



The Spa  
AT THE OMNI GROVE PARK INN



THE OMNI GROVE PARK INN

# SPA MENU



# 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 has more than 43,000 square feet, 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 pools and 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. Step outside to drink in the views of the Blue Ridge Mountains by the fireplace and outdoor whirlpool.

THE SPA AT THE OMNI GROVE PARK INN

# WELCOME



## 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 minutes

## GROVE PARK HYDRAFACIAL

For overall healthier skin, experience a revolutionary corrective and resurfacing treatment that clears pores and hydrates skin. This treatment offers contouring Lymphatic Drainage, HydraFacial's patented hydradermabrasion, a booster of your choice to address specific concerns, pampering of the hands and arms, and LED light therapy to further reduce visible signs of aging and blemishes. Perfect for all skin types.

80 minutes

### AVAILABLE ENHANCEMENTS:

**VITAMIN C BRIGHTENING MASK** | Boost skin radiance and reduce the appearance of uneven skin tone.

**HYDRAFACIAL EYE PERK** | Improve the tone and reduce the appearance of fine lines as you brighten and hydrate around your eyes.

**HYDRAFACIAL LIP PERK** | Revitalize your lips as you gently exfoliate and restore plumpness.



## LIFTING FACIAL

Smooth visible wrinkles, prevent new wrinkle formation and slow the aging process with this indulgent experience.

Potent formulations and specialized massage techniques, including Rose Quartz Gua Sha improve skin firmness, tone and elasticity, and redefines facial contours for immediate visible results.

80 minutes

## 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.

80 minutes

## 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 minutes

## GENTLEMENS 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 minutes

## 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 minutes

### AVAILABLE ENHANCEMENTS:

**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 style treatment for your hands.

**CRYO SCULPTING** | Firm and tighten skin's appearance with cold therapy sculpting massage. Helps to reduce puffiness and fatigue. *May be included in any facial.*



All treatment prices are on the last page of the menu.

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# SKIN CARE

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## FIRE, ROCK, WATER, 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 minutes

## 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 minutes

## 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.

75 minutes

Couples | Individual

## DE-STRESS BODY TREATMENT

Specifically formulated essential oil blends work to release muscle tension and de-stress an overworked mind. Includes exfoliation, wrap and a half-hour massage.

80 minutes

## MOUNTAIN HONEY WRAP

Experience regional 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.

80 minutes

## MOTHER-TO-BE OR NEW MOTHER WRAP

Nourish the body from head to toe while restoring your skin's condition and refining stretch marks. Includes exfoliation, mother and baby safe essential oil wrap and half-hour massage.

*For new mothers and expectant mothers in their second and third trimesters only.*

80 minutes



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# BODY 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 from infrared heat, adjustable thermal sauna, gemstone 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.

### STRESS FREE | SUNSHINE RELAXATION | REJUVENATE

80 minutes

### DEEP MEDITATION

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

### COLOR & LIGHT WRAP WITH AURA IMAGING

This one-of-a-kind treatment begins with a special aura capturing photograph. Your specially trained therapist will interpret and use your aura results to tailor your chakra enhancing treatment. After a full body exfoliation, relax into the color & light wrap with customized oils, music, temperature, colored lights, and gemstones in our exclusive Therapeutic Wellness Pod. Complete the treatment with a final aura photograph.

80 minutes



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# THERAPEUTIC WELLNESS POD

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The Therapeutic Wellness Pod brings together a number of elements that work to elevate your overall spa experience. From vibrational therapy to healing infrared heat, mood enhancing colored lights and calming negative ions, the Wellness Pod provides a heightened level of relaxation to any spa experience.

## HEALING INFRARED HEAT

While in the pod, infrared heat will be used to improve circulation, reduce muscle tension, boost immune systems, relieve pain and more.

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## VIBRATIONAL THERAPY

Vibrational Therapy works gently to enhance blood flow, decrease stress, reduce muscle soreness and more. Different focal options will be offered while in the pod.

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## NEGATIVE IONS

The pod produces negative ions which are excellent for the human body. They lower psychological stress, reduce anxiety and enhance overall wellbeing. The Wellness Pod creates a negative ion space using specially selected stones to bring these benefits into the treatment.

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## MOOD ENHANCING COLOR LIGHTS

Various colors have been linked to carrying specific energies that focus on different chakras in the body. Color options offered in the Wellness Pod each provide a unique boost to help bring a positive focus to your experience.

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## AROMATHERAPY

Aromatherapy plays a large part in setting the tone for your treatment. Choose from one of the three options to reach your treatment goal.

### RELAXING SUPPORT

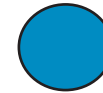
Lavender

### FRANKINCENSE

Sweet & Earthy

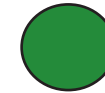
### SUPPORT BREATHE

Eucalyptus & Tea Tree



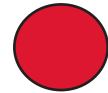
### BLUE

Associated with the Third Eye Chakra, blue fosters intuition, meditation and trust.



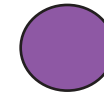
### GREEN

Associated with the Heart Chakra, green promotes compassion, sincerity and love.



### RED

Associated with the Root Chakra, red is energizing, and creates a feeling of stability and comfort.



### PURPLE

Associated with the Crown Chakra, purple supports consciousness, knowledge, fulfillment and understanding.



### YELLOW

Associated with the Solar Plexus Chakra, yellow aids in the feeling of strength, power and determination.

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## WANT TO KNOW MORE?

Our Spa Technicians are passionate about the benefits this treatment provides and would love to answer any questions you may have!

THE SPA AT THE OMNI GROVE PARK INN

# THERAPEUTIC WELLNESS POD



## BLUE RIDGE SYMPHONY MASSAGE

This customizable treatment allows you to become the conductor of your own orchestra. Choose your oil, music and areas of focus while your therapist helps you compose the ideal spa experience by blending any combination of Swedish, Reflexology, Deep Tissue or Hot Stone massage. 80 minutes

## 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 minutes

## AROMATHERAPY MASSAGE

Using the finest essential oil blends and a choreographed pressure point technique, this massage focuses on the spinal nerves to leave you grounded and calm for days. 80 minutes

## ARNICA & HOT TOWEL MASSAGE

Enhance the benefits of a traditional massage by combining muscle releasing techniques, steaming towels and extracts to relax away aches and pains. 80 minutes

## DEEP TISSUE MASSAGE

Firm Swedish massage incorporating various deep tissue techniques focusing on the deeper layers of connective and muscle tissue while releasing the chronic patterns of tension in the body. Recommended for individuals who experience chronic pain and soreness. Not recommended for a first-time massage. 80 minutes | 50 minutes

## GROVE PARK CLASSIC MASSAGE

Customized relaxing Swedish massage utilizing gentle, gliding strokes to soften tense or sore muscles. 80 minutes | 50 minutes

## MOUNTAIN VIEW MASSAGE

Experience your Grove Park Classic massage in our outdoor pagoda overlooking the breathtaking Blue Ridge Mountains. 80 minutes | 50 minutes



## HEAD IN THE CLOUDS MASSAGE

Clear your mind and relax as we rejuvenate your scalp, neck, shoulders, arms and back. 50 minutes

## HIMALAYAN SALT STONE MASSAGE

Perfectly heated, soothing stones combined with Swedish massage techniques will naturally exfoliate the body while melting muscle tension and calming your mind. 50 minutes

## MATERNITY MASSAGE

Specifically designed to pamper the mother-to-be, this massage improves circulation and calms the body. *For expectant mothers in their second and third trimesters only.* 80 minutes | 50 minutes

## COUPLES MASSAGE

Share this wonderful massage experience. Together, you will receive a customized Grove Park Classic massage. Does not include Deep Tissue, Aromatherapy or Grove Stone massage. 80 minutes | 50 minutes

## COUPLES RETREAT

Two fifty minute tandem Grove Park Classic Massages, followed by a hydrotherapy bath in which you can simply relax, sip chilled champagne, and enjoy selected chocolates to share. 110 minutes



All treatment prices are on the last page of the menu.

THE SPA AT THE OMNI GROVE PARK INN

# MASSAGE TREATMENTS



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.

### **DRY BODY BRUSHING**

Dry skin brushing boosts circulation, exfoliates the skin, reduces the appearance of cellulite and offers both stress relief and invigoration.

### **HEALING HANDS TREATMENT**

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

### **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.

### **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.

### **REFRESHING FOOT TREATMENT**

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



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# MASSAGE ENHANCEMENTS





## MOUNTAIN HONEY PEDICURE

Enjoy a super hydrating pedicure, with essences of warming ginger and sandalwood with a creamy honey glaze. Natural nails only.

60 minutes

## MOTHER-TO-BE PEDICURE

Renewing and softening rose, neroli and evening primrose makes this the perfect choice for new or expectant mothers. Natural nails only.

60 minutes

## HIKERS DELIGHT PEDICURE

Recover and revive while experiencing the healing properties of pure aloe, arnica and our signature Muscle Therapy blend. Natural nails only.

60 minutes

## GINGERBREAD PEDICURE

Distinctive gingerbread elements are added to an already pampering pedicure. Includes expert shaping, gentle exfoliation, creamy masque, hydrating oils, paraffin wrap and warm stones between your toes. Pure indulgence. Natural nails only.

60 minutes



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# FOOT TREATMENTS

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## SPA DAY PASS RESERVATIONS

A limited number of Spa Day Passes will be available to purchase for resort guests only. Due to limited availability, we recommend reserving Spa Day Passes when you make your hotel room reservation. A Spa Day Pass grants access to Spa Pools and all amenities on the day of reservation only. Check-in for Spa Day Passes begins at 10:00 a.m.

## SPA BOUTIQUE

Bring the spa experience home with our curated assortment of skincare, bath, body and wellness elixirs that are available for purchase in our Spa Boutique. Treat yourself or someone special to our Spa Signature collection of bath and body products, featuring custom essential oil blends that can only be found at The Spa at The Omni Grove Park Inn. You can also explore a host of intriguing gift ideas, including Babor skincare, plush Spa robes, aromatherapy products, gift baskets and more.

Please call 800-438-0050 ext. 7740 for product availability and delivery options.



THE SPA AT THE OMNI GROVE PARK INN

# SPA DAY PASS & SPA BOUTIQUE



## SPA HOURS

Sunday – Thursday: 8 am to 6 pm

Friday – Saturday: 8 am to 7 pm

## AGE REQUIREMENT

The Spa is available for guests 18 years of age and older.

Please be prepared to present an ID upon request.

## CANCELLATION NOTICE

Your scheduled appointment, spa treatment or day pass, is reserved specifically for you. If you must change or cancel your reservation, please notify spa reservations at 800-438-5800 at least 24 hours prior to avoid full charge.

## ADVANCE APPOINTMENTS

We strongly recommend making your spa reservation when you make your hotel room reservation. Weekend appointments should be booked three (3) to four (4) months in advance. Spa Treatments and Spa Day Passes are reserved for overnight resort guests only. Please inform your reservations representative if you are pregnant, nursing, under a physician's care or have mobility difficulties.

To check availability, please call reservations at 800-438-5800 between 9 am and 6 pm EST.



## SPA SERVICE CHARGE

For your convenience, a 22% service charge is automatically added to Spa Treatments and Spa Day Passes. The service charge will be distributed among the staff assisting you during your visit. Gratuities may be provided at your discretion.

## WHAT TO BRING

Bring your swimsuit and sunglasses for our pool areas. Robes, slippers and towels are provided. Please do not bring jewelry or other valuables to The Spa, as we cannot guarantee the security of these items. Please be sure to bring your favorite book, magazine or journal.



## SPA ETIQUETTE

The Spa is a completely electronics free environment. Please leave all electronics, including cell phones, cameras, iPads, e-readers, in your room or locker throughout your Spa visit. There are no exceptions to this policy. We also ask that you speak softly or simply enjoy the silence. The Spa is a non-smoking facility and outside food and beverage is not permitted. Thank you for partnering with us to create the most healing, restorative and relaxing experience possible.

## SPA TREATMENT ARRIVAL

In order to enhance your experience, we recommend you arrive at least one (1) hour prior to your scheduled appointment to complete a brief consultation form, change, receive a tour and relax. Arriving late will likely shorten your spa treatment, as we must end at the scheduled time so that we may honor the next guest's appointment time. The full value of your treatment will be charged.



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# SPA DETAILS

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## SKIN CARE

### ULTIMATE FACIAL

110 minutes **\$530**

### GROVE PARK HYDRAFACIAL

80 minutes **\$440**

#### AVAILABLE ENHANCEMENTS

Vitamin C Brightening Mask **\$30**

HydraFacial Eye Perk **\$30**

HydraFacial Lip Perk **\$30**

### LIFTING FACIAL

80 minutes **\$320**

### BRIGHTENING FACIAL

80 minutes **\$305**

### COLLAGEN FACIAL

80 minutes **\$305**

### GENTLEMENS SKIN CARE TREATMENT

80 minutes **\$285**

### GROVE PARK CLASSIC FACIAL

80 minutes **\$285**

#### AVAILABLE ENHANCEMENTS

Eye Brightener **\$30**

Ageless Hands **\$30**

Cryo Sculpt **\$30**

## BODY TREATMENTS

### FIRE, ROCK, WATER, LIGHT

80 minutes **\$370**

### DETOX BODY TREATMENT

80 minutes **\$335**

### TOTAL INDULGENCE BODY TREATMENT

75 minutes *Individual* **\$310**

75 minutes *Couple* **\$600**

### DE-STRESS BODY TREATMENT

80 minutes **\$335**

### MOUNTAIN HONEY WRAP

80 minutes **\$305**

### MOTHER-TO-BE OR NEW MOTHER WRAP

80 minutes **\$305**

## MASSAGE TREATMENTS

### BLUE RIDGE SYMPHONY MASSAGE

80 minutes **\$325**

### GROVE STONE MASSAGE

75 minutes **\$325**

### AROMATHERAPY MASSAGE

80 minutes **\$315**

### ARNICA AND HOT TOWEL MASSAGE

80 minutes **\$295**

### DEEP TISSUE MASSAGE

80 minutes **\$325**

50 minutes **\$245**

### GROVE PARK CLASSIC MASSAGE

80 minutes **\$290**

50 minutes **\$225**

### MOUNTAIN VIEW MASSAGE

80 minutes **\$300**

50 minutes **\$235**

### HEAD IN THE CLOUDS MASSAGE

50 minutes **\$225**

### HIMALAYAN SALT STONE MASSAGE

50 minutes **\$245**

### MATERNITY MASSAGE

80 minutes **\$290**

50 minutes **\$225**

### COUPLES MASSAGE

80 minutes **\$599**

50 minutes **\$469**

### COUPLES RETREAT

110 minutes **\$675**

## MASSAGE ENHANCEMENTS

DRY BODY BRUSHING **\$30**

HEALING HANDS TREATMENT **\$30**

SCALP REFRESHER **\$30**

REFLEXOLOGY **\$30**

REFRESHING FOOT TREATMENT **\$30**

## THERAPEUTIC WELLNESS POD

### GROVE PARK CLASSIC MASSAGE WITH WELLNESS POD

80 minutes **\$289**

### DEEP MEDITATION

80 minutes **\$289**

### COLOR & LIGHT WRAP WITH AURA IMAGING

80 minutes **\$309**

## FOOT TREATMENTS

### MOUNTAIN HONEY PEDICURE

60 minutes **\$145**

### MOTHER-TO-BE PEDICURE

60 minutes **\$145**

### HIKERS DELIGHT PEDICURE

60 minutes **\$145**

### GINGERBREAD PEDICURE

60 minutes **\$145**

## SPA DAY PASS

SPA DAY PASS **\$200**

*Prices do not include 22% Spa Service Charge.*

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

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

Updated: 2025

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# PRICING

