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

**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 min

**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 min

**FIRMING FACIAL**
Specifically designed to improve skin’s resiliency by using a multitude of innovative complexes to visibly firm, tone and refine. Restores elasticity and timeless appearance. | 80 min

**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 and vitamin booster products. | 80 min

**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 min

**GENTLEMEN’S 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 min

**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 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 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” for your hands.

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

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 min

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 after.
80 min

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 min

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

GROVE PARK CLASSIC MASSAGE
Customized relaxing Swedish massage utilizing gentle, gliding stokes to soften tense and target your sore muscles.
80 min | 50 min

MOUNTAIN VIEW MASSAGE
Experience your Grove Park Classic Massage in our outdoor pagoda overlooking the breathtaking Blue Ridge Mountains.
80 min | 50 min

MATERNITY MASSAGE
Specifically designed to pamper the mother-to-be; improves circulation and calms the body.
Please inform us of your due date at time of reservation.
80 min | 50 min

HEAD IN THE CLOUDS MASSAGE
Clear your mind, relax and say “ahh” as we rejuvenate your scalp, neck, shoulders, arms and back. Includes Scalp Refresher Enhancement.
50 min

All massage and bodywork services are provided by North Carolina licensed massage and bodywork therapists.

Heaven Series treatments are designed exclusively for The Spa at The Omni Grove Park Inn.
COUPLE’S RETREAT
Two 50-minute tandem Grove Park Classic Massages, followed by an aromatic hydrotherapy bath in which you can simply relax, sip chilled champagne and enjoy chocolate covered strawberries. | 110 min

COUPLE’S MASSAGE
A wonderful massage experience that is shared! Together, you will receive a customized Grove Park Classic Massage. 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 unique additions. These additions are included within your scheduled treatment time.

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.

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

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, herbal poultice works with the body’s energy to promote harmony and stimulate blood circulation. This enhancement offers an unmatched ability to provide nutrient rich hydration to relax skin and muscles.

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

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

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.
BODY TREATMENTS

🔥 FIRE, ROCK, WATER AND LIGHT
This signature treatment feels like an entire day at The Spa! Indulge in a rejuvenating full body exfoliation, softening soak, healing body masque and remarkable Vichy waterfall massage. | 80 min

🍯 MOUNTAIN HONEY WRAP
Experience local 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. A take home gift is yours to enjoy. | 80 min

💆 DE-STRESS BODY TREATMENT
Specifically formulated essential oil blends release muscle tension and de-stress an overworked mind. Includes exfoliation, wrap and half hour massage. A take home gift is yours to enjoy. | 80 min

👶 MOTHER-TO-BE OR NEW MOTHER WRAP
Nourish the body from head to toe while restoring skin’s condition and refining stretch marks. Includes exfoliation, mother and baby safe essential oil 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
Designed to harness the most powerful detoxifying elements and techniques to leave you absolutely revitalized. Includes exfoliation, warm Himalayan salt stones, volcanic clay combined with pure essential oils, salt soak and massage. | 80 min

🍃 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. A take home gift is yours to enjoy. | 75 min

FOOT TREATMENTS

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GROVE PARK CLASSIC MASSAGE WITH WELLNESS POD
Elevate your massage experience with this multi-sensory treatment pod, offering unique features that leave you rebalanced, rejuvenated and transformed. The Pod offers healing far infrared heat, adjustable thermal sauna, gem stone 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. 80 min

COLOR AND LIGHT WRAP WITH AURA IMAGING
This one of a kind treatment begins and ends with a special aura capturing photograph to be interpreted by your specially trained therapist. Includes exfoliation and customized color clay body wrap. You’ll experience the wrap portion in our exclusive Therapeutic Wellness Pod, with music, colored lights, mild heat and aromatherapies to achieve your ultimate balance. 80 min

DEEP MEDITATION
Relax the nerves and calm your mind with this supremely unique treatment that includes detoxifying dry body brushing, application of a special essential oil blend and guided meditation with binaural beats music designed to transport you into a state of deep relaxation. 80 min

THERAPEUTIC WELLNESS POD TREATMENTS

STRESS FREE
SUNSHINE
RELAXATION
REJUVENATE

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

All pricing, services and hours of operation are subject to change without notification. Holiday and peak season pricing will vary.

ADVANCE APPOINTMENTS
We strongly recommend making your Spa appointments when you make your room reservation. Weekend appointments should be booked a minimum of 3 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 spa guests, tours of the facility are not available.

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, relaxation and privacy by refraining from using cell phones and cameras while at The Spa. We encourage 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 and bringing outside food or beverage is not permitted.

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 by 8:00am. 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 service providers in providing the best treatment experience possible and ensure your safety and comfort. We encourage you to disclose any pertinent health conditions that may affect your Spa experience.

THE SPA BOUTIQUE
Take your spa experience home with a variety of skin, bath and wellness 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 options.

THE SPA CAFÉ
Located adjacent to The Spa’s main entrance, The Spa Café is open for breakfast and lunch daily. Guests may dine either in the café itself or by the outdoor pool service is available, weather permitting. Menu offerings include a delicious variety of fresh juices, smoothies, artisan salads, specialty sandwiches and other tasty items to enjoy.

IMPORTANT SPA INFORMATION
## SPA MENU PRICING

Inaugural Days - Monday – Thursday  
Pinnacle Days - Friday – Sunday

### SKIN CARE

**ULTIMATE FACIAL**  
110 minutes  
Inaugural Days \$470  
Pinnacle Days \$510

**REVERSIVE FACIAL**  
80 minutes  
Inaugural Days \$249  
Pinnacle Days \$290

**FIRMING FACIAL**  
80 minutes  
Inaugural Days \$249  
Pinnacle Days \$290

**BRIGHTENING FACIAL**  
80 minutes  
Inaugural Days \$249  
Pinnacle Days \$290

**COLLAGEN FACIAL**  
80 minutes  
Inaugural Days \$249  
Pinnacle Days \$290

**GENTLEMEN’S SKIN-CARE TREATMENT**  
80 minutes  
Inaugural Days \$215  
Pinnacle Days \$239

**GROVE PARK CLASSIC FACIAL**  
80 minutes  
Inaugural Days \$215  
Pinnacle Days \$239

**SKIN CARE ENHANCEMENTS**  
*Only available with the Grove Park Classic Facial.*

**EYE BRIGHTENER**  
\$30

**AGELESS HANDS**  
\$30

### MASSAGE TREATMENTS

**BLUE RIDGE SYMPHONY MASSAGE**  
80 minutes  
Inaugural Days \$249  
Pinnacle Days \$290

**GROVE STONE MASSAGE**  
75 minutes  
Inaugural Days \$239  
Pinnacle Days \$285

**AROMATHERAPY MASSAGE**  
80 minutes  
Inaugural Days \$239  
Pinnacle Days \$285

**ARNICA AND HOT TOWEL MASSAGE**  
80 minutes  
Inaugural Days \$229  
Pinnacle Days \$275

**DEEP TISSUE MASSAGE**  
80 minutes  
Inaugural Days \$229  
Pinnacle Days \$270

50 minutes  
Inaugural Days \$179  
Pinnacle Days \$200

**GROVE PARK CLASSIC MASSAGE**  
80 minutes  
Inaugural Days \$199  
Pinnacle Days \$240

50 minutes  
Inaugural Days \$159  
Pinnacle Days \$180

**MOUNTAIN VIEW MASSAGE**  
80 minutes  
Inaugural Days \$229  
Pinnacle Days \$270

50 minutes  
Inaugural Days \$179  
Pinnacle Days \$210
### Massage Treatments

**Maternity Massage**
- 80 minutes: Inaugural Days $199, Pinnacle Days $240
- 50 minutes: Inaugural Days $159, Pinnacle Days $180

**Head in the Clouds Massage**
- 50 minutes: Inaugural Days $159, Pinnacle Days $180

**Couple's Retreat**
- 110 minutes: Every Day $540

**Couple's Massage**
- 80 minutes: Every Day $489
- 50 minutes: Every Day $370

### Massage Enhancements

**Aura Imaging Photo**
- Before or after $40
- Before and after $70

**Healing Hands Treatment** $30

**Refreshing Foot Treatment** $30

**Scalp Refresher** $30

**Dry Body Brushing** $30

**Warm Herbal Poultice** $30

**Reflexology** $30

### Body Treatments

**Fire, Rock, Water and Light**
- 80 minutes: Inaugural Days $269, Pinnacle Days $315

**Mountain Honey Wrap**
- 80 minutes: Inaugural Days $249, Pinnacle Days $290

**De-Stress Body Treatment**
- 80 minutes: Inaugural Days $269, Pinnacle Days $310

**Mother-to-Be or New Mother Wrap**
- 80 minutes: Inaugural Days $249, Pinnacle Days $290

**Detox Body Treatment**
- 80 minutes: Inaugural Days $269, Pinnacle Days $310

**Total Indulgence Body Treatment**
- 75 minutes: Couples Every Day $540
- Individual Inaugural Days $249
- Individual Pinnacle Days $290

### Foot Treatments

**Mountain Honey Pedicure**
- 60 minutes: Inaugural Days $120, Pinnacle Days $130

**Mother-to-Be Pedicure**
- 60 minutes: Inaugural Days $120, Pinnacle Days $130

**Hiker's Delight Pedicure**
- 50 minutes: Inaugural Days $120, Pinnacle Days $130

**Seasonal Pedicure**
- 50 minutes: Inaugural Days $120, Pinnacle Days $130
THERAPEUTIC WELLNESS POD TREATMENTS

GROVE PARK CLASSIC MASSAGE WITH WELLNESS POD
80 minutes
Inaugural Days $229
Pinnacle Days $249

COLOR AND LIGHT WRAP WITH AURA IMAGING
80 minutes
Inaugural Days $249
Pinnacle Days $290

DEEP MEDITATION
80 minutes
Inaugural Days $229
Pinnacle Days $249

SPA ACCESS DAY PASS
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.
Day Pass $90

All prices, services and hours of operation are subject to change without notification. Holiday and peak season pricing will vary from price listed. Please call 800-438-5800 for pricing.

For your convenience, a 20% service charge is automatically added to your bill and distributed to the staff.

All massage and bodywork services are provided by North Carolina licensed massage and bodywork therapists.

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