

The Spa
at Grandover



RESORT & CONFERENCE CENTER
GOLF • SPA

Appointments
(336) 834-4889

MASSAGE

Classic

NECK-BACK-SHOULDERS

Good for those who don't have time for the full 50 minute massage. This massage concentrates on the areas that need it most.

25 min: \$55

SWEDISH

Using long, gliding strokes and kneading techniques, this classic form of full body massage uses mild to moderate pressure while relaxing the body, improving muscle tone, and stimulating circulation to provide a feeling of tranquility and well being.

50 min: \$80

80 min: \$130

AROMATHERAPY

Combining the nurturing art of Swedish massage with your choice of essential oils drawn from flowers, plants and herbs, our Aromatherapy massage promotes a calming, energizing and cleansing effect on the body.

50 min: \$90

80 min: \$145

DEEP TISSUE

Concentrating on the deeper layers of muscle tissue, this massage aims to release the chronic patterns of tension in the body through slower strokes and moderate to deep pressure, loosening muscle tissue while releasing toxins from muscles and allowing blood and oxygen to circulate properly.

50 min: \$90

(We do not offer an 80 minute Deep Tissue Massage)

PRENATAL

(MUST BE PAST 14 WEEKS)

This massage is designed for the expectant mother. Your specially certified therapist is trained to pay special attention to those areas that bother you most during pregnancy resulting in decreased water retention and muscle tension.

50 min: \$85

80 min: \$140

REFLEXOLOGY

According to Chinese medical culture, feet have thousands of nerve endings and acupuncture points which access the entire body.

Massage performed on the pressure points work directly on the organs in which they relate to boost the immune system, relieve fatigue and stimulate circulation. It helps to create balance, harmony and energy throughout the whole body.

50 min: \$85

Deluxe

VOLCANIC STONE MASSAGE

Experience a luxurious and relaxing massage combined with deep heat therapy. Warm, smooth basalt stones are used by therapists to manipulate muscle tissue as well as placed on specific points along your spine, in the palms of your hand, or between your toes to improve the flow of energy in your body, loosen tight muscles, melt tension and relieve stress.

50 min: \$95

80 min: \$155

Signature

WAXING

BROW: \$20 LIP: \$20 CHIN: \$20

UNDERARM: \$30 BIKINI: \$30 AND UP

HALF LEG: \$45 WHOLE LEG: \$75 BACK: \$75 AND UP

THE COUPLES EXPERIENCE

Enjoy a moment for the two of you.
See massages for descriptions.

COUPLES SWEDISH

50 min: \$160

80 min: \$260

COUPLES AROMATHERAPY

50 min: \$180

80 min: \$290

COUPLES VOLCANIC STONE

50 min: \$190

80 min: \$310

BODY TREATMENTS

DEAD SEA SALT POLISH

Journey to the banks of the Dead Sea and experience an invigorating, exfoliating and moisturizing body treatment. A mixture of scented oils and Dead Sea Salts is applied to the body, stimulating circulation and softening dry skin to leave you smooth and glowing.

25 min: \$55

50 min: \$95

WARM HONEY COCOON BODY WRAP

Whole grains, organic oils and pure honey weave together to create a rich, darkly scented experience. Wrapped in the velvet warmth of honey, your body will reach a depth of suppleness and relaxation rarely experienced in traditional treatments.

50 min: \$95

HERBAL BODY WRAP

This treatment begins with dry brushing to exfoliate the skin and increase circulation. You are then wrapped up in our detoxifying blend of herbs to purify your mind, body and soul for a feeling of comfort and well-being. To complete the service a moisturizer is applied to soften the skin.

50 min: \$95

PARAFFIN BODY WRAP

Deeply nourish skin while you relax. This treatment begins with dry brushing to exfoliate the skin, and then warm paraffin is applied to your body. The heat from this treatment comforts you while the paraffin softens and conditions the driest skin.

50 min: \$95

ORGANIC PUMPKIN CREAM BODY WRAP

Your body is softly exfoliated with a comforting blend of Organic Grains and Spices. Next you are cocooned in a nourishing Pumpkin Cream Body Wrap increasing the elasticity and revitalizing the texture of the skin. You are then massaged with our deeply hydrating Naseberry Body Lotion, calming and soothing your skin leaving you soft and radiant.

80 min: \$150

ORGANIC CINNAMON PAPRIKA FIRING WRAP

Herbs, spices and bioflavonoids melt cellulite through high blood circulation followed by deep tissue manipulation with firming Cinnamon Paprika Body Lotion. You may experience a tingling sensation that lets you know the herbal wrap is continuing to be effective. Not recommended for extremely sensitive skin.

80 min: \$150

ORGANIC CARROT CAKE BODY WRAP

This treatment smells good enough to eat! First we scrub your body down with Organic Grains and Spices, and then we spread on a Carrot Cake Vitamin Masque infused with honey, hydrating lemon, clove and vanilla that are layered on like icing. Rinse off and then its time for the dreamy Honeydew Body Lotion that will be massaged into your skin as a unique finishing touch to transform you completely.

80 min: \$150

Classic

Deluxe

Signature

FACIALS

GRANDOVER RELAXATION FACIAL

Our express facial includes a thorough cleansing, exfoliant, steam, masque, and moisturizer to brighten the complexion leaving your skin recharged, balanced and fresh. No extractions are included.

25 min: \$55

PURIFICATION FACIAL

This powerfully effective herbal treatment is created to decongest and purify stagnant skin. Perfect for those skin types prone to outbreak or oiliness. Gentle enough for those with skin sensitivities yet strong enough to completely refresh normal skin types in need of a deep cleansing boost. The perfect herbal combinations work together to soften while evening skin tone and restoring your natural glow.

50 min: \$85

GENTLEMEN'S FACIAL

A skin toning facial tailored to the specific needs of men. The Gentlemen's Facial includes a deep cleansing mask to purify the skin, drawing out impurities while infusing the complexion with restorative Vitamin C leaving your skin toned and refreshed.

25 min: \$55

50 min: \$85

BACK FACIAL

This facial is designed to reach that unreachable area. Your back will feel good as new after being cleansed, exfoliated and masked.

25 min: \$55

ORGANIC CUSTOM FACIAL

Our traditional facial is based on Hungarian techniques customized for each client to address the particular needs of your skin. It includes a relaxing facial massage with steam followed by a thorough cleansing with deep pore extractions. An invigorating exfoliation is followed by a masque packed with fresh pulps and juices of peaches, cherries, carrots or rosehips. Treatment concludes with a fresh whipped moisturizer and hydrating emulsion matched to your skin type.

50 min: \$95

ULTRA RADIANCE FACIAL

Elegant, fresh and refined, this treatment will deeply cleanse, fully exfoliate and wholly hydrate the skin. Powerful herbal antioxidants and natural nutrients combine to correct skin texture and tone. A luscious, relaxing facial with lasting results to visibly brighten the skin.

50 min: \$95

ORGANIC CALMING FACIAL

A perfect remedy for fragile and irritated skin. Fresh rosehip has been utilized for centuries for its amazing soothing and calming benefits. Now we understand that its naturally rich content of Vitamin C encapsulates the ability to restore the skin's balance, reduce inflammation and redness and provide high antioxidant protection. Rosehips are crushed into a creamy texture with fresh corn flour to gently exfoliate the skin followed by extracts of menthol and rosehip to deliver a cooling sensation that revitalizes and calms.

80 min: \$125

ORGANIC AGELESS BEAUTY FACIAL

A highly stimulating anti-aging treatment for all skin types, except those that are extremely sensitive. This exquisite facial includes an antioxidant gel, algae and natural phyto-estrogens which help to balance hormonal levels in the skin to increase collagen and elastin, prevent hormonal breakouts, while giving skin clarity and increasing circulation. As this is a highly active mask, please note that it is normal to experience a healthy rosy glow after treatment leaving your complexion firm, lifted and absolutely revitalized!

80 min: \$145

MARINE EYE AND LIP FACIAL

Let our marine collagen facial treat crow's feet, fine lines around the lip area, dark circles or excess baggage. The eye area is the first to show signs of aging and fatigue. First, our eye treatment is massaged directly to the eye zone, followed by a marine collagen eye and lip mask that delivers therapeutic elements for the improvement of your skin. Can be done as an add on to any facial or as a treatment by itself.

25 min: \$55

Add to any 50 or 80 minute facial for \$35

ORGANIC THREE-STEP LIP TREATMENT

Erase dryness and treat your lips to a naturally effective three-step treatment. Gentle fruit enzymes refine the lip area, followed by an extra rich masque that deeply hydrates. Finish with a minty non-petroleum based balm that stimulates lip-plumping collagen.

Add to any facial for \$35

Classic

Deluxe

Signature

Add-ons

NAILS

EXPRESS PEDICURE

Our most efficient pedicure service is perfect for in between routine maintenance. After soaking in our jetted foot bath, nails are reshaped, cuticles repaired and soles are buffed. A moisturizing lotion is applied to soften and nails are finished with the polish of your choice.

(French finish is unavailable due to time constraints)

25 min: \$45

EXPRESS MANICURE

Nails are reshaped and cuticles repaired. Receive a moisturizing lotion application and the nails are finished with the polish of your choice.

(French finish is unavailable due to time constraints)

25 min: \$40

EXPRESS COMBO

A manicure/pedicure combo for the man or woman on the go! Nails are reshaped and cuticles repaired. Receive a moisturizing lotion application and the nails are finished with the polish of your choice.

(French finish is unavailable due to time constraints)

50 min: \$85

CUCUMBER MINT PEDICURE

Let your tension dissolve as you soak your feet in a warm bath. Nails are shaped, cuticles repaired and problem skin is buffed. Skin is exfoliated with our cucumber mint sugar scrub on feet and ankles. Our moisturizing cucumber mint wrap is applied which restores and stimulates skin. A warm paraffin dip follows with an invigorating massage for total body relaxation. Our cucumber mint massage soufflé moisturizer is then applied finishing the nails with the polish of your choice.

50 min: \$80

CUCUMBER MINT MANICURE

Nails are shaped and cuticles are repaired. Skin is exfoliated with our cucumber mint sugar scrub on wrists and hands. A warm paraffin dip follows with an invigorating massage for total body relaxation. Our cucumber mint massage soufflé moisturizer is then applied finishing the nails with the polish of your choice.

50 min: \$70

CHOCOLATE SOUFFLÉ PEDICURE

This luxurious treatment is meant for those who are chocolate lovers! First we start with a delectable chocolate scrub to exfoliate dead skin and stimulate poor circulation, and then we blend sour cherries and cocoa into a sweet concoction and apply it to your skin, wrapping your feet in warm towels. Warmed stones glide along your skin until you surrender to total relaxation. A warm paraffin dip softens and restores skin. Next we will lavish your skin with a white chocolate soufflé moisturizer and massage you into aromatic bliss. Nails are finished with the polish of your choice.

80 min: \$95

CHOCOLATE SOUFFLÉ MANICURE

Indulge yourself in our decadent chocolate soufflé manicure. We spoil you with an exfoliation infused with cocoa oils to increase circulation then apply a concoction of blended sour cherries with cocoa and wrap your hands in warm towels. A warm paraffin dip softens and restores skin. We glide warmed stones along your skin promoting calmness and tranquility. Next we will lavish your skin with a sour cherry moisturizer and massage you into aromatic ecstasy. Nails are finished with the polish of your choice.

80 min: \$80

POLISH CHANGE

\$10

FRENCH MANICURE OR PEDICURE

Add to any Deluxe or Signature Nail Treatment: \$15

Classic

Deluxe

Signature

Add-ons

PACKAGES

CLASSIC PACKAGE

50 minute Swedish Massage
50 min Purification Facial
\$165 (per person)

DELUXE PACKAGE

50 minute Aromatherapy Massage
Organic Custom Facial
Cucumber Mint Manicure
Cucumber Mint Pedicure
\$335 (per person)

SIGNATURE PACKAGE

80 minute Hot Stone Massage
Organic Cinnamon Paprika Firming Wrap
Organic Ageless Beauty Facial
Chocolate Soufflé Manicure
Chocolate Soufflé Pedicure
\$585 (per person)

SPA POLICIES

- All appointments must be held with a credit card.
- Gratuities are not included in the price of service.
- A 6-hour cancellation is required to avoid being charged for any service. All no shows are charged at full value.
- Late arrivals will not receive an extension of services. Please check in at the Spa reception desk at least 15 minutes prior to your first scheduled service.
- Children under the age 16 are not permitted to receive services.
- Rates are subject to change without notice.
- Use of fitness center, sauna, steam room, hot tub and swimming pool is complimentary with any Classic, Deluxe or Signature service.
- Please notify the Spa if you have any allergies.

CAFÉ SPA

Meals served in the spa are available for purchase from the spa front desk and room service. Menu and pricing are subject to change.



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Greensboro, NC 27407

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08/09-20M