

THE SPA AT PINEHURST



80 Carolina Vista Drive  
Village of Pinehurst, NC 28374  
844.836.3325 • [pinehurst.com](http://pinehurst.com)

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## WELCOME TO THE SPA AT PINEHURST!

*Our turn of the century roots as a wellness retreat are the inspiration behind our innovative and thoroughly modern selection of spa services. We invite you to experience a tradition of relaxation. Let time stand still.*

### YOUR SPA EXPERIENCE

In order to preserve the tranquility of our environment, we ask that you please turn off cell phones prior to your arrival at the Spa. Plan to leave them in your locker for the duration of your stay.

### UPON ARRIVAL

Plan to arrive at the Spa at least 30 minutes prior to your first scheduled spa or salon service. This will allow time for a leisurely check-in and use of our facilities.

### FOR YOUR COMFORT AND CONVENIENCE

We will provide you with a cozy robe and slippers along with a private locker. Your robe and slippers are appropriate attire anywhere in the Spa. Complimentary smoothies, beverages and light refreshments are also available for you to enjoy.

### WHAT DO I WEAR?

Whatever makes you feel most comfortable and relaxed. During your service, be assured that our therapists will respect your privacy and are trained to keep you properly and modestly covered throughout your treatment. Guests should bring a swimsuit if planning to use the pool or whirlpool.

“A WISE MAN OUGHT TO REALIZE  
THAT HEALTH IS HIS MOST  
VALUABLE POSSESSION.”

Hippocrates

### WE'D LIKE TO KNOW ABOUT ANY HEALTH ISSUES

Please advise our staff if you are pregnant, recovering from recent surgery or have any existing medical concerns. For your health and safety, we recommend avoiding the consumption of alcohol prior to any massage or body treatment or if using the steam room.

### SERVICE CHARGE

A 20% service charge is automatically added to each spa service received. This fee is distributed to all the service providers and staff who have served you during your visit. Gratuities are at your discretion.

### AGE REQUIREMENTS

The Spa is available to guests 18 years of age and older. Minors may receive salon services provided an adult is with them for the duration of their visit. You must be at least 16 to use the fitness center.

### OUR CANCELLATION POLICY

Please note we require a 24-hour cancellation notice. To avoid being charged for a scheduled spa or salon service, please call to notify us of your change in plans. No-shows or late cancellations will be charged in full.

### SPA FACILITY USE

Use of the Spa facilities is complimentary for all Spa guests on the day of their service. For guests who are not receiving a service, a Tranquility Pass may be purchased for \$35, based on availability.

### SPA PRODUCTS

Take home a little luxury. We invite you to peruse our carefully curated selection of spa products.

*All prices and services are subject to change without notice.*



## MASSAGE THERAPY

### HEART OF THE PINES (80 mins.) \$185

During this unique service, a dry brush exfoliation is followed by light, all-over tapping using fresh longleaf pine harvested right here in The Village. The bundled needles create a gentle enhancement to the massage, increasing circulation and aiding in detoxification. This uplifting and one-of-a-kind experience will leave you refreshed and totally rejuvenated.

### CHAMPIONS MASSAGE (80 mins.) \$205

This might be your new secret weapon! While we can't promise a miracle, we can say this very service was enjoyed by a certain U.S. Open Champion prior to his historic Pinehurst win. Experience the deep heat benefits of hot stone therapy with a focus on the shoulders, neck and upper back. Extra attention is paid to the feet via peppermint foot scrub and a golf ball foot massage. Learn a few at-home-tips from our spa pros and take a sleeve of golf balls home with you, with our compliments.

### INTEGRATED THERAPY (80 mins.) \$195

This highly specialized treatment takes therapeutic massage to the next level. This service addresses the needs of athletes, travelers or anyone else requiring specific, deeply targeted muscle therapy. Let our therapists customize the perfect blend of deep tissue and trigger point therapy just for you.

### ATHLETE'S RETREAT (80 mins.) \$190

A service that facilitates the rapid recovery needed after a long day (or days) on the course. This massage incorporates light to moderate pressure with strategic, passive stretching as well as a synergistic mix of detoxifying essential oils designed to get you feeling great and back on the links in no time.

### THE PINEHURST MASSAGE (50 mins.) \$140

Unique to Pinehurst, this massage incorporates a pine needle ritual with a customized combination of Swedish and deep-tissue techniques leaving the body rejuvenated.

### HOT STONE MASSAGE (50/80 mins.) \$130/\$195

Let the power of the earth move you during this classic service. A combination of carefully selected essential oils complements the deep heat benefits and moderate pressure used in this powerfully restorative service.

### MATERNITY MASSAGE (50 mins.) \$130

A special treatment for a special time. This service addresses the needs of the expectant mother with tender loving care. (Please note: Guests must be past the first trimester to receive this service.)

### DOWNTIME MASSAGE (50 mins.) \$105

Step back and take some time for total relaxation. This service blends Swedish massage with the therapeutic benefits of 100% organic lavender oil to create an oasis of peace in an otherwise busy world. Does not include deep tissue.

### SEASONAL MASSAGE (50 mins.) \$120

This timely service immerses you in a luxurious blend of aromatherapy that will take you to a whole new level of relaxation. We change this service throughout the year, so please ask about our current offering.

### REFLEXOLOGY (25/50 mins.) \$65/\$125

Drawing on centuries of Eastern tradition, this service focuses exclusively on specialty pressure points in the feet to create a deep sense of relaxation and peace.

### PINEHURST MASSAGE FOR TWO (50 mins.) \$280

### COUPLES SOAK (25 mins.) \$60

Available only in combination with the Massage For Two.

## MEN'S PROGRAMME

### TRUE GRIT (80 mins.) \$195

This treatment combines earthy essential oils with an herbal body scrub to create an experience just for men. Enjoy a warm towel compress for the face and feet as well as a full body massage.

### HOT TOWEL FACIAL (50 mins.) \$95

This relaxing facial is designed to deeply cleanse the skin while also addressing the dehydration associated with shaving and time spent outdoors. During the facial, you'll also receive a relaxing scalp and hand massage. (*Add Brow Grooming for \$25*)

### SPORTSMAN'S RECOVERY SOAK (25 mins.) \$50

We highly recommend this therapeutic soak as a precursor to any of our massages. Oils of pine, rosemary, arnica and eucalyptus assist in soothing tired muscles and refreshing the mind.

### GROOMING FOR HANDS AND FEET (25 mins. each) \$30 hands/\$40 feet

These services get straight to the point with a professional nail trimming and shaping as well as cuticle control and callus-management in no time flat. Do your gal a favor.

### SPORTSMAN'S MANICURE/PEDICURE (50 mins. each) \$55/\$75

When you have time for a little more R&R, treat yourself to this relaxing, therapeutic treatment for hands and feet. Designed just for men, this service includes all the attention to detail you've come to expect from our highly trained staff as well as a relaxing pine and sandalwood massage. Finally, take time to unwind in our secluded treatment area.

### GENTLEMAN'S HAIRCUT \$30

A traditional men's cut to your specifications.

## BODY TREATMENTS

**THERMO-MARINE MUD RITUAL** (80 mins.) \$220  
This spectacular detoxifying treatment uses wild harvested, algae-infused mud in conjunction with freeze-dried, nutrient-packed seawater to create a self-heating, full body masque. This wrap stimulates cell rejuvenation at the deepest muscular level, reduces pain and inflammation in the body and creates a profound sense of relaxation and well-being.

**CONTOURING MARINE BODY WRAP** (80 mins.) \$225  
This unique service aids in the elimination of stored fat and helps to redefine the figure. An exfoliation designed to activate lipolysis in the body is followed by a reducing massage in targeted areas. The service finishes with a detoxifying marine wrap and a light massage. To achieve maximum results, we suggest a series of three to five treatments.

**BINDI BODY BALANCER** (80 mins.) \$195  
This treatment features a selection of traditional Ayurvedic herbs and essential oil blends designed to completely restore and bring the body into balance. The service begins with dry brushing to stimulate circulation and is followed by a full body herbal masque. While wrapped in the herbs, you receive a gentle Bindi-oil face and scalp massage. The herbs are then rinsed off the skin and the service concludes with a light massage.

**SWEET TEA SUGAR SCRUB**  
(DRY ROOM) (50 mins.) \$120  
Give yourself some true Southern comfort with this delightfully decadent body polish. Lose yourself in a soothing full body exfoliation using whipped honey sugar scrub followed by a boost of hydration using heavenly, front porch punch body cream.

**REMINERALIZING SCRUB**  
(DRY ROOM) (50 mins.) \$120  
This luxurious scrub combats the depletion of trace elements lost each day through stress and environmental pollutants while helping to restore vitality and balance to the body. Featuring the only natural, complete ingredient matrix containing all the essential trace elements found in sea water, this treatment will leave your skin silky-soft and your whole being renewed from the inside out.

**TAKE THE WATERS** (25 mins.) \$50  
Enjoy a tradition of relaxation in one of our private soaking tubs with your choice of customized aromatherapy. The perfect prelude to any of our massages or body treatments.



“THE AROMATIC BREATH  
OF THE PINE TREES IS  
FULL OF HEALING VIRTUE.”

B.A. Goodridge

## FACIALS

**ILLUMINATING FACIAL** (80 mins.) \$195  
Enjoy the very latest ingredients in marine biotechnology during this ultra-luxe facial treatment. A double exfoliation and deep cleansing process is followed by a relaxing and highly effective skin-regenerating massage. We conclude with a warm wax masque that delivers a final dose of marine concentrate, and seals in the treatment's youthful benefits. This facial also includes a plumping lip treatment and hydrating hand massage.

**SEAWATER-PEARL FACIAL** (50 mins.) \$165  
Every skin type needs hydration and the ocean offers the ideal ingredients to gently restore optimum moisture levels. This service features a nourishing massage performed with warm linen boluses filled with pure red seaweed and liquid calcium seawater pearls. The pearls dissolve during the facial, leaving the skin soft and firm. A shea butter and red algae mask delivers a final burst of nutrients resulting in a beautiful, glowing complexion.

**NATURAL FACE-LIFT FACIAL** (50 mins.) \$155  
This service combines the natural benefits of plant cell therapy with the high performance results of ultrasonic and microcurrent technologies to gently exfoliate, deeply hydrate and help erase fine lines. An extra dose of protective and corrective antioxidants helps to ensure you leave with radiant looking skin and visible results after just one treatment.

**THE PINEHURST FACIAL** (50 mins.) \$140  
Created exclusively for us! Experience a creative synergy of delicate textures and powerful age-reversal solutions with our facial. This service, which offers the perfect balance of results and relaxation, includes a hydrating hand treatment and scalp massage.

**SANDHILLS CLASSIC FACIAL** (50 mins.) \$125  
Experience all the relaxation and benefits of a classic European facial, enhanced with a few little luxuries found only at Pinehurst. Great for all skin types.

**PROFESSIONAL PEELS A LA CARTE** (25 mins.) \$60  
After a complete skin analysis, our estheticians will choose from our carefully selected range of professional grade peels to help you get the results you want. Instantly improves the appearance of the skin and helps to balance uneven texture and tone caused by time and environmental stressors.

**FACIAL ENHANCEMENTS**  
(May be added to facial services with no additional booking time)

Add-On Peel	\$30
Brow Shaping	\$25
Lip or Chin Waxing	\$15



## NAIL SERVICES

**PINEHURST MANICURE** (50 mins.) \$60

**PINEHURST PEDICURE** (50 mins.) \$80

Let us exceed your expectations by surrounding you in the luxury of organic aromatherapy designed to uplift mind and body in our relaxing and secluded nail spa.

**MAGNOLIA BLOSSOM MANICURE** (50 mins.) \$55

**MAGNOLIA BLOSSOM PEDICURE** (50 mins.) \$75

Put a southern spin on a spa classic with a sparkling, magnolia blossom-infused soak, followed by a honey lavender scrub and the ultra hydrating benefits of minty shea butter.

**GELFX MANICURE** (50 mins.) \$60

The two-week manicure we have all come to love combined with the detailed attention to nail care provided by our highly trained staff of nail experts. (Does not include a soak or scrub.)

**PEPPERMINT PINE PEDICURE** (80 mins.) \$95

This service offers all the luxury of a classic pedicure with extra time for lower leg and foot massage. You'll also enjoy our very own organic longleaf pine salt scrub and tingling peppermint foot mist.

**HOT STONE PEDICURE** (80 mins.) \$95

A healing treat for overworked feet! Unwind with a fabulously relaxing service that uses the deep heat therapy of hot stones to soothe tension from the lower legs and feet. Includes an exfoliating scrub and masque for the feet as well as our usual attention to nail and cuticle care.

**SONIC PEDICURE** (50 mins.) \$95

This service utilizes the very latest in sonic technology to produce an effect 10 times smoother than manual buffing alone. Add in the standard luxuries found in all of our nail care services and experience a pedicure that will transform dry rough soles into rejuvenated happy heels and toes.

**SEASONAL PEDICURE** (50 mins.) \$75

We are proud to feature an ever-changing lineup of seasonal specialties just for the feet. Ask about our current offerings.

### NAIL ENHANCEMENTS

*(Services may not be booked à la carte)*

Gel Polish Soak Off (15 mins.) \$20

French Polish (15 mins.) \$20

**FINISHING TOUCH POLISH CHANGE** (25 mins.) \$35

The perfect solution for the time pressed and overscheduled, this efficient service provides nail shaping and a flawless application of your choice of polish.

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“STRANGE THAT SO FEW EVER  
COME TO THE WOODS TO SEE HOW  
THE PINE LIVES AND GROWS AND  
SPIRES, LIFTING ITS EVERGREEN  
ARMS TO THE LIGHT.”

Henry David Thoreau

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## SALON SERVICES

### CUT

Woman's Haircut *Includes Shampoo and Blow Dry* \$50

Gentleman's Haircut \$30

### COLOR

One Color Process *Includes Shampoo and Blow Dry*  
starts at \$55

One Color + Foil Highlights starts at \$125

Foil Highlights starts at \$90

Multicolor Foil Process starts at \$125

### STYLE

Shampoo and Blow Dry starts at \$35

Additional Heat Styling \$20

Special Occasion starts at \$85

Bridal starts at \$125

### SPECIALTY SERVICES

Color Correction *by consultation*

Deep Conditioning Treatment \$65

### MAKEUP

Special Event \$85

Bridal Makeup \$125

Makeup Lesson \$75

### WAXING

Brow Shape *available with facials* \$25

Lip or Chin *available with facials* \$15

Classic Bikini \$40

Modern Bikini \$50

Full Leg \$70

Half Leg \$35

Underarms \$30

Back or Chest starts at \$40

## SPA PROGRAMMES

**THE CAROLINA** (allow 4 hours) \$420  
This experience includes our Pinehurst Massage, the Pinehurst Facial, Manicure and Pedicure as well as a complimentary Spa lunch.

**HEART AND SOLE** (allow 3 hours) \$280  
A duo of classics: Heart of the Pines Body Treatment and our Peppermint Pine Pedicure.

**PURE RELAXATION** (allow 2 hours) \$230  
Downtime Massage and Sandhills Classic Facial.

**GREAT EXPECTATIONS** (allow 2.5 hours) \$225  
Maternity Massage and a Hot Stone Pedicure.

**MOM AND ME** (allow 2 hours) \$250  
Mom will receive a Pinehurst Manicure and Pedicure while her special guest gets treated to our Twinkle Toes and Fancy Fingers for nails, Princess Curls and a touch of Starshine Shimmer Makeup.

**PRIVATE SPA SUITES**  
Take your spa experience to a whole new level of privacy and luxury by booking services for one or two people in one of our private suites. Bypass our locker area and proceed directly to your suite where robes, slippers, towels and a range of luxury amenities await you.

The suite features a soaking tub, shower and private balcony. Unwind with comfortable seating and complimentary refreshments. Your spa services can be performed right in the suite for the ultimate in personal pampering if you prefer not to leave your little oasis at all.

Treat yourself or someone special to the ultimate spa experience.

*The suites are available on a limited basis and must be reserved for a minimum of four hours at a rate of \$75 per hour plus a minimum of \$400 in services. Room Service to the suite is available by request.*

**JUST FOR KIDS**  
*Guests under the age of 18 are not allowed in private areas or pool area and may receive salon services only.*

Kid's Haircut (10 and under) starts at \$30  
Princess Curls starts at \$25  
Starshine Shimmer Makeup (15 mins.) \$25  
Twinkle Toes and Fancy Fingers (25 mins.) \$35 each

## WEDDING BELLES

*We are honored to be a part of your special day! Relax and leave the details to us. Our Spa Sales Manager is at your service and ready to help with every detail of your spa and salon experience. Please contact us for more details when you are ready to begin the planning process.*

**JUST MARRIED!**  
*Join us on the first day of your new life together for a few hours spent blissfully alone in the luxury of our world-class Spa.*

Private Couples Soaking Tub (30 mins.) & Pinehurst Couples Massage (50 mins.) \$350 per couple

## WELLNESS

**KINESIO TAPING** (50 mins.) \$110  
The Kinesio Taping Method is applied over muscles to reduce pain and inflammation, relax overused tired muscles, and to support muscles in movement on a 24 hr/day basis. It is non-restrictive taping which allows for full range of motion. Our 50-minute service includes a hands-on assessment to determine the areas to be taped as well as the taping of one problem area.  
*Taping can also be added onto any massage service (25 mins.) \$50*

**PRIVATE YOGA/PILATES** \$110

**PERSONAL TRAINING** \$110

## GROUP ACTIVITIES

*We are excited to offer a variety of workshops and group programs. Please inquire with our Spa Sales Manager.*

On-Site Chair Massage  
Mind/Body Wellness Workshop  
On-Course Golfer's Stretch

