



THE OMNI GROVE PARK INN  
SPA MENU

 The Spa  
AT THE OMNI GROVE PARK INN



THE SPA AT THE OMNI GROVE PARK INN

WELCOME

# AN ENTIRE DAY, JUST FOR YOU

At our spa, your experience extends far beyond the duration of a single treatment. It is our passion to envelop you in unparalleled rejuvenation and serenity—an indulgence designed to last the entire day.

Spanning over 43,000 square feet, with 18,000 square feet dedicated solely to your comfort, The Spa offers an array of world-class amenities to enhance your journey. Begin by immersing yourself in our mineral pools, serenaded by calming underwater music, or drift between nearby pools and cascading waterfalls. Awaken your senses in the invigorating contrast pools, glide through the lap pool, and restore your spirit in the inhalation room, sauna, or eucalyptus-infused steam room.

Between moments of renewal, savor herbal teas and light refreshments in our serene Men's and Women's relaxation lounges. Then, step outside to breathe deeply of the crisp mountain air, unwind by a glowing fireplace, and soak in the breathtaking views of the Blue Ridge Mountains from the outdoor whirlpool.

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## ULTIMATE FACIAL

Our most luxurious facial experience. This high-performance treatment combines rare active ingredients sourced from the depths of the ocean with our exclusive, expertly refined techniques. The result is skin that feels incredibly smooth, looks visibly firmer, and radiates a youthful, revitalized glow—an indulgence unlike any other.

110 minutes

## GROVE PARK HYDRAFACIAL

For overall healthier skin, experience a revolutionary corrective and resurfacing treatment that clears pores and hydrates skin. This treatment offers contouring Lymphatic Drainage, HydraFacial's patented hydradermabrasion, a booster of your choice to address specific concerns, pampering of the hands and arms, and LED light therapy to further reduce visible signs of aging and blemishes. Perfect for all skin types.

80 minutes

### HYDRAFACIAL ENHANCEMENTS:

**VITAMIN C BRIGHTENING MASK** | Boost skin radiance and reduce the appearance of uneven skin tone.

**HYDRAFACIAL EYE PERK** | Improve the tone and reduce the appearance of fine lines as you brighten and hydrate around your eyes.

**HYDRAFACIAL LIP PERK** | Revitalize your lips as you gently exfoliate and restore plumpness.



## VOYAGE OF RENEWAL ORGANIC FACIAL & WRAP

Embark on an organic, truly luxurious and decadent, head-to-toe journey that leaves skin silky-soft, radiant, and utterly renewed. This lavish treatment begins with a full body dry brush exfoliation to gently buff away dull skin and awaken circulation. Next, you're wrapped in a warm, aromatic cocoon of lavender and rosemary. As your body drifts in this oceanic embrace, a replenishing facial of nutrient-rich marine botanicals quenches thirsty, tired, or sensitive skin.

80 minutes

## SKIN REFINING FACIAL

Smooth visible wrinkles, prevent new wrinkle formation and slow the aging process with this indulgent experience. Powerful formulations and specialized massage techniques, including Rose Quartz Gua Sha improve skin firmness, tone and elasticity, and redefines facial contours for immediate visible results.

80 minutes

## BLEMISH CONTROL FACIAL

Designed for adult acne-prone skin, this luxurious treatment goes beyond cleansing to restore clarity and balance. This treatment gently dissolves buildup, minimizes and prevents future blemishes without compromising the skin's protective barrier. Reveals a clearer, more even, and beautifully matte complexion.

80 minutes

## BRIGHTENING FACIAL

This time-defying treatment is designed to brighten and even skin tone. Packed with powerful antioxidants/ plant extracts, this facial features a triple exfoliating peel, concentrates, and Vitamin C to leave your skin instantly hydrated and luminous.

80 minutes

## COLLAGEN PEPTIDE FACIAL

This advanced treatment harnesses the power of peptides to stimulate natural growth factors. Infused with vegan collagen & ultra-potent hyaluronic acid, it deeply moisturizes and plumps from within. Perfect for all skin types, even the most sensitive and reactive complexions.

80 minutes

## GROVE PARK CLASSIC FACIAL

A customized European facial that blends classic techniques with modern, effective results. Ideal for all skin types, this treatment promotes a healthy, refreshed complexion while targeting specific concerns for a more balanced, polished appearance.

80 minutes

## SKIN SOLUTIONS FOR MEN

Sharpen your image with an organic results-driven facial that combines traditional techniques and modern skincare formulated specifically for men. Featuring the soothing warmth of steamed towels and performance-focused ingredients, this rejuvenating treatment delivers visible, lasting results. Experience the perfect harmony of clean freshness, relaxation, and high-impact care tailored for the modern gentleman.

75 minutes

### SKIN CARE ENHANCEMENTS:

**EYE BRIGHTENER** | Achieve pure radiance and boost hydration, while minimizing the appearance of fine lines and fatigue.

**CRYO SCULPTING** | Firm and tighten skin's appearance with cold therapy sculpting massage. Helps to reduce puffiness and fatigue.

All treatment prices are on the last page of the menu.

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SKIN CARE

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## FIRE, ROCK, WATER, LIGHT RITUAL

Our signature treatment is a full-sensory journey featuring a full-body exfoliation, a soothing soak, a nourishing body masque, and a warm Vichy waterfall massage. Inspired by the design elements of The Spa, this experience restores balance, renews the skin, and leaves you glowing from head to toe.

80 minutes

## CBD RELIEF AND RENEWAL RITUAL

Immerse yourself in a full-body ritual crafted to restore balance, ease discomfort, and nurture your well-being with THC-free CBD products. This soothing experience begins with a gentle exfoliation, flows into a comforting mineral bath, and concludes with a calming massage—designed to reduce inflammation, relieve muscle soreness and skin irritation. Perfect for those seeking natural relief, renewed vitality, and peaceful relaxation.

80 minutes

## VOLCANIC CLAY DETOX RITUAL

A revitalizing full-body experience designed to deeply cleanse and purify. This treatment includes a warm Himalayan salt stone exfoliation to smooth the skin and stimulate circulation and mineral-rich volcanic clay wrap and salt bath to draw out impurities. Conclude with a massage that promotes balance and renewal from within.

80 minutes

## DE-STRESS MUSCLE BODY WRAP

Rebalance your body and mind with this deeply restorative experience. Begin with a full-body exfoliation to smooth and invigorate the skin, followed by a comforting body wrap infused with an aromatic blend of lavender, rosemary, warming ginger, and black pepper—designed to ease fatigue, release tension, and soothe sore muscles. A focused 30-minute massage completes the treatment, melting away muscle tightness and quieting the mind for total relaxation.

80 minutes

## MOUNTAIN HONEY BODY WRAP

This treatment begins with a gentle exfoliation to smooth and renew the skin, followed by a warm wrap infused with local sourwood honey and rich body butter to deeply hydrate and soften. Enjoy a 30-minute massage to further relax and restore. Skin is left radiant, and the body fully refreshed.

80 minutes



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# BODY TREATMENTS

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## GROVE PARK CLASSIC MASSAGE WITH WELLNESS POD

Elevate your Classic Massage experience with this multi-sensory treatment. Select from the following themed programs, designed to meet your specific wellness journey.

**STRESS FREE | SUNSHINE  
RELAXATION | REJUVENATE**

80 minutes

### ABOUT THE WELLNESS POD

The Therapeutic Wellness Pod combines a variety of restorative elements to enhance your spa journey, integrating elements such as gemstone therapy and calming aromatherapy for a truly immersive experience.

*More elements and benefits below.*

### HEALING INFRARED HEAT

Used to improve circulation, reduce muscle tension, boost immune systems, relieve pain and more.

### VIBRATIONAL THERAPY

Works gently to enhance blood flow, decrease stress, reduce muscle soreness and more.

### NEGATIVE IONS

The pod produces negative ions through specially selected charged gemstones, excellent for lowering psychological stress, reducing anxiety and enhancing overall wellbeing.

### MOOD ENHANCING COLOR LIGHTS

Color options offered in the Pod have been linked to specific energies that focus on different chakras in the body, providing a unique boost to your experience.



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# THERAPEUTIC WELLNESS POD

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## BLUE RIDGE SYMPHONY MASSAGE

Compose your treatment to meet your needs. Choose from Swedish, therapeutic, Reflexology, or hot stone techniques to blend your ultimate personalized session. Whether you seek relaxation, targeted relief, or full-body renewal, this massage is designed entirely around you.

80 minutes

## INNER STILLNESS MASSAGE

Relax with our aromatherapy massage, where soothing touch meets the power of essential oils. Choose from a selection of clinically formulated oil blends developed by the founders of modern aromatherapy. This treatment emphasizes a choreographed pressure point technique that focuses on the spinal nerves. The result is a deeply personalized, transformative experience that leaves you refreshed, restored, and grounded.

80 minutes

## GROVE STONE MASSAGE

Along with relaxing massage techniques, smooth, perfectly heated basalt stones will melt away muscle tension and de-stress your mind.

75 minutes

## MOUNTAIN-TO-SEA SALT STONE MASSAGE

Inspired by North Carolina's iconic Mountain-to-Sea Trail, this restorative treatment blends warm Himalayan salt stones, flowing Swedish techniques and uplifting aromas of ginger and sweet orange. Rich in seaweed minerals and rosehip oil, our rejuvenating body oil deeply nourishes and hydrates the skin. This luxurious experience calms the mind, revitalizes the body and echoes the natural beauty of our state's mountains to sea landscape.

50 minutes

## ARNICA & HOT TOWEL MASSAGE

This therapeutic massage combines expert muscle work with the healing power of steamed towels and a soothing herbal blend. Relieve sore, overworked muscles, reduce inflammation, and improve circulation. Perfect for those who desire a bit more therapeutic pressure than a Swedish massage, but not the intensity of deep tissue.

80 minutes

## MATERNITY MASSAGE

Specifically designed to pamper the mother-to-be, this massage improves circulation and calms the body. *For expectant mothers in their second and third trimesters only.*

80 minutes | 50 minutes

## GROVE PARK CLASSIC MASSAGE

This classic full-body massage is customized to your specific needs, utilizing gentle, gliding strokes to soften tense or sore muscles.

80 minutes | 50 minutes

## COUPLES MASSAGE

Unwind together with this harmonious massage experience, as each of you enjoys a customized Grove Park Classic Massage designed to soothe, restore, and relax.

80 minutes | 50 minutes

## COUPLES RETREAT

Reconnect together with this romantic retreat. Enjoy two 50-minute customized Grove Park Classic Massages followed by a warm hydrotherapy bath designed to relax your body and quiet your mind, while you sip chilled champagne and savor chocolates.

110 minutes

## MOUNTAIN VIEW MASSAGE

Escape to tranquility in one of our private outdoor pagodas with this thoughtfully crafted Swedish-style massage, set against the breathtaking backdrop of the Blue Ridge Mountains.

80 minutes | 50 minutes



## HEAD IN THE CLOUDS MASSAGE

A calming upper body treatment targeting the head, neck, back, and shoulders to release tension and quiet the mind. Float out feeling light, clear, and deeply relaxed.

50 minutes

## TERAPEUTIC MASSAGE

Ideal for those familiar with massage seeking relief from tightness, soreness, and muscle fatigue. This focused treatment targets deeper muscle and connective tissue layers to release chronic tension and persistent discomfort. Firm, yet comfortable pressure softens knots, improves mobility, and promotes circulation.

80 minutes | 50 minutes

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# MASSAGE TREATMENTS

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Enhance your 80-minute Classic or 80-minute Therapeutic massage with one of these unique additions. Included within your scheduled treatment time.

## REFRESHING FOOT TREATMENT

Luxurious foot polish, refreshing massage and wrap leaves your feet feeling like you've been wading through a mountain stream.

## REFLEXOLOGY

This pressure point massage of the foot can stimulate healing and balancing throughout the body.

## SCALP REFRESHER

A tension-relieving scalp massage with exotic botanicals and unique essential oils to condition the scalp and leave hair glossy and nourished.

## DRY BODY BRUSHING

Boosts circulation and lymphatic flow, exfoliates the skin, and offers both stress relief and invigoration. Plus, bring home your dry brush as our gift to your continued health and relaxation.



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# MASSAGE ENHANCEMENTS

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Our pedicure services are focused exclusively on natural nail care. We do not remove acrylic or gel polish, so please ensure any enhancements are removed prior to your appointment.

### MOUNTAIN HONEY PEDICURE

Enjoy a super hydrating pedicure for dry feet with essences of warming ginger and sandalwood with a creamy honey glaze. Natural nails only.

60 minutes

### MOTHER-TO-BE PEDICURE

Renewing and softening rose, neroli and evening primrose makes this the perfect choice for new or expectant mothers. Natural nails only.

60 minutes

### HIKERS DELIGHT PEDICURE

Recover and revive tired feet while experiencing the healing properties of pure aloe, arnica and our signature Muscle Therapy blend. Natural nails only.

60 minutes

### CBD RECOVERY PEDICURE

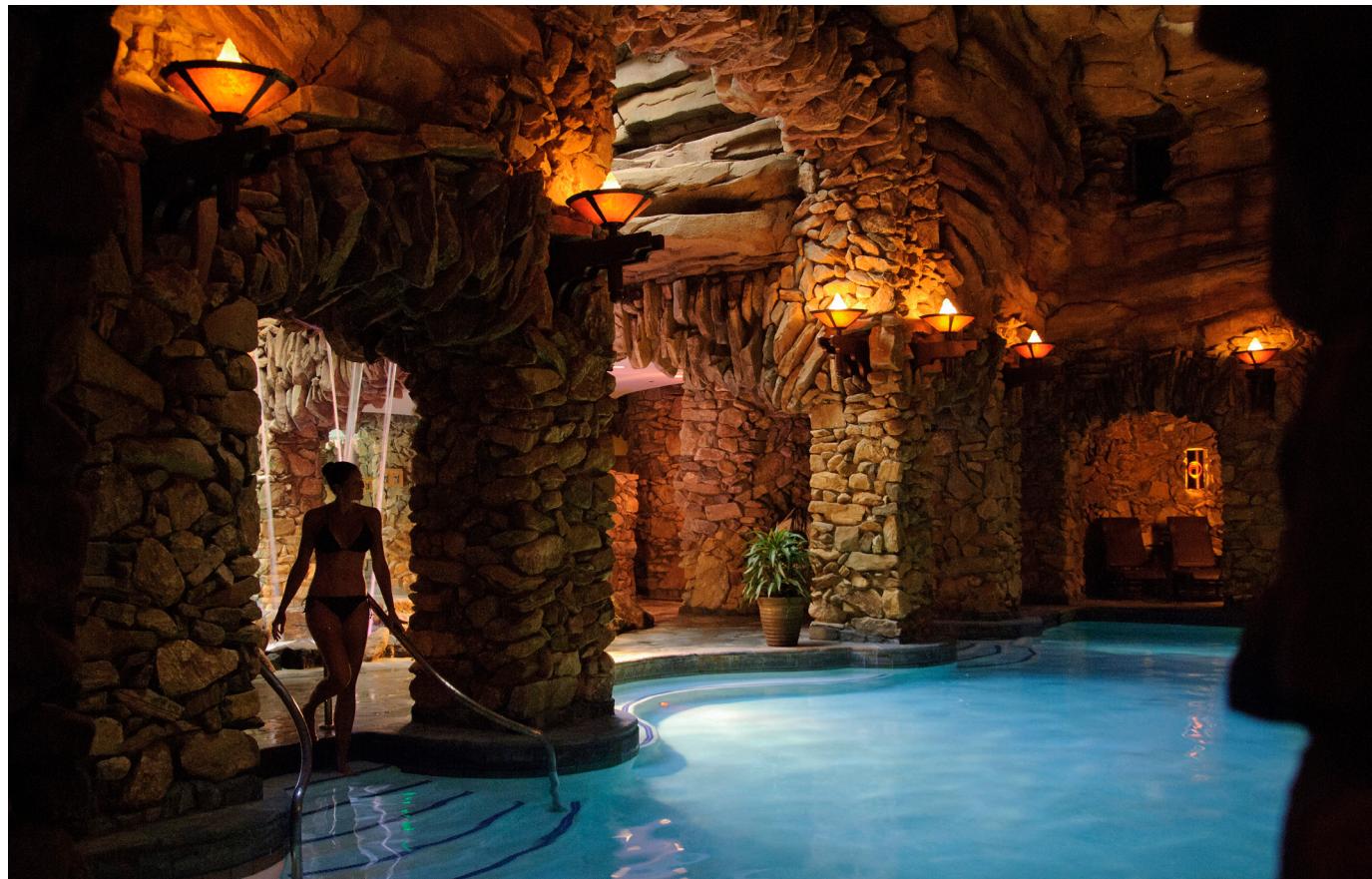
This pedicure is designed to deliver targeted relief and deep hydration using high-quality, CBD—completely THC-free. This pedicure is great for calming tired feet, and melting away tension as it deeply hydrates and promotes circulation. Natural nails only.

60 minutes

### GINGERBREAD PEDICURE\*

Distinctive gingerbread elements are added to an already pampering pedicure. Includes expert shaping, gentle exfoliation, creamy masque, hydrating oils, paraffin wrap and warm stones between your toes. Pure indulgence. Natural nails only. \*Only available seasonally.

60 minutes



All treatment prices are on the last page of the menu.

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# FOOT TREATMENTS

  
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## MIND-BODY EXPERIENCE

*Only for guests with existing Treatments or Day Passes.*

Add one of our Mind-Body Experiences to enhance your day of total relaxation and achieve your personal wellness goals. Vibro-acoustic sound waves accompanied by scientifically composed music quiets and calms brain activity. The Wellness Lounger's zero-gravity positioning during the experience minimizes cardiovascular and skeletal stress while noise dampening headphones and eye pillows reduce outside distractions. Choose from one of five programs within three treatment categories, designed to reduce stress and anxiety, enhance restorative sleep and calm brain activity. Perfect for a quick relaxation break or a full mental reset before carrying on with our day.

### AVAILABLE EXPERIENCES:

**STRESS REDUCTION** | Choose from Emotional Reset or Soul Soak, each designed using vibrational therapy to achieve stress reduction at the core.

**ENHANCED SLEEP** | Our Neo-Nap program has been curated to help the body prepare for a more restful and deep night of sleep.

**AUGMENTED MEDITATION** | Select either Nature's Journey or Stress Release and embark on a restorative meditation for the mind, body and soul.



All treatment prices are on the last page of the menu.

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# MIND-BODY EXPERIENCE

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## SPA DAY PASS RESERVATIONS

A limited number of Spa Day Passes will be available to purchase for resort guests only. Due to limited availability, we recommend reserving Spa Day Passes when you make your hotel room reservation. A Spa Day Pass grants access to Spa Pools and all amenities on the day of reservation only. Check-in for Spa Day Passes begins at 9:00 a.m.

## SPA BOUTIQUE

Bring the spa experience home with our curated assortment of skincare, bath, body and wellness elixirs that are available for purchase in our Spa Boutique. Treat yourself or someone special to our Spa Signature collection of bath and body products, featuring custom essential oil blends that can only be found at The Spa at The Omni Grove Park Inn. You can also explore a host of intriguing gift ideas, including Babor skincare, plush Spa robes, aromatherapy products, gift baskets and more.

Please call **800-438-0050** ext. 7740 for product availability and delivery options.



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# SPA DAY PASS & SPA BOUTIQUE

 The Spa  
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## SPA HOURS

Sunday – Thursday: 8 am to 6 pm  
Friday – Saturday: 8 am to 7 pm

## AGE REQUIREMENT

The Spa is available for guests 18 years of age and older. Please be prepared to present an ID upon request.

## CANCELLATION NOTICE

Your Spa Treatment or Day Pass is reserved exclusively for you. Should you need to make changes or cancel, please notify Spa Reservations at **800-438-5800** at least 24 hours before your scheduled visit. Cancellations within 24 hours, or missed appointments, will incur a fee to cover the reserved time and scheduling impacts. Fees are as follows: Day Pass, \$50; Pedicure, \$50; 50-minute treatment, \$75; 80-minute treatment, \$100. We appreciate your understanding as we strive to serve all guests efficiently.

## RESERVATION CHANGES

To ensure a seamless and relaxing experience, please make any adjustments or modifications to your treatments at least 24 hours prior to your Spa check-in. Changes requested on the day of your appointment may result in delays, extended check-in times, and could limit our ability to accommodate your desired updates.

## ADVANCE APPOINTMENTS

We strongly recommend making your spa reservation when you make your hotel room reservation. Weekend appointments should be booked three (3) to four (4) months in advance. Priority of all Spa Treatment and Day Pass reservations are given to overnight guests of the hotel before being made available to day guests, based on current availability.

To check availability, please call reservations at **800-438-5800** between 9 am and 6 pm EST.

## SPA SERVICE CHARGE

For your convenience, a 22% service charge is automatically added to Spa Treatments and Spa Day Passes. The service charge will be distributed among the staff assisting you during your visit. Gratuities are separate and may be provided at your discretion.

## WHAT TO BRING

Bring your swimsuit and sunglasses for our pool areas. Robes, slippers and towels are provided. Please do not bring jewelry or other valuables to The Spa, as we cannot guarantee the security of these items. Please be sure to bring your favorite book, magazine or journal.

## SPA ETIQUETTE & ELECTRONICS FREE

The Spa is a completely electronics free environment. Please leave all electronics, including cell phones, cameras, iPads, e-readers, in your room or locker throughout your Spa visit. There are no exceptions to this policy. We also ask that you speak softly or simply enjoy the silence. The Spa is a non-smoking facility and outside food and beverage is not permitted. Thank you for partnering with us to create the most healing, restorative and relaxing experience possible.

## SPA TREATMENT ARRIVAL

In order to enhance your experience, we recommend you arrive at least one (1) hour prior to your scheduled appointment to complete a brief consultation form, change, receive a tour and relax.

Arriving late will shorten your spa treatment, as we must end at the scheduled time so that we may honor the next guest's appointment time. The full value of your treatment will be charged.

## HEALTH CONSIDERATIONS

### MEDICAL

Your well-being is always our priority. Please alert your reservation agent if you have health conditions, active skin conditions, recent procedures, allergies or mobility difficulties.

### PREGNANCY

Let our teams guide you to discover the treatment that best supports you during this special time.

**FIRST TRIMESTER** - For your wellbeing, our maternity massage is only available after the first trimester, however our teams are delighted to recommend a variety of our soothing facials and pedicures that can be enjoyed at any point during your term.

**SECOND & THIRD TRIMESTER** - Our nurturing Maternity Massage and Mother-To-Be Pedicure treatments are thoughtfully created to support expecting mothers. Speak with our teams to learn more about those and other restorative facials and pedicures which provide safe relaxation for both mother and baby.

## SKIN CARE

ULTIMATE FACIAL	
110 minutes	\$540
GROVE PARK HYDRAFACIAL	
80 minutes	\$450

HYDRAFACIAL ENHANCEMENTS	
VITAMIN C BRIGHTENING MASK	\$30
HYDRAFACIAL EYE PERK	\$30
HYDRAFACIAL LIP PERK	\$30

VOYAGE OF RENEWAL ORGANIC	
FACIAL & WRAP	

80 minutes	\$350
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SKIN REFINING FACIAL	
80 minutes	\$325

BLEMISH CONTROL FACIAL	
80 minutes	\$310

BRIGHTENING FACIAL	
80 minutes	\$310

COLLAGEN PEPTIDE FACIAL	
80 minutes	\$310

GROVE PARK CLASSIC FACIAL	
80 minutes	\$285

SKIN SOLUTION FOR MEN	
75 minutes	\$285

SKIN CARE ENHANCEMENTS	
EYE BRIGHTENER	\$30
CRYO SCULPT	\$30

WELLNESS POD	
GROVE PARK CLASSIC MASSAGE WITH WELLNESS POD	

80 minutes	\$290
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MIND-BODY	
MIND-BODY EXPERIENCE	

20-25 minutes	\$30
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Only available with an existing Treatment or Day Pass.

## MASSAGE

BLUE RIDGE SYMPHONY MASSAGE	
80 minutes	\$330
INNER STILLNESS MASSAGE	
80 minutes	\$320
GROVE STONE MASSAGE	
75 minutes	\$325
MOUNTAIN-TO-SEA SALT STONE MASSAGE	
50 minutes	\$245
ARNICA & HOT TOWEL MASSAGE	
80 minutes	\$300
MATERNITY MASSAGE	
80 minutes	\$300
50 minutes	\$225
GROVE PARK CLASSIC MASSAGE	
80 minutes	\$295
50 minutes	\$225
COUPLE'S MASSAGE	
80 minutes	\$600
50 minutes	\$469
COUPLE'S RETREAT	
100 minutes	\$675
MOUNTAIN VIEW MASSAGE	
80 minutes	\$305
50 minutes	\$235
HEAD IN THE CLOUDS MASSAGE	
50 minutes	\$225
THERAPEUTIC MASSAGE	
80 minutes	\$330
50 minutes	\$245

## MASSAGE ENHANCEMENTS

REFRESHING FOOT TREATMENT	\$30
REFLEXOLOGY	\$30
SCALP REFRESHER	\$30
DRY BODY BRUSHING	\$30

## BODY TREATMENTS

FIRE, ROCK, WATER, AND LIGHT RITUAL	
80 minutes	\$390
CBD RELIEF AND RENEWAL RITUAL	
80 minutes	\$350
VOLCANIC CLAY DETOX RITUAL	
80 minutes	\$350
DE-STRESS MUSCLE BODY WRAP	
80 minutes	\$350
MOUNTAIN HONEY BODY WRAP	
80 minutes	\$330

## FOOT TREATMENTS

MOUNTAIN HONEY PEDICURE	
60 minutes	\$175
MOTHER-TO-BE PEDICURE	
60 minutes	\$175
HIKERS DELIGHT PEDICURE	
60 minutes	\$175
CBD RECOVERY PEDICURE	
60 minutes	\$175
GINGERBREAD PEDICURE*	
60 minutes	\$175

\*Available seasonally.

## DAY PASS

SPA DAY PASS	
All day	\$200

Prices do not include 22% Spa Service Charge.

All prices, services and hours of operation are subject to change without notification.  
Holiday and peak season pricing will vary from price listed.

All massage and bodywork services are provided by North Carolina licensed massage  
and bodywork therapists.

Updated: October 2025

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PRICING

 The Spa  
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