



# The Spa

AT THE OMNI HOMESTEAD







# The ART of Rest *and* Relaxation.

The Spa at The Omni Homestead Resort & Spa is an oasis of relaxation, rejuvenation and pampering that awaits your arrival. Guests will discover a vast array of treatments and amenities, wellness facilities and programs, salon services and much more.

# SERENITY GARDEN

Experience the Serenity Garden, an exclusive oasis featuring our renowned mineral springs. From the moment you enter, you will be enveloped in luxury as a welcoming Guest Service Specialist escorts you through the garden, orienting you to the area and available services. For guests 18 years and older.

Enjoy the various features of the garden, including our geothermal Octagon Pool fed by two hot springs rich in magnesium, potassium and calcium with a temperature of 99°. These same waters source the popular River Reflexology Walk with stones carefully placed to soothe and massage the 15,000 nerves in your feet. Enjoy the naturally pressurized Deluge Shower fed by a refreshing cool spring. At the center of the garden is the beautiful blue Infinity Pool, heated to 80-85° and the intimate hot tub which is maintained at 103°. Let your tensions fade away, and your muscles unwind in the Finnish sauna while your body rids itself of toxins.

Any service or combination of services valued at \$200 or greater will include a Serenity Garden day pass for the same day as the service. Guests must still reserve a seat in the Serenity Garden and reservations will be made on a first come first served basis as space is limited. Passes will be on day of service only.

Guests who are having any other service not listed above must purchase a Serenity Garden day pass. Food and beverage are not included with a day pass and may be purchased separately.

**Access to the Serenity Garden is available to registered resort guests and members. Non-registered guests may purchase a Day Pass day of only. Daily fee applies. Only a limited number of passes are available each day.**

## DAY PASS STARTS AT \$75 PER PERSON

Available by reservation only Sunday - Friday.  
Based on availability Saturday & holidays.  
Space is limited. Weather permitting.

## CABANA RENTALS START AT \$200 PER CABANA

Complimentary water, juice, fruit and snacks are served with each rental.





# AQUA THERMAL SUITE

We are proud to introduce the Aqua Thermal Suite, a luxurious collection of European-style healing aquatic environments. While much of the pleasure and efficacy of aqua thermal therapy lies in the comfortable temperature of the various treatments, allowing your body to experience a contrast of hot and cold temperatures is at the heart of these therapeutic offerings. For guests 18 years and older.



## EXPERIENTIAL SHOWERS

Enjoy multi-sensory cooling after exposure to heat. Select from three storm experiences: Arctic Mist, Atlantic Storm or Caribbean Storm.

## HERBAL COCOON

Feel stress slip away as you sit in a heated niche below a starlit ceiling. Your muscles relax as your body gently warms, enhancing the purification and detoxification process.

## THERMAL HEATED LOUNGES

Radiant-heated lounges designed to relax your muscles between thermal experiences.

## THE CHILL

Deeply inhale the crisp vapor that fills the air, and apply flaked ice directly to the skin to cool your lungs and core temperature.

## AROMATIC STEAM

The soothing power of steam opens pores and infuses your senses with the invigorating scent of aromatic essential oils.

# TWO-BY-TWO THERAPIES

Share your spa experience with someone special with side-by-side treatments. Two therapists and two tables are used during these services.



## ROMANCE RITUAL 100 MINUTES

Enjoy a relaxing tub soak for two to soothe your mind and spirit. Then experience pure tranquility with a Himalayan Salt Stone Massage using our Homestead signature oil blend. The ancient tradition of stone massage is paired with Swedish massage to promote deep relaxation. Purify the skin and experience gentle exfoliation with warm Himalayan Salt Stones. Drift away and relax with an exquisite facial massage using chilled rose quartz stones.

## TREASURE THE MOMENT 75 MINUTES

Indulge in a soothing tub soak for two to calm your mind and spirit, followed by the ultimate relaxation with a personalized massage. Our Homestead signature oil blend, combined with a mix of relaxing swedish, deep tissue, and therapeutic healing techniques, provide a customized treatment designed to melt away fatigue and rejuvenate your body. Experience true tranquility as every tension is eased, leaving you feeling refreshed and revitalized.

## DUET MASSAGE 50 MINUTES | 80 MINUTES

Relieve muscle tension and eliminate stress with this personalized massage journey. Your choice of aromatic oil blends, and a combination of relaxing swedish, deep tissue, and therapeutic healing techniques create a tailored treatment that will ease fatigue and exhaustion.

# SKIN CARE

## MINERAL SPRINGS THERAPY FACIAL

100 MINUTES

Precisely coordinated active ingredients from the mineral springs are at the heart of this treatment. Discover an invigorating sensation with surprising cool and warm elements combined with the unique Babor Expert Method. Surrender to the pleasure of being nurtured, nourished, and restored. The skin feels gloriously firmed, toned, and plumped. Included in this luxury skin care service are the Hand Quench, Foot Quench, and Microcurrent Facial Enhancement.

## A MOTHER'S GLOW FACIAL

50 MINUTES

A delightfully pampering facial designed for mothers-to-be using calming ingredients, including a calming mask to leave you feeling recharged and ready for your new addition.

## PERSONALIZED PRESCRIPTIVE FACIAL

50 MINUTES

This customized treatment meets all your basic skin care needs, including cleansing, exfoliation, extractions, treatment mask and a relaxing scalp, neck, and shoulder massage.

80 MINUTES

Increase the benefits of our 50-minute facial, plus, a relaxing arm massage, foot massage, and extended facial massage. Your choice of either High Frequency, Microcurrent, or Cryo Sculpting as a complimentary facial enhancement.

## FACIAL ENHANCEMENTS

### High Frequency

Stimulate the skin's natural healing process. This treatment can help reduce inflammation, kill bacteria, and regenerate collagen, resulting in smoother, healthier-looking skin.

### Microcurrent

Targeting the face and neck to improve skin tone and facial contour while reducing the appearance of wrinkles.

### Cryo Sculpting

Firm and tighten skin's appearance with a cold therapy sculpting massage. Helps to reduce puffiness and fatigue.

### 24K Gold Collagen Eye Mask

Treat the delicate eye area with a nourishing and hydrating 24K Gold Collagen mask, leaving your skin with a radiant glow after treatment.

### 24K Gold Collagen Lip Mask

Nourish and hydrate the delicate lip area with a 24K Gold Collagen mask, leaving your lips with a smooth and refreshed after glow.

### 24K Gold Collagen Face Mask

Brighten and lift your skin with a nourishing and hydrating 24K Gold Collagen face mask, leaving your complexion glowing after treatment.

## SKIN CARE

### HOMESTEAD HYDRAFACIAL 75 MINUTES

For overall healthier skin, experience a revolutionary corrective and resurfacing treatment that clears pores and hydrates skin. This treatment offers the skin plumping and firming power of Doctor Babor Collagen HA Booster paired with HydraFacial's patented hydra dermabrasion, and LED light therapy to further reduce visible signs of aging and blemishes. Perfect for all skin types.

#### HYDRAFACIAL ENHANCEMENTS

##### HydraFacial Eye Perk

Improve the tone and reduce the appearance of fine lines as you brighten and hydrate the area around your eyes.

##### HydraFacial Lip Perk

Revitalize your lips as you gently exfoliate and restore plumpness.



## BODY TREATMENTS

When the body is comfortable, the mind and spirit settle. The Spa is proud to offer a multitude of treatments that heal both the body and the soul.

### WARM SPRINGS DEEP RELAXATION RITUAL 100 MINUTES

Immerse yourself with the ultimate in relaxation and full body wellness with this aromatic body treatment featuring a spirulina mask, which contains minerals found in our Warm Springs Pools. After your expert spa therapist applies the mineral rich mask, you will be wrapped in a cocoon of warmth. While cocooned, enjoy a relaxing massage of the face, scalp and feet. Rinse in the shower and relish a full body Swedish massage. Included in this luxury body treatment are the Hand Quench, Foot Quench, and Dry Brush Exfoliation Enhancement.

### HOMESTEAD BLISS 75 MINUTES

The treatment begins with a nutrient rich scrub. Then experience pure tranquility with a personalized massage. Our Homestead signature oil blends, and a combination of relaxing swedish, deep tissue, and therapeutic healing techniques create a tailored treatment that will ease fatigue and exhaustion.

### RESTORE WRAP 50 MINUTES

Revitalize from head to toe after everyday exposure to the elements. Access the mind and body benefits of CBD as you bask peacefully in this hydrating cocoon. This service concludes with a relaxing facial, scalp, and foot massage.

# MASSAGE & BODY

## ARNICA & CBD HOT TOWEL MASSAGE

80 MINUTES

This treatment combines the anti-inflammatory extracts of arnica paired with CBD, a mixture of therapeutic massage techniques, and steaming hot towels. Access all the mind and body benefits of CBD while your expert massage therapist soothes and releases overworked muscles in a relaxing swedish massage.

## HIMALAYAN SALT STONE MASSAGE

75 MINUTES

The ancient tradition of stone massage is paired with your choice of our aromatic oil blends to promote deep relaxation. Purify the skin and experience gentle exfoliation with warm Himalayan Salt Stones in this luxurious Swedish massage. Drift away and relax with an exquisite facial massage using chilled rose quartz stones.

## HOMESTEAD HOLISTIC MASSAGE

80 MINUTES | 50 MINUTES

Relieve muscle tension and eliminate stress with this personalized massage journey. Your choice of aromatic oil blends, and a combination of relaxing swedish, deep tissue, and therapeutic healing techniques create a tailored treatment that will ease fatigue and exhaustion.

## ACTIVE LIFE MASSAGE

50 MINUTES

Relief and renewal for sports enthusiasts. Targeted attention to sore back, joints, hands, or feet. This treatment will be focused on assisting you in improving range of motion and flexibility.

## MOTHER-TO-BE MASSAGE

80 MINUTES | 50 MINUTES

A pampering full body experience. Your expert massage therapist will utilize Swedish massage techniques to help relax mothers in the second and third trimesters.

### MASSAGE ENHANCEMENTS

#### Hand Quench

Experience ultimate relaxation as warm, melted shea butter is applied to your hands. Your muscles will unwind, and your skin will feel soft and deeply nourished.

#### Foot Quench

Enjoy deeper relaxation when warm, melted shea butter is placed on the feet. Your muscles will relax, and your skin will feel soft and nourished.

#### Hot Oil Scalp Ritual

An aromatic hot oil is drizzled over the scalp for a hydrating scalp massage. The hair is left shiny, silky, and hydrated.

#### Dry Brush Exfoliation

Experience a full body exfoliation as your expert spa therapist uses a dry brush to gently refine the skin.

#### Arnica CBD Infusion

Relieve muscle aches and tension with this warming cayenne, arnica and CBD enhancement that provides extra care on a focused area.



# MASSAGE & BODY

## MASSAGE ADD ONS

Additional time required. Not available without a 50-minute or 80-minute massage.

### Cupping Back Treatment | 25 MIN

Cupping is an ancient form of alternative medicine. During this service, your therapist will place cups on your back to create suction which helps with pain, inflammation, blood flow, relaxation and well-being.

### Kansa Wand Foot Treatment | 25 MIN

Relieve tension and tired feet. Part of traditional Ayurvedic medicine, the Kansa Wand is used to massage the feet, promoting deep relaxation.

## HANDS & FEET

### ULTIMATE INDULGENCE PEDICURE

75 MINUTES

Indulge in a personalized pedicure experience, enhanced with a soothing treatment mask and hot stone massage. Your salon professional will expertly shape your nails, care for the cuticles, and apply your chosen color. Enjoy gentle exfoliation followed by an anti-aging mask that softens and hydrates the skin on your lower legs and feet. The experience concludes with the application of warm, steamy towels and a relaxing hot stone massage on your lower legs, using your selection of aromatic oil blend.



## CUSTOM PEDICURE

50 MINUTES

Personalize your service with your choice of nail color and aromatic oil blend. Your salon professional will shape your nails and treat your cuticles. An exfoliating scrub will gently smooth dry skin, followed by a deeply hydrating massage for your lower legs and feet.

## CUSTOM MANICURE

50 MINUTES

Customize your service with your choice of nail color and aromatic oil blend. Your salon professional will expertly shape your nails and care for your cuticles. Specially designed for dry skin, this manicure includes an exfoliating scrub that gently polishes the skin to perfection. Finish with a hydrating hand and lower arm massage.

## NAIL ADD ONS

Additional time required. Not available without a 50-minute or 75-minute nail service.

25 MINUTES

French-style hands or feet

25 MINUTES

Gel polish

25 MINUTES

Gel polish removal

## NAIL ENHANCEMENTS

### Hand Quench

Relax as warm, melted shea butter is applied to your hands, soothing your muscles and leaving your skin soft and nourished.

### Foot Quench

Enjoy deeper relaxation when warm, melted shea butter is placed on the feet. Your muscles will relax, and your skin will feel soft and nourished.

# HAIR DESIGN & MAKEUP

## SPECIAL OCCASION HAIR

Achieve an elegant, tasteful look for a very special day. Curls, braids, and any style that would require pinning.

## SPECIAL OCCASION MAKEUP

Achieve an elegant, tasteful look for a very special day. Whether you're looking for something natural or dramatic, our makeup artists will ensure you look sophisticated.

## SHAMPOO, CUT & STYLE

Sit back and relax as your hair is shampooed and conditioned, followed by a precision cut and finishing style from our expert stylist.

## SHAMPOO & STYLE

Indulge in a calming shampoo and conditioning, then enjoy a professional blowout and style.

## GENTLEMAN'S HAIRCUT

Sit back and relax with a shampoo and conditioning before our salon professional achieves your desired cut and finished style.



# KIDS' SERVICES

## STRAWBERRIES & CREAM PEDICURE

Have fun as your salon professional shapes your nails, takes care of your cuticles, and paints your nails with your favorite color. Enjoy the sweet strawberry scent as our gentle sugar scrub softens your skin. Finish with a relaxing lower leg and foot massage for extra comfort.

## STRAWBERRIES & CREAM MANICURE

Enjoy as your nails are shaped, cuticles are cared for, and your chosen color is applied by your salon professional. The delightful fragrance of fresh strawberries fills the air as our exfoliating sugar scrub leaves your hands feeling soft and smooth. Complete the experience with a nourishing hand and lower arm massage for ultimate relaxation.



# BEFORE YOUR APPOINTMENT

## LOCATION & HOURS

The Spa at The Omni Homestead Resort & Spa is located adjacent to the end of the West Wing.

Daily | 9 AM - 5 PM

## FOR APPOINTMENTS

Guests in-house may dial extension 57547, press The Spa button on the guest room telephone, or dial 800-838-1766. Please arrive one hour before your appointment time to enjoy the benefits of the Aqua Thermal Suite and Serenity Garden.

## AGE REQUIREMENTS

Guests aged 18 and older may enjoy full access to the spa facilities, including massages, facials, and body treatments. For those under 18, salon services are available with an accompanying adult, and a parent or guardian must sign a consent form and book all services for guests ages 5-18. Children aged 5-12 may choose from the Kids' Services section, and an adult must be present during the service. Please consult with a Spa receptionist for further details.

## SERVICE CHARGE

An automatic service charge of 22% will be added to all Spa and Salon services. The service charge will be distributed among the staff assisting you during your visit. Additional gratuities may be provided at your discretion.

## CANCELLATION POLICY

Cancellations must be received at least 24 hours prior to appointment time or the full service fee will be charged.

## WHAT TO BRING

The Spa provides robes for guests receiving services. Fitness wear or swimwear is not provided, but is available for purchase. Shirts and closed-toe athletic shoes must be worn in the fitness area.

## SPA ETIQUETTE

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 hour prior to your scheduled appointment to complete a brief consultation form, change, receive a tour and relax. Arriving late will likely 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.



CALL TODAY TO MAKE YOUR SPA APPOINTMENT.

THE OMNI HOMESTEAD RESORT & SPA | 800.838.1766

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