



THE UMSTEAD SPA

*pricing guide*

# Massage Therapies

Escape into a sanctuary of serenity, where expert massage therapists tailor each treatment to restore balance and deep relaxation. Whether you seek to soothe tension, replenish your body, or indulge in pure tranquility, our luxurious massage therapies provide a rejuvenating retreat from life’s daily stresses. Let the whispering Carolina pines set the scene for your ultimate renewal.

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## Umstead Classic Massage | Swedish

|                   |            |
|-------------------|------------|
| <i>60 Minutes</i> | <i>220</i> |
| <i>90 Minutes</i> | <i>305</i> |

## Woodland Massage | Aromatherapy

|                   |            |
|-------------------|------------|
| <i>60 Minutes</i> | <i>225</i> |
| <i>90 Minutes</i> | <i>310</i> |

## Dogwood Massage | Deep Tissue

|                   |            |
|-------------------|------------|
| <i>60 Minutes</i> | <i>250</i> |
| <i>90 Minutes</i> | <i>325</i> |

## Magnolia Massage | Mother-to-be

|                   |            |
|-------------------|------------|
| <i>60 Minutes</i> | <i>250</i> |
| <i>90 Minutes</i> | <i>325</i> |

## Longleaf Pine Cranial Massage | Head-Neck-Shoulders

|                   |            |
|-------------------|------------|
| <i>50 Minutes</i> | <i>200</i> |
|-------------------|------------|

## Riverstone Massage | Hot Stone

|                   |            |
|-------------------|------------|
| <i>90 Minutes</i> | <i>305</i> |
|-------------------|------------|

## Thai Foot and Leg Massage

|                   |            |
|-------------------|------------|
| <i>50 Minutes</i> | <i>200</i> |
|-------------------|------------|

# Massage Therapies

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## The Retreat

|             |     |
|-------------|-----|
| 100 Minutes | 715 |
|-------------|-----|

## Whispering Pines Massage | Couples

|         |            |     |
|---------|------------|-----|
| Classic | 60 Minutes | 440 |
|         | 90 Minutes | 610 |

|         |            |     |
|---------|------------|-----|
| Dogwood | 60 Minutes | 500 |
|         | 90 Minutes | 650 |

# Enhancements

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|              |    |
|--------------|----|
| Aromatherapy | 10 |
|--------------|----|

|               |    |
|---------------|----|
| Scalp Massage | 35 |
|---------------|----|

|            |    |
|------------|----|
| Hot Stones | 35 |
|------------|----|

## Gua Sha

|                       |    |
|-----------------------|----|
| Pinpointed Areas Only | 40 |
|-----------------------|----|

## Thai Foot Massage

|            |     |
|------------|-----|
| 25 Minutes | 100 |
|------------|-----|

## Bath Ritual

|            |     |
|------------|-----|
| 25 Minutes | 150 |
|------------|-----|



# East Meets West Experiences

Journey inward with our East Meets West Experiences—restorative treatments inspired by ancient traditions and holistic healing. Designed to harmonize the body, mind, and spirit, each ritual blends therapeutic massage with time-honored techniques to promote balance and renewal.

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## Massage Treatments

Shirodhara Massage | Anointing

|                                 |     |
|---------------------------------|-----|
| 60 Minutes<br>with foot massage | 220 |
|---------------------------------|-----|

Abhyanga Massage | Detoxifying

|            |     |
|------------|-----|
| 60 Minutes | 220 |
| 90 Minutes | 325 |

Udvaartana Massage | Invigorating

|            |     |
|------------|-----|
| 90 Minutes | 325 |
|------------|-----|

## Body Treatments

Revitalizing Energy Exfoliation

|            |     |
|------------|-----|
| 90 Minutes | 315 |
|------------|-----|

Energizing Journey

|            |     |
|------------|-----|
| 60 Minutes | 220 |
| 90 Minutes | 315 |

Herbal Rejuvenation Wrap

|            |     |
|------------|-----|
| 60 Minutes | 220 |
|------------|-----|



# Body Treatments

Renew and revitalize with luxurious body treatments designed to nourish your skin and restore your natural glow. From invigorating scrubs to deeply hydrating wraps, each treatment is crafted to exfoliate, replenish, and leave you feeling refreshed from head to toe. Immerse yourself in a rejuvenating ritual where relaxation meets transformation.

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|                               |     |
|-------------------------------|-----|
| The Spa Wave                  |     |
| 60 Minutes<br>(spa wave only) | 175 |

|                                     |     |
|-------------------------------------|-----|
| The Spa Wave Ritual                 |     |
| 90 Minutes<br>(soak, massage, wave) | 425 |

|                                        |     |
|----------------------------------------|-----|
| Umstead Renewal Espresso Mud Treatment |     |
| 110 Minutes<br>(scrub, wrap, massage)  | 400 |

|                              |     |
|------------------------------|-----|
| The Smoky Quartz   Awakening |     |
| 90 Minutes                   | 300 |

|                         |     |
|-------------------------|-----|
| The Emerald   Cleansing |     |
| 90 Minutes              | 315 |



# Facial Treatments

Escape into a sanctuary of serenity, where expert estheticians tailor each facial treatment to unveil your skin’s natural radiance. We proudly feature Natura Bissé products, renowned for their innovative formulations that rejuvenate and nourish. Experience the transformative effects of our HydraFacial, a non-invasive treatment that cleanses, exfoliates, and hydrates, leaving your complexion refreshed and luminous.

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## Natura Bissé Experiences

### Inhibit | Lift and Sculpt

|            |     |
|------------|-----|
| 60 Minutes | 280 |
| 90 Minutes | 390 |

### Diamond | Luminous

|            |     |
|------------|-----|
| 60 Minutes | 260 |
| 90 Minutes | 370 |

### C & C | Radiance

|            |     |
|------------|-----|
| 60 Minutes | 230 |
|------------|-----|

## HydraFacial Experiences

### Signature Hydrafacial

|            |     |
|------------|-----|
| 30 Minutes | 215 |
|------------|-----|

### Deluxe Hydrafacial

|            |     |
|------------|-----|
| 60 Minutes | 345 |
|------------|-----|

### Platinum Hydrafacial

|            |     |
|------------|-----|
| 90 Minutes | 455 |
|------------|-----|

# Facial Treatments

Indulge in our oxygen-boosting facials, designed to revitalize and promote a youthful glow. Whether you seek to address specific skin concerns or simply pamper yourself, our luxurious facials deliver visible results in a tranquil setting.

## Signature Experiences

### Umstead Classic Facial | European

|            |     |
|------------|-----|
| 60 Minutes | 215 |
| 90 Minutes | 300 |

### De La Terre Facial

|                |            |     |
|----------------|------------|-----|
| organic        | 60 Minutes | 220 |
| fearless aging | 60 Minutes | 220 |

### Gentleman’s Facial

|            |     |
|------------|-----|
| 60 Minutes | 215 |
|------------|-----|

### Purifying Back Treatment

|            |     |
|------------|-----|
| 45 Minutes | 175 |
|------------|-----|

## Intensive Skincare

### Custom Peel

|            |     |
|------------|-----|
| 60 Minutes | 220 |
|------------|-----|

### Acne Treatment

|            |     |
|------------|-----|
| 60 Minutes | 205 |
|------------|-----|

# Facial Treatments

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## Intensive Skincare

### Oxygen Facial

60 Minutes

|                                             |     |
|---------------------------------------------|-----|
| <i>Basic Oxygen</i>                         | 240 |
| <i>Basic Oxygen with Booster</i>            | 285 |
| <i>Basic Oxygen with Atoxolene</i>          | 330 |
| <i>Basic Oxygen with Booster &amp; Peel</i> | 385 |

### Skin Perfecting Facial

|                   |     |
|-------------------|-----|
| <i>90 Minutes</i> | 270 |
|-------------------|-----|

## Enhancements

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|                                                     |    |
|-----------------------------------------------------|----|
| <i>Scalp Massage and Hair Treatment</i>             | 35 |
| <i>Facial Massage &amp; Contouring with Gua Sha</i> | 25 |
| <i>LED Light Therapy</i>                            | 60 |

### Knesko Chakra Products

|                              |    |
|------------------------------|----|
| <i>Knesko Lip Mask</i>       | 15 |
| <i>Knesko Eye Mask</i>       | 15 |
| <i>Knesko Neck Mask</i>      | 25 |
| <i>Knesko Face Mask</i>      | 35 |
| <i>Knesko Decollete Mask</i> | 45 |

*Additional skincare and retail products available  
for purchase in our Spa Gift Shop.*



# Nail Salon Treatments

## Manicures

|                           |            |     |
|---------------------------|------------|-----|
| Pure Manicure (no polish) | 30 Minutes | 60  |
| Classic Manicure          | 40 Minutes | 75  |
| Organic Manicure          | 40 Minutes | 80  |
| Umstead Luxury Manicure   | 50 Minutes | 90  |
| Shellac Manicure          | 45 Minutes | 100 |
| Serenity Manicure         | 50 Minutes | 95  |

## Pedicures

|                           |            |     |
|---------------------------|------------|-----|
| Pure Pedicure (no polish) | 40 Minutes | 70  |
| Classic Pedicure          | 50 Minutes | 95  |
| Organic Pedicure          | 50 Minutes | 110 |
| Umstead Luxury Pedicure   | 75 Minutes | 145 |
| Serenity Pedicure         | 50 Minutes | 125 |

## Enhancements

### Manicure

- French Polish 25
- Shellac Polish 25
- Shellac French Polish 45
- Hand Parrifin 20
- Polish Change 40
- Hot Stone 20
- Hand Massage 20
- Acupressure 25
- Shellac Removal 20

### Pedicure

- French Polish 25
- Foot Parrifin 25
- Polish Change 45
- Hot Stone 25
- Acupressure 25

WILDFLOWER 10% Off for 3 Treatments  
\*Waxing Services Available Please Call For Appointment  
\*Pricing does not include automatic 23% service charge added to all services