



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>
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Riverstone Massage | Hot Stone

<i>90 Minutes</i>	<i>305</i>
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Thai Foot and Leg Massage

<i>50 Minutes</i>	<i>200</i>
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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 220
with foot massage

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

60 Minutes *175*
(spa wave only)

The Spa Wave Ritual

90 Minutes *425*
(soak, massage, wave)

Umstead Renewal Espresso Mud Treatment

110 Minutes *400*
(scrub, wrap, massage)

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.

Natura Bissé Experiences

Inhibit | Lift and Sculpt

<i>60 Minutes</i>	<i>280</i>
<i>90 Minutes</i>	<i>390</i>

Diamond | Luminous

<i>60 Minutes</i>	<i>260</i>
<i>90 Minutes</i>	<i>370</i>

C & C | Radiance

<i>60 Minutes</i>	<i>230</i>
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HydraFacial Experiences

Signature Hydrafacial

<i>30 Minutes</i>	<i>215</i>
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Deluxe Hydrafacial

<i>60 Minutes</i>	<i>345</i>
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Platinum Hydrafacial

<i>90 Minutes</i>	<i>455</i>
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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

<i>60 Minutes</i>	<i>215</i>
<i>90 Minutes</i>	<i>300</i>

De La Terre Facial

<i>organic</i>	<i>60 Minutes</i>	<i>220</i>
<i>fearless aging</i>	<i>60 Minutes</i>	<i>220</i>

Gentleman's Facial

<i>60 Minutes</i>	<i>215</i>
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Purifying Back Treatment

<i>45 Minutes</i>	<i>175</i>
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Intensive Skincare

Custom Peel

<i>60 Minutes</i>	<i>220</i>
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Acne Treatment

<i>60 Minutes</i>	<i>205</i>
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Facial Treatments

Intensive Skincare

Oxygen Facial

60 Minutes

<i>Basic Oxygen</i>	<i>240</i>
<i>Basic Oxygen with Booster</i>	<i>285</i>
<i>Basic Oxygen with Atoxolene</i>	<i>330</i>
<i>Basic Oxygen with Booster & Peel</i>	<i>385</i>

Skin Perfecting Facial

90 Minutes

270

Enhancements

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

Knesko Chakra Products

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

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



Nail Salon Treatments

Manicures

<i>Pure Manicure (no polish)</i>	<i>30 Minutes</i>	<i>60</i>
<i>Classic Manicure</i>	<i>40 Minutes</i>	<i>75</i>
<i>Organic Manicure</i>	<i>40 Minutes</i>	<i>80</i>
<i>Umstead Luxury Manicure</i>	<i>50 Minutes</i>	<i>90</i>
<i>Shellac Manicure</i>	<i>45 Minutes</i>	<i>100</i>
<i>Serenity Manicure</i>	<i>50 Minutes</i>	<i>95</i>

Pedicures

<i>Pure Pedicure (no polish)</i>	<i>40 Minutes</i>	<i>70</i>
<i>Classic Pedicure</i>	<i>50 Minutes</i>	<i>95</i>
<i>Organic Pedicure</i>	<i>50 Minutes</i>	<i>110</i>
<i>Umstead Luxury Pedicure</i>	<i>75 Minutes</i>	<i>145</i>
<i>Serenity Pedicure</i>	<i>50 Minutes</i>	<i>125</i>

Enhancements

Manicure

<i>French Polish</i>	<i>25</i>
<i>Shellac Polish</i>	<i>25</i>
<i>Shellac French Polish</i>	<i>45</i>
<i>Hand Parrifin</i>	<i>20</i>
<i>Polish Change</i>	<i>40</i>
<i>Hot Stone</i>	<i>20</i>
<i>Hand Massage</i>	<i>20</i>
<i>Acupressure</i>	<i>25</i>
<i>Shellac Removal</i>	<i>20</i>

Pedicure

<i>French Polish</i>	<i>25</i>
<i>Foot Parrifin</i>	<i>25</i>
<i>Polish Change</i>	<i>45</i>
<i>Hot Stone</i>	<i>25</i>
<i>Acupressure</i>	<i>25</i>

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