



The Spa

& Fitness Center

NOTICE: Members will receive 10% off all guest pricing at The Spa beginning April 10th, 2017.

Massages

The Signature Massage

Decrease the stress of everyday life by releasing your muscular tension.

Therapists focus on all major muscle groups by applying light to medium pressure throughout this massage.

~ 30 Minutes: Guest \$50 ♦ 60 Minutes: Guest \$78 ♦ 90 Minutes: Guest \$110 ~

Deep Neuromuscular Massage

Deep tissue strokes are used to release chronic muscle tension, spasms, and fatigue. Therapists use a combination of slower strokes and direct pressure to focus on problem areas. This type of massage has been proven to be both reparative and therapeutic.

~ 30 Minutes: Guest \$60 ♦ 60 Minutes: Guest \$85 ♦ 90 Minutes: Guest \$120 ~

Sports Massage

Geared toward the active sports enthusiast, with a special focus on our Golf and Tennis community, this deep tissue massage incorporates stretching and targets vital muscle groups to increase your athletic performance and decrease your risk of injury.

~ 60 Minutes: Guest \$85 ♦ 90 Minutes: Guest \$120 ~

Prenatal Massage

Enjoy a peaceful Swedish massage while our therapists work to unwind the mother-to-be. Massage during the second and third trimester has been known to ease delivery.

~ 30 Minutes: Guest \$55 ♦ 60 Minutes: Guest \$75 ~

Hot Stone Massage

Enhance the experience of a massage with warmed basalt lava stones designed to penetrate muscle pain.

This therapy helps the body unwind and promotes healing.

~ 60 Minutes: Guest \$90 ♦ 90 Minutes: Guest \$125 ~

Reflexology Massage

Therapists use this ancient Chinese method of applying pressure to reflex points on your feet to relieve congestion in the body.

This is a great way to treat both your feet and body.

~ 30 Minutes: Guest \$55 ~

Add the following to enhance your Spa experience:

~ Aromatherapy: Guest \$5 ~

~ 15 minute scalp massage including hot towels \$18 ~

Facials

The Signature Facial

This rejuvenating facial uses an array of luscious fruit, vegetable, and herbal skincare products that are handcrafted by Eminence Organic Skin Care of Hungary. Facial includes skin analysis, cleansing, Rosehip & Maize Exfoliating Masque, fascial massage, customized treatment masque, and moisturizer.

~ Guest \$82 ~

Active Glow Facial

This refreshing facial uses antioxidant serums and an enzyme peel which loosens and removes dead skin cells to help cleanse pores and improve skin tone and texture. Extractions, a customized treatment masque, and moisturizer are followed by a relaxing scalp massage. Leave with a beautiful glow!

~ Guest \$88 ~

Clear Skin Detox Facial

Catering to adults with acne, this facial includes an enzyme peel or glycolic peel in addition to extensive extractions, steam, customized treatment masque, and serums. High frequency current is used with cleanser where skin has blemishes.

This process kills bacteria and speeds up the healing process for active breakouts.

~ Guest \$85 ~

Teen Basic Facial

*What a wonderful way to introduce beneficial skin care! We begin with a skin consultation, followed by cleansing, Rosehip & Maize scrub, light extractions, customized masque, blemish zapper, and moisturizer. **Teens only.***

~ Guest \$90 ~

Teen Detox Facial

Includes the Basic Facial plus enzyme peel or glycolic peel followed by extensive extractions and use of a concentrated acne booster serum.

Teen should be off Retin-A and prescription creams 5 days prior to facial.

~ Guest \$80 ~

Gentleman's Facial

The changing needs of a man's skin are well met with this facial. We start with a cleanser followed by exfoliating steam, extractions, customized treatment masque, and conclude with a moisturizer. This facial includes all the benefits of a basic facial while customized toward a man's skin.

~ Guest \$65 ~

Back Detox Facial

Includes the same basic facial treatments but is customized for your back. Cleansing back exfoliation along with extractions, customized treatment masque, and moisturizer are all included to exfoliate and heal blemishes.

~ Guest \$75 ~

~ A complimentary scalp massage is received with all facials ~

Anti-Aging

Fountain of Youth Collagen Facial

~ Ultimate Hydration Facial ~

Experience glowing skin with a facial that aids in stimulating the production of your own collagen. Extractions along with the use of an enzyme peel are included to help smooth fine lines. A collagen masque along with a moisturizer complete this facial.

~ Guest \$90 ~

Glycolic Detox Peel

~ Ultimate Acne Treatment ~

Glycolic acid cleanses and tightens pores by rapidly exfoliating epidermal cells. This medium strength peel instantly unclogs pores, aids in extensive extractions, smoothens texture, and clarifies the complexion. It also helps lighten hyper pigmentation and sun damage, leaving your skin with a smooth and beautiful glow with no down time!

~ Guest \$95 ~

Microdermabrasion

~ Ultimate Exfoliation for Anti-Aging ~

With this state-of-the-art procedure, our highly skilled aestheticians can help to enhance overall skin tone and improve the appearance of aging skin, acne, and hyper pigmentation. This facial also helps to reduce the signs of fine lines and wrinkles while creating a youthful essence.

Do not use Retin-A 5 days before or after facial.

~ Guest \$112 ~

Microcurrent

~ Non-Surgical Facial Firming Mimicking a Facelift ~

Enjoy a safe, effective, non-invasive, and relaxing facelift to slow the aging process with no down time or pain! Microcurrent stimulates muscle memory and tightens the skin by shortening the facial muscles. Experience facial firmness, smoothness, and rehydration while reducing the appearance of fine lines and wrinkles. Best results when done in a series.

~ Guest \$134 ♦ Package of 10 Sessions: \$1072

~ A complimentary scalp massage with all Anti-Aging Treatments ~

Upgraded Services for Facials and Anti-Aging Treatments:

~ Enzyme peel or customized peel ~

~ Extensive extractions ~

~ Customized serums ~

~ Lip or eye masque ~

***See stipulations for facial services under Spa Formalities.**

Signature Packages

Governors Retreat Package

Pamper yourself with our 3 hour retreat. We start with our 60 minute Signature Massage customized with aromatherapy. Next, our aesthetician performs one of our Signature Exfoliations and concludes your retreat with a Signature Facial.
~ Guest \$202 ~

Spa Refresher Package

Take a break from your busy lifestyle with multiple refreshing spa treatments. We start with our 60 minute Deep Neuromuscular Massage followed by the Active Glow Facial.
~ Guest \$155 ~

Detox Treatment Package

Release toxins and other impurities in your body with this multiple treatment package. The package includes our 60 minute Deep Neuromuscular Massage customized with aromatherapy, followed by the Sea Salt Glow Exfoliation and the Acti-Sea Mud Wrap.
~ A facial can be substituted for the massage. ~
~ Guest \$210 ~

Luxury Facial Package

Experience ultimate pampering with our most luxurious facial!
Choose from any facial including a microdermabrasion, chemical peel, or enzyme peel. All of our extras are included: serums, extractions, and lip and eye masque. This facial concludes with a relaxing scalp massage using aromatherapy followed by a hot towel.
~ Guest \$125 ~

The Spa Indulgence Package

Indulge yourself for a full 5 hours with our ultimate half-day Signature Package. We begin with our 60 minute Signature Massage, followed by our Signature Facial, both customized with aromatherapy. Your treatment is completed with a Signature Scrub and Wrap.
To conclude this indulgent experience we provide our Signature Spa Lunch.
~ Guest \$299 ~

Signature Group Party Packages

Let The Spa at Governors Towne Club pamper you and your friends!
We now offer group packages for up to 8 people for your next special occasion including, but not limited to, bridal parties, proms, and birthdays.
We ask that groups call and make their appointments at least 4 weeks prior to their desired date.
Please call us for more information to customize your experience!

Signature Body Treatments

Exfoliation Treatment

Guests will decide between two scrubs that will leave your body feeling revitalized and refreshed. Each scrub creates effective circulation, while removing dry skin and impurities. This treatment concludes with a lotion application. (See scrub options below).

Sea Salt Glow: Best used for rougher skin.

~ Guest \$60 ~

Micro-Buff Polish: A softer exfoliation used for sensitive skin.

~ Guest \$60 ~

Mud Wrap Treatment

We offer three types of mud wraps that will tone, firm, and detoxify your body. All wraps are beneficial for eliminating toxins from the body, enriching blood flow and relieving stress. Each treatment concludes with a warm lotion application to seal in the moisture, leaving your skin hydrated and refreshed. (See mud wrap options below).

Acti-Sea Mud: Firms and tones the skin while adding vitamins and minerals.

This treatment is ideal for damaged skin or anyone wanting to combat the signs of aging.

~ Guest \$95 ~

Black Baltic Mud: Detoxifies by extracting pore clogging impurities and encourages cell renewal and improved skin tone.

~ Guest \$95 ~

European Rosehip Mud: Refines and softens skin to improve cell renewal.

This treatment offers deep hydration; perfect for mature or very dry skin.

~ Guest \$95 ~

Compliment Body Treatments with a Signature Massage!

Waxing

~ Brow: Guest \$15 ~	~ Full Arm: Guest \$50 ~
~ Lip: Guest \$11 ~	~ Half Arm: Guest \$34 ~
~ Chin: Guest \$11 ~	~ Full Leg: Guest \$61 ~
~ Face Sides: Guest \$25 ~	~ Half Leg: Guest \$40 ~
~ Underarm: Guest \$22 ~	~ Back: Guest \$50+ ~
~ Chest: Guest \$39+ ~	~ Stomach: Guest \$40+ ~
~ Shoulder: Guest \$40 ~	~ Bikini: Guest \$40 ~

Spa Formalities

- ◇ *Be on time. If you arrive frenzied and in a rushed state, it will take longer to get relaxed. New clients should arrive 15 minutes prior to service. Arriving late can result in service time being shortened or rescheduled.*
- ◇ *Be welcoming and open to the process to ensure an enjoyable experience.*
- ◇ *Each client is unique, so please let us know in advance if you have medical conditions such as allergies, heart conditions, diabetes, pregnancy, etc. This will allow our technicians to fully personalize your services.*
- ◇ *To enhance the spa atmosphere that we have created for you, smoking is prohibited and we ask that you put your cellular devices on silent.*
- ◇ *Cancellations are accepted up to 24 hours in advance of your appointment time. If you fail to appear or cancel without proper notice, you will be charged.*

Facial Stipulations

- ◇ *Do not use Retin-A 5 days prior to any facial with a glycolic peel, PCA peel, or microdermabrasion.*
- ◇ *Do not use facial fillers for 3 weeks prior to any facial.*
- ◇ *Do not use Botox for one month prior to any facial.*

Fitness Center

Our state-of-the-art Fitness Center is located on the second floor of The Spa building. The Fitness Center is available for daily use by members and spa guests. For membership information, fitness class schedules, and personal training, please stop by and speak with our Spa Receptionist or call (678) 439.3130.

Additional information can be found at www.governorstowneclub.com/spa-fitness/

Babysitting

We offer complimentary babysitting services Monday through Friday from 8:00 a.m. until 1:00 p.m. for children 3 years through 12 years of age (or potty-trained), while you are receiving services or working out.

Hours of Operation

The Spa

Monday— Sunday 10:00 a.m. to 5:00 p.m.

Fitness Center

Monday—Thursday: 6:00 a.m. to 8:00 p.m.

Friday 6:00 a.m. to 6:00 p.m.

Saturday: 8:00 a.m. to 6:00 p.m.

Sunday: 9:00 a.m. to 6:00 p.m.

4545 Champions Walk Drive Acworth, GA 30101

Phone: (678) 439. 3130

Email: gtcspa@governorstowneclub.com

Rates and services are subject to change without notice. Effective 04.27.17