kids' Services section. All children must be accompanied by an adult to receive special children's services.

## SERVICE CHARGE

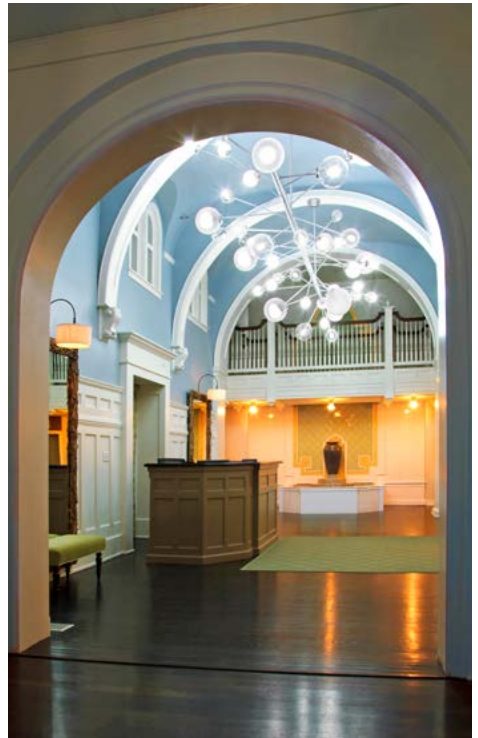
An automatic service charge of 22% will be added to all Spa and Salon services.

## CANCELLATION POLICY

Cancellations must be received at least 24 hours prior to appointment time or the full service fee will be charged.

## WHAT TO BRING

The Spa provides robes for guests receiving services. Fitness wear or swimwear is not provided, but is available for purchase. Shirts and closed-toe athletic shoes must be worn in the fitness area. The Spa is non-smoking. Cell phone use is permitted in The Spa lobby only.





## SERENITY GARDEN

Experience the Serenity Garden, an exclusive, adult oasis featuring our renowned mineral springs. From the moment you enter, you will be enveloped in luxury as a welcoming Guest Service Specialist escorts you through the garden, orienting you to the area and available services. For guests 18 years and older.

Enjoy the various features of the garden, including our geothermal Octagon Pool fed by two hot springs rich in magnesium, potassium and calcium with a temperature range of 96-97°. These same waters source the naturally pressurized Deluge Shower and the popular River Reflexology Walk with stones carefully placed to soothe and massage the 15,000 nerves in your feet. At the center of the garden is the beautiful blue Infinity Pool, heated to 85-92° and the intimate hot tub which is maintained at 103°. Let your tensions fade away, and your muscles unwind in the Finnish sauna while your body rids itself of toxins.

Any service or combination of services valued at \$200 or greater will include a Serenity Garden day pass for the same day as the service. Guests must still reserve a seat in the Serenity Garden and reservations will be made on a first come first served basis as space is limited. Passes will be on day of service only.

Guests who are having any other service not listed above must purchase a Serenity Garden day pass for \$75.

Food and beverage are not included with a day pass and may be purchased separately.

### DAY PASS \$75 PER PERSON

*Available by reservation only Sunday-Friday.  
Based on availability Saturday & holidays.  
Space is limited. Weather permitting.*

### CABANA RENTALS

Complimentary water, juice, fruit and snacks are served with each rental.

Half Day	\$180
Full Day	\$300

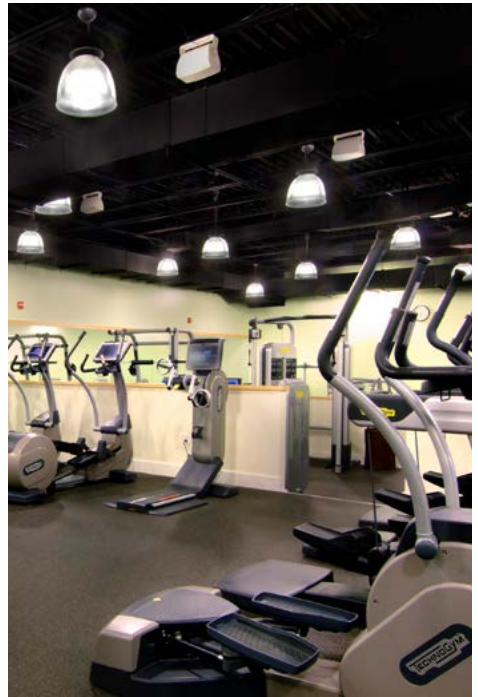


## FITNESS CENTER

Our state-of-the-art fitness center, which overlooks our beautiful indoor pool, offers an array of exercise equipment such as two Pelotons, treadmills, and stair climbers. The facility also features top-of-the-line Technogym equipment including Excite Crossover ellipticals, MED 45 Degree Back Hyperextension Excite Top, Cardio Wave, Element Vertical Traction, and Low Row as well as benches and weights. In addition, resort guests also have access to a lying leg curl, leg press, seated overhead press, chest press, shoulder press and abdominal crunch.

### LOCATION & HOURS

The fitness center is located on Level 2 of The Spa and is open 24 hours a day.



## INDOOR POOL

Our magnificent indoor pool was one of the first indoor pools in the country when it was built in the early 1900s. Featuring beautiful mosaic tilework, the pool is fed by the spring waters upon which our resort was founded, however because the water is not free flowing, chlorine is added. The indoor pool is open year-round.

### LOCATION & HOURS

The indoor pool is located on Level 2 of The Spa and is open 6:00 a.m. - 9:00 p.m. daily.