

# DAHLONEGA SPA RESORT

## Spa Menu



## facials

We only use the purest skin care products by Reviva Labs. All ladies facials include cleansing, steam treatment, analysis, vacuuming of pores, mask, and a soothing face, neck, shoulder, hand and foot massage.

Collagen and Elastin Serums may be added separately or together to all facials, and clay masks are also available for an additional \$10 each.

**Bliss Facial:** The skin is thoroughly cleansed, steamed, exfoliated then analyzed. This is followed by a facial massage and mask that will boost oxygen to the skin thereby delivering a complexion oh so smooth! The mask may be followed by a high frequency current to stimulate blood flow and zap blemishes and red spots. Last but not least a soothing moisturizer/sunscreen is applied. As an extra treat you will also experience a little shoulder, hand and foot massage. Great for all skin types. 60 minutes \$80

**Super Bliss Facial:** The skin is thoroughly cleansed, steamed, exfoliated and analyzed. This is followed by a massage and special mask which has been formulated and whipped into a sumptuous mousse for the skin topped off with lavish moisturizer/sunscreen. The absorption of natural and organic ingredients brings brightness and rejuvenation to all skin types but is particularly appreciated by clients with drier skin concerns. Shoulder, hand and foot massage complete this treatment. 60 minutes \$90

**Collagen Serum Facial:** This facial is the same as the Bliss Facial with the addition of Collagen Serum which is distributed during the massage and mask. As collagen fibers break down naturally over time, the addition of this serum is readily absorbed, giving existing collagen a boost to the skin. This facial is designed for any skin type and is especially beneficial for aging skin. Shoulder, hand and foot massage is a genuine treat completing the Collagen Facial. 60 minutes \$90

**Elastin Serum Facial:** This facial is the same as the Bliss Facial with the addition of Elastin Serum. As elastin naturally depletes as we mature, this gentle yet rich addition is massaged into the skin at intervals during the facial in order to provide the very best absorption. A definite must for all skin types. Most appreciated by mature skin. Light shoulder, hand and foot massages accompany this treatment. 60 Minutes \$90

### **Cancellation Policy:**

Please note that should you cancel any massage or spa treatment with less than 24 hours' notice, we will charge a 50% spa cancellation fee per scheduled treatment.

**Gentlemen's Facial:** This facial offers deep cleansing, steaming, exfoliating, massage, mask and toning. All products used are especially selected for male preference. A cranial massage is added for total relaxation and stress relief. 60 minutes \$90

**Scalp massage** is a definite must for those who enjoy total relaxing relief from everyday stress. This treatment begins with a light cleansing and moisturizing of the face, then concentrates and maximizes a scalp massage, reducing all your cares. A wonderful gift to yourself! 60 minutes \$80

## massages

Any massage can be upgraded to a 90 minute massage for \$120. Book a massage in the comfort of your own room - \$25 additional service charge.

**Swedish massage** is a classic full body massage that promotes deep mental and physical relaxation and improves circulation & lymphatic flow. The entire body enjoys a feeling of renewal and regeneration. Choose deep or light pressure. 60 minutes \$80

**Holistic massage** is a form of massage therapy aimed at treating the physical, energetic and emotional aspects of a person - not just parts of the body in which symptoms occur. This massage strives to create harmony and wholeness by restoring the balance between the inner self and the environment and rebalancing the flow of energy in the body. Each person is unique and therefore each treatment is suited to the needs of the "whole person". 60 minutes \$90

**Reflexology** is based on the theory that points on the bottom of the feet are energetically connected to specific areas of the body. By stimulating these points the corresponding body parts are benefited. Reflexology neutralizes the effects of stress by inducing a deep state of relaxation that calms the nervous system and allows the body to achieve a state of equilibrium. 30 minutes for \$40 or 60 minutes for \$80

**Deep tissue massage** works not only the muscles but also the connective tissue, releasing deeply ingrained tension that promotes profound relaxation. Using a rocking motion along the spine, the entire body enjoys a feeling of renewal and regeneration. 60 minutes \$90

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**Sports massage** is designed for increasing flexibility with gentle stretching and compression of muscles, and is done with loose clothing and little or no lotion. This massage is excellent before or after physical activity. 60 minutes \$90

**Neuromuscular therapy** finds the origins and insertions of major muscles in order to locate trigger points and referred pain patterns. This work brings about the release of underlying spasm and pain; enhances the function of joints, muscles, and the biomechanics of the body, and speeds healing by facilitating the release of endorphins, the body's natural pain killers. 60 minutes \$90

**Reiki massage combo:** Reiki is an ancient Tibetan/Japanese method of treatment whereby Universal Life Energy is channeled for healing. This will help release blockages and imbalances in the energetic body (mental, physical, emotional and spiritual) and promotes calmness, a deep state of relaxation and reduces stress, tension, anxiety, surgery discomfort and depression. Paired with a healing Swedish massage, this combo will instantly uplift the body and soul. 90 minutes \$120

**Craniosacral therapy** is a light-touch treatment method that is executed with the client comfortably clothed as the therapist applies gentle hands-on pressure to various parts of the body with major focus on the body as a whole, listening and allowing the body to self-correct. It is considered to have profound effects on the function of the central nervous, immune, and endocrine systems and the organs. 60 minutes \$90

**Hot stone massage** harmonizes your energy with the nurturing life force of Mother Earth. The stones are placed on the body for grounding and work in conjunction with traditional massage strokes with essential oils for ultimate healing. 75 minutes \$120

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## body treatments

**Aroma sea salt scrub:** In this treatment, dry skin brushing activates the lymphatic system followed by a full body exfoliation with our sea salt scrub. After a quick shower, the treatment continues with luxurious application of purifying essential oils bringing a sense of total renewal.

60 minutes \$90

**Aroma sea salt scrub & massage:** Experience a dry skin brushing followed by full body exfoliation with a blend of essential oils and sea salt. After exfoliation, sea salt is removed with a warm shower in preparation for application of purifying essential oils, followed by a massage of your choice. 90 minutes \$120

**Aromatherapy wrap:** Your therapist will first determine the best essential oil blend for you to be used during this relaxing treatment. Next, you will experience a light exfoliation using a dry body brush. Organic sunflower oil with the chosen essential oil blend is applied to the entire body and you are then wrapped in hot towels and a thermal blanket for 15 minutes. During this restful period you will be treated to a head and neck or foot massage. 60 minutes \$90

**Botanical mud wrap:** In this treatment, your therapist will select a custom, essential oil blend for you to be used during the treatment. This is followed by a light exfoliation using a dry body brush. A warmed mud mixture with the chosen oil blend is applied to the entire body and you are then covered with hot towels and wrapped in a soothing thermal blanket for 15 minutes. During this restful period, you will be treated to a head and neck or foot massage. At the end of the wrap, you will be asked to take a shower to rinse off the mud. The treatment will end with an application of warmed lotion with the chosen essential oil blend. 60 minutes \$90

**Sea algae wrap:** Once your therapist has selected the best essential oil blend for you to be used during the treatment, you will experience a light exfoliation using a dry body brush. The warmed sea algae mixture with the chosen essential oil blend is applied to the entire body and you are then covered with hot towels and wrapped in a soothing thermal blanket for 15 minutes. During this restful period you will be treated to a head and neck or foot massage. At the end of the wrap you will shower to rinse off the sea algae. This bliss session closes with an application of warmed lotion with the chosen essential oil blend. 60 minutes \$90

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