



THE U M S T E A D S P A

Pricing Guide

Massage Therapies

UMSTEAD CLASSIC MASSAGE | Swedish

60 Minutes 210

90 Minutes 265

CRYSTAL COAST MASSAGE | Aromatherapy

60 Minutes 210

90 Minutes 265

SANDHILLS MASSAGE | Custom

60 Minutes 250

90 Minutes 315

BLUE RIDGE MASSAGE | Mother-to-be

60 Minutes 250

90 Minutes 315

LONGLEAF PINE CRANIAL MASSAGE | Head-Neck-Shoulders

50 Minutes 175

CHIMNEY ROCK MASSAGE | Hot Stone

90 Minutes 265

THAI FOOT AND LEG MASSAGE

50 Minutes 190

THE RETREAT | Luxury

100 Minutes 715

TWIN FALLS MASSAGE | Couples

Classic 60 Minutes 420

90 Minutes 530

Sandhills 60 Minutes 500

90 Minutes 630

Body Treatments

CHERRY BLOSSOM RITUAL

60 Minutes 215

90 Minutes 255

CHERRY BLOSSOM | Mother-to-be

60 Minutes 220

90 Minutes 260

THE PIEDMONT 90 Minutes 265

THE EMERALD 90 Minutes 315

THE UMSTEAD SPA WAVE EXPERIENCE

60 Minutes 175

Exfoliation

FALLING WATERS | Body Polish

50 Minutes 225

Facial Treatments

UMSTEAD CLASSIC FACIAL | European

60 Minutes 205

90 Minutes 250

DE LA TERRE EXPERIENCES

Organic 60 Minutes 220

Fear Less Aging 90 Minutes 220

GENTLEMEN'S FACIAL

60 Minutes 205

PURIFYING BACK TREATMENT

45 Minutes 175

Facial Treatment Add-Ons

Scalp Massage and Hair Treatment 35

Facial Massage and Contouring with Gua Sha 25

LED Light Therapy 60

East Meets West Experiences

UMSTEAD STRETCH AND RENEW
90 Minutes 275

SHIRODHARA
with foot massage 60 Minutes 220

ABHYANGA MASSAGE
60 Minutes 220
90 Minutes 315

UDVARTANA MASSAGE
90 Minutes 315

Body Treatments

REVITALIZING ENERGY EXFOLIATION
90 Minutes 315

EARTH | ENERGIZING JOURNEY
60 Minutes 220
90 Minutes 315

HERBAL REJUVENATION WRAP
60 Minutes 215

Manicures

Pure Manicure 30 Minutes 60
Classic Manicure 40 Minutes 75
De La Terre Organic Manicure 40 Minutes 80
The Umstead Luxury Manicure 50 Minutes 90
Shellac Manicure 45 Minutes 100
Serenity Manicure 50 Minutes 95

Manicure Add-Ons

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

Intensive Skincare

CUSTOM PEEL
60 Minutes 220

SKIN PERFECTING
90 Minutes 270

ACNE TREATMENT
60 Minutes 205

OXYGEN FACIAL
60 Minutes

Basic Oxygen 240

Basic Oxygen with Booster 285

Basic Oxygen with Atoxolene 330

Basic Oxygen with Booster and Peel 385

Massage Treatment Add-Ons

Thai Foot Massage 25 Minutes 45

Bath Ritual 25 Minutes 150

Gua Sha Pinpointed Areas Only 40

Pedicures

Pure Pedicure 40 Minutes 70
Classic Pedicure 50 Minutes 95
De La Terre Organic Pedicure 50 Minutes 110
The Umstead Luxury Pedicure 75 Minutes 145
Thai Foot and Leg Massage 45 Minutes 126
Serenity Pedicure 50 Minutes 125

Pedicure Add-Ons

French Polish 25
Foot Paraffin 25
Polish Change 45
Hot Stone 25
Acupressure 25

WILDFLOWER 10% Off for 3 Treatments

*Waxing Services Available Please Call For Appointment