



EXFOLIATIONS

ORGANIC BODY GLOW

Start with your choice of three aromatic organic fragrances. You will receive an invigorating exfoliation with organic sea salt followed by an application of a richly moisturizing body lotion or oil, leaving your skin soft and refreshed. *(Not recommended for anyone who has a sunburn or very delicate skin. Ladies should not shave their legs on the day they receive this service)* 50 min. / \$140

BODY POLISH

Exfoliate with our Signature Body Polish product while being drenched in our Vichy shower, evoking the idyllic sensation of falling rain. A soothing application of our chamomile and green tea Signature Umstead Body Butter completes this experience. 50 min. / \$140

BABASSU SUGAR SCRUB

This sugar scrub is a stimulating 100% organic experience combining aromatherapy with exfoliating and moisturizing products. Your body is gently scrubbed with a combination of raw organic sugar and oil from the Babassu Palm, leaving your skin smooth and glowing. 50 min. / \$140

RED ISLAND RITUAL

A complete sensorial journey commences with a body exfoliation with orange and apricot fruit seeds, essential oils, spices and nourishing oils. Then, a relaxing body treatment with warm exotic oils and a unique to Decléor, acai wood tool allows the therapist to focus on areas of tension and stress, completes this renewing experience. 80 min. / \$175

BODY RITUALS

MOISTURIZING BUTTERMILK AND HONEY WRAP

A full body exfoliation with a Babassu Sugar Scrub begins this highly nourishing treatment. Next, you are drenched in a warm masque of buttermilk and honey then wrapped to ensure the product can achieve its maximum penetration. Enjoy your choice of a scalp or foot massage complete with an application of rich Babassu body crème. 80 min. / \$165

RED FLOWER JAPAN RITUAL

This ritual is founded on the principle of stimulating circulation by blending layers of exceptional ingredients and pure scents deeply into the skin. Your journey begins with Ginger Grass Bamboo Scrub for a total exfoliation. The body is then cleansed with Mimosa Sea Algae Wash, after which Plum Soft Water Mist is used to nourish and soften the skin. Your treatment concludes with an application of Kinmoxei Silk Oil. 80 min. / \$165 100 min. / \$220

RED FLOWER HAMMAM RITUAL

The ritual uses rich essential oils and begins with an exfoliation of Lemon Coffee Blossom Scrub. The body is then cocooned in warm white clay, which cleanses and detoxifies the skin. Rich aromas of Moroccan Mint Tea and Orange Quince Mist abound. This ritual concludes with an application of Cardamom Amber Oil used to warm and relax the body. 80 min. / \$165 100 min. / \$220

CHERRY BLOSSOM RITUAL

By reviving and balancing your energy, this treatment will make you feel blissful and relaxed. Experience a warm, non-abrasive enzyme exfoliation of lemon and papaya, then an extended luxurious foot massage along with an application of warm Cherry Blossom Shea Butter in long relaxing strokes to nourish and moisturize your skin. 80 min. / \$165

To enhance your experience, add a bath ritual to your treatment to soothe dry skin, relax the mind, or invigorate the senses. 20 min. / \$85

Please inform Spa Reception if you are pregnant. The Cherry Blossom Ritual is the only Body Ritual we will provide to expectant mothers.



MASSAGE THERAPIES

SWEDISH MASSAGE

Relieve muscle tension and promote relaxation with a full body massage. Long broad stroke movements are used with the intent to relax the mind and body.

50 min. / \$140
80 min. / \$165

DEEP TISSUE MASSAGE

Focusing on the deeper layers of muscle tissue, this massage is both corrective and therapeutic in breaking down knots and aiding in muscle recovery.

50 min. / \$160
80 min. / \$185

AROMATHERAPY MASSAGE

After a brief consultation, your therapist will help you choose a blend of essential oils to improve your physical, emotional, and spiritual well-being.

50 min. / \$140
80 min. / \$165

THERAPEUTIC MASSAGE

Concentrating on specific areas of the body, this treatment is ideal for the sports enthusiast. Increased flexibility and range of motion are a few of the benefits of this therapeutic treatment.

50 min. / \$160
80 min. / \$185

To enhance your experience, add a bath ritual to your treatment to soothe dry skin, relax the mind, or invigorate the senses.

20 min. / \$85

CUSTOM MASSAGE

Design a massage that is customized to meet your needs. Focus on a specific area or choose a combination of Deep Tissue, Aromatherapy, Hot Stone, and Therapeutic techniques to relax and relieve muscle tension. (25 minute treatment available Monday through Thursday only)

25 min. / \$85
50 min. / \$150
80 min. / \$180

COUPLES MASSAGE

Share a relaxing massage with a partner in our Couples Suite. Each partner can select from Swedish, Deep Tissue, Aromatherapy or Mother-to-Be.

50 min. / \$280 to \$320
80 min. / \$330 to \$370

THE RETREAT

Begin this couple's retreat by sharing a relaxing bath for two in our soaking tub overlooking nature. Once relaxed, get swept away in a dual 50 minute Massage. Customize the massage experience to your liking between Swedish, Deep Tissue, Aromatherapy or a combination. This experience includes a glass of champagne.

100 min. / \$400

MOTHER-TO-BE MASSAGE

Designed to relieve tension and stress put on a mother's body during pregnancy, the Mother-to-Be Massage aids in diminishing hip and back pain and improving circulation. Enjoy the ease of a side-lying position for the ultimate in comfort. (This massage cannot be performed during the first trimester or for those experiencing a high-risk pregnancy)

50 min. / \$160
80 min. / \$185

Please inform Spa Reception if you are pregnant. Mother-to-Be massage is the only massage we will provide to expectant mothers.



FACIAL TREATMENTS

EUROPEAN FACIAL

Cleansing, exfoliation, masking and hydration are all of the basic ingredients for healthy skin. The European Facial encompasses all of these elements plus a relaxing facial massage and can be customized for any skin type. *(Upgrade your facial with additional enhancements designed to address your specific needs)* 50 min. / \$140 upgrade 75 min. / \$180

BRIGHTENING FACIAL

Illuminate your skin with this relaxing facial that addresses uneven skin tone and discoloration. The concentrated special ingredients of Vitamin C helps to brighten and even skin tone. 75 min. / \$170

ORGANIC FACIAL

Ideal for those seeking a 100% organic experience, this facial uses De La Terre products that are completely synthetic and gluten-free, vegan and organic. There are no parabens or petrochemicals or mineral oils, which provides a nurturing and holistic facial experience. 50 min. / \$140

GENTLEMEN'S FACIAL

This facial uses skin care products created especially for a gentleman's skin. The application of warm, moist towels throughout the facial plus a series of relaxing massages for the scalp, face, neck and shoulders will leave your face feeling smooth and firm. 50 min. / \$140

FACIAL TREATMENT ADD ONS

Eye Contour Therapy	\$35	Micro Current Therapy Face Only	\$45
Lip Therapy	\$25	Micro Current Therapy Face and Neck	\$65
LED Light Therapy	\$30		

WAXING & TINTING

Services are available, inquire within.

Please inform Spa Reception if you are pregnant. The European, Organic, Vitamin C, Soothing Treatment, and Valmont Collagen are the only Facial Treatments we will provide to expectant mothers.

INTENSIVE SKIN CARE

VALMONT COLLAGEN FACIAL

This skin-firming, 100% collagen mask is like a "biological face-lift". Through unique and exclusive treatment protocols, the Valmont treatment is easily distinguished from all others notably because of the "Butterfly Movement". Thanks to its combination of active ingredients, it helps reactivate the skin's deficient natural functions and from the very first application, the appearance of the upper layers of the skin is visibly and lastingly improved. Skin instantly recovers its natural resilience, suppleness and radiance. 75 min. / \$245 Eye Contour add on \$50 Decollette add on \$50

CUSTOM PEEL

This peel lifts away dead surface cells and increases skin cell activity, thus revealing a more uniform complexion and softer, smoother skin. 50 min. / \$150

SKIN PERFECTING FACIAL

This skin rejuvenating facial combines healing herbal products, a customized peel, and a Vitamin C mask to boost your skin's natural radiance and beauty. It helps equalize skin pigmentations, promotes skin firming, helps fight breakouts and aids in moisturizing. You will also enjoy a luxurious hand and foot massage while the mask is penetrating and replenishing your skin. Please enjoy the spa facilities prior to your treatment to avoid facial inflammation. *(Vitamin A Crème and Retinoid should not be used five days prior to receiving this facial. You should not experience this facial if you are pregnant)* 75 min. / \$175

THE SOOTHING TREATMENT

This treatment is ideal for dehydrated, aging and environmentally damaged skin types. The use of specific cleansing, toning, masque and protective products will help to leave a healthier, firmer appearance to the skin. 50 min. / \$140

ACNE TREATMENT

This is designed for the treatment of inflamed, irritated, acne-prone skin. This treatment includes a detoxifying masque and soothing corrective and protective products. 50 min. / \$140



MANICURES

PURE MANICURE

A simple manicure, designed to quickly clean, trim and shape your nails for a fresh, new look. Treatment does not include polish.

30 min / \$35

CLASSIC MANICURE

This relaxing manicure will rejuvenate your hands, nails and cuticles. Buffing or polish application is the finishing touch for this nourishing treatment.

40 min. / \$50

THE UMSTEAD LUXURY MANICURE

Our luxury manicure includes a warm cream conditioning treatment for your cuticles and nails. After a hand and forearm exfoliation, you are then treated to a soothing hand massage followed by a paraffin treatment for the ultimate indulgence in hand and nail care.

50 min. / \$60

THE UMSTEAD ORGANIC MANICURE

Soften hands with a gentle exfoliation of sea salt followed by a massage with a luxurious moisturizing lotion. Your nails will then be cut and shaped and your cuticles softened with a polish or a buffing to complete this delightful service.

40 min. / \$50

SHELLAC MANICURE

Shellac combines the ease of polish with the permanence of gel nails. This treatment wears flawlessly for 14 days and is UV cured which creates zero drying time. *(Please inform our reservations department if you are currently wearing shellac polish, as they will need to schedule a removal)*

45 min. / \$75

French Polish	added to any nail service	\$10
Hand Paraffin	added to any nail service	\$10
Polish Change	added to any nail service	\$25
Shellac Removal	added to any nail service	\$10

PEDICURES

PURE PEDICURE

This basic pedicure treatment is perfect for a quick clean and trim. Treatment does not include polish.

40 min / \$45

CLASSIC PEDICURE

The calming and conditioning begins with a warm, aromatic soak. Nails are cut and shaped, cuticles are softened and perfected, feet are exfoliated and then massaged with our soothing Umstead Body Butter. A polish application or buffing completes the experience.

50 min. / \$70

THE LUXURY PEDICURE

This pedicure is the ultimate in luxury. Your lower legs and feet are exfoliated and lightly massaged, then treated to a warm paraffin wrap to enhance the benefits of the conditioning products. A polish application or buffing plus a glass of wine or champagne concludes this service.

75 min. / \$85

THE ORGANIC PEDICURE

The organic fragrances of Indian Jasmine, French Lavender, and Moroccan Rose used in this pedicure give your feet a blissful experience while captivating your senses. Your feet will begin to relax as they are soaked, followed by a gentle exfoliation and moisturizing massage. To complete this service, a buffing or polish is applied.

50 min. / \$75

French Polish	added to any nail service	\$15
Foot Paraffin	added to any nail service	\$15
Polish Change	added to any nail service	\$30

** Please note we cannot perform nail services to guests currently wearing artificial nails such as acrylic, gel, or silk nails*



THE UMSTEAD SPA

SPA EXPERIENCES

DOGWOOD

This package begins with a Therapeutic Massage to take away your aches and pains. The finishing touch is a Gentleman's Facial, which soothes away remaining tension with the use of hot towels and a relaxing scalp massage.

100 min. / \$275

SMOKY QUARTZ

This package combines a few of our most soothing and gratifying treatments, the Swedish Massage, Classic Manicure and Classic Pedicure. This series is ideal for restoring balance and harmony.

140 min. / \$235

WILDFLOWER

This custom-built package allows you to pick three or more of our 45 minutes, 50 minutes, or 75 minutes treatments for the day and receive 10% off your complete sessions of treatments.

Price varies based on selection.

SIGNATURE SERIES

Receive one complimentary service with the purchase of a series of five of the same service. Please inquire with Spa Reception. Price varies based on selection.

SEASONAL TREATMENTS

Be sure to inquire about our seasonal treatment options, designed to restore the mind and body in preparation for the changing weather.

THE EMERALD

Transform yourself with the life balancing and purifying benefits of our Emerald experience beginning with a dry brushing treatment that focuses on key areas to start the detoxification process. Then soak in warm water blended with mineral salts and herbs in a chromo therapy tub, sinking you into relaxation for the body and mind. A warm massage oil is then used in a calming Swedish massage that will relax your body and balance your mind. This treatment concludes with a refreshing detoxifying juice that will vitalize your body putting you on course toward good health and wellness.

100 min. \$270

A WALK IN THE WOODS

Nothing is more inspiring than an unrushed stroll through the forest. Let us take you on an escape with a day devoted to replenishing your body and giving your mind a breath of fresh air. The experience will include your choice of a full body Babassu Sugar Scrub or Swedish Massage, a renewing European Facial, and a Classic Manicure and Classic Pedicure. A glass of champagne is included in this package.

4 hours of serenity / \$365

For a full spa experience, we highly recommend reserving a table for lunch in our signature restaurant Herons to enjoy our Spa inspired Restore menu as a health and wellness option.

For your convenience, a 20% service charge will be added to all services and packages.

THE UMSTEAD SPA EXPERIENCE

The Umstead Spa offers 16,000 square feet of relaxation and rejuvenation space spanning two stories within The Umstead Hotel. Separate men's and women's lounges with whirlpool, steam and sauna soothe, and plush resting areas serve as the ideal place for soaking in your time. A spacious coed lounge, outdoor current pool and meditation garden serve as tranquil environments to be with one another. The Umstead Spa combines original artwork, soothing textures and a heightened level of service to prepare you for your journey.



THE UMSTEAD SPA

IMPORTANT INFORMATION

AGE

You must be 18 years of age or older to enjoy our services and facilities. Guests under the age of 18, when accompanied by an adult, may receive a manicure or pedicure.

ARRIVAL

Parking is available at The Umstead Spa as well as complimentary valet parking at the hotel's front entrance. If you are receiving a facial, body treatment or massage we ask that you arrive at least 30 minutes prior to your scheduled appointment. For nail care appointments, please arrive 10 minutes prior to the scheduled time. All appointments begin with a brief consultation with your therapist and conclude at the scheduled time.

CANCELLATIONS OR MISSED APPOINTMENTS

To better serve our guests we ask that you provide us with 24 hours notice if you need to cancel or reschedule your appointment to avoid being charged the entirety of your service. All "No-shows" will be charged in full to your credit card or room. We request 72 hours notice for cancellation of any spa package or appointments for parties of five or more.

HEALTH CONSIDERATIONS

Please be sure to inform your reservations agent if you are pregnant, have high or low blood pressure, any physical ailments, nail conditions, allergies, or any other concerns that may prohibit massage, skin care therapies or exposure to heat. We discourage excessive alcohol consumption prior to, during or immediately following Spa treatments, sauna, steam or whirlpools. Please avoid immediate sun exposure following skin care therapy.

FACILITY USAGE & FEES

Due to availability, beginning Friday at noon through Sunday at noon, we limit appointments to hotel guests only. We release all appointments to the general public at 10:00 am the Thursday prior and encourage local guests to call at that time for weekend availability. The use of The Spa facilities is complimentary to hotel guests Monday through Thursday. Facility usage includes the locker rooms, steam, sauna, whirlpool, lounges, co-ed current pool and meditation courtyard. Friday through Sunday the Spa facilities are available for guests receiving treatments valued at \$100 or more only. Non-Hotel guests may visit The Umstead Spa Monday through Thursday and enjoy access to the outdoor seasonal pool, fitness center and all of the amenities of the spa when receiving treatment(s) valued at \$100 or more.

NOTE: Gender separate areas of the Spa are clothing optional; swimsuits are required for co-ed outdoor current pool.

HOURS OF OPERATION

The Spa is open daily from 8:00 a.m. – 8:00 p.m.

RESERVATIONS

919-447-4170 / spa@theumstead.com

SERVICE CHARGE

For your convenience, a 20% service charge will be added to all services and packages. If you feel you have received exceptional service, additional gratuities may be left at your discretion.

For your convenience, a 20% service charge will be added to all services and packages.



IMPORTANT INFORMATION *(continued)*

DINING

Please enjoy healthy snacks and beverages on the second floor of The Spa with our compliments. For a full spa experience, we highly recommend reserving a table for lunch in our signature restaurant Herons to enjoy seasonal menus with locally sourced ingredients or the all day menu available in the Bar and Lounge.

ELECTRONIC DEVICES

To help facilitate a serene environment, we do not offer WiFi within the confines of the spa. Please download any magazines or books prior to entering the spa. Electronic devices are not permitted in the treatment rooms or wet areas.

FITNESS

Featuring an expansive cardio section, strength training equipment as well as floor space for stretching and yoga, our Fitness Studio is open 24/7 for overnight guests of the hotel, Spa guests Monday – Thursday only.

GIFT CARDS

The ideal gift for any occasion, The Umstead Gift Card is available for purchase in any dollar amount and redeemable throughout The Umstead Hotel and Spa. Cards must be presented at the time of the service to be redeemed. The Spa is not responsible for lost or stolen cards. Gift Cards are non-refundable. Please review facility usage and fees for limitations. Prices are subject to change.

PERSONAL POSSESSIONS

Please avoid bringing jewelry or other valuables to The Spa. If you are a guest of the hotel, please leave your valuables in your guestroom safe or in a hotel safety deposit box. The Spa is not responsible for broken or misplaced items.

RETURN POLICY

If you are not satisfied with a product you have purchased, it must be returned within 7 days with proof of purchase in order to receive a credit or to exchange it for a more suitable product. Returns without a receipt will receive spa credit only.

SMOKING

The Umstead Spa is a non-smoking facility.

CELEBRATIONS AND GROUP EXPERIENCES

Let us customize a package for that special group event or person. Ideal for bridal parties, client appreciation, or celebrating with friends and family. Please inquire within.

THE SPA BOUTIQUE

The boutique nestled in The Umstead Spa is the perfect place to find a gift for a loved one, or a treat to take home.

