

The Spa




**GRAND LAKE
LODGE & SPA**
Savannah, Georgia



Spa Services

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GRAND LAKE LODGE & SPA is committed to providing you with the finest treatments in a beautiful environment with highly proficient, professional, licensed, and certified staff. We will focus our resources and energy on creating for you and your guests a tranquil, rejuvenating, energizing, and replenishing experience.

Our licensed massage therapists are professionals who can adapt specific learned techniques to provide you with an outstanding personalized treatment.

Our licensed estheticians will help you achieve a far more even skin tone, smoother, softer, more supple complexion— capturing your internal radiant glow.

Body treatments are an excellent experience for the body and spirit. The skin, the largest organ in the body, protects and nourishes us throughout life. Body treatments are designed to exfoliate the skin to increase new cell development, increase circulation, and oxygenation, rid toxins, improve energy flow and release stress. Your body will thrive on the pampering attention of a wonderful soak in the hydrotherapy tub and a nice body wrap.

Regular manicures and pedicures for both men and women, with one of our licensed technicians, help to restore energy and bring together an overall persona as you go through your busy day. A lot of expression is projected through the hands and feet. Choose the treatment which best suits your personal expression.

We are available to consult and schedule times for your appointment:

Monday - Saturday 9:00 AM - 8:00 PM
Sunday closed except by special appointments

We will make every effort to fit into your schedule. Let us serve you be calling the Front Desk at 233-2466.

Please contact Taylor with any questions or concerns at 233-2466 or taylor@grandlakerodgeandspa.com.

DISCLAIMER: For all Massage or Facial Packages

These prices are already discounted for purchasing the whole package. Grand Members can buy each service, and receive the 20% off Discount for being a grand member, but they will not receive the additional 20% off the package price.

Facials

CUSTOM FACIAL

Let us customize the perfect service for you! In this facial, cleansing, steaming and exfoliation are followed by extractions (if needed) and a relaxing face, neck, and shoulder massage. A hydrating mask and nutrient rich moisturizer will help to restore and protect your skin's natural balance.

60 minutes ~ \$65 Package of 4 ~ \$190

EXPRESS FACIAL

A custom facial for the member on the go! This is a great way to keep up with your skin without taking too much time from your day.

30 minutes ~ \$35 Package of 4 ~ \$100

DELUXE LIFT FACIAL

A custom facial for the member on the go! This is a great way to keep up with your skin without taking too much time from your day.

90 minutes ~ \$100 Package of 4 ~ \$250

THE GENTLEMAN'S HOT TOWEL FACIAL

Attention all men this amazing treatment not only removes dead cells, but also keeps your underlying layers of skin moist and healthy. The relaxing hot towel on your face brings all impurities to the surface for a stronger, more youthful appearance. Our therapist are able to strengthen those muscles that are used on a daily basis with great TMJ movements to release tension; for rebuilding of protein back into those over used muscles of the face. The ingredients in this facial include Sage, Algae, Jojoba oil, Licorice, Peppermint and Mango which are moisturizing and stimulating.

50 minutes ~ \$60

Add to any Facial...

AMPOULE

A specialized intensive treatment that concentrates on meeting the needs of every skin type

\$5.00 per ampoule

ALGAE PEEL-OFF MASK

A firming detoxifying mask with a calming/cooling effect

\$10.00

EYE TREATMENT

Add intensive moisture and hydration to the eyes after a soft exfoliation to minimize fine lines and dryness around the eye area. You will also receive some pressure point massage to decrease any puffiness due to allergies or sinus issues.

\$15

Massage

HOT STONE MASSAGE

Our therapist use volcanic smooth rocks with an aromatic warm Grape seed oil that will slowly take you to a whole new world. In addition to the sensual warmth of the rocks, this massage will also relax the muscles, joints, and ligaments with just enough pressure creating a soothing rocking movement to relax and release stress.

90 minutes ~ \$90

SWEDISH MASSAGE

This is our custom relaxing Swedish massage with or without aromatherapy. Please specify your preferences of pampering as very light pressure, energy light touch, or medium pressure. Let your therapist know of your areas that need extra attention.

30 minutes ~ \$35 • 60 minutes ~ \$65 • 90 minutes ~ \$95

DEEP TISSUE

Experience the therapeutic effects of deep-tissue touch, from increased circulation, to enhanced muscle function, and flexibility. This massage combines Swedish with deep, concentrated work on overly stressed, tight, problem areas; breaking down knots aiding in recovery with hot and cold methods.

30 minutes ~ \$40 • 60 minutes ~ \$75 • 90 minutes ~ \$110

PRE-NATAL

The perfect relaxation treatment, designed to relieve tension and stress placed upon a mother-to-be during pregnancy. These perfect massages helps diminish hip and back pain and improve circulation are just a few of the amazing benefits of this massage.

30 minutes ~ \$35 • 60 minutes ~ \$65 • 90 minutes ~ \$95

REFLEXOLOGY

This ancient effective therapy is designed to alleviate and maintain good health and well-being, by gently pressing on the glands, organs and other body parts through the feet and hands which helps to restore natural balance of the body. Followed by aromatic hot towels.

30 minutes ~ \$35 • 60 minutes ~ \$65

CHAIR MASSAGE

15 minutes ~ \$15

Massage Packages

SWEDISH MASSAGE

(4) 30 MINUTE - \$100

(4) 60 MINUTE - \$190

(4) 90 MINUTE - \$280

DEEP TISSUE MASSAGE

(4) 30 MINUTE - \$110

(4) 60 MINUTE - \$200

(4) 90 MINUTE - \$290

Nails

EXPRESS MANICURE

When you don't have time for a full manicure, but want to look your best try this mini manicure. Polish is removed, nails filed, a wonderful massage, and re-polished.

35 minutes ~ \$15

SPA MANICURE

Feel the gentle exfoliation of your hands as they are prepared to enjoy the ultimate in comfort. Your cuticles will be moisturized with essential oils, the nails will be shaped, filed and buffed. The hands will enjoy the warmth and nourishment of warm gloves and luxurious massage. The final touch is a beautiful polish of your choice.

60 minutes ~ \$20

EXPRESS PEDICURE

This mini service is great for those with tight schedules. Polish is removed then have a nice massage and re-polish.

30 minutes ~ \$30

SPA PEDICURE

A luxurious soak in a therapy foot bath and great exfoliation as the therapist massages the tension and stress from your calves and feet will make the service one of your favorites. The nails will be trimmed, shaped and buffed. Body Butter massaged in to the feet will make them soft and beautiful. A nice coat of polish finishes the experience.

60 minutes ~ \$40

SPA MANICURE/PEDICURE COMBO

\$50

PARAFIN ADD ON

\$10

Waxing

EYEBROW WAX-\$15

LIP WAX-\$12

CHIN WAX-\$12

UNDERARM-\$18

BIKINI-\$40

HALF LEGS-\$40

FULL LEGS-\$60

ARM-\$35

FULL BACK AND CHEST-\$65

Tinting

LASH TINT-\$15

BROWN TINT-\$12

LASH/BROW COMBO-\$25

Body Treatments

BACK FACIAL

This treatment is designed to cleanse, purify, tone, and hydrate the whole back. A multi-vitamin power pack mask is applied and removed with warm towels to open clogged pores to help the therapist with extraction of those hard to reach areas. A nurturing, soothing mini massage finishes the treatment. 45 minutes ~ \$55

SIGNATURE BODY SCRUB

This is a wonderful way to exfoliate dead skin cells and rejuvenate the entire body. Our trained therapist will start the exfoliation by dry brushing the body in a lymphatic flow which aids in bringing the dying cells closer to the surface of the skin, followed by a scrub of your choice that slowly is applied to the body until it melts away. A wonderful, relaxing, soothing facial for the whole body. 60 minutes ~ \$75

HYDRATING COCOON WRAP

This unique hydrating experience starts by dry brushing and gently exfoliating the body bringing new skin to the surface. Once the skin is fully hydrated, the body is layered in a luxurious, warm, lather of rich milk body butter, then enclose by a thermal wrap to ensure full, deep penetration of the rich products, drenching richness into the body. 75 minutes ~ \$80

ANTI-CELLULITE TREATMENT

An intensive treatment with products made from mineral-rich thermal spring water with algae, which eliminates toxins from the skin tissue. The skin tissue is firmed and tightened leaving the appearance of cellulite effectively reduced. The gel cream invigorates the skin and enhances skin's metabolism. A measurable improvement in the body contour is visible after only two treatments. 60 minutes ~ \$90



HYDROTHERAPY

Sooth tired and sore muscles in this relaxing Herbal soak for 30 minutes at \$25.00.

As an add on to massage services ~ \$15.00.

Hydrotherapy soak with Milk Bath ~ \$40.00(total time 30 minutes)

Hydrotherapy Detoxifying Bath ~ \$50.00 (total time 40 minutes)

Hydrotherapy Mud Bath ~ \$95.00 (total time 60 minutes)

Packages

BRIDE TO BE ESSENTIALS \$375

A total of five relaxing hours to feel and look your best for that most precious day. Please schedule these luxurious treatments two to three days prior to your Wedding Day. A nice relaxing Swedish massage the day before or even the morning of your Wedding may be the best schedule of time there is.

- Hot Stone Massage
- Calming Sensitive Facial
- Hydrotherapy tub soak with beautiful lights and aromatherapy
- Body Polish and thermal wrap
- Luxury Manicure and Pedicure
- Light Hors-d'oeuvres and beverages



BRIDE TO BE ESSENTIALS EXPRESS \$175

30 minut hot stone, 30 minute facial, mani/pedi, hydro tub and light hors d'oeuvres and beverages

GROOM TO BE ESSENTIALS \$250

A total of 3 hours to enjoy a relaxing and soothing indulgence one or two days prior to your Wedding Day. Consider a Deep Tissue Massage the morning of your Wedding to detoxify from the Bachelor Party.



- Therapeutic Massage
- Hand and Feet Treatments
- Gentleman's Hot Towel Facial
- Light Hors-d'oeuvres and beverages

GROOM TO BE ESSENTIALS EXPRESS \$130

Same as above, but with 30 minute treatments

BEST FRIEND GETAWAY \$80 PER PERSON

Enjoy the day with a friend to relax and get away! This package includes a 30 minute facial, hand and foot exfoliation and a 30 minute back massage. Includes wine and a light lunch. 2 hours.

ALL DAY ULTIMATE INDULGENCE \$240

Custom facial, followed by a Body Polish and 1 hour Massage. Lunch from our Bistro and finishing with a Spa Manicure and Pedicure. 6 hours.