

THE SPA AT PINEHURST



WELCOME

TO THE SPA AT PINEHURST

We encourage you to relax and immerse yourself in complete solace and tranquility. It is our hope the peace you experience here stays with you long after your treatment ends.



HOW TO FULLY ENJOY THE PINEHURST SPA EXPERIENCE

When should I arrive?

For your enhanced comfort and relaxation, we suggest arriving 30 minutes before your scheduled treatment. This will allow time to relax in our lounges, saunas and steam rooms.

What if I am late for my appointment?

Arriving late will simply limit the time for your treatment, as your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied regardless of late arrivals.

What is the cancellation policy?

To avoid being charged for scheduled service, you must give 24 hours' notice. Please call to notify us of your change of plans. No-shows and late cancellations will be charged in full. A Pinehurst Resort room number or credit card number is required at the time of booking.

What should I wear during my treatment?

Please wear whatever is comfortable for you. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided. Lockers are available for your personal items.

What about my comfort?

This is your time, and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please share your preferences with us. We request that cell phones and pagers be turned off in the Spa.

What about gratuities?

For your convenience, a 20% service charge had been added to your bill to compensate your Spa professional. A small portion of this service charge is retained by the Resort as an administration fee. You may add additional gratuity at your discretion.

May I have access to the Spa if I don't have a scheduled treatment?

The Spa at Pinehurst is open for those guests without a scheduled treatment through the purchase of a Tranquility Pass. When available, passes may be purchased at the Spa after 8 a.m. Passes are sold the day of entry and are available daily. All passes are based on availability and are not sold in advance, refunded, or transferred.

TRANQUILITY PASS

Mon-Thurs \$40; Fri-Sun \$50

Should I shave before a treatment?

Shaving is recommended but not necessary for men prior to a facial. If you do choose to shave prior to your facial, be sure to do so at least 8 hours prior to your appointment. Shaving is not recommended prior to any body treatments or hair removal services.

Should I wax, shave, laser or use the sauna or steam room before a body scrub?

To achieve the utmost satisfaction and comfort from your service, we ask that you wait at least 8 hours before and after a body scrub or peel to wash, shave or use the sauna or steam room. In addition, we recommend that you limit your sun exposure before and after any facial.

What if I have special health considerations?

Please notify our Spa Reservation department before booking your treatments if you have high blood pressure, allergies, any other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, please let us know. If at any time during your services you experience discomfort, please alert your Spa professional immediately.

What if I am pregnant?

While there are a few services that should be avoided during pregnancy, there are many beneficial treatments that can be enjoyed such as our Maternity Massage which is available past the first-trimester. Please notify our Spa Reservation agents if you are pregnant when you make your appointments so that they can offer guidance.

Is there a minimum age for treatments?

The Spa welcomes guests 18 years of age and older. Minors may receive salon services provided they are accompanied by an adult. Resort guests must be 16 years old to use the Fitness Center.

All prices and services are subject to change without notice.



FACIAL CARE

DETOXIFYING FACIAL *Sun-Fri \$165; Sat \$175*

Skin detoxification is essential for cellular regeneration and a youthful, radiant complexion. Our exclusive detoxifying complex contains a high dose of vitamins A, C, and E, as well as, minerals and antioxidants that treat and pamper your skin to help neutralize the harmful substances that induce aging. The resulting detoxification will leave your skin brighter, more hydrated and refreshed. (80 mins.)

NATURAL FACELIFT FACIAL *Sun-Fri \$165; Sat \$175*
Specially designed to improve the skin's resiliency, this facial uses a multitude of innovative complexes to visibly firm, tone and lift. Skin becomes tighter and plumper with more elasticity, allowing your face to regain its youthful contours. (50 mins.)

REVERSIVE ANTI-AGING FACIAL *Sun-Fri \$200; Sat \$210*
Using revolutionary time-reverse technology, this innovative, luxury facial treatment extends cell lifespan, reactivating your skin's own anti-aging mechanism and reclaiming lost radiance as it visibly smooths fine lines and wrinkles. The lifting effects of this treatment are intensified by a deeply relaxing lotion application. (80 mins.)

CUSTOMIZED FACIAL *Sun-Fri \$175; Sat \$185*
Design your own customized facial experience that suits your needs. Combine several different facial modalities into one session. These selections are utilized for each guest to enhance relaxation. Select up to two of the following to complement your facial treatment: Eye Brow Wax, Lip Wax, Foot Scrub, Hand Scrub, Eye or Lip Treatment.

PINEHURST FACIAL *Sun-Fri \$130; Sat \$140*
A radiant complexion, refined pores and perfectly balanced skin are the results of this highly targeted treatment, which removes excess oil without drying the skin. Enjoy an even, calm and clear complexion. (50 mins.)

COLLAGEN BOOSTER FACIAL *Sun-Fri \$200; Sat \$210*
This intensive collagen treatment instantly plumps and adds density to your skin, smoothing fine lines and wrinkles. The effects are amplified by our exclusive thermos-sculpting mask, which lifts and reshapes your facial contours without the need for injections. (80 mins.)

FLUID PERFORMANCE FACIAL *Sun-Fri \$85; Sat \$95*
Give your skin a boost with customized fluids that saturate the skin with moisture and nutrients, leaving it feeling soft and smooth in just minutes. (25 mins.)

SEASONAL FACIAL *Sun-Fri \$120; Sat \$130*
Celebrate a fresh new you with Pinehurst's Seasonal Facial. With results-oriented ingredients such as firming peptides each product is made with up to 99% natural and naturally-derived ingredients and is free of parabens, sulfates and mineral oil. This facial changes with the seasons. (50 mins.)



FACIAL ENHANCEMENTS

Special additions to enhance your facial experience:

- | | |
|----------------------|------|
| • Brow shaping | \$20 |
| • Lip or chin waxing | \$15 |
| • Collagen booster | \$15 |

BODY CARE

CUSTOMIZED SCRUB

Sun-Fri \$125; Sat \$135

(Dry Room)

This active body exfoliation uses super-fine salt packed with minerals and plant stem cells. You can choose from Relaxing (lavender-mint), Energizing (mandarin-lime), Balancing (cashmere wood) or Shaping (champagne pear). (50 mins.)

CONTOURING SEAWEED WRAP *Sun-Fri \$225; Sat \$235*

Redefine your figure with this unique combination of exfoliation, wrap and soothing application of lotion, which aids in the elimination of stored fat. This treatment utilizes the proven benefits of massage while detoxifying with fat-burning ingredients. The result is smooth, taut skin and a slimmer, more toned appearance. (80 mins.)

THERMO MARINE MUD WRAP *Sun-Fri \$220; Sat \$230*

Detoxify inside and out with our most luxurious body treatment. Rid your body of dead skin cells with an intense sea salt exfoliation. Then, eliminate toxins and remineralize the skin with our rich mud wrap. (80 mins.)

BINDI BODY BALANCER

Sun-Fri \$195; Sat \$205

Treat yourself with traditional Ayurvedic herbs and essential oils designed to bring your body into balance. Your treatment begins with a full body dry brush to stimulate circulation followed by an all-encompassing herbal body masque. While wrapped in herbs, you'll receive a gentle Bindi oil face and scalp massage. The service concludes with a light massage after the herbs are rinsed off. (80mins.)

SWEET TEA SUGAR SCRUB

Sun-Fri \$120; Sat \$130

(Dry Room)

Experience true southern comfort with this delightfully decadent body polish. Lose yourself in a soothing full body exfoliation of whipped honey sugar scrub. Then, revitalize with a boost of hydration using heavenly Front Porch Punch shea butter cream. (50 mins.)





MASSAGE

CUSTOMIZED MASSAGE *Sun-Fri \$170/210; Sat \$180/220*

Design a massage experience to suit your needs. Select style of massage plus add-ons.

(2 add-ons 50 mins./3 add-ons 80 mins.)

Massage: Swedish, Hot Stone or Deep Tissue

Add-ons: Back Scrub, Foot Scrub or Dry Brushing
Hot Oil Scalp Treatment, Aromatherapy,
Back Mask or Honey Heel Glaze

CHAMPION'S MASSAGE *Sun-Fri \$210; Sat \$220*

Loosen up for your next round with the heat benefits of hot stone therapy with a focus on the shoulders, neck and upper back. An invigorating peppermint foot scrub and golf ball foot massage rejuvenates aching feet. You'll leave with a new attitude and a sleeve of golf balls with our compliments. (80 mins.)

HEART OF THE PINES *Sun-Fri \$185; Sat \$195*

This unique therapeutic and uplifting treatment begins with a dry scrub exfoliation followed by light, all over tapping using fresh Longleaf Pine harvested in The Village. The bundled pine creates a gentle enhancement to the massage, increasing circulation. This one-of-a-kind experience will leave you refreshed and rejuvenated. (80 mins.)

SWE-THAI MASSAGE

Sun-Fri \$205; Sat \$215

Go beyond deep tissue. From the mats of Thailand to The Spa at Pinehurst, this Swe-Thai Massage blends ancient eastern techniques and stretches with highly effective western Swedish methods. Utilizing dynamic stretching, movement therapy and deep tissue techniques, this massage will leave you feeling relaxed and balanced. (100 mins.)

DEEP TISSUE MASSAGE

Sun-Fri \$150/\$195

Sat \$160/\$205

Increased circulation, enhanced muscle function and elasticity are just a few of the rejuvenating effects of our Deep Tissue Massage. Designed especially for guests who regularly receive massages and prefer a firmer touch, this service helps restore proper body alignment and range of motion using slow and deliberate methods. (50/80 mins.)



MASSAGE

SPORTS MASSAGE *Sun-Fri \$145/\$185 Sat \$155/\$195*

This Swedish-style massage combines the benefits of trigger point, compression and stretching to target the muscles most commonly used by athletes. Perfect before or after your favorite sports activity. (50/80 mins.)

HOT STONE MASSAGE *Sun-Fri \$135/175
Sat \$145/185*

Let the power of the earth move you with this classic hot stones service. This massage combines deep heat and Swedish techniques to melt away stress and relieve stiffness. (50/80 mins.)

SEASONAL MASSAGE *Sun-Fri \$125; Sat \$135*

Celebrate a new you with the freshest ingredients of the season. Enjoy a luxurious and relaxing massage with rich, hydrating shea butter – packed with vitamins that nourish the skin. This massage changes seasonally. (50 mins.)

PINEHURST MASSAGE *Sun-Fri \$125/165
Sat \$135/175*

Take time for total rejuvenation. The classic Swedish massage promotes relaxation, enhances circulation and relieves muscle pain and tension. (50/80 mins.)

MATERNITY MASSAGE *Sun-Fri \$130; Sat \$140*

Specially designed for the expectant mother in her second or third trimester, this decadent Swedish massage will relax both mother and baby alike. Extra care will be given to ensure your comfort throughout the experience. (50 mins.)

FOOT MASSAGE *Sun-Fri \$70/\$125; Sat \$80/\$135*

This is a restorative treatment in which feet and hands are massaged to re-establish an optimal flow of energy throughout the body. It's perfect finish to an active day on the golf course. (25/50 mins.)

COUPLE'S MASSAGE *Sun-Fri \$250; Sat \$260*

Enjoy complete relaxation with a Swedish massage for yourself and a companion. (50 mins.)

COUPLE'S SOAK *Sun-Fri \$120; Sat \$130*

Available only in combination with the Couple's Massage. (25 mins.)





NAIL CARE

PINEHURST MANICURE \$60

PINEHURST PEDICURE \$80

Let us pamper your hands and feet while you enjoy the tranquility of our salon. We'll treat you to organic aromatherapy designed to uplift both mind and body. (50 mins.)

GEL POLISH MANICURE \$65

This manicure combines the polish we've all come to love with the detailed attention to nail care provided by our highly trained staff of nail technicians. Does not include a soak or scrub. (50 mins.)

DELUXE PEDICURE \$95

Melt stress away with our hot stone foot massage and kick those dry heels to the curb with our moisturizing masque. This pedicure finishes with attention to nails and cuticles. (80 mins.)

PINEHURST PAIR \$120

Indulge yourself with this perfect pairing of the Pinehurst Manicure and Pedicure. This pampering service is guaranteed to give you happy hands and feet. (80 mins.)

FRENCH MANICURE (50 mins.) \$70

FRENCH PEDICURE (50 mins.) \$90

MANICURE POLISH CHANGE (25 mins.) \$35

PEDICURE POLISH CHANGE (25 mins.) \$45

TWINKLE TOES (guests 10 and younger) (25 mins.) \$35

FANCY FINGERS (guests 10 and younger) (25 mins.) \$35



NAIL CARE ENHANCEMENTS

These services may not be booked à la carte.

- Gel polish soak off (25 mins.) \$30
- French polish \$10

SALON SERVICES

CUT *(includes shampoo and blow dry)*

WOMAN'S HAIRCUT	<i>starts at \$50</i>
GENTLEMAN'S HAIRCUT	<i>starts at \$30</i>
KID'S HAIRCUT <i>(guests 5-10 years old)</i>	<i>starts at \$30</i>

COLOR *(includes shampoo and blow dry)*

ONE COLOR PROCESS	<i>starts at \$55</i>
ONE COLOR + FOIL HIGHLIGHTS	<i>starts at \$125</i>
FOIL HIGHLIGHTS	<i>starts at \$90</i>
MULTICOLOR FOIL PROCESS	<i>starts at \$125</i>

STYLE

SHAMPOO AND BLOW DRY	<i>starts at \$35</i>
ADDITIONAL HEAT STYLING	<i>starts at \$20</i>
SPECIAL OCCASION	<i>starts at \$85</i>
PRINCESS CURLS <i>(guests 10 and younger)</i>	<i>starts at \$25</i>



SPECIALTY SERVICES

COLOR CORRECTION	<i>by consultation</i>
DEEP CONDITIONING TREATMENT	\$65
SPECIAL EVENT MAKEUP	\$85
WAXING	
• Brow shaping	\$20
• Lip or chin	\$15
• Classic bikini	\$40
• Modern bikini	\$50
• Full leg	\$70
• Half leg	\$35
• Underarms	\$30





GENTLEMAN'S MENU

TRUE GRIT

Sun-Fri \$195; Sat \$205

This full body massage combines earthy essential oils with an herbal body scrub along with a warm towel compress for your face and feet. (80 mins.)

SPORTS MASSAGE

Sun-Fri \$145/\$185; Sat \$150/\$190

This Swedish-style massage combines the benefits of trigger point, compression and stretching to target the muscles most commonly used by athletes. Perfect before or after your favorite sports activity. (50/80 mins.)

HOT TOWEL FACIAL

Sun-Fri \$100; Sat \$110

This facial cleanses, moisturizes, clarifies and boosts your skin's energy for long-lasting results. Customized exclusively for a man's skin and daily rituals, this treatment soothes irritation from shaving and provides increased vitality and energy. (50 mins.)

CUSTOMIZED SCRUB (Dry Room)

Sun-Fri \$125; Sat \$135

This active body exfoliation uses super-fine salt packed with minerals and plant stem cells. You can choose from Relaxing (lavender-mint), Energizing (mandarin-lime), Balancing (cashmere wood) or Shaping (champagne pear). (50 Mins.)

SPORTSMAN'S RECOVERY SOAK

Sun-Fri \$55; Sat \$65

Pine, rosemary, arnica and eucalyptus oils aid in soothing tired muscles in this luxurious bath. (25 mins.)

PUTTER BOY MANICURE

\$55

PUTTER BOY PEDICURE

\$75

Treat yourself to this relaxing, therapeutic treatment for hands and feet designed just for men. (50 mins.)

GROOMING FOR HANDS

\$30

GROOMING FOR FEET

\$40

Enjoy a professional nail trimming and shaping as well as cuticle control and callus management. (25 mins.)

GENTLEMAN'S HAIRCUT

\$30

Let our stylists bring out your best look with a professional haircut and shampoo.

HYBRID SCALP MASSAGE

\$20

Shampoo and relaxing scalp massage.

STRAIGHT RAZOR SHAVE

\$30

Step back to a more relaxing era with a classic Straight Razor Shave, using hot towels, pre-shave cream, warm shaving cream and aftershave.

GENTLEMAN'S EXPERIENCE

\$60

Enjoy the ultimate grooming experience with our Gentleman's Haircut and Straight Razor Shave.

BEARD TRIM

starts at \$10

MUSTACHE TRIM

starts at \$5

PERSONAL JOURNEYS

We welcome you to spend the entire day with us. We have combined some of our best therapies to create a variety of journeys for you to enjoy.

CREATE YOUR OWN

Select three Spa treatments of 50 minutes or more and enjoy 20% off.

THE CAROLINA

Sun-Fri \$405; Sat \$420

Our Pinehurst Massage, Facial, Pedicure and Manicure as well as a complimentary Spa lunch. (allow 4 hours)

HEART AND SOLE

Sun-Fri \$280; Sat \$290

A duo of classics: Heart of Pines Massage and Deluxe Pedicure. (allow 3 hours)

PURE RELAXATION

Sun-Fri \$255; Sat \$265

Pinehurst Massage and Skin Performance Facial. (allow 2 hours)

GREAT EXPECTATIONS

Sun-Fri \$225; Sat \$235

Maternity Massage and Deluxe Pedicure. (allow 2½ hours)

MOM AND ME

\$260

Mom will receive a Pinehurst Pedicure and Manicure while her special guest gets treated to Twinkle Toes and Fancy Fingers for nails, Princess Curls and a touch of Starshine Shimmer makeup will leave her feeling pampered. (allow 2 hours)

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 luxurious amenities await.

The suite features a soaking tub, shower and private balcony. Unwind with comfortable seating and complimentary refreshments. Your Spa services are performed right in the suite for the ultimate in personal pampering.

The suites are available on a limited basis and must be reserved for a minimum of four hours at a rate of \$100 per hour plus a minimum of \$400 in services. Room service to the suite is available upon request.

WELLNESS

PRIVATE YOGA

\$110 per hour

Experience a low-impact workout that revitalizes the mind, body and soul. Our professional instructor will lead you through a series of breathing exercises, stretches and meditation. Step out of the Spa with a sense of peace and rejuvenation.

PRIVATE PILATES

\$110 per hour

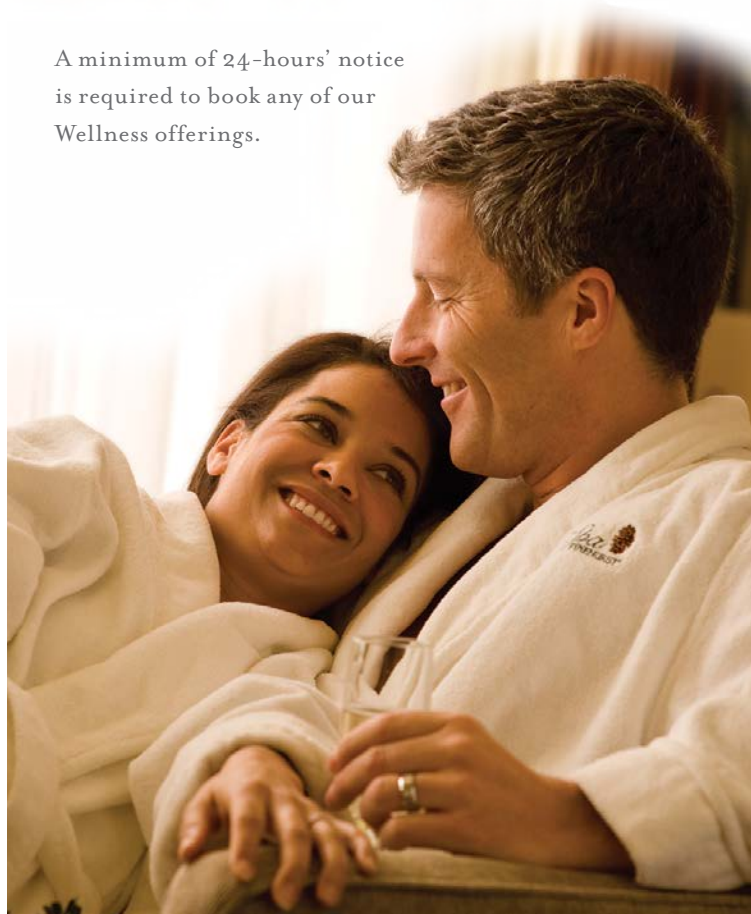
Tone and sculpt your body with a one-on-one, low intensity, calorie-burning workout. Our fitness instructor will guide you through dynamic sequences and controlled movements that will leave you feeling energized.

PERSONAL TRAINING

\$110 per hour

Whether you simply want to stretch out before your next round of golf or get in a good solid workout, our certified personal trainer can customize your fitness routine to your individual needs.

A minimum of 24-hours' notice is required to book any of our Wellness offerings.



WEDDINGS

Any of our services can be used to treat the wedding party to a day they will not soon forget. From hair design and pedicures for the bridesmaids to straight razor shaves and manicures for the groomsmen, we can help you plan the perfect day for everyone involved.

Relax and leave the details to us. Our Spa Group Sales Manager will arrange every detail of your experience.

THE BRIDE

BRIDAL HAIR <i>(includes consultation)</i>	(60 mins.) starts at \$125
BRIDAL MAKEUP <i>(includes consultation)</i>	(60 mins.) \$125
PINEHURST MANICURE	(50 mins.) \$60
PINEHURST PEDICURE	(50 mins.) \$80
ENJOY ALL OF THE ABOVE	(4 ½ hours) \$390

THE GROOM

GENTLEMAN'S EXPERIENCE	(80 mins.) \$60
The ultimate grooming experience with our Gentleman's Haircut and Straight Razor Shave.	
PUTTER BOY MANICURE	(50 mins.) \$55
PUTTER BOY PEDICURE	(50 mins.) \$75
ENJOY ALL OF THE ABOVE	(3 ½ hours) \$190

THE HAPPY COUPLE

PRIVATE COUPLE'S SOAKING TUB	(25 mins.)
& PINEHURST COUPLE'S MASSAGE	(50 mins.)
Sun-Fri \$370 per couple; Sat \$390	



GROUP ACTIVITIES

We are pleased to offer a variety of workshops and group functions. Please inquire with our Spa Group Sales Manager for more information.

- GOLFER'S STRETCH PROGRAM
- RELAXING CHAIR MASSAGE
- TRADITIONAL YOGA
- PILATES





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