



*Spa*

AT

RUMBLING BALD RESORT

*Lake Lure's  
Premier Spa Retreat*

FEATURING AVEDA PRODUCTS



## SPA INFORMATION

*The Spa at Rumbling Bald uses Aveda Elemental Nature philosophy to help activate your body and skin to overcome the daily environmental aggressors you encounter. Recovery for your skin and body starts with a consultation with your therapist to customize a personal, completely satisfying Spa experience.*

- ☛ Please arrive a minimum of 15 minutes prior to your appointment in order to fill out a treatment protocol or make changes to your service.*
- ☛ Be sure to communicate specific needs or preferences such as pressure, room conditions, and concerns about your body to your therapist. If you have a physical injury or particular condition, your therapist will be able to adjust your treatment accordingly.*
- ☛ In order to maintain a relaxing environment, please silence all cell phones and electronic equipment during your treatment. We also ask that you please refrain from bringing children to the spa.*
- ☛ Spa guests are welcome to use our indoor mineral pool, steam bath, sauna, and whirlpool prior to or after your treatment. Spa robes, slippers and towels are provided upon request.*
- ☛ Please allow 24 hours for cancellations to avoid being charged for your treatment.*

## MASSAGE TREATMENTS

*Provided by North Carolina Licensed  
Massage and Bodywork Therapists*

**Hot Stone Massage:** *Smooth, warm stones are used along with customized massage techniques to provide muscle relaxation and increased circulation. This therapeutic treatment encourages toxin release from the body and is great for those seeking relief from back pain and muscle aches.*

**60 min....\$95**

**90 min....\$125**

**Traditional Swedish Massage:** *A classic massage technique designed to disperse physical tension from the body by reducing stiffness and increasing lymphatic circulation. This light pressure massage is safe and for new mothers and mothers to be!*

**60 min....\$75**

**90 min....\$105**

**Relaxation Deep Tissue Massage:** *A massage that targets muscle tissue in a cross grain method. This massage helps release specific areas that are tight or tense while soothing the body. Careful attention to the amount of pressure makes this massage a relaxing favorite!*

**60 min....\$95**

**90 min....\$125**

**Sports Massage:** *Athlete or not, our Sport's Massage is the perfect way to unwind after your daily workout or a long day. This treatment includes a special massage formula designed to reduce joint and muscle pain.* **60 min....\$95**

**Massage for Two:** *Superb for couples, friends or mothers & daughters. Two therapists work together in our massage suite to create an experience you'll be thrilled to share.*

**Traditional Swedish Massage for Two**

**60 min....\$165**

**90 min....\$225**

**Hot Stone Massage for Two**

**60 min....\$195**

**90 min....\$245**

## SKIN CARE TREATMENTS

*Provided by North Carolina Licensed Esthetician*

### **Rumbling Bald Signature Facial**

*A traditional European facial customized for your specific skin care needs. Good for all skin types.*

**60 min....\$80**

**90 min....\$110**

### **Botanical Skin Resurfacing Facial**

*Let the power of tourmaline minerals smooth your skin and renew your youthful glow. Not recommended for sensitive or acne-prone skin.*

**60 min....\$90**

**90 min....\$120**

### **AVEDA Green Science Anti-Aging Facial**

*Turn back the clock with a facial designed to treat signs of aging with plant based products and custom skin manipulations. Helps to improve the skin's smoothness, tone, and clarity while reducing the appearance of fine lines and wrinkles.*

**60 min....\$110**

**90 min....\$130**

### **Power Paraffin Facial**

*Nourish and soften your skin with a paraffin masque designed to eliminate free radicals and stimulate collagen and cell turnover. Emerge from this treatment to find a beautiful glow to your skin. Not recommended for sensitive / rosacea skin.*

**60 min....\$90**

**90 min....\$120**

### **Signature Rumbling Bald Body Treatment**

*This luxurious treatment begins with an exfoliating scrub, removed with hot towels infused with essential oils. Next, detoxifying herbal poultices are applied to cleanse toxins from the skin. Then enjoy a luxurious scalp and neck massage and a hot stone back and foot massage.*

**90 min....\$135**

### **Aqua Therapy Body Polish**

*Indulge in a complete exfoliation of the body, including dry brushing followed by an aromatic salt scrub. A rich body masque restores moisture and tones skin helping to maintain natural pH.*

**60 min....\$85**

### **Signature Treatment: Spa Sampler Package**

*Perfect for those who want to try a variety of services. This package includes a 45 minute express facial, 30 minute Swedish massage, and your choice of a treatment complement listed below. 90 min....\$125*

### **SPA TREATMENT COMPLEMENTS**

*Enhance your massage or facial with a nourishing treatment complement. Each treatment extends your appointment by 15 minutes. **\$18 each***

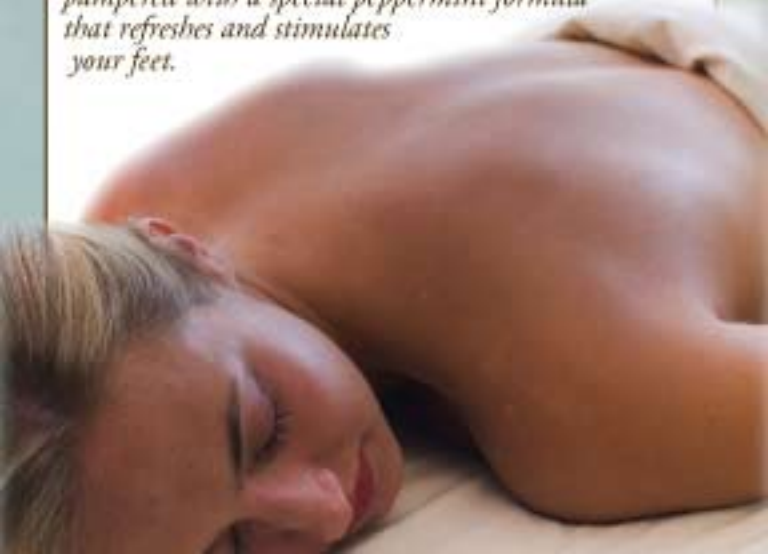
**Revitalizing Eye Complement:** *Help to diminish fine lines, puffiness, and dark circles in the delicate eye area by combining the effects of Green Tea, cool stone therapy and lymphatic drainage techniques. A refreshing addition to any treatment.*

**Therapeutic Scalp Treatment:** *Special attention will be paid to the pressure points of the head, as warm oils are drizzled onto the scalp and massaged. Stimulating tapotement (tap massage) adds an invigorating end to this bliss for your head.*

**Hand & Foot Hydration:** *Hands and feet are dipped in warm paraffin wax which increases circulation and improves dry, dehydrated skin. Once the wax is removed, lotion is applied and your hands and feet are left supple and smooth.*

**Sugar Scrub Drizzle:** *A sweet sugar scrub is drizzled over the hands or feet to de-stress and exfoliate these overworked areas, then removed with warm towels.*

**Peppermint Foot Soothing Treatment:** *Enjoy the invigorating smell of peppermint as your feet are pampered with a special peppermint formula that refreshes and stimulates your feet.*



# Nail Care

AT  
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## **Spa Manicure \$35**

Our basic manicure with an added paraffin dip that warms, soothes and hydrates the hands. *(45 min)*

## **Spa Pedicure \$45**

Soak away your troubles with our Signature Spa Pedicure. This treatment includes a stimulating foot bath, exfoliating scrub, paraffin dip and your choice of SpaRitual nail polish. *(50 min)*

## **Spa Mani/Pedi Combo \$70**

Pamper your hands and feet with our deluxe combination of a Spa Manicure and a Spa Pedicure. *(90 min)*

## **Basic Manicure \$30**

Relax with a nail treatment that includes cuticle reduction, filing and shaping. Finished with your choice of our SpaRitual nail polish. *(40 min)*

## **Basic Pedicure \$40**

Basic pedicure including shaping, filing, cuticle reduction and your choice of SpaRitual nail polish, excludes paraffin. *(45 min)*

## **Basic Mani/Pedi Combo \$60**

A relaxing combination of a Manicure and Pedicure, excludes paraffin. *(70 min)*

## **Hand and Arm Hydration \$20**

A total moisture immersion treatment. This service includes a moisturizing lotion treatment and a soothing paraffin dip. *(15 min)*

## **Foot Soak and Sugar Scrub \$25**

This treatment starts with a warm whirlpool foot soak, followed by an exfoliating sugar scrub, finished with leg and foot hydration treatment, and a paraffin dip. *(20 min)*

## **Youth Services (13 and under)**

Manicure \$20 Pedicure \$25 Combo \$40



FEATURING AVEDA PRODUCTS

# Salon

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## WOMEN'S SERVICES

Shampoo & Style \$20 & up

Women's Cut \$35 & up

Women's Cut, Shampoo & Style \$40 & up

Conditioning Treatment & Style \$25

Color \$55 & up

Color w/Highlights \$85 & up

Highlights \$70 & up

## CHILDREN'S SERVICES

Children's Cut \$15 (12 & under)

## MEN'S SERVICES

Men's Cut \$18    Men's Shampoo & Cut \$25

## BRIDAL SERVICES

Bride's Up-Do Trial \$50.00 & up (required)

Bride's Up-Do \$85.00 & up

Attendant Up-Do \$50.00 & up

Children's Up-Do \$25.00 (12 & under)

Bride's Make-up Trial \$50.00 (required)

Bride's Make-up \$60.00

Evening Make-up \$50.00 & up

Children's Make-up \$10.00 & up (12 & under)

*The Salon at Rumbling Bald Resort is open for appointments daily. To schedule your appointment please call 828-694-3017.*

# SPA & SALON HOURS

The Spa and Salon are open for appointments daily. Advanced reservations may be required.

## CONTACT INFORMATION

*Local:* 828-694-3017

*Toll Free:* 800-260-1040

*E-mail:* [Spa@RumblingBald.com](mailto:Spa@RumblingBald.com)

*Web:* [www.RumblingBald.com](http://www.RumblingBald.com)

*Be sure to ask about our monthly specials & seasonal featured spa treatments!*



The Spa and Salon is located in the Wellness Center at Rumbling Bald Resort on Lake Lure. From US 64/74 turn on Bill's Creek Road for 2.8 miles to Buffalo Creek Road. Turn Left on Buffalo Creek Road and follow for 2.5 miles to Resort Entrance. Additional information and directions are available online.

**[www.RumblingBald.com](http://www.RumblingBald.com)**