



Serenity

SPA & WELLNESS

**Immerse yourself into
pure bliss with a massage
on property.**

Tuesday - Saturday
10 am - 5 pm

24-hour advance booking is
recommended; we will attempt
to honor same-day bookings
when available.

Call 828.526.9887 to schedule.

THERAPEUTIC MASSAGE PLUS AROMATIC STEAM BASED ON YOUR WELLNESS GOALS

Choose from the following:

80 min (50 min massage and 30 min steam) \$255

110 min (80 min massage and 30 min steam) \$295

RECOVERY MASSAGE

Experience therapeutic massage whether you're a weekend warrior, an athlete, or just want to reclaim range of motion. Reset with elements of Thai stretches, Myofascial Release, or sports therapy. Your steam experience is infused with essential oils to promote deep recovery.

BREATH OF CLARITY

The perfect opportunity to fully surrender into relaxation. Your journey begins in guided meditation and breath work to calm body and mind. A deeply relaxing scrub and a massage with shea butter and rosehip souffle leads to natural velvet softness. Your steam experience is infused with essential oils to support wellbeing.

IMMUNE BOOSTER

Keep your body strong with powerful ingredients and expert essential touch focusing on the back, neck and feet. This immune bolstering massage incorporates a full range of nature's healing essences. Your steam experience is infused with essential oils to uplift your body's defense.

STEAM RITUAL ONLY | 30 MIN

Your steam experience includes an exfoliating mitt, buttery scrub and hydrating masque to freshen and prepare your skin to accept the healing benefits of an aromatic steam journey.
\$95 single or \$145 duet (Steam only)

MASSAGE ONLY

50 min massage \$175 | 80 min massage \$255

ALL ABOUT YOU | 50/80 MIN

Nourish your body and soul with a customized massage designed for your specific needs and preferences.

MOMMA BEAR | 50/80 MIN

Side-lying massage invites you to spend quiet time with your unborn child in a safe and restful environment.

**Only available in 2nd and 3rd trimester. This is not a deep tissue massage.*

THE ART OF COUPLES MASSAGE

80 Min Couples Massage and Experience \$310

An educational massage experience with step-by-step instruction while protecting everyone's modesty. You can gift your partner with the full massage session as you learn the techniques. Or you can each take a turn on the table learning to give and receive in perfect balance while staying grounded and allowing strength and nurturing energy to flow.

A 22% service charge is added to all spa services, including spa packages. Gratuities are at your discretion.

Appointments cancelled within 24 hours will be responsible for the full service. Appointments rescheduled within 24 hours will be responsible for 50% of the cancelled service.