



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.

Umstead Classic Massage | Swedish

<i>60 Minutes</i>	<i>210</i>
<i>90 Minutes</i>	<i>265</i>

Woodland Massage | Aromatherapy

<i>60 Minutes</i>	<i>220</i>
<i>90 Minutes</i>	<i>275</i>

Dogwood Massage | Deep Tissue

<i>60 Minutes</i>	<i>250</i>
<i>90 Minutes</i>	<i>315</i>

Magnolia Massage | Mother-to-be

<i>60 Minutes</i>	<i>250</i>
<i>90 Minutes</i>	<i>315</i>

Longleaf Pine Cranial Massage | Head-Neck-Shoulders

<i>50 Minutes</i>	<i>175</i>
-------------------	------------

Riverstone Massage | Hot Stone

<i>90 Minutes</i>	<i>265</i>
-------------------	------------

Thai Foot and Leg Massage

<i>50 Minutes</i>	<i>190</i>
-------------------	------------

Massage Therapies

The Retreat

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

Whispering Pines Massage | Couples

Classic	60 Minutes	420
	90 Minutes	530

Dogwood	60 Minutes	500
	90 Minutes	630

Enhancements

Scalp Massage

25 Minutes	35
------------	----

Gua Sha

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

Thai Foot Massage

25 Minutes	45
------------	----

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.

Massage Treatments

Shirodhara Massage | Anointing

60 Minutes	220
with foot massage	

Abhyanga Massage | Detoxifying

60 Minutes	220
90 Minutes	315

Udvaartana Massage | Invigorating

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

Body Treatments

Revitalizing Energy Exfoliation

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

Energizing Journey

60 Minutes	220
90 Minutes	315

Herbal Rejuvenation Wrap

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



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.



The Spa Wave

<i>60 Minutes</i> <i>(spa wave only)</i>	<i>175</i>
---	------------

The Spa Wave Ritual

<i>90 Minutes</i> <i>(soak, massage, wave)</i>	<i>425</i>
---	------------

Umstead Renewal Espresso Mud Treatment

<i>110 Minutes</i> <i>(scrub, wrap, massage)</i>	<i>400</i>
---	------------

The Smoky Quartz | Awakening

<i>90 Minutes</i>	<i>240</i>
-------------------	------------

The Emerald | Cleansing

<i>90 Minutes</i>	<i>285</i>
-------------------	------------

Falling Waters Body Polish

<i>50 Minutes</i>	<i>225</i>
-------------------	------------



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.

Natura Bissé Experiences

Inhibit | Lift and Sculpt

60 Minutes	250
90 Minutes	360

Diamond | Luminous

60 Minutes	250
90 Minutes	360

C & C | Radiance

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

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	205
90 Minutes	250

De La Terre Facial

organic	60 Minutes	220
fearless aging	60 Minutes	220

Gentleman’s Facial

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

Purifying Back Treatment

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

Intensive Skincare

Custom Peel

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

Acne Treatment

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

Facial Treatments

Intensive Skincare

Oyxgen 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 & Peel</i>	385

Skin Perfecting Facial

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

Enhancements

<i>Scalp Massage and Hair Treatment</i>	35
<i>Facial Massage & 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
Thai Foot & Leg Massage	45 Minutes	126
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 22% service charge added to all services