

Essentials

Massages

NECK-BACK-SHOULDERS

Good for those who don't have time for the full 50 minute massage. This massage concentrates on the areas that need it the most.
25 min \$60

HANDS AND FEET

Focuses on the most exhausted parts of your body.
25 min \$60

Facials

GENTLEMEN'S

The Gentlemen's Facial includes a deep cleansing mask to purify the skin, drawing out impurities while infusing the complexion with restorative Vitamin C. This leaves your skin recharged, balanced and fresh.
25 min \$60

RELAXATION

Our express facial includes a thorough cleansing, exfoliation, steam, masque and moisturizer to brighten the complexion leaving your skin recharged, balanced and fresh.
25 min \$60

Body Treatments

FULL BODY DRY BRUSHING

After the body has been dry brushed, a light body lotion or oil application will help to re-hydrate the skin, leaving your body soft and smooth.
25 min \$45

DEAD SEA SALT POLISH

Journey to the Dead Sea and experience an invigorating, exfoliating and moisturizing body treatment. A mixture of scented oils and Dead Sea Salts are applied to the body, stimulating circulation and softening skin.
25 min \$60

BACK FACIAL

This facial is designed to reach that unreachable area. Your back will feel as good as new after being cleansed, exfoliated and masked.
25 min \$60

Nails

EXPRESS PEDICURE

Our most efficient pedicure service. After soaking in our jetted foot bath, nails are reshaped, cuticles repaired and soles are buffed. This is finished with the polish of your choice. (French Finish is unavailable)
25 min \$40

EXPRESS MANICURE

Nails are reshaped and cuticles repaired. Receive a moisturizing lotion application. This is finished with the polish of your choice. (French Finish is unavailable)
25 min \$40

POLISH CHANGE

Additional to any nail treatment \$10

SOAK OFF (GEL POLISH)

This service is for clients with acrylic/gel polish that needs to be removed from the nails prior to the service \$10

FRENCH MANICURE OR PEDICURE

Add to any Deluxe or Signature Nail Treatment \$15

Enhancements

AROMATHERAPY

Enhance your massage by adding essential oil. This will promote calming, energizing and cleansing effects on the body.
\$10

MARINE EYE AND LIP FACIAL

First, our eye treatment is massaged directly to the eye zone, followed by a marine collagen eye and lip mask that delivers therapeutic elements for the improvement of your skin. Can be done as an add on to any facial or as a treatment by itself.
25 min \$55 Add to any 50 or 80 min facial for \$35

ORGANIC THREE-STEP LIP TREATMENT

Erase dryness and treat your lips to a naturally effective three-step treatment. Gentle fruit enzymes refine the lip area, followed by an extra rich masque that deeply hydrates. Finish with a minty non-petroleum based balm that stimulates lip-plumping collagen.
Add to any Facial for \$35

GEL POLISH

Add to any Signature or Deluxe Nail Service

WAXING

Brow \$20 • Lip \$20 • Chin \$20 • Underarm \$30 • Bikini \$30 and up
Half Leg \$45 • Whole Leg \$75 • Back \$75 and up

Café Spa

Meals served in the Spa are available for purchase from the Spa front desk and room service.



The SPA
at
GRANDOVER

The Spa at Grandover
One Thousand Club Road
Greensboro, NC 27407

Phone: (336) 834-4889
Fax: (336) 851-9499
www.grandover.com/spa

Spa Policies

- All appointments must be held with a credit card.
- Gratuities are not included in the price of the service.
- A 6-hour cancellation is required to avoid being charged for any service. All no-shows are charged at full value.
- Late arrivals will not receive an extension of services. Please check in at the Spa reception desk at least 15 minutes prior to your first scheduled service.
- Children under the age of 16 are not permitted to receive services.
- Rates and services are subject to change without notice.
- Use of fitness center, sauna, steam room, hot tub and swimming pool is complimentary with any Classic, Deluxe or Signature service.
- Please be sure to inform us when making your appointment if you are pregnant, have high blood pressure, allergies, heart ailments, cancer or any condition that may be contraindicated for heat therapies, massage or skin care.
- Gift cards are available for purchase at the Spa.

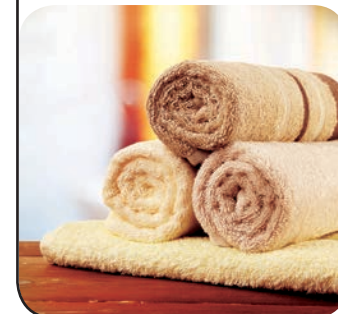


The SPA
at
GRANDOVER

• SPA SERVICES •



For appointments call: (336) 834-4889
www.grandover.com/spa



Signature

Massages

DEEP TISSUE

Concentrating on the deeper layers of muscle tissue, this massage aims to release the chronic patterns of tension in the body through slower strokes and moderate to deep pressure.

50 min \$110 80 min \$160

VOLCANIC STONE

Experience a luxurious and relaxing massage combined with deep heat therapy. Warm, smooth basalt stones are used by therapists to manipulate muscle tissue.

50 min \$105 80 min \$155

Facials

ORGANIC VITASKIN

We have three amazing VitaSkin Facials for the specific facial care needs. **Firm Skin** helps minimize fine lines and wrinkles by firming and tightening. **Calm Skin** reduces inflammation, signs of redness and hyper pigmentation are minimized. **Clear Skin** removes impurities helping to heal and prevent blemishes.

80 min \$140

STIMULASTINE ANTI AGING

This facial is great for all skin types and focuses on the improvement of fine lines and deep wrinkles. Your facial begins with an aromatic compress. Once your skin has been cleansed and exfoliated, a customized elixir will embrace the skin promoting the regenerative effects of 19 essential amino acids.

80 min \$150

Body Treatments

BLUEBERRY DETOX FIRING WRAP

Begins with a dry brushing of your entire body and a gentle exfoliation with a blueberry soy sugar scrub. Organic Blueberry Detox Firing Peel will be manipulated into your skin, then your body will be cocooned in warm towels and blankets. A scalp massage will calm the mind as your skin is being nourished. This is finished with an application of an organic Blueberry Souffle.

80 min \$165

ORGANIC CINNAMON PAPRIKA FIRING WRAP

Herbs, spices and biflavonoids melt cellulite through high blood circulation followed by deep tissue manipulation with firming Cinnamon Paprika Body Lotion. Not for extremely sensitive skin.

80 min \$165

Nails

SIGNATURE PEDICURE

A sugar scrub is applied to exfoliate dead skin and stimulate poor circulation. A mask is applied to your skin and your feet are wrapped in warm towels. Warmed stones and a warm paraffin dip softens and restores your skin. Next, we will lavish your skin with a moisturizer. This is finished with the polish of your choice.

60 min \$95

SIGNATURE MANICURE

A sugar scrub exfoliation helps increase circulation. A mask is applied and your hands are wrapped in warm towels. Warmed stones and a warm paraffin dip softens and restores skin. Next we will lavish your skin with a moisturizer and massage. This is finished with the polish of your choice.

60 min \$80

Deluxe

Massages

REFLEXOLOGY

Massage performed on the pressure points work directly on the organs in which they relate to boost the immune system, relieve fatigue and stimulate circulation.

50 min \$90

PRENATAL (Must be past 14 weeks)

This massage is designed for the expectant mother. Your specially certified therapist is trained to pay special attention to the areas that bother you most during pregnancy resulting in decreased water retention and muscle tension.

50 min \$90 80 min \$145

SPORTS MASSAGE

Alleviate the stress and tension built up in the body's soft tissues during physical activity. Drain fatigue, relieve swelling, and reduce muscle tension to promote flexibility and prevent injury.

50 min \$100 80 min \$150

Facials

ULTRA RADIANCE

This treatment will deeply cleanse, fully exfoliate and wholly hydrate the skin. Powerful herbal antioxidants and natural nutrients combine to correct skin texture and tone.

50 min \$110

ARCTIC BERRY ILLUMINATING

This facial gives you the results of a chemical peel or microdermabrasion using natural and organic skin care. The transformation begins with exfoliation, followed by an activating peel to reveal your skin's true luminosity.

50 min \$115

Body Treatments

HERBAL BODY WRAP

This treatment begins with dry brushing to exfoliate the skin and increase circulation. You are then wrapped up in our detoxifying blend of herbs. To complete the service a moisturizer is applied to soften the skin.

50 min \$115

WARM HONEY COCOON BODY WRAP

Raw sugar cane crystals and an organic intoxicating honey elixir weave together to create a richly scented experience.

50 min \$115

Nails

DELUXE PEDICURE

Let your tension dissolve as you soak your feet in a warm bath. Nails are shaped, cuticles repaired and problem skin is buffed. Skin is exfoliated with a scrub on feet and ankles. A warm paraffin dip follows with an invigorating massage. This concludes with a moisturizer and polish of your choice.

50 min \$80

DELUXE MANICURE

After a warm bath, nails are shaped and cuticles are repaired. Skin is exfoliated with a sugar scrub on wrists and hands. A warm paraffin dip follows with an invigorating massage. This concludes with a moisturizer and polish of your choice.

50 min \$70

Classic

Massages

SWEDISH

Using long strokes and kneading techniques, this classic form of full body massage uses mild to moderate pressure.

50 min \$90 80 min \$140

Facials

PURIFICATION

This herbal treatment is created to decongest and purify stagnant skin. The perfect herbal combinations work together to soften skin tone and restore your natural glow.

50 min \$90

GENTLEMEN'S

A skin toning facial tailored to the specific needs of men. The Gentlemen's Facial includes a deep cleansing mask to purify the skin, drawing out impurities while infusing the complexion with restorative Vitamin C.

50 min \$90

Body Treatments

DEEP SEA SALT POLISH

A mixture of scented oils and Dead Sea Salts is applied to the body leaving you smooth and glowing.

50 min \$95

Nails

EXPRESS COMBO

Nails are reshaped and cuticles repaired. Receive a moisturizing lotion application and the nails are finished with the polish of your choice. (French finish is unavailable)

50 min \$85

The Couple's Experience

Enjoy a moment for the two of you. See massages for descriptions.

COUPLE'S SWEDISH

50 min \$180 80 min \$280

COUPLE'S DEEP TISSUE

50 min \$220 80 min \$320

COUPLE'S VOLCANIC STONE

50 min \$210 80 min \$310

Packages

CLASSIC PACKAGE

50 min Swedish Massage • Purification Facial
\$180/person

DELUXE PACKAGE

50 min Sports Massage • Ultra Radiance Facial • Deluxe Manicure
• Deluxe Pedicure
\$360/person

SIGNATURE PACKAGE

80 min Volcanic Stone Massage • Organic Vita Skin Facial • Organic Cinnamon Paprika Firing Wrap • Signature Mani/Pedi
\$630/person