



THE UMSTEAD SPA

MASSAGE THERAPIES

UMSTEAD CLASSIC MASSAGE (SWEDISH)

60 Minutes	\$190
80 Minutes	225

CRYSTAL COAST MASSAGE (AROMATHERAPY)

60 Minutes	190
80 Minutes	225

SAND HILLS MASSAGE (CUSTOM)

60 Minutes	225
80 Minutes	275

BLUE RIDGE MASSAGE (MOTHER-TO-BE)

60 Minutes	225
80 Minutes	275

LONG LEAF PINE CRANIAL MASSAGE (HEAD-NECK-SHOULDERS)

45 Minutes	140
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CHIMNEY ROCK MASSAGE (HOT STONE)

80 Minutes	240
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TWIN FALLS MASSAGE (COUPLES)

<i>Classic</i> 60 Minutes	380
80 Minutes	450
<i>Sand Hills</i> 60 Minutes	450
80 Minutes	550

THE RETREAT 100 Minutes 650

THAI FOOT & LEG MASSAGE 50 Minutes 175

BODY TREATMENTS

CHERRY BLOSSOM RITUAL

60 Minutes	195
80 Minutes	230

CHERRY BLOSSOM RITUAL - MOTHER-TO-BE

60 Minutes	200
80 Minutes	235

THE PIEDMONT 90 Minutes 240

THE EMERALD 90 Minutes 285

THE UMSTEAD SPA WAVE EXPERIENCE

<i>With a massage</i> 30 Minutes	100
<i>Without a massage</i> 30 Minutes	175
60 Minutes	200

EXFOLIATION

FALLING WATERS (BODY POLISH)

50 Minutes	200
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MASSAGE TREATMENT ADD-ONS

THAI FOOT MASSAGE

25 Minutes	45
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BATH RITUAL 25 Minutes 150

GUA SHA

<i>Pinpointed areas only</i>	40
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SCALP MASSAGE 35 *With or without Hair or Scalp Treatment*

FACIAL TREATMENTS

UMSTEAD CLASSIC FACIAL (EUROPEAN)

60 Minutes	\$185
80 Minutes	215

DE LA TERRE EXPERIENCES

<i>Organic</i> 60 Minutes	200
<i>Fear Less Aging</i> 60 Minutes	200

GENTLEMEN'S FACIAL

60 Minutes	185
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PURIFYING BACK TREATMENT

45 Minutes	125
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INTENSIVE SKIN CARE

CUSTOM PEEL 60 Minutes 200

SKIN PERFECTING 80 Minutes 245

ACNE TREATMENT 60 Minutes 185

OXYGEN FACIAL

<i>Basic Oxygen</i> 60 Minutes	220
<i>with Booster</i> 60 Minutes	260
<i>with Atoxolene</i> 60 Minutes	300
<i>with Booster & Peel</i> 60 Minutes	350

FACIAL TREATMENT ADD-ONS

SOTHYS EYE CONTOUR THERAPY 75

SCALP MASSAGE AND HAIR TREATMENT 35

FACIAL MASSAGE AND CONTOURING WITH GUA SHA 25

LED LIGHT THERAPY 60

VALMONT FACIALS

VALMONT COMPLETE EXPERIENCE

90 Minutes	445
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ENERGY OF THE GLACIERS

60 Minutes	270
80 Minutes	405

LUMINOSITY OF ICE

60 Minutes	295
80 Minutes	442

VALMONT SKINCARE ADD-ONS

VALMONT EYE CONTOUR 75

WAXING SERVICES AVAILABLE

Please call for availability

MANICURES

PURE MANICURE	30 Minutes	\$ 60
CLASSIC MANICURE	40 Minutes	75
THE UMSTEAD 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

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 & 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

SPA EXPERIENCES*

WILDFLOWER	<i>10% off for 3 Treatments</i>
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Falling Waters and Spa Experiences available Monday – Thursday.

Kindly note that prices are subject to change without notice.



THE UMSTEAD SPA

EAST MEETS WEST EXPERIENCES

UMSTEAD STRETCH AND RENEW

80 Minutes 250

SHIRODHARA

With Foot Massage 60 Minutes 200

ABHYANGA MASSAGE

60 Minutes 200

80 Minutes 285

UDVARTANA MASSAGE

80 Minutes 285

BODY TREATMENTS

REVITALIZING ENERGY EXFOLIATION

80 Minutes 285

EARTH - ENERGIZING JOURNEY

60 Minutes 200

80 Minutes 285

HERBAL REJUVENATION WRAP

60 Minutes 195



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