Add-ons

GEN TLEM AN 'S BUFF & SHIN E PE
This service is for clients with acrylic/gel polish that needs to be
FRENCH MANICURE OR PEDICURE
GEN TLEM AN 'S BUFF & SHIN E MAN ICURE
A sugar scrub ex
SIGN ATURE M AN ICURE
SIGN ATURE PEDICURE
This concludes with a moisturizer and polish of your choice.

Let your tension dissolve as you soak your feet in a warm bath. Nails are shaped,
EXPRESS CO M BO
Nails are reshaped a
EXPRESS PEDICURE
Nails are removed from the nails prior to service.

Our most efficient pedicure service is perfect for in between routine

received the same attention and care to your hands and feet only no clear coat
with a sugar scrub on wrists and hands. A warm paraffin dip softens and restores
invigorating massage for total body relaxation. This concludes with a

Gift cards are available for purchase at the front desk of the

• Late arrivals will not receive an extension of services. Please
• Rates and services are subject to change without notice.
• Please be sure to inform us when making your appointment if
ailments, cancer, or any condition that may be contraindicated

One Thousand Club Road

PHONE: (336) 834-4889

The Spa at Grandover
Gr eensbor o , NC  27407
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www .grando ver .com

Appointments
(336) 834-4889
As you would read it naturally:

**MASSAGE**

**NECK-BACK-SHOULDERS OR HANDS AND FEET**
This massage concentrates on the areas that need it the most for those that don’t have time for the full 50 minute massage.

25 min: $60

**SWEDISH**
Using long, gliding strokes and kneading techniques, this classic form of full body massage uses mild to moderate pressure while relaxing the body, improving muscle tone, and stimulating circulation to provide a feeling of tranquility and well being.

50 min: $90 80 min: $140

**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, loosening muscle tissue while releasing toxins from muscles and allowing blood and oxygen to circulate properly.

50 min: $110 80 min: $160

**VOLCANIC STONE MASSAGE**
Experience a luxurious and relaxing massage combined with deep heat therapy. Warm, smooth basalt stones are used by therapists to manipulate muscle tissue as well as placed on specific points along your spine, in the palms of your hand, or between your toes to improve the flow of energy in your body, loosen tight muscles, melt tension and relieve stress.

50 min: $105 80 min: $155

**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

**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 those areas that bother you most during pregnancy resulting in decreased water retention and muscle tension.

50 min: $90 80 min: $145

**REFLEXOLOGY**
According to Chinese medical culture, feet have thousands of nerve endings and acupuncture points which access the entire body. 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. It helps to create balance, harmony and energy throughout the whole body.

50 min: $90

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

$10
THE COUPLES EXPERIENCE
Enjoy a moment for the two of you. See massages for descriptions.

COUPLES SWEDISH
50 min: $180 80 min: $280
COUPLES DEEP TISSUE
50 min: $220 80 min: $320
COUPLES VOLCANIC STONE
50 min: $210 80 min: $310

BODY TREATMENTS

DEAD SEA SALT POLISH
Journey to the banks of the Dead Sea and experience an invigorating, exfoliating and moisturizing body treatment. A mixture of scented oils and Dead Sea Salts is applied to the body, stimulating circulation and softening dry skin to leave you smooth and glowing.

25 min: $60 50 min: $95

BACK FACIAL
This facial is designed to reach that unreachable area. Your back will feel good as new after being cleansed, exfoliated and masked.

25 min: $60

FULL BODY DRY BRUSHING
Light exfoliation of the body to stimulate lymphatic circulation and soften the skins surface. 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 to the touch.

25 min: $45

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 purify your mind, body and soul for a feeling of comfort and well-being. To complete the service a moisturizer is applied to soften the skin.

50 min: $110

WARM HONEY COCOON BODY WRAP
Raw sugar cane crystals and an organic intoxicating honey elixir weave together to create a richly scented experience. Wrapped in the velvet warmth of honey, your body will reach a depth of suppleness and relaxation rarely experienced in traditional treatments.

50 min: $110

ORGANIC MIMOSA CHAMPAGNE BODY WRAP
A beautiful pairing of Tokay and champagne grapes, raw sugar granules, orange essential oils, grape seed and avocado oil combine to create a most luxurious experience for your body.

This treatment is detoxifying, hydrating and packed full of antioxidants. Once your skin has been exfoliated with our mimosa champagne sugar scrub your tension will melt as you are comfortably cocooned allowing the products to deeply penetrate the skin. This treatment will conclude with a light application of mimosa champagne body oil and lotion. Not only will you smell amazing, but your skin will feel silky and sparkle with a youthful glow. Retail products available to maintain results.

50 min: $120

ORGANIC CINNAMON PAPRIKA FIRMING WRAP
Herbs, spices and bioflavonoids melt cellulite through high blood circulation followed by deep tissue manipulation with firming Cinnamon Paprika Body Lotion. You may experience a tingling sensation that lets you know the herbal wrap is continuing to be effective. Not recommended for extremely sensitive skin.

80 min: $160

ORGANIC SEASONAL BODY TREATMENT
This luxurious retreat is designed to relax, exfoliate, and nourish your skin with a seasonal selection of fresh natural ingredients. The full ripeness and potency of delicious fruit pulp, seeds, and fresh hand picked herbs will not only have your skin feeling renewed restoring a healthy glow, but you will smell amazing! Please inquire about which selection of organic body care is being offered this season to keep your skin looking young and healthy.

80 min: $160

WAXING
BROW: $20 LIP: $20 CHIN: $20
UNDERARM: $30 BIKINI: $30 AND UP
HALF LEG: $45 WHOLE LEG: $75 BACK: $75 AND UP
GRANDOVER RELAXATION FACIAL
Our express facial includes a thorough cleansing, exfoliant, steam, masque, and moisturizer to brighten the complexion leaving your skin recharged, balanced and fresh. No extractions are included.
25 min: $60
50 min: $90

PURIFICATION FACIAL
This powerfully effective herbal treatment is created to decongest and purify stagnant skin. Perfect for those skin types prone to outbreak or oiliness. Gentle enough for those with skin sensitivities yet strong enough to completely refresh normal skin types in need of a deep cleansing boost. The perfect herbal combinations work together to soften while evening skin tone and restoring your natural glow.
50 min: $90

GENTLEMEN’S FACIAL
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 leaving your skin toned and refreshed.
25 min: $60
50 min: $90

ULTRA RADIANCE FACIAL
Elegant, fresh and refined, 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. A luscious, relaxing facial with lasting results to visibly brighten the skin.
50 min: $110

ARCTIC BERRY ILLUMINATING FACIAL
This facial gives you the results of a chemical peel or microdermabrasion using natural and organic skin care. A powerful blend of arctic berries, lingonberry seed oil and hibiscus seed extract delivers smooth radiant skin tone and texture. The transformation begins with a cleansing and active exfoliation, followed by an activating peel that works in harmony with a peptide radiance cream to reveal skins true luminosity. For optimal results this should be done as a monthly series with weekly at home treatments.
50 min $ 115

ORGANIC VITASKIN FACIAL
We have 3 amazing VitaSkin Facials for your specific skin care needs. Clinically tested to address four different skin conditions including anti-aging (Firm Skin), rosacea (Calm Skin), acne (Clear Skin) you’ll see an even-toned, healthier and younger looking complexion in no time! All 4 facials are based on Hungarian techniques to address the particular needs of your skin. These exquisite facials include cleansing, steaming, and exfoliation, 2 masking treatments to target individual skin care needs, a concentrated serum is lightly applied and the facial is finished with appropriate whipped moisturizer.
Firm Skin Helps minimize fine lines and wrinkles by firming and tightening, promotes collagen and cellular regeneration, rich with antioxidants.
Calm Skin Reduces inflammation, signs of redness and hyper pigmentation are minimized, detoxifies softens and soothes the skin, rich with antioxidants.
Clear Skin Removes impurities helping to heal and prevent blemishes, balances and improves skin texture by purifying and detoxifying the skin.
80 min $140

STIMULASTINE ANTI AGING FACIAL
This amazing facial treatment is great for all skin types and focuses on the improvement of fine lines and deep wrinkles. Your facial begins with an aromatic compress to help relax the mind, body, and skin. Once your skin has been cleansed and exfoliated, a customized elixir will embrace the skin promoting the regenerative effects of 19 essential amino acids, helping the epidermis to restore its natural elasticity. Stimulastine will smooth and restructure your skin leaving you with a fresh, nourished, supple and bright complexion. Maintain your amazing results with Stimulastine Jour and Nuit available in retail sizes.
80 min. $150

MARINE EYE AND LIP FACIAL
Let our marine collagen facial treat crow’s feet, fine lines around the lip area, dark circles or excess baggage. The eye area is the first to show signs of aging and fatigue. 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: $35
Add to any 50 or 80 minute 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
EXPRESS PEDICURE
Our most efficient pedicure service is perfect for in between routine maintenance. After soaking in our jetted foot bath, nails are reshaped, cuticles repaired and soles are buffed. A moisturizing lotion is applied to soften and nails are finished with the polish of your choice. (French finish is unavailable due to time constraints)

25 min: $45

EXPRESS MANICURE
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 due to time constraints)

25 min: $40

EXPRESS COMBO
A manicure/pedicure combo for the man or woman on the go! 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 due to time constraints)

50 min: $85

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 sugar scrub on feet and ankles. Our wrap is applied which restores and stimulates skin. A warm paraffin dip follows with an invigorating massage for total body relaxation. 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 for total body relaxation. This concludes with a moisturizer and polish of your choice.

50 min: $70

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 glide along your skin until you surrender to total relaxation. A warm paraffin dip softens and restores your skin. Next, we will lavish your skin with a moisturizer and finish with 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. A warm paraffin dip softens and restores skin. We glide warmed stones along your skin promoting calmness and tranquility. Next we will lavish your skin with a moisturizer and massage. Nails are finished with polish of your choice.

60 min: $80

GENTLEMAN’S BUFF & SHINE MANICURE
All of the services above are customized for a gentleman’s needs. You will receive the same attention and care to your hands and feet only no clear coat or polish will be applied; the service will conclude with a smooth buff and shine of the nail. Prices and service times are the same.

POLISH CHANGE
Additional to any nail treatment: $10

FRENCH MANICURE OR PEDICURE
Add to any Deluxe or Signature Nail Treatment: $15

SOAK OFF (GEL POLISH)
This service is for clients with acrylic/gel polish that needs to be removed from the nails prior to service. $10
PACKAGES

CLASSIC PACKAGE
50 minute Swedish Massage  
Purification Facial  
$180 (per person)

DELUXE PACKAGE
50 minute Sports Massage  
Ultra Radiance Facial  
Deluxe Manicure  
Deluxe Pedicure  
$360 (per person)

SIGNATURE PACKAGE
80 minute Volcanic Stone Massage  
Organic Cinnamon Paprika Firming Wrap  
Organic Vita Skin Facial  
Signature Manicure  
Signature Pedicure  
$630 (per person)

SPA POLICIES

• All appointments must be held with a credit card.
• Gratuities are not included in the price of 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 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 front desk of the resort.

CAFÉ SPA
Meals served in the spa are available for purchase from the spa front desk and room service. Menu and pricing are subject to change.