

SPA

AT THE GRAND

# **SERIOUS RELAXATION. WELCOME TO THE RTJ SPA TRAIL.**

First came great golf in 1992. Next, luxury 4 diamond hotels. Now, the addition of world-class spas and enhancements to the RTJ Spa Trail. Let the pampering begin. From traditional warm stone massages to red carpet ready facials, the RTJ Spa Trail features six spas across Alabama offering innovative treatments in exquisite settings. With nearly 80,000 square feet of space collectively, the Spa Trail locations feature 49 treatment rooms for relaxing and rejuvenating experiences.

We hope you enjoy your spa visit. Our spa professionals are ready to take great care of you.

**RTJ SPA TRAIL LOCATIONS:** Spa at the Shoals (Florence); Spa at Ross Bridge (Hoover); Spa at Grand National (Opelika); Spa at Montgomery; Spa at the Battle House (Mobile) and Spa at the Grand (Pt. Clear).

# MASSAGE

## THE GRAND ARTISAN SIGNATURE MASSAGE

Using a custom blend of signature oils and creams, specifically designed for the Grand Spa, our skilled massage therapists will apply a collection of modalities to ease tension, relax the body, and calm the mind. We welcome our spa guests to request any modality of their choosing or a combination of Deep Tissue, CranioSacral Therapy, or Swedish Massage. Our signature service includes a botanical warm compress, complimentary hydrating service for the hands or feet, and is sure to leave you saying, Spaaaahh...

50m | 80m | 110m

## CBD SOULFUL MASSAGE

Bring harmony to the body with this organic CBD and passionflower enhanced service that cares for tired muscles, soothes skin and re-boots the mind. Includes, balancing massage, scalp treatment, hand and foot wrap, warm stone sampling, and facial massage.

80m | 110m

## THE BAYSHORE SCRUB

With all of the benefits of our custom massage, this clarifying service includes a full body exfoliation to remove dead skin cells from the body and clarify the skin. This body polish allows the full benefits of our customized moisturizers and oils to penetrate the skin for ultimate hydration during the custom massage portion of the service.

*\*\*Please do not shave 24 hours before this service\*\**

80m | 110m

## ASHIATSU – ASIAN BAREFOOT MASSAGE

A centuries old technique within a modern sanctuary. The Ashiatsu massage is a barefoot massage performed by the therapist's feet using deep gliding strokes. This modality is perfect for those who love deep tissue and relaxation or wanting to try something new and luxurious.

80m

## THE GRAND SIGNATURE WARM STONE MASSAGE

Enjoy the warming benefits and deep relaxation of a warm stone massage. Warm stones are used in this service with gliding strokes, and placed at energetic points along the body to induce total body relaxation.

80m

## MATERNITY MASSAGE

The miracle of life is hard at work during a Mothers pregnancy. Mother's-to-be will enjoy this pre-natal massage using coconut butter either side-lying or using pre-natal specific bolsters supporting their bodies to receive the full benefits of massage. Pregnancy massage may be performed up until delivery and assists in alleviating aching hips, back, and legs. Babies love it too!

50m | 80m

## COUPLES MASSAGE

The perfect experience for those looking for quality time with a loved one. We welcome all couples or friends to enjoy one another's company in this pampering custom massage for two.

50m | 80m

## **CUPPING THERAPY**

Using unique tools for cupping therapy, your therapist will place these cups along areas of tension and with light suction, gently glide them along the skin. For particular ailments or to assist with knots they may “park” the suction cup in one specific area allowing the tissue to breath. Strokes are guided in the direction of your lymphatic system and waste is eliminated from your body naturally. Cupping may leave temporary and natural markings on the skin based on skin sensitivity.

50m | 80m

## **ENHANCEMENTS TO MASSAGE**

Add any enhancement to your service for a wonderful customized experience! May be added to 50 min or longer services only.

Back Exfoliation or Décolleté and Arms

Ultimate Hydration for Hands or Feet

Warm Stone Sampling

Cupping Sampling

Warm Oil Scalp & Hair

Aromatherapy

CBD Antara Foot Relief

CBD Antara Hand Restore

CBD Antara Back Relief

CBD Scalp Treatment

CBD Facial Massage

CBD Balance Massage Oil

# BODY EXPERIENCES

*Please do not shave 24 hours before your appointment*

## **GRAND SIGNATURE BODY JOURNEY**

Combining luxury and science, we provide the ultimate firming, relaxing, energizing, and balancing body experience for you! This power packed experience includes a full body exfoliation and warm body cocoon. The specific cocoon occlusion process allows for maximum absorption of the luxurious products. Capped with a full body massage, you will be transported and emerge relaxed with more youthful looking, refined skin.

110m

## **BODY ENVELOPMENTS/WRAPS**

A superb head to toe body exfoliation, this service delivers high concentrations of minerals in a warming wrap, creating long lasting benefits for you. Which experience fits your needs today? *Please choose one of the following for your appointment:*

SHAPING – Firms, shapes, and hydrates the skin

RELAXING – Relaxes, moisturizes, and calms the body

ENERGIZING – Invigorates and revitalizes the skin

BALANCING – Recharges stressed skin, promotes grounding, and well-being

50m

## **GRAND BODY POLISH**

This anti-aging body polish protects against premature and environmental damage to the skin. After polishing away dry, dull skin, enjoy a deeply penetrating and hydrating cream application to promote skin regeneration and elasticity. You will emerge silky smooth!

50m

## **EXOTIC ISLAND RITUAL**

Prepare your islandic escape with visions of swaying palm fronds with this guest favorite. This luxury service begins with a certified organic coconut sugar exfoliation. Next, a skin refresher of pure coconut milk and warm stones are applied before being capped off with Fijian coconut butter. The islands await you...Bula!

80m

## **GENTLEMEN'S GRAND BODY EXFOLIATION**

We encourage our gentlemen guests to take time for themselves. While all of our services are suitable for men, this body services is specifically tailored to you. To begin, an invigorating body scrub erases dry, dead skin from the body. Once removed, the skin is now prepped for an application of moisturizing cream that will leave your skin smooth and hydrated.

50m

# SKIN CARE

## HYDRAFACIAL MD

The award-winning HydraFacial system advances skin health by merging invigorating spa therapies with advanced medical technology. This medical device uses Vortex-Fusion technology in its patented and unique HydroPeel Tips that sets it apart from other resurfacing procedures. In combination with mechanical lymphatic therapy, LED light therapy, and skin imaging technology, this procedure offers unparalleled results with its potent serums and boosters. Your skin will look rejuvenated, supple, hydrated, and bright. If you have never received a HydraFacial service before, we highly suggest you start here.

50m | 80m

## HYDRAFACIAL PERK EYE & LIP DUO

Using the HydraFacial device on the eyes and lips makes sense, especially when you pair it with their uniquely formulated products meant to deliver hydration and moisture to these sensitive areas. Receive as a stand-alone service or as an add-on to your HydraFacial service.

20m

## HYDRAFACIAL ADD-ONS

Lymphatic drainage (*included in the 80m service*)

HydraFacial of the Neck & Décolleté

Blue/Red LED therapy (*included in the 80m service*)

Perk Eye or Lip (*as an add-on*)

Dermaplane

## THE GRAND ARTISAN SIGNATURE FACIAL - European Deep Cleanse

*"Skin is the reflection of ourselves; it isn't consistent, but multiple over the course of a day, of a life. Everyone has different Skin Instants®. Biologique Recherche's Methodologie treats each person's epidermis in a personally tailored way." Dr. Philippe Allouche*

This services begins with a welcoming massage of customized formulations utilizing a 3 stage multifaceted approach. Biologique Recherche's products do not use heat or steam during the facial in order to maximize the structure of the active ingredients. Hot water strips the skin of essential oils whilst cold water has a draining decongestant and firming effect, leaving your skin with a healthy glow. We always use cold water, ice and Biologique Recherche's unique Cryo-sticks to maximize results in our clients skin. Biologique Recherche's products promote toning, anti-inflammatory, sensitivity reduction and pore tightening. The results are amazing leaving your skin with a refreshing sensation.

50m | 80m

## DERMAPLANING FACIAL

Combine the effects of our signature facial with the benefit of Dermaplaning. In this facial your esthetician will deeply cleanse your skin. Next, a handheld implement is used to finely and gently remove dirt, oil, and debris from the surface of the skin. Following this procedure, your esthetician will apply a personal cocktail of serums cultivated for your particular skincare needs. Lastly, a moisturizer and SPF will be applied to ensure your skin is thoroughly protected from the elements. It is recommended this facial be done every 4-6 weeks. Upgrade to a Hydrafacial for maximum results.

80m

## DERMAPLANE ONLY

In this service your esthetician will cleanse your face, and use a handheld implement to remove dirt, oil, and debris. Next a hydrating moisturizer and SPF are applied to ensure best results.

50m

### **AGE DEFYING FACIAL**

Protect the integrity of your skin with complexes of peptides and proteins to encourage firming and an increase in elasticity, allowing the face to regain its youthful contours.

*Add a custom peel for \$25.*

50m | 80m

**CHEMICAL PEELS/PEELS** - *Please call the spa for seasonal promotions.*

### **GENTLEMEN'S FACIAL**

We understand that men have special skin care needs and this facial is designed to address your concerns. Warm, moist towels and specially formulated products are used to deep cleanse, detoxify, nourish and condition the skin. Your skin will feel toned, healthy, and vital.

50m | 80m

### **BACK FACIAL**

This is a full facial that addresses the hard to reach back and shoulders and includes deep pore Clarisonic cleansing and extractions as needed. Plus, nourishing hydration that is perfect for all skin types!

50m

### **EXPRESS FACIAL**

Beauty on the go, this express facial is perfect for the busy client. This service focuses on deep pore cleansing and exfoliation using the Clarisonic Pro. Follow up with an infusion of essential vitamins and antioxidants to hydrate and luminate your skin.

25m

### **FACIAL ENHANCEMENTS**

Add any enhancement to your service for a customized experience of 50 minutes or more!

AROMATHERAPY

WARM OIL SCALP & HAIR

ULTIMATE HYDRATION

CUSTOM MASK

BIO-CELLULOSE EYE TREATMENT

COLLAGEN MASK

## **WAXING SERVICES**

Nose

Brow

Lip

Brow & Lip

Face

Underarm

Arm or lower leg

Back

Bikini

Full Leg

# THE SALON EXPERIENCE

The Grand Salon is proud to offer an array of salon services including cuts, colors, styles, and hair treatments. The prices listed are a starting point based on your hair type, length, condition, and any other factors the stylist may recommend. *It is strongly encouraged for our guests to consult with one of our stylists before setting an appointment.*

## STYLING

Blow out  
Blow out & Style  
Dry Cut only  
Wash, Cut & Style  
Gentlemen's cut  
Updo/Bridal Style

## COLOR

One Color Process  
Two Color Process  
Partial Highlights  
One Color  
Two Color  
Full Highlights  
One Color  
Two Color  
Gentlemen's Color

## MAKE-UP

Application  
Bridal/Occasion  
Airbrush Makeup  
Lash Application

## NAIL SERVICES

Our services are designed for a clean natural nail. *Please consult with a spa concierge if you have acrylic or gel nails.*

## THE GRAND SIGNATURE NAIL EXPERIENCE – COMBINED MANI/PEDI

Immerse yourself in our state of the art couture pedicure chairs and luxury manicure stations to enjoy the best of both a manicure and pedicure. Warm botanical neck wraps and your choice of offered beverages begin this luxury service. The manicure includes nail and cuticle care, shaping, buffing, polish, and cuticle hydration. During the pedicure you will receive a warm stone massage, reflexology, paraffin, scrub, mask, and nail care followed by your choice of polish. Combined, this is the ultimate service to have your nails looking their best!

80m

## CBD SOLEFUL PEDICURE

Enhance your pedicure routine with this full spectrum organic CBD pedicure. Your journey begins with a CBD bath truffle during your soak, CBD balancing oil to sooth your legs and feet, as well as a CBD Restore balm foot and leg treatment with CBD Relief balm warm foot mask. Your nail technician will shape, buff, and polish your toes to sublime perfection.

50m

## HOLE 9 YARDS

Our most popular service for men, the Hole 9 Yards soothes aching feet and legs from a day on the greens. Includes a Bourbon inspired foot soak with, scrub, leg and foot massage capped off with a locally-distilled glass of Dettling Bourbon from Big Escambia Spirits.

50m

**THE GRAND MANICURE** 50mins

**THE MINI MANI** 20mins

**SHELLAC MANI** 50mins

**THE GRAND PEDICURE** 50mins

**THE MINI PEDI** 20mins

## ENHANCEMENTS

French Tip  
Shellac Removal

## WEDDING PACKAGES

We are happy to assist our Brides and Grooms in selecting services and options to best suit their individual needs. *Please contact our Spa Reservationist at 251.990.6385 for details and pricing.*



# THE SPA EXPERIENCE

## **SPA FACILITY DAY PASS**

Includes use of indoor pool, fitness center, dry sauna, steam room, whirlpool, quiet room, all amenities, plus use of locker, spa robe, and sandals. Facility fee waived with purchase of service. Must be at least 16 years of age to participate. *Available Sunday through Friday only. Excludes Saturdays and Holidays.*

## **THE QUIET ROOM**

For the tranquility of all Spa Guests, we ask that you please speak softly while in the Quiet Room. We happily invite you to use our public spaces for conversation.

## **AGE POLICY**

In honor of our peaceful environment, guests under the age of 16 are not permitted to use the spa facilities. However, we do encourage them to receive services and an adult to stay with them for the duration of their treatments. Please call the spa directly to make arrangements.

## **CANCELLATION POLICY**

We understand that conflicts arise and cancelling your spa appointment is necessary. As a courtesy to the service providers and the spa staff, we ask that you please call 24 hours before your scheduled appointment to cancel your reservation to avoid paying 100% of the service cost.

## **ARRIVAL**

We strongly encourage our guests to arrive 30 minutes before their scheduled appointment to change and enjoy the spa amenities. Services will begin and end on time so that the next guest is not delayed.

## **CELL PHONE USE**

We kindly ask each guest to honor one another's privacy and restrict all cell phone use in the quiet rooms and lockers. Personal calls may be made outside of the spa facilities or in the salon.

## **SERVICE GRATUITIES**

Gratuities are not included on individual spa services and may be left at the front desk at the guest's discretion.

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