

## Manicures & Pedicures

(A service charge of 20% will be added to the treatment prices.)

### Classic Manicure—30 Min. \$35

A complete nail shaping, cuticle grooming and polish, highlighted by a soothing soak and lotion massage.

### Classic Pedicure—50 Min. \$60

Revive tired feet with a soothing soak and lotion hydration. A complete nail shaping, cuticle treatment and polish add the finishing touch.

### Garden Aromatherapy Manicure—50 Min. \$60

Customize this luxurious manicure with your choice of a soak, blended with natural flowers and herbs. Warm balancing infusions, cleanse, exfoliate and drench your skin with ultimate hydration. Following an indulgent warm oil massage and mask, your hands will emerge looking younger, softer, and renewed.

### Garden Aromatherapy Pedicure—75 Min. \$80

Customize your pedicure with your choice of a soak, blended with natural flowers and herbs found around the world. Warm and balancing infusions cleanse, exfoliate and drench your skin with ultimate hydration. Following an indulgent warm oil massage and mask, your feet will emerge feeling soft, refreshed and rejuvenated.

### Polish Change—15 Min. \$15

Enhancement – May be added to any nail service

### French Nails—15 Min. \$10

### Aromatherapy Paraffin Treatment—30 Min. \$20

## Hair Styling Services

A variety of services to achieve the look that compliments your features and your lifestyle. Shampoo and conditioner are selected for your hair type.

### Shampoo and Blow Dry—from \$35

### Shampoo, Cut and Blow Dry—from \$50

### Gentleman's Shampoo, Cut and Blow Dry—from \$25

### Up Do—from \$50

### Bridal Up Do—from \$80

## Makeup Services

Let our professional highlight the best in you. Our natural mineral makeup line is gentle on your skin and offers a vast array of color palettes.

### Lesson—50 Min. \$65

### Makeup Application—25 Min. \$45

## Weddings and Special Occasions

For Wedding and Special Occasion Hair and Makeup Services, please see the spa front desk consultant about custom services, packages and private parties.

## Treatment for Two

(A service charge of 20% will be added to the treatment prices.)

Prices are based per person, and type of massage.

### Couples Massage—50/80 Min.

Together each of you can receive a Massage of your choice. A great way to relax and spend time together.

### Side-by-Side Facial—50/80 Min.

Together each of you can receive the Facial of your choice and enjoy each other's company as you benefit from the results of your treatment.

### Dual Choices—50/80 Min.

Combine your choices. One can savor a facial while one delights in one of our massages. A wonderful way to be together yet address your individual

## Just for the Gentlemen

(A Service Charge of 20% will be added to the treatment prices.)

### Swedish Massage—50/80 Min. \$105/\$165

Personalized for men, our custom massage combines the best of therapeutic Swedish massage with the therapeutic benefits of natural herbs. Choose your own oil, then succumb to a blend of Swedish massage techniques intuitively customized to your body's needs.

### Deep Tissue Massage—50/80 Min. \$125/\$180

This massage focuses on the deeper layers of muscle tissue, with a moderate to firm pressure that targets specific areas of concern. Deep tissue aims to release toxins and chronic patterns of tension in the body and allowing blood and oxygen to circulate.

### Gentleman's Facial—50 Min. \$115

Designed to address razor burns and irritation while cleansing, moisturizing and balancing the skin. Enjoy a face, neck and shoulder massage during this treatment. Feel and look your best. For all skin types.

### Men's Conditioning Pedicure—50 Min. \$60

Designed to combat dry, calloused skin and feet. This treatment begins with a foot soak followed with cuticle care, grooming of the nails and the best-kept secret – an unforgettable pressure point foot massage.

### Men's Restoration Manicure—30 Min. \$35

Our therapist will soak and soften your hands, work the cuticles, and then cut, file and buff your nails to perfection. The end result: well groomed and restored hands and nails.

## Spa Information

### Spa Admission

Spa treatments are available for guests age 18 and over. Guests ages 14 to 17 may engage in our specifically designed Young Adult services. We request all Young Adults be accompanied by a parent or adult. Spa facility use (includes saunas, steam rooms, lockers, locker room amenities and relaxation lounges) is complimentary for all spa guests the day of the appointment.

### Appointment Scheduling

Spa and Image Center appointments may be scheduled at the Spa Reception Desk between the hours of 9:00am and 6:00 pm. Please call as far in advance as possible to ensure availability of your requested service or therapist. Our spa reservations staff is happy to help customize your special spa experience. We require a major credit card and telephone number to confirm your appointment. Reservations are subject to availability.

### Re-schedule or Cancel Appointment

Because your services are reserved especially for you, please notify the spa by 4:00 pm the day before your appointment to cancel or re-schedule appointments. The full value of the service will be charged for cancellations made after 4:00 pm the day before the appointment.

### Service Charge

A 20% service charge will be automatically added to all services and packages.

### Special Requests

Based on availability, we will do our best to accommodate special requests. Please make your therapist preferences known when booking your appointment.

### Medical and Well Being

Please inform us of any medical or special needs such as high blood pressure, allergies, pregnancy or any physical conditions or ailments that require our attention. For your safety and well being, we strongly discourage alcohol consumption prior to spa treatments, immediate sun exposure following skin care therapy and shaving before or after exfoliation treatments.

### Spa Attire

To ensure safety, proper closed-toe fitness shoes and clothing are required in the Fitness Center. Complimentary use of spa robes, slippers and lockers is provided for all spa guests. Most of our guests prefer to fully undress for treatments, as our staff is professionally trained in proper draping designed to ensure modesty and comfort throughout the service. However, if you would be more comfortable, you may wear undergarments for your treatment.

### Arrival Time

We invite you to arrive at least 30 minutes prior to your scheduled spa service to check in, change into spa attire and relax. Treatments begin and end at time scheduled; no adjustments can be made for late arrivals. To ensure that all guests receive their full treatment, late arrivals will end at the scheduled time.

### Hours of Operation\*

Spa Appointments	9:00 am—6:00 pm
Spa Reception Desk	9:00 am—6:00 pm
Image Center Appointments	9:00 am—6:00 pm
Fitness Center	24 Hours
Spa Boutique	9:00 am—6:00 pm

\*hours are subject to change



Relaxation • Restoration • Inspiration

You are invited to unwind in our luxurious Spa Retreat where the elements of both spa and nature interact harmoniously to highlight the Callaways' vision of the natural world and its ability to provide relaxation, restoration and inspiration.

Call 706-489-3305

To schedule an appointment

## Facial Treatments

(A service charge of 20% will be added to the treatment prices.)

### Prunifolia Signature Facial—50 Min. \$115

Drench your skin with moisture while utilizing 15 potent plant extracts and antioxidants to restore balance to tired, overworked skin. A thorough cleansing and exfoliation is followed by Moisture Repair Boosting Serum that will help your skin reveal its natural radiance. A revitalizing mask based on your skin type will be customized for you. Your treatment ends with Herbal Recovery Gel—perfect to get your skin back on track.

## Advanced Therapies

### Soothing Earth Facial—50 Min. \$125

Bring harmony to your complexion with gentle effectiveness. This relaxing facial is specially designed for skin that is sensitive or reactive to environmental elements. Our unique plant extract treatment blends are renowned for balancing the skin and easing redness, irritation and dryness. Enjoy the soothing qualities of Calendula and our exclusive Moisture Repair Boosting Serum that will leave your skin feeling like new. Perfect for Rosacea-like skincare issues.

### Baby Boomer Facial—50/80 Min. \$125/\$185

Premiere Age Defying Facial. Achieve a visibly lifted, more rejuvenated complexion with this fountain of youth facial. This pampering treatment uses a trio of exclusive power-packed serums designed to slow down the aging process by boosting cell turnover and skin density. An advanced cocktail of exotic gravity-defying extracts, nourishing soy proteins, and plant-based retinols instantly lift and contour skin, diminish fine lines and wrinkles, and improve texture and elasticity.

### Skin Brightening Facial-50/80 Min.\$125/\$185

Reveal a brighter, more even complexion by noticeably improving skin tone and texture. Beginning with an exfoliation, this exquisite facial then infuses the skin with Kakadu plum, the world's richest source of Vitamin C, to reduce visible signs of sun damage, blemish marks, and hormonal influences. A hydrating serum and brightening moisturizer complete the experience for flawless-looking skin.

### Enhancements – Can be added to any Facial

### Vitamin K Eye Treatment— \$50

Diminish dark circles and refine

### Wild Lime Scalp Treatment— \$65

Hypnotic scalp and shoulder massage

### Waxing and Tinting

Brow Wax & Shaping—\$30

Lip Wax—\$20

Chin Wax—\$20

Bikini Wax—\$50

Full Leg Wax—\$75

Half Leg Wax—\$40

Full Arm Wax—\$45

Half Arm Wax—\$30

Underarm Wax—\$25

Back Wax—\$75

Eye Lash Tint—\$30

Brow Tint—\$30

## Massage Therapy

(A service charge of 20% will be added to the treatment price.)

### Swedish Massage—50/80 Min. \$105/\$165

Totally relaxing. Our signature massage combines the best of therapeutic Swedish massage with the therapeutic benefits of natural herbs. Choose from a selection of potent herbal and aromatherapy oils.

### Deep Tissue Massage—50/80 Min. \$125/\$185

This massage focuses on the deeper layers of muscle tissue, with a moderate to firm pressure that targets specific areas of concern. Deep tissue aims to release toxins and chronic patterns of tension in the body and allowing blood and oxygen to circulate.

### Prenatal Massage—50/80 Min. \$110/\$170

Just for the mommy-to-be! With this relaxing Swedish massage, we pay special attention to those areas that bother you most during pregnancy, resulting in decreased water retention and muscle tension. This service is recommended for women in their 2<sup>nd</sup> and 3<sup>rd</sup> trimester only.

### Stone Massage—80 Min. \$175

This treatment utilizes warmed natural basalt stones blended with the art of massage for an unforgettable experience. Penetrating heat from smooth, oiled and warmed basalt stones combine with the therapist's healing touch are used to relieve tense muscles and sore joints.

## Advanced Therapies

### Alpine Arnica Muscle Repair—50/80 Min. \$110/\$170

This restorative treatment is designed for individuals needing deep relief from the effects of chronic stress. Constricted fascia enveloping the muscles and impinging nerves become unwound through the use of deep pressure, stretching and a self-heating Arnica Muscle Gel. This session ends with a rejuvenating Peppermint foot balm to restore vital energy to tired feet and legs.

### Evergreen Hot Towel Body Bliss—50/80 Min. \$110/\$170

This session begins with the inhalation of hypnotic Evergreen and combines a therapeutic massage with steaming hot towels. Feel your body sigh in relief, as tension bound within muscles is unraveled with this powerfully effective treatment.

### Irish Moss Detox Body Massage—50 Min. \$110

Relieve fatigue, increase circulation and promote lymphatic drainage with this light massage. A detoxifying mineral-rich serum that helps eliminate lymphatic sluggishness and restores healthy skin tone is used to massage the whole body. This serum is a potent blend of anti-inflammatory Irish Moss extracts that aids the body in removing harmful toxins. Your session concludes with a relaxing application of hot steaming towels for your enjoyment.

### Enhancements—may be added to any Massage or Body Treatment.

### Reflexology—25/50 Min. \$65/\$105

This ancient healing art focuses on energy zones that run throughout the body. By massaging certain pressure points on the feet, areas of congestion are unlocked, restoring the natural flow of energy. The results are released energy, improved circulation and increased relaxation throughout the entire body.

### Shirodhara—Journey to Serenity—25 Min. \$75

A powerful therapeutic experience based on Ayurvedic healing therapy in use for thousands of years. True Shirodhara changes the balance of your life by awakening the senses, invigorating the soul and giving back a sense of total wellbeing. An Ayurvedic therapist directs a warm stream of oil onto the forehead, then massages it into the hair and scalp to nourish and condition, while imparting deep relaxation.

### Healing Scalp Treatment—25 Min. \$65

Stimulate the scalp and hair growth while expelling stress. Adapted from ancient Indian head massage, this treatment targets scalp, neck and décolletage with a blend of therapeutic oils. Add this to any massage for the ultimate relaxation.

## Botanical Body Treatments

(A Service Charge of 20% will be added to the treatment prices.)

### Botanical Body Melt—80 Min. \$170 Scalp and Body Treatment

A hypnotic aromatic scalp and neck massage that is perfect for jet lag and fatigue. A special recipe of hazelnut, avocado and macadamia oils is blended with Wild Lime Blossom, Sandalwood and Ginger. The oil is warmed and applied to your scalp, neck and shoulders to stimulate circulation and nourish your hair. While the oil penetrates your hair, a full body massage with lemongrass extracts relieves mental exhaustion.

### Espresso Mud Body Scrub—80 Min. \$180

This purifying, restorative and detoxifying treatment begins with a fragrant, cleansing exfoliation using Coffee Arabica and Indian Sarsaparilla with volcanic pumice and Black Silt Clay. After, you're wrapped in warmth to further detoxify and rid the body of impurities, your treatment concludes with a rich and soothing body balm. This treatment includes a full-body massage .

### Lemon Verbena Body Polish—80 Min. \$175

The fragrant extract of bright Lemon Verbena is blended with creamy Aloe Vera, Oat extracts, Shea Butter and Jojoba beads to gently exfoliate, soften and revitalize your skin. A relaxing full body massage with lemongrass and ginger completes this treatment.

### Tuscan Garden—80 Min. \$180

Experience the warmth of Atlas Cedar delicately layered with a sparkling infusion of Italian Bergamot, Valencia Orange, Clementine and Pink Grapefruit. We begin with a scrub of Rosemary Citron Sea Salt designed to stimulate the circulatory system followed by a detoxifying body massage using our Sicilian Bergamont Lotion.

### Garden of Earthly Delights—110 Min. \$225

Delight yourself with an herbal soak, body polish, foot treatment, and scalp and body massage. Begin your session with a luxurious body polish with hydrating extracts of Aloe Vera and Shea Butter combined with Lemongrass Mimosa. Continue with an herbal soak of Bourbon Vanilla Foaming Milk Bath. Afterwards a full body massage and a scalp treatment with an herbal infusion of Lavender flowers will relax the body and calm the mind. End with a revitalizing Peppermint foot treatment concluding your journey to nirvana.

## Signature Journeys

### Healing—110 Min. \$240

Created around the benefits of Neem, India's "pharmacy tree," the ritual blends therapeutic and aromatic herbs to balance and comfort the spirit, as it treats the body: first with a signature foot scrub; then full-body exfoliation with date seed and pumpkin enzymes; wrapped with clays infused with essential oils followed by a bath; and completed by a full-body ABHYANGA massage with a blend or restorative oils of ylang ylang, neroli and triphala to release negative energy.

### Supplifying—110 Min. \$240

Infused with herbs and aromas that feed the body, this holistic ritual encompasses a signature foot scrub; full-body exfoliation made from a blend of organic sugars in a cocktail of flaxseed oil and coconut powder; enveloped with an aromatic mask of vetiver, mimosa and babassu and bath; ending with a full-body body ABHYANGA massage with a lush mango seed butter and soy balm to open the Marmas (the body's energy channels).

### Firming—110 Min. \$240

Our active ingredients Cardamon and Gotu Kola energize and revitalize even as they even out the skin. The ritual begins with a signature foot scrub; followed y a full-body exfoliation with walnut shell powder and rosehip oil; envelopment with oat and algae mask and bath; finishing with an ABHYANGA massage with warm soothing lotus oil.

## For Young Adults

(A service charge of 20% will be added to the treatment prices.)

Young Adults ages 14 to 17. Spa treatments for Young Adults (guests under the age of 18) must be accompanied by an adult.

### Teen Discovery Facial—50 Min. \$115

Banish blemishes and balance oil production by removing the debris that builds up in pores. A professional strength exfoliation with Resurfacing Enzyme Peel is followed by extractions and a detoxifying mask to clarify and tighten pores, leaving you with clear, glowing skin.

### Cupcake Manicure—30 Min. \$35

A scoop of our Peaches'n Cream soak will soften your hands and remind you of sweet, juicy summer peaches. Soften your hands, shape your nails and be dazzled by the polish of your choice.

### Cupcake Pedicure—50 Min. \$60

Our Pedicakes provide the creamiest pedicure ever leaving tootsies feeling silky smooth and smelling sweet. Lots of fun, soft feet and fun polish colors!

### Natural Beauty Makeup—30 Min. \$45

Learn to enhance your natural beauty with moderate makeup application techniques personalized just for you.

### Massage for Two—50 Min. \$105/person

Mothers and daughters or fathers and sons together can receive the Callaway Gardens Custom Massage in our dual suite. A great way to relax and spend time together.