

# THE STILL



Our mountaintop spa offers a variety of massage and facial treatments. We encourage reservations for any spa services. Please contact a member of Guest Services to schedule a spa service by calling 828.926.0430.

## The Still Massage

A customized massage treatment that invokes deep tranquility or releases chronic tension. Aromatherapy and muscle balms are integrated to optimize your experience.

30 minutes \$120 | 60 minutes \$230 | 90 minutes \$350

## The Still in the Woods

Surround yourself with nature in our private outdoor Still, complete with a mountain view. After a relaxing herbal foot soak and a customized massage, we extend an invitation to mindfulness with a cup of our signature tea. *Available May–October.*

60 minutes \$380 | 90 minutes \$450

## Hot Stone Massage

Heated Basalt volcanic stones are incorporated with aromatherapy and flowing massage strokes to calm and relax the body and mind.

90 minutes \$350

## Detoxifying Mud Wrap

Stimulate circulation, promote lymph flow, and smooth the skin with an invigorating dry brushing followed by a salt exfoliation. After relaxing in a detoxifying clay cocoon, a warm steam shower is provided. The application of our Laurel Body Oil, infused with healing herbs and crystals is the final touch, leaving your skin feeling renewed and refreshed.

90 minutes \$350

## A Walk in the Woods - Signature Foot Treatment

Treat your tired feet with a cadence of hot towel wraps, a softening salt scrub and a revitalizing foot massage. Head and hands are included.

60 minutes \$230

## Laurel Signature Facial

Experience the potency and transformative effects of 100% whole plant, organic skin care. Using Nature's inherent intelligence to tend to the underlying causes of skin imbalances, we can remedy common skin care concerns.

60 minutes \$205 | 90 minutes \$300

## Men's Herbal Organic Facial

Whole plant medicine supports all skin. This facial is a compilation of products that are well suited to addressing common concerns of our male clientele.

60 minutes \$205 | 90 minutes \$300

## Laurel "Back" Facial

The 60-minute back facial session will begin with dry brushing, a gentle steam and full cleanse of the back, followed by a customized exfoliation mask. Your session will conclude with a customized treatment mask and a finishing treatment to lock in results.

60 minutes \$205

## Lymphatic Fusion Facial

Movement is the key to health and longevity. Using subtle rolling, pumping, and wave-like massage movements combined with Gua Sha sculpting techniques, your skin will be instantly brighter, lifted and firmed.

90 minutes \$300

## Gua Sha Crown Ceremony

A stand alone restorative or grounding prelude to any Facial or Massage. This treatment clarifies the scalp and releases deeply held muscle tension. Warm aromatic oils are massaged into hair and scalp to stimulate lymph and circulatory pathways. This treatment further enhances a relaxed appearance in the face.

30 minutes \$105

*Couples Massage & Prenatal Massage are available upon request. A 20% service charge has been included for all treatments.*

the SWAG

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RELAIS & CHATEAUX

The Still | NC BMBT Establishment #330