

## MASSAGE THERAPIES

Allow our expertly trained and caring massage therapists to provide a selection of massages designed to promote relaxation and overall wellbeing.

### CAROLINA LAVENDER CUSTOM MASSAGE THERAPY

50 minutes - \$140 | 80 minutes - \$180

This massage combines customized pressure with our signature custom blend of Carolina Lavender oils. Lavender has been used since ancient times to relieve tension and stress while healing and uplifting the body and soul. Our signature blend celebrates the lavender fields throughout the Carolinas.

### DEEPLY RELAXING MASSAGE THERAPY

50 minutes - \$140 | 80 minutes - \$180

This deeply therapeutic massage uses a blend of rich herbal oils that warm and soothe constricted muscles left tense by emotional and physical stress. Arnica, magnesium and sweet birch elixirs are used to ease chronic muscle tension and stimulate soft tissue repair. Experience a combination of deep neuromuscular massage, stretching and compressions to restore mobility and overall comfort.

### AROMATHERAPY MASSAGE

50 minutes - \$130 | 80 minutes - \$170

Aromatherapy treatments are essential in finding balance. Choose what blend you are drawn to and your therapist will use a light to medium massage technique to provide the most optimal application and enhance your aromatherapy journey.

### MOTHER TO BE MASSAGE THERAPY

50 minutes - \$130 | 80 minutes - \$170

This light to medium pressure massage uses gentle massage oils free from aromas and chemicals to ease muscle tension and fatigue specific to expecting mothers. Specialty pre-natal pillows allow expecting mothers to lie face down or on their sides for customized comfort. Guest must be past thirteen weeks.

### REFLEXOLOGY THERAPY

50 minutes - \$130 | 80 minutes - \$170

Working with various pressure points and areas in the feet that correspond to specific regions, reflexology is designed to provide relaxing balance throughout the entire body. In the extended 80 minute service, the hands and scalp are incorporated for deeper balance.

### TRADITIONAL LIGHT MASSAGE THERAPY

50 minutes - \$110 | 80 minutes - \$150

This light Swedish technique massage is designed exclusively for gentle relaxation. Enjoy long, light strokes and gentle kneading.

## HOW TO "SPA"

- Spa guests may access the outdoor pool Memorial Day through Labor Day, excluding Saturdays and holiday weekends.
- Please arrive 15 minutes before your scheduled treatment to allow time for you to change, relax and start on time. As a courtesy to our guests, all appointments begin and end on time and arriving late will result in an abbreviation of your service time.
- We do require a credit card to secure all Spa appointments.
- A 50% fee will be applied to all appointments that are canceled within a 24-hour period of the start time. A 100% fee will be applied for all no-show appointments.
- To provide a seamless spa experience for our guests, a 20% gratuity service charge will be added to all services.
- In order to maintain a soothing environment, we kindly ask that you please refrain from using electronic devices within the Spa's premises. Should you need to use your computer or cell phone, please see an attendant for a location that may be better suited for you.
- Upon check-in, you will be given a comfortable robe and spa sandals to use during your treatment. You may also bring your own or simply change in the treatment room if you prefer. Ballantyne Spa robes and sandals may be purchased in The Spa boutique for your future enjoyment.
- The Spa is for the use and enjoyment of adults. We welcome Salon guests for hair and nail services ages 12 and above. All other Spa services are reserved for guests ages 18 and older.
- Spa services valued at \$100 and above include use of The Spa relaxation lounges, indoor pool as well as locker rooms and amenities. Space is limited and times may be restricted to allow for social distancing. We do not offer a day pass for our facilities.
- We ask that you discuss any medical concerns with your provider so that you can enjoy the best experience possible.
- If you are expecting, massages will only be provided after your thirteenth week.
- We regret that we cannot be held responsible for the loss or damage of personal articles. Please keep all valuables locked in your locker during your visit.



With a menu inspired by nature, spa treatments are designed to nurture the mind and body through the use of ritualistic methods and healthy products in a calming environment. The Spa at Ballantyne provides a sensory experience to soothe the senses and enhance wellness. Choose from a selection of spa services including massages, facials, manicures, pedicures and hair salon services. Explore our indigenous treatments like the Carolina Lavender Spa Collection.

## SKINCARE THERAPIES

Featuring specialty lines of professional products ranging from all natural organics to medicinal, our holistic skincare therapies have been designed with each person's skincare goals in mind. Enjoy luxurious pampering and long lasting results catered to your individual needs.

### LUXURY CUSTOM FACIAL

80 minutes - \$225

This luxury facial begins with a consultation to determine your skincare goals and what path to take to reach your desired effect. Experience absolute radiance, and complete renewal with innovative facial massage techniques and our most luxurious products cocktailled uniquely for you.

### ORGANIC JOURNEY CUSTOM FACIAL

50 minutes - \$110 | 80 minutes - \$150

Refresh your skin organically beginning with a consultation to determine what steps to take to reach your skincare goals. This European style customized facial will combine the best nature has to offer and is the perfect pick me up so you can put your best face forward.

### YOUR WAY THERAPEUTIC PEELS

50 minutes - \$160

Our peels are designed to give you the best result possible with no recovery time. Gentle and effective, you and your technician will choose what peel is right for you based on your skin type and skincare goals. It is best to not enjoy the sun, pools or hot showers and steam right after a peel.

## HYDRAFACIAL THERAPIES

Experience an invigorating, multi-faceted treatment that combines the benefits of hydra-dermabrasion, non-invasive extractions, and LED light therapy. An infusion of antioxidants, hyaluronic acid, and peptides leaves you with a youthful glow.

### BALLANTYNE DELUXE HYDRAFACIAL

50 minute- \$270

Our signature treatment includes your choice of targeted serum to restore skin tone, minimize dark spots, or reduce the appearance of fine lines and wrinkles.

### BALLANTYNE PLATINUM HYDRAFACIAL

80 minutes- \$400

This ultimate Hydrafacial experience begins with lymphatic drainage boosting the detoxifying process. Followed with the Deluxe Hydrafacial to deeply cleanse, extract, and hydrate the skin. Your choice of targeted serum will restore skin tone, minimize dark spots, or reduce the appearance of fine lines and wrinkles. Includes the choice of either lip or eye enhancement.

### BALLANTYNE HYDRAFACIAL ENHANCEMENTS

Neck and Décolleté- \$90

Eyes - \$50

Lips - \$50

Hands - \$40

## BODY THERAPIES

Target the areas that concern you most with one of our luxurious results-driven body therapies. Please share with your technician any allergies you may have before your treatment begins.

### CAROLINA LAVENDER BODY SCRUB

50 minutes - \$150

Our signature blend of Carolina Lavender oils and Dead Sea salts are used to promote deep relaxation and light purification along with exquisite full body exfoliation. After your scrub is rinsed away you will receive a light application of our Carolina Lavender body lotion to leaving your skin with a dewy glow.

### CAROLINA LAVENDER BODY WRAP

50 minutes - \$175

Experience deep hydration and relaxation featuring our signature Carolina Lavender healing oils. Relax with a scalp massage all while cocooned in a warm shea butter body wrap that promotes deep, calm relaxation. Your ritual will end with a light Lavender lotion application to leave your skin soft and supple.

### CUSTOM YOUR WAY BODY SCRUB

50 minutes - \$125

A combination of all natural sugars, salts and oils is blended to provide a gentle full body exfoliation. After rinsing, a nourishing emollient is applied to leave your skin feeling soft and renewed. Your technician will help you choose from a variety of textures and aromas available seasonally.

### CUSTOM YOUR WAY BODY WRAP

50 minutes - \$150

Enjoy rejuvenated skin using a custom combination of nurturing ingredients. Your technician will help you choose from a variety of balms, oils and lotions to fulfill your desired results. After your emollients are applied you will be cocooned allowing your natural body heat to enhance the ingredients effects while relaxing and enjoying a calming scalp massage. Following a warm rinse, your technician will apply a light moisture compound leaving your skin refreshed and renewed.

## SALON TREATMENTS

In our Salon, our focus is you and your health. We have chosen the best products designed to be gentle and effective. We pride ourselves in keeping our guests safe while providing a pampering and luxurious experience by following each step of disinfection and cleanliness meticulously. Feel safe in our hands, sit back and relax while we provide you with a transformative journey.

### CAROLINA LAVENDER SIGNATURE NAIL THERAPY

50 minute manicure \$65 | 80 minute pedicure \$95

Since ancient times, Lavender has been used to relieve tension and stress while also healing and uplifting the body and soul. Our signature blend celebrates the lavender fields found here in the Carolinas and these luxurious services include an exfoliating scrub, detoxifying mask, relaxing massage and custom nail grooming finished with our long wearing and fast drying polish.

### CUSTOM SPA NAIL THERAPY

50 minute manicure - \$40 | 50 minute pedicure - \$60

Your nail treatment, your way. This custom therapy gives you the choice between all natural organic products, gently unscented products or custom blended richly emollient products. When you arrive, your technician will discuss with you your nail goals and together can choose what products will be best for you to meet those goals. Each treatment will include a beautifully exfoliating scrub and a deeply relaxing massage finished with our long lasting and fast drying polish.

### QUICK FIX POLISH CHANGE

25 minutes for fingernails - \$20 | 25 minutes for toenails - \$30

This is the perfect fix for chipped polish or if you just need a new color. This treatment will begin with a warm towel cleanse followed by polish removal and finished with our long lasting and fast drying polish. This treatment is designed to be a quick fix and does not allow time for cuticle and nail grooming or massage. For more pampering please choose one of our nail therapies.

### NAIL THERAPY ENHANCEMENTS

Gel Polish Removal | 20 minutes - \$15

Gel Polish Application | 20 minutes - \$15

Dip Polish Removal | 30 minutes - \$20

*If you have gel or dip polish on, please let us know when you are scheduling so we can make the time to remove it safely for you.*

### HAIR CUTS

Lady's | Senior Stylist - \$65 & up, Master Stylist - \$75 & up

Gentleman's | Senior Stylist - \$35 & up, Master Stylist - \$45 & up

### HAIR COLOR

Full Foil | Senior Stylist - \$130 & up, Master Stylist - \$140 & up

Partial Foil | Senior Stylist - \$110 & up, Master Stylist - \$120 & up

All Over Color or Color Retouch | Senior Stylist - \$85 & up, Master Stylist - \$95 & up

Corrective Color | based on consultation

### HAIR STYLING

Shampoo and Blow Out | Senior Stylist - \$35 & up, Master Stylist - \$45 & up

Up Do | Senior Stylist - \$80 & up, Master Stylist - \$90 & up

Half Up Style | Senior Stylist - \$60 & up, Master Stylist - \$70 & up

Flat Iron/Curling Iron | \$25 & up

### HAIR TREATMENTS

Keratin Treatments | Senior Stylist - \$350 & up, Master Stylist - \$360 & up

Keratin Blow Out | Senior Stylist - \$150 & up, Master Stylist - \$160 & up

Texture and Permanent Wave | Senior Stylist - \$110 & up, Master Stylist - \$120 & up

Relaxer | Senior Stylist - \$90 & up, Master Stylist - \$100 & up

Hair Glossing | \$30 & up

Conditioning Treatment | \$30 & up