



THE UMSTEAD SPA

## EXFOLIATIONS

### 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. *(Available Monday through Thursday.)*

50 min. / \$145

### 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. / \$145

## TREATMENT ADD ONS

### MASSAGE

Choose from a custom massage, reflexology massage, or foot massage.

25 min. / \$90

### BATH RITUAL

To enhance your experience, add a bath ritual to your treatment to soothe dry skin, relax the mind, or invigorate the senses. *(Available Monday through Thursday.)*

25 min. / \$90

## 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 cream.

80 min. / \$170

### 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. / \$170

### RED FLOWER HAMMAM RITUAL

The ritual uses 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. Ritual is then concluded with an application of Cardamom Amber Oil used to warm and relax the body.

80 min. / \$170    100 min. / \$220

### 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 a relaxing application of Kinmoxei Silk Oil to the body and Plum Blossom Silk Cream to hands, feet, and décolleté.

80 min. / \$170    100 min. / \$220

*Please inform Spa Reservations if you are pregnant. Expecting mothers past the first trimester may receive the Cherry Blossom Ritual.*

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





THE U M S T E A D SPA

## MASSAGE THERAPIES

### SWEDISH MASSAGE

Relieve muscle tension and promote relaxation with a full body massage. The long strokes of the Swedish massage aid in muscle relaxation and promote circulation. Enhance your massage with the addition of aromatherapy by selecting from one of our calming scents.

Swedish or Aromatherapy 50 min. / \$145  
80 min. / \$170

### CUSTOM MASSAGE

Design a massage that is customized to meet your needs. Choose a combination of Swedish, Aromatherapy, Hot Stone, Deep Tissue, and Therapeutic techniques or focus on a specific area to relax and relieve muscle tension

50 min. / \$165, choose a combination of two techniques.  
80 min. / \$195, choose a combination of three techniques.

### 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. / \$155  
80 min. / \$180

### THE PIEDMONT EXPERIENCE

Regain your footing with this indulgent treatment that will relax you from head to toe. The Piedmont Experience will increase blood and lymph circulation through acupressure and a rocking rhythm technique applied with warm herbal compression balls infused with herbs and spices designed to relieve the body of toxins and tension. The compression balls are then a gift to you to continue the experience at home as soak for your next bath.

80 min. / \$210

### COUPLES MASSAGE

Share a relaxing massage with a partner in our Couples Suite. Each partner can select from Swedish, Mother-to-Be, or Customize your massage with a combination of techniques. Pricing based per person.

Swedish 50 min. / \$145  
80 min. / \$170

Mother-to-Be 50 min. / \$155  
80 min. / \$180

Custom 50 min. / \$165, choose a combination of up to two techniques.  
80 min. / \$195, choose a combination of up to three techniques.

### THE RETREAT

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

100 min. / \$410

*Please inform Spa Reservations if you are pregnant. Expectant mothers past the first trimester may receive the Mother-To-Be massage.*

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## FACIAL TREATMENTS

### EUROPEAN FACIAL

Perfect for any skin type, our European Facial combines sophisticated techniques with essential oils and natural active ingredients designed to meet your specific skincare needs. The face is cleansed, exfoliated, and toned before a customized mask is applied, leaving skin healthy and refreshed.

50 min. / \$145

### ENHANCED EUROPEAN FACIAL

Upgrade your European Facial for a more concentrated experience tailored to your skin's needs. Focusing on lifting the skin, this revitalizing facial addresses signs of aging with a hydrating mask while a pressure-point facial massage increases lymphatic drainage and reduces stress. A relaxing hand and foot massage completes this rejuvenating experience.

80 min. / \$185

### 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. / \$145

### 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. / \$145

### FACIAL TREATMENT ADD ONS

Eye Contour Therapy	\$40
Lip Therapy	\$30
LED Light Therapy	\$35 *available in series
Microcurrent Therapy Face Only	\$50 *available in series
Microcurrent Therapy Face and Neck	\$65 *available in series

### WAXING SERVICES ARE AVAILABLE

Please inquire within.

*Please inform Spa Reservations if you are pregnant. Expectant mothers past the first trimester may receive the European, Organic, Soothing Treatment, or Valmont Vitality of the Glaciers Facial Treatments.*

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## VALMONT FACIAL

### VITALITY OF THE GLACIERS

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.

80 min. / \$265

Eye Contour add on \$50

Decollette add on \$75

### BRIGHTNESS OF ICE

Dedicated to restoring a more youthful appearance, this facial treatment is designed to combat dull skin while eliminating imperfections. Utilizing the Valmont butterfly movement to stimulate circulation, this brightening facial gently awakens the skin, improves texture, and clarifies the complexion. The application of a collagen mask during the treatment regenerates the skin leaving it pure and clear as ice.

80 min. / \$300

Eye Contour add on \$50

Decollette add on \$75

*For 30 years, the Valmont Group has been helping women and men master the visible signs of aging. Heir to traditional Swiss medicine, the company draws inspiration from the unspoiled natural resources of Switzerland and the latest cellular cosmetic research findings to formulate utmost anti-aging skin care products featuring visible and long-lasting efficacy. Patented Triple DNA, Glacial Spring Water and pure plant extracts are the key ingredients used for their unequalled hydration, regeneration and cellular reactivation properties.*

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## INTENSIVE SKIN CARE

### CUSTOM PEEL

This peel lifts away dead surface cells and increases skin cell activity, thus revealing a more uniform complexion and softer, smoother skin. *(Note: Vitamin A Cream and Retinoid should not be used five days prior to receiving this facial. You should not experience this facial if you are pregnant.)*

50 min. / \$155

### SKIN PERFECTING FACIAL

This skin rejuvenating facial combines healing herbal products, a customized peel, LED light therapy 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. Please enjoy the spa facilities prior to your treatment to avoid facial inflammation. *(Note: 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.)*

80 min. / \$185

### 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. / \$145

### 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. / \$145

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## 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

### SHELLAC MANICURE

Shellac combines the ease of polish with the permanence of gel nails. This treatment wears flawlessly for up to 10 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

### MANICURE ADD ONS

French Polish	\$10
Hand Paraffin	\$10
Polish Change	\$25
Shellac Removal	\$10

### 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

### SERENITY MANICURE

Stimulate your skin in this balancing nail experience. Hands are softened with a moisturizing mask followed by a relaxing massage with your choice of essential scented oils. Then, a hot paraffin is applied to soothe tired hands and calm the mind. Finish with a polish of your choice in this therapeutic treatment.

60 min. / \$70

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

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





THE UMSTEAD SPA

## 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

### PEDICURE ADD ONS

French Polish	\$15
Foot Paraffin	\$15
Polish Change	\$30

### 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

### 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

### SERENITY PEDICURE

Focusing on both the legs and the feet, this therapeutic pedicure addresses tired, aching muscles to relax and renew you for your next journey. Begin with a warm foot soak in your choice of the following fragrances: Mandarin, Oolong, or Earth. Sip on a complimentary beer or glass of wine while feet are perfectly groomed before enjoying an invigorating massage and cocooning mask for your legs and feet. A polish is then applied to complete the hydrating and balancing treatment.

50 min. / \$100

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THE U M S T E A D SPA

## SPA EXPERIENCES

### DOGWOOD

This package begins with a Custom Massage to take away your aches and pains. The finishing touch is a Gentlemen'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 40 minute, 50 minute, or 80 minute 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.

90 min. \$275

### 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. *(Available Sunday through Friday only.)*

4 hours of serenity / \$370

### OVERNIGHT SPA EXPERIENCES

Speak with a reservations agent about our overnight spa packages to extend your experience.

*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 our all day menu available in our Bar and Lounge.*

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





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## 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.

## 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.

### ELECTRONIC DEVICES

To help facilitate a serene environment and protect our guests privacy, we ask that you leave all electronic devices in your locker upon arrival. **Cell Phones are not permitted in the treatment rooms or wet areas, including the sauna, steam room, and whirlpool.**

### 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.

Spa access is granted with a scheduled treatment valued at \$100 or more. Monday–Thursday local guests may enjoy access to the outdoor seasonal pool, fitness center, and all of the amenities of the spa with a treatment valued at \$100, including usage of the sauna, steam room, whirlpool, lounges, co-ed current pool, and meditation courtyard. Friday–Sunday spa guests that have met the minimum treatment requirement are welcome to enjoy full use of The Spa facilities, however access to the pool and fitness center is reserved for guests with hotel reservations only. Hotel guests may also enjoy access to The Spa facilities complimentary Monday through Thursday. Please 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

Please contact us at 919-447-4170 for all reservations. If you have a preference for a male or female provider, please advise at time of booking and our team will do their best to accommodate.

### 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.*





THE U M S T E A D SPA

## 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. The Umstead Spa is pleased to open any bottle of wine at the corkage fee of \$25 per 750 mL bottle, maximum of two bottles (1500 mL).

### 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.

### 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, damaged, 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.

### 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.

