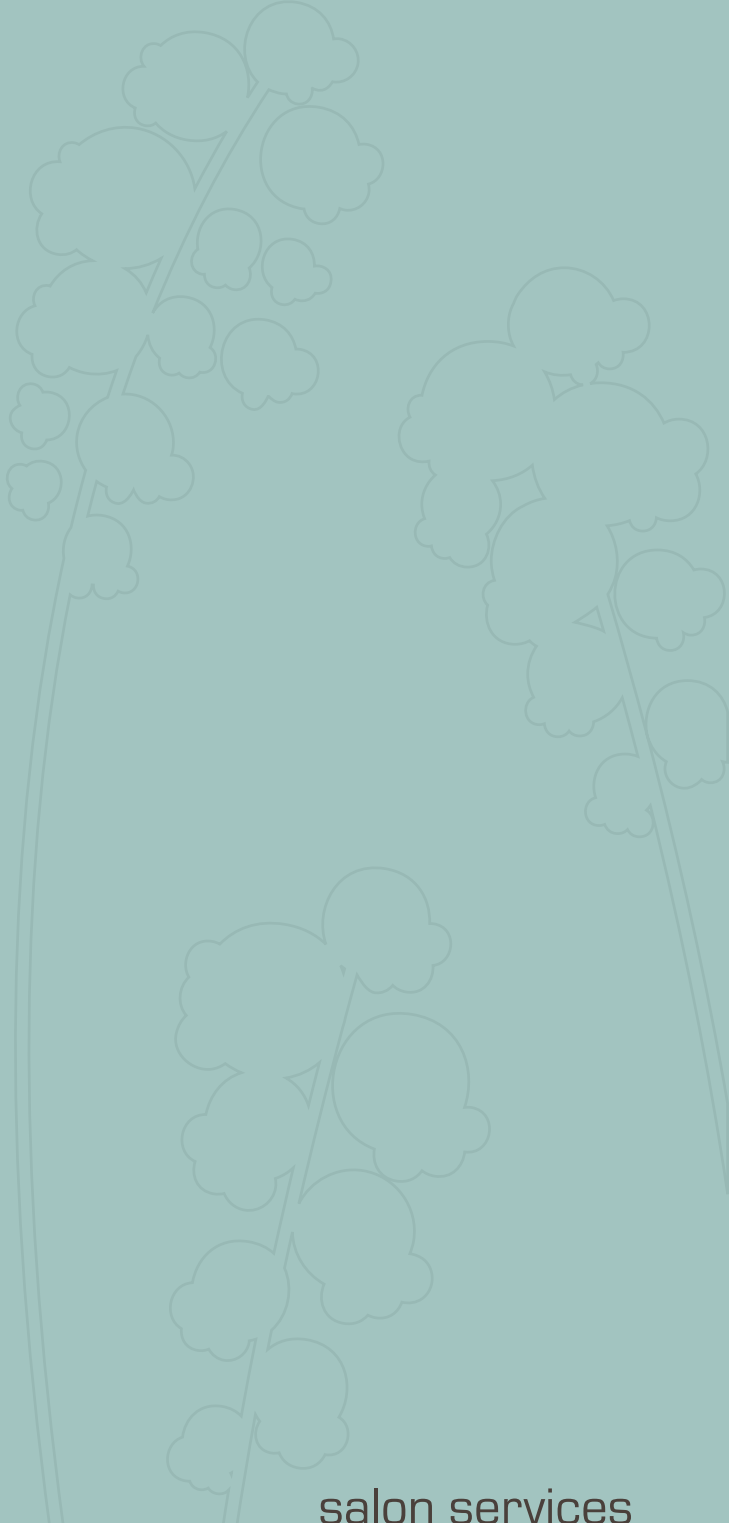


# LINVILLE RIDGE HAIR & DAY SPA



salon services

Linville Ridge provides the ultimate restorative experience—a captivating architectural design provides stunning views from the spa's treatment rooms and salon area.

The High Country's finest professionals offer the very latest massage, facial, hair and nail services—all provided with the attention-to-service and detail that's the Lutgert hallmark.

At the *Linville Ridge Hair & Day Spa*, our desire is to pamper you like you've never been pampered before. We want you to leave feeling refreshed, renewed and revitalized. Your health, happiness and well-being are our main objective. Come enjoy a luxurious sojourn with us.

#### swedish massage\*

A blend of gliding strokes and light to medium pressure used to promote relaxation.

*60 minutes \$90 – 90 minutes \$125*

#### therapeutic deep tissue massage\*

A customized massage using deep tissue techniques, heated muscle packs and customized botanical serum to relieve tension. Deep tissue and neuromuscular techniques along with penetrating heat therapy can ease muscle spasms caused by injury or chronic tension.

*60 minutes \$100 – 90 minutes \$135*

#### heated stone massage\*

This massage includes a strategic placement of numerous warm basalt stones on the body. The stones are then used to massage sore muscles to melt away tension and relieve stress. You won't believe the deep level of relaxation our therapists can help you achieve through this treatment.

*90 minutes \$150*

#### reflexology massage\*

This ancient massage treatment begins with an herbal soak. Specific points along the feet, hands and ears are then stimulated for their healing benefit.

*30 minutes \$60 (feet) – 60 minutes \$90 (feet, hands and ears)*

#### prenatal massage\*

This integrative massage is specifically adapted for the special needs of expectant mothers.

*60 minutes \$100 – 90 minutes \$135*

#### scalp, hands & feet massage\*

Concentrated massage and hydration for the body parts we use the most.

*60 minutes \$90*



### tired leg & foot massage

Those who spend long periods of time standing or who have circulation problems will love the TLC that comes with this treatment. Massage techniques are grouped with herbal soaks and scrubs to first stimulate the legs and feet, and then jump-start the lymphatic flow. The hydrating massage and reflexology that follow will relax away your fatigue.

*75 minutes \$135*

### decadent chocolate rose wrap\*

Complete with cocoa oil and rose water spritz, this wrap helps to promote healthy, hydrated, youthful skin. What could be better than a rich body treatment that will help you melt away into a state of pure chocolaty delight?

*60 minutes \$110*

### sugar & salt glow\*

Combining sugar, salt, and specially blended herbal oils, this wonderfully detoxifying treatment will nourish and regenerate your skin through deep exfoliation.

*30 minutes \$50 – 60 minutes \$90*

### herbal toning wrap\*

Stimulating skin brushing combined with rejuvenating warm herbal compresses to cleanse and renew the tired and overstressed skin that covers your whole body.

*60 minutes \$90 – 90 minutes \$145*

### mountain mint & rock wrap\*

A blend of our signature heated stone massage and the aroma of luxurious mountain mint make this wrap one-of-a-kind. While you're here in the mountains, enjoy this hydrating treatment made possible by the area's finest natural resources.

*60 minutes \$100*

### treatment upgrades

#### Aromatherapy

As an add-on to any massage treatment, choose custom-blended oils to enhance your experience.

**\$15**

#### Heated Stones

A few warm basalt stones can be used in any massage treatment to allow for deeper relaxation and to target key areas of tension. These stones are used in a different and more location-specific way than with the heated stone massage, which is a complete massage using many more stones.

**\$15**

#### Paraffin Treatment

Refresh, relax and renew. This paraffin treatment moisturizes the skin, soothes sore, stiff muscles and relieves painful arthritic joints. Pamper your hands and/or feet.

**\$20** (hands or feet)

**\$35** (hands and feet)

#### Warm Herbal Compresses

A unique blend of fresh local medicinal herbs can be applied in the form of a warm compress to help soothe and ready your muscles for a deeper, more penetrating massage or body treatment.

**\$15**

## massage therapy & body treatments

\*Products used during spa treatments may get into your hair. Remember that hair services are available in The Spa and are recommended in conjunction with massages, body treatments and facial services. Showers are also available should you need to rinse off before or after your treatment.

### spa manicure

A luxurious experience that focuses on bringing new life to your hands and nails. The spa manicure includes cleansing, shaping of the nails, treatment of the cuticles and a deep moisturizing treatment to revive and nourish the skin. This treatment ends with a relaxing massage, and then the polish of your choice.

*45 minutes* **\$30**

### spa pedicure

An intoxicating aromatherapy session that begins with a soothing footbath. Following your soak is cuticle care, callous removal, exfoliation and a massage of the legs and feet that will leave them feeling revitalized and refreshed. The wonderful pedicure is complete with your choice of polish.

*75 minutes* **\$60**

### gentlemen's manicure & pedicure

Customized for a man's need to keep his nails and cuticles looking their best. These treatments include a relaxing massage and clear polish or buff.

*30 minutes* **\$25** (manicure) – *60 minutes* **\$55** (pedicure)

### gel nails

An odorless artificial nail application that uses state-of-the-art En Vogue gel. This natural, non-porous nail enhancement is compatible with all other artificial nail products.

*90 minutes* **\$60** (full set)

*60 minutes* **\$40** (fill)

*45 minutes* **\$25** (natural overlay)

*french polish over gels* **\$12**

*colored polish over gels* **\$10**

*gel nail repair* **\$7** (each)

### paraffin treatment

Refresh, relax and renew. This paraffin treatment moisturizes the skin, soothes sore, stiff muscles and relieves painful arthritic joints. Pamper your hands and/or feet.

*20 minutes* (hands or feet) **\$20**

*20 minutes* (hands and feet) **\$35**

### polish change

**\$10** (colored) – **\$12** (french)

### treatment upgrades

Customize your service by choosing from our à la carte list; these can be added to any treatment.

*french polish* **\$6**

*nail repair* **\$5** (each)

*extra exfoliation* **\$5**

*masque* **\$5**

## hands & feet



### classic european facial\*

Designed for your exact complexion, this personalized facial is completely customized from start to finish! You'll experience a custom blended deep pore cleansing, exfoliation and massage of the face, neck and shoulders followed by a therapeutic mask. Emerge an hour later with immaculately clean, smooth and glowing skin.

*60 minutes \$90*

### men's classic european facial\*

A deep cleansing treatment with exfoliation to remove dead skin cell buildup from an overworked face. You'll enjoy a massage of the face, neck, shoulders, upper chest and upper arms during your specialized facial, as well.

*60 minutes \$90*

### vitamineral power facial\*

This treatment infuses your skin with antioxidant vitamins and trace minerals to stimulate the production of collagen and elastin and protect against environmental aggressors. This is the perfect anti-aging facial. It includes a unique energizing massage to penetrate vitamins A, C, E and D into the epidermis and tone the skin. Experience this dynamic treatment for firmer, stronger, more radiant skin.

*75 minutes \$105*

### oxygenation facial\*

Breathe new life into your complexion with this high performance cosmeceutical treatment that carries active ingredients deep into your skin via oxygen molecules. The immediate, visible benefits you'll enjoy include softer, smoother skin that feels cleaner and fresher than ever. This is the perfect treatment for skin that is sluggish, clogged or prematurely aging.

*75 minutes \$110*

### back cleansing\*

Give your back the treatment it deserves with a specially-prepared treatment to cleanse, exfoliate, relax and moisturize your back from the waste up. The added pleasure of an extensive back massage makes the luxury of this treatment one not to be underestimated. Extractions included when necessary.

*60 minutes \$100*

### eye & lip treatments (as a treatment upgrade only)

We cleanse, exfoliate, treat and moisturize with targeted treatments for both areas.

**\$20** (eyes) – **\$10** (lips) – **\$25** (both)

## skincare

\*Products used during spa treatments may get into your hair. Remember that hair services are available in The Spa and are recommended in conjunction with massages, body treatments and facial services. Showers are also available should you need to rinse off before or after your treatment.

### hair

shampoo and style	\$35
cut and style	\$55
men's haircut	\$30
base color	\$70
highlights	\$100
lowlights	\$90
full foil color	\$175
color glaze	\$80
special occasion style	\$75
conditioning treatment	\$75

*Additional charges may apply.*

### waxing

brow	\$21
lip	\$17
chin	\$17
sides of face	\$26
bikini line	\$49
bikini	\$69
brazilian	\$84
underarm	\$35
chest	\$65
back	\$65
full arm	\$55
half arm	\$43
full leg	\$79
half leg	\$55
nostrils	\$21
ears	\$17

### makeup

#### **Airbrushed Makeup Application**

Look like a celebrity with this innovative makeup technique. For a special occasion, or just a day you want to feel a little more glamorous...airbrushed makeup will give you the naturally flawless look you've always desired.

*45 minutes \$79*

#### **Makeup Lesson With Application**

*75 minutes \$134*

hair care, waxing & makeup

### how far in advance should I book my appointments?

Appointments can be made several months in advance; standing appointments are welcomed and encouraged. We recommend booking appointments at least one week in advance to secure your preferred time, treatment and therapist.

### when should I arrive for my appointment?

We ask that you arrive 10 minutes prior to your scheduled appointment time on your first visit to allow enough time to complete necessary paperwork. After your initial visit, we ask that you arrive 5 minutes before your scheduled time.

### what do I need to bring to my appointment?

Just bring yourself. We ask that you refrain from wearing or bringing jewelry or other valuables. We regret that we cannot be responsible for any lost, stolen or damaged personal belongings.

### what should I wear during my body treatments?

We recommend that you disrobe to a level that is comfortable for you. Keep in mind that the therapist will fully drape your body and uncover only the portion that is being treated at a particular time. Our therapists are completely professional and will honor your privacy at all times.

### should I shave before my treatment?

We recommend not shaving on the day of treatments which involve exfoliation, including facials and pedicures. Instead, you should shave one day prior to your treatment.

### do I have to disclose all of my personal health issues?

Upon your initial visit to the spa you will be asked to fill out a complete medical history which will help your therapist provide you with the best care. It's vital that you disclose any and all health issues, including allergies, to your therapist so that the necessary measures can be taken to ensure your safety and well-being. We reserve the right to refuse service to anyone whose health we feel may be compromised as a result of treatment, or whose ailments may compromise the health of our therapists. Guests who have high blood pressure or heart conditions, are pregnant, have had surgery recently, or who have any other medical concerns are advised to consult their doctor before booking spa services.

### how much notice should I give if I need to cancel my appointment?

We require a minimum of 24-hours notice in the event that you must cancel or change your appointment. If such notice is not given, you will be charged for 75% of the service that you were to receive, plus a 15% service charge for the therapist who would have provided your service.

### will gratuities be added to my bill?

No service charges or gratuities will be added to your bill unless you so specify or an appointment is missed without timely cancellation. Gratuities may be given at the guest's discretion and are greatly appreciated by the staff for their outstanding service.

### how can I pay for my spa and salon treatments?

Linville Ridge members may charge services, gratuities and retail products directly to their member charge accounts. Guests of members wishing to pay for their own services may pay in cash or by check. We regret that we cannot accept credit/debit cards.

## policies & procedures

The background of the page features several stylized, light-colored outlines of trees with rounded, cloud-like foliage. These trees are scattered across the page, with some appearing more prominently than others. The overall aesthetic is clean and minimalist, complementing the light teal background.

## spa reservations

828/898-9691

[spa@linvilleridge.com](mailto:spa@linvilleridge.com)

## hours

May through October  
Monday through Friday  
9:00 a.m. to 5:00 p.m.

Saturday  
9:00 a.m. to 2:00 p.m.

*Sunday and off-season by appointment only*