

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 | 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. The 50 minute includes, massage using CBD balancing oil and your choice of CBD restore balm on the hands or feet. The 110 minute includes, CBD balancing oil, scalp treatment, hand and foot wrap using CBD restore balm, warm stone sampling using CBD relief balm, and CBD facial massage.

50m | 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\*\**

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.

110m

## 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.

110m

## 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 | 110m

## 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 | 110m

## **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 | 110m

## **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 organic materials, we provide the ultimate relaxing and balancing body experience for you! This journey includes a full body exfoliation and warm body cocoon using equal parts of an age defying blend of repairing balm and luminous cashmere oil. The specific cocoon process allows for maximum absorption of the luxurious products. Capped with a full body massage and warm oil scalp treatment, you will be transported and emerge relaxed with more youthful looking and refined skin.

110m

### **BODY ENVELOPMENTS/WRAPS**

A quick and invigorating exfoliation begins this treatment using a sugar and salt polish with an organic shea infusion. Next, an ultra-hydrating, age defying blend packed with a high concentration of minerals is applied in a warming wrap. Lastly, an application of blended oils is applied to the body to lock in moisture and leave your skin feeling cashmere soft.

50m

### **GRAND BODY POLISH**

This anti-aging body polish protects against premature and environmental damage to the skin. Reveal softer, smoother skin by gently buffing away dry spots with fine sugar and salt granules. After polishing away dry, dull skin, enjoy a deeply penetrating and hydrating application to promote skin regeneration and elasticity. You will emerge silky smooth!

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 | 110m

## HYDRAFACIAL ADD-ONS

Lymphatic drainage (*included in the 110m service*)

HydraFacial of the Neck & Décolleté

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

Dermaplane

## THE GRAND ARTISAN SIGNATURE FACIAL - *European Deep Cleanse*

This service 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 | 110m

## DERMAPLANE ONLY

In this service your esthetician will cleanse your face, and use a handheld implement to remove dead skin cells, 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 as an enhancement to the service (prices vary).*

50m | 110m

**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 | 110m

## BACK FACIAL

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

50m

## **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 OR LIP TREATMENT

COLLAGEN MASK

## **WAXING SERVICES**

Nose

Brow

Lip

Brow & Lip

Face

Underarm

Arm or lower leg

Back

Bikini

Full Leg

## **THE FACIAL BAR**

We are proud to introduce this new and widely popular feature to our Grand Salon. The facial bar is located within the Salon at the Spa and is perfect for those wanting to quickly pop in on their lunch break or a free afternoon. The space is open concept with stunning views of the Marina. Fully reclining luxury esthetic chairs will do all of the work of getting you comfortable. Noise canceling headphones are available for those that would like to listen to their own music. The facials provided in this space deliver the same superior results you love of our 50 minute facials but in less time and less cost. We have also added two new devices to our repertoire called the Remodeling Face Machine (or RFM) and the Skin Instant Lab, both by Biologique Recherche. Read below for details on each service and welcome home.

### **THE RFM**

An instant lift with immediate results. This service is a state-of-the-art bio-electric stimulation treatment that combines the power of three currents (galvanic current, medium and high frequencies) for instant and lasting lifting and toning results. Best for special occasions where you need to look your best as well. *\*Not suitable for those with pacemakers, metal rods, plates, or screws in the neck, jaw or spine.*

50m

### **THE RFM EXPRESS**

This service targets the neck and jawline where sagging skin and jowls appear. Our state-of-the-art RFM device combines the power of three currents (galvanic, medium and high frequencies) for instant lifting and toning results. This service includes the Platysma mask by Biologique Recherche to boost your toning results followed by custom cocktailed essential serums and creams.

25m

### **BYE BYE BOTOX**

This anti-aging treatment is dedicated to providing powerful results. Biologique Recherche's Masque Biofixine will provide an immediate anti-wrinkle tightening effect, partnered with Cryostick bulbs to cool the skin and stimulate collagen production. Followed by a blend of serums and creams. Skin is left visibly plumped up, smoother, and tightened.

25m

### **RISE AND SHINE**

Anti-Puff and Smoothing Eye Mask treatment: Biologique Recherche's Patches Defatigants prevent and reduce signs of fatigue and aging around the eye area. The innovative biocellulose structure and its "pinch" shape adhere perfectly to the eye contour. Enriched with active ingredients, puffiness, dark circles and fine lines and wrinkles are visibly reduced for a rested look.

25m

### **LIGHT AND BRIGHT**

Brightening and Radiance Booster Mask: With its concentrated formula with brightening active ingredients and exceptional anti-oxidants, Masque PIGM400 boosts skins radiance like no other. A true complexion perfecter, skin is instantly brighter and more even.

25m

### **SKIN INSTANT DIAGNOSTIC LAB**

Do you ever wish there were a diagnostic tool to read your skin and print out exactly what you need to do and when for best results? The Skin Instant Lab from Biologique Recherche does exactly that. This device measures hydration, trans-epidermal water loss, elasticity, sebum, pores, lines and wrinkles, redness and pigmentation. This gives us a very detailed insight into the needs of your skin and the knowledge to be able to treat your skin individually and effectively to maximize your results. *\*Includes \$50 credit on Biologique Recherche take home products. Please note: this service does not provide spa facility access.*

25m

### **HYDRAFACIAL EXPRESS**

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. Your skin will look rejuvenated, supple, hydrated and bright.

25m

### **HYDRAFACIAL EYE & LIP PERK**

Now the benefits of the Hydrafacial system are available for the tender eye and lip areas. Enjoy the technology of Hydrafacial to gently loosen dead skin cells, oil, makeup and debris. Your eyes and lips will be gently cleansed and deeply hydrated, with fine lines reduced and lips slightly plumped. *Includes take home product to continue your Spa results at home.*

25m

### **HYDRAFACIAL KERAVIVE**

Show your scalp some love. Any guest who has concerns about thinning or damaged hair can benefit by improving the health of their scalp. Hydrafacial Keravive is a first of its kind 3-step treatment that includes an in-Spa component, as well as a 30-day take-home spray. The result? Healthier, thicker, fuller-looking hair for all skin and hair types. *For best results, we recommend booking once a month for three consecutive months.*

50m or less

### **HYDRAFACIAL HANDS**

Choose from a curated selection of boosters to rejuvenate your hands to experience results like: youthful, plump, hydrated skin, Visibly softened fine lines and wrinkles. Rejuvenated, hydrated and radiant skin. Your skin will be deeply cleansed, impurities extracted, and the skins surface saturated with intense moisturizers and nourishing personalized ingredients.

25m

## LED RECOVERY

Our exclusive Puri LED face mask delivers the optimum dose of temperature-controlled red and near-infrared light directly to your skin for maximum efficacy with no discomfort. After just one session, your skin feels plumper, more hydrated and instantly rejuvenated, unveiling your ultimate skin radiance. Includes take home product to extend in Spa results.

25m

## FACIAL BAR ENHANCEMENTS

Leg Recovery Compression Boots

Biocellulose Eye Patches

Lift Kiss Lip Patch

## 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 nail services are for a clean natural nail. Please select shellac/gel removal from the enhancements menu if you would like your gel or shellac removed. Please note that we do not remove SNS/dip polish at this time.*

## 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, hydrating butters, gentle exfoliants, luxurious oils, and nail care followed by your choice of polish. Combined, this is the ultimate service to have your nails looking their best!

110m

## 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 Bourbon inspired ingredients starting with the foot soak, brown sugar and vanilla scrub, leg and foot massage and capped off with a locally-distilled glass of Dettling Bourbon from Big Escambia Spirits.

50m

## **THE GRAND MANICURE**

This ultimate manicure begins with a warm soak, gentle exfoliant, and luxurious oils. Massage to the hands and forearms allows you to completely relax and ensures your hands will be silky smooth and velvety soft. Meticulous care is applied to the nail, nail bed, and cuticles. The polish color of your choice finishes this service. *\*Please note, if you have a nut allergy, please indicate it in the notes for your service.*

50mins

## **THE GRAND PEDICURE**

This wonderful pedicure includes an aromatic foot soak, a thorough exfoliation, callus removal and nail bed attention and nutrition. Deep hydrating butters, gentle exfoliants and luxury oils are followed by a foot and calf massage. The polish color of your choice finishes this service.

50mins

## **GEL MANI**

Enjoy the same wonderful results of our Grand Manicure but with OPI gel polish for long lasting results.

50mins

## **GEL PEDI**

Long lasting results using OPI gel polish but with the same pampering experience of our Grand Pedicure.

50mins

## **ENHANCEMENTS**

French Tip

Gel 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 Tuesday-Thursday only. Excludes 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. Noise cancelling blue tooth headphones are available upon request.

## 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. Spa guests with a 50 minute spa service have access to our facilities for the duration of the day. Our facilities open at 8:30a daily. Closed Mondays.

## 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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