



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>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

The Retreat

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

Whispering Pines Massage | Couples

Classic	60 Minutes	440
	90 Minutes	610

Dogwood	60 Minutes	500
	90 Minutes	650

Enhancements

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.

Massage Treatments

Shirodhara Massage | Anointing

60 Minutes 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.

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>300</i>
-------------------	------------

The Emerald | Cleansing

<i>90 Minutes</i>	<i>315</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	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

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 & 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
Serenity Pedicure	50 Minutes	125

Enhancements

Manicure

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

Pedicure

- French Polish 25
- Shellac Polish 30
- Foot Paraffin 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