



HAMPTON
HEALTH CLUB

The High Hampton Spa is nestled high in the beautiful Blue Ridge Mountains of Western North Carolina, surrounded by tall hemlock trees, mountain laurel, and wildlife. Upon arrival, smiling faces welcome you into our world-class Spa. Stress dissipates as soothing colors, tranquil sounds of running water, calming aromatherapy and lavish furnishings encompass you. Individual changing rooms are equipped with lockers, steam showers, sandals and cozy robes. Indulge in herbal teas and fresh fruit in our relaxation room prior to your spa day. A full range of spa treatments and healing therapies are provided in deluxe treatment rooms including massage, hydrotherapy, esthetics and nail care.

It is our absolute pleasure to deliver peace and relaxation here in the sanctity of nature.

Massage Treatments

Deep Tissue Massage

For those who desire firm pressure focused on specific areas of tension. Warm towels and therapeutic oils assist to release toxins and relax muscle fibers.

50 min \$95

80 min \$135

Ashiatsu

A rare and ancient ayurvedic massage that combines deep compression techniques and long luxurious massage strokes applied to the body by the therapist's feet. This treatment improves muscle tone, and enhances postural alignment. *Limited availability, please call for times.*

50 min \$120

80 min \$160

Classic Swedish Massage

Improve circulation and achieve absolute relaxation with this gentle rhythmic full body massage.

50 min \$85

80 min \$125

Warm River Stone

Melt away stress with a head to toe massage utilizing warm oil and moist heated river stones. Allow the earth and water elements to rock you into bliss.

80 min \$145

Head Neck and Shoulders

Release tension held in these areas and reduce headaches. Perfect before or after your winning golf game.

45 min \$65

Just the Feet

Pressure points are stimulated and soothed to renew your sense of peace and balance.

30 min \$60

Add on these enhancements to any Massage:

- Eye Treatment \$30
- Cucumber Mint Sugar Scrub \$65
- Blueberry Soy Body Scrub \$65



Organic Skincare



Hampton Health Spa is proud to feature the world-renowned skin care line Eminence. This all-natural, hand-made organic line is prepared using a unique combination of hand-picked fresh ingredients and pure water drawn from a thermal hot spring lake containing minerals and trace elements found nowhere else on earth.

All of the products are hand-crafted in Hungary and are not made using any heating or hydrogenating processes. Vitamins are captured in their all-natural fresh base, offering dramatic results as actual seeds, pulps and peels begin the regenerative and healing powers that only nature can produce.

Hampton Signature Facial

This customized facial removes impurities, hydrates, and revitalizes dull, congested skin. Cleansing, extractions, soothing massage, personalized masque and moisturizing botanicals oxygenate skin and defy aging. For all skin types.

50 min \$95

Gentleman's Facial

Deep cleansing, extractions, calming massage, and plenty of hot towels are just a few of this facial's luxuries. Put your skincare maintenance in the hands of our professionals.

50 min \$85

Alpha Hydroxy Fruit Pulp Facial

Fresh pulps of apples, grapes and naseberries infuse naturally refining fruit acids into the skin. Exfoliate, renew cellular growth, and firm with this exotic treatment. Great for dry, dehydrated, clogged and blemished skin types.

50 min \$115

Yam & Pumpkin Enzyme Peel

Refine fine lines with this collagen boosting facial. The active vitamins and bioflavonoids plump and deeply hydrate the skin. A power peel for all skin types, excluding acne.

50 min \$130

Blueberry Soy Microdermabrasion

A gentle abrasion treatment that removes the superficial layers of the epidermis to reveal newer, healthier looking skin. A blueberry soy facial enriches the results of this mini face lift.

50 min \$150

Add on these enhancements to any facial:

- Eye Treatment \$30
- Lip Treatment \$30
- Hand and Foot Moisture Masque \$25

Organic Body Treatments

Cucumber Mint Sugar Scrub

An invigorating whole body exfoliation which leaves your new skin feeling sweet, smooth, tightened, and healthy.

30 min \$65

50 min \$110 (Mini Massage with Cucumber Mint Soufflé)

Blueberry Soy Scrub

Blueberries, coconut oil, green tea and comfrey are just a few of this scrubs infusions.

30 min \$65

50 min \$110 (Mini Massage with Sugar Plum Cream)

Cucumber Mint Body Wrap

All the delights of the sugar scrub accompanied by the detoxifying and regenerative effects of a body mask. As your skin soaks in the rich nutrients you will drift off to serenity with a scalp and foot massage.

50 min \$120

80 min \$160

Pumpkin Cream Body Wrap

Revitalize dehydrated dull skin with this antioxidant and moisture rich treatment. Includes exfoliation, a facial mask, foot massage, and sugar plum massage cream to seal in your new glow.

50 min \$120

80 min \$160

Volcanic Mud Wrap

Fango mud is rich in minerals from the Eifel region of Germany. Detoxify the skin, flush impurities, restore natural PH balance, and even loose water weight.

50 min \$130

80 min \$165

Nail Treatments

Spa Signature

An aromatherapy soak and exfoliating scrub prepares skin for a warm paraffin wrap infused with eleven vitamins vital for healthy skin. Moisture is sealed in with a luxurious massage followed by your choice of nail enamel.

60 min

Pedicure \$60

Manicure \$40

Spa Pedicure & Spa Manicure 2 hrs \$95

Nail Classic

A revitalizing foot bath, treatment of nails, finishing lotion, and polish application.

45 min

Pedicure \$45

Manicure \$30

The Hampton Gentleman

Gentleman, revive your tired feet and hands. Warm eucalyptus soak, customized nail care, and soothing massage.

30 min

Pedicure \$35

Manicure \$25

Service Add-ons

Eye Treatment

A 4-step process including eye exfoliation, masque, eye gel, and anti wrinkle cream.

\$30

Lip Treatment

Exfoliation, hydration and plumping a 3-step treatment to revitalize your lips.

\$30

Hand and Foot Moisture Masque

Hands and feet are massaged with sugar plum massage soufflé and covered with warm mitts.

\$25

Hair Removal

Bikini <i>Brazilian available</i>	\$35+
Back	\$50
Eye Brow	\$18
Half Leg	\$40
Whole Leg	\$75
Lip	\$15
Under Arm	\$30
Arm	\$40

Spa Packages

Mountain Spa Day

Designed for those who desire a day of head-to-toe pampering, you know you deserve it!

80-minute Ashiatsu or Warm Stone Massage
Customized Facial
Eye & Lip Treatment
Spa Manicure and Pedicure
Spa Light Lunch & Endless Teas

5 hours \$400

Tranquil Transformation

Activated botanicals and therapeutic touches give you a complete full body makeover.

Sugar Body Scrub
Choice of Cucumber Mint or Pumpkin Cream Body Wrap
Just for Feet Massage
Aromatherapy Scalp Treatment
Alpha Hydroxy Fruit Pulp Facial
Hand & Foot Moisture Masque

2.5 hours \$275

Gentleman's Package

50 min Deep Tissue Massage
Gentlemen's Facial
The Hampton Gentlemen Pedicure & Manicure

3 hours \$230

Sweetheart Surprise

Make her a princess for a day! Perfect pre-wedding or anniversary gift.

Blueberry Soy Sugar Scrub
Chocolate Truffle Body Wrap
Swedish Massage
Nail Classic Manicure & Pedicure
Chocolate Covered Strawberries & Glass of Wine

3 hours \$265

Policies

Cancellation Policy

Please provide 24 hours notice to avoid charges for cancelled services.

Hours of Operation

7:00 a.m. – 6:00 p.m. daily, hours may vary by season

Payment Types

We accept all major credit cards. Services may be charged to your room if you are a guest of the Inn.

Spa Etiquette

Please respect our guests' right to privacy and serenity. Absolutely no cell phones, pagers or cameras in the facility.

Gift Certificates

Gift certificates are available for purchase at the Front Desk of the Health Club and Spa.

Gratuities

Gratuities are always appreciated and may be given at your discretion.

Arrival

Arriving 30 minutes prior to any service will allow time to fill out medical forms and luxuriate in your own private spa changing room equipped with steam and shower.

Location

74 White Owl Lane
Cashiers, NC 28717

Email

healthclub@highhamptoninn.com

Phone

828.743.6479