



The Spa

at Barnsley Resort



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COMBINING LUXURIOUS COMFORT WITH AN ATMOSPHERE OF TRANQUILITY,
THE SPA AT BARNSLEY RESORT IS A HAVEN OF RELAXATION AND REJUVENATION.
JUST AS GODFREY BARNSLEY CREATED AN UNEXPECTED SOUTHERN OASIS WITH
BOTANICALS FROM AROUND THE WORLD IN THE 1800s, OUR EXPERT THERAPISTS,
ESTHETICIANS AND TECHNICIANS PAIR NATURE'S HEALING REMEDIES WITH THE
LATEST TECHNIQUES FOR SKINCARE, MASSAGE, BEAUTY AND BODY TREATMENTS.

Step into our boutique spa, reminiscent of an English carriage house. Here, a comprehensive menu of therapies, treatments and services gently liberates your tension and worries. The Spa features 10 treatment rooms; co-ed whirlpool; and separate relaxation areas for men and women, each complete with lockers, steam room and sauna. The Spa Boutique offers a curated collection of gifts, sleep and swim apparel, jewelry and a complete selection of skincare products to continue your spa experience at home. Overlooking the resort pool, the Fitness Center features weight-training and cardiovascular equipment to extend the mind-body connection.



spa packages

THE BARNESLEY EXPERIENCE \$560 **6 hour appointment including lunch**

The Barnesley Experience takes you on a full day's journey through our hand-selected services. Your journey includes:

- 60-minute Swedish or Deep Relief Massage
- Relax and Refresh Body Treatment
- Natural Remedies Facial
- Citrus Mimosa Manicure and Pedicure
- Selection from the spa lunch menu*

COUNTRY GENTLEMAN'S PACKAGE \$315 **3 hour appointment**

Let us soothe your aching pains with a package customized for gentlemen.

- 60-minute Deep Relief Massage
- Gentleman's Hot Towel Facial
- Refresh*mint* Pedicure

HEAD-TO-TOE PACKAGE \$390 **3 hour appointment**

Sit back and relax as we pamper you from head to toe.

- Herbal Compression Massage
- Inner Peace Body Treatment
- Citrus Mimosa Pedicure

COUPLE'S THERAPY \$680 **4 hour appointment including lunch**

Plan a relaxing day with a trusted companion.

- Couple's Tiger Shell Massage
- Couple's Natural Remedies Facial
- Choice of Refresh*mint* Pedicure or Citrus Mimosa Pedicure
- Selection from the spa lunch menu*

*Alcoholic beverages are not included in the lunch package.

body treatments

RELAX AND REFRESH BODY TREATMENT \$160 **60 minutes**

Inspired by the signature scent of Barnesley Resort, this therapy blends the calming benefits of lavender with refreshing mint. Your skin is exfoliated with a hand-harvested loofah, then a lavender-mint mask is applied to smooth and tighten. A cold stone sinus massage complements a warm wrap while your body benefits from the renewing properties of the mask. A moisturizing and peaceful remedy of lavender blossom oil concludes the experience.

DETOXIFYING SEAWEED WRAP \$150 **60 minutes**

A stimulating dry brush is followed by a blend of nutrient rich sea algae, Icelandic moss and ume plum that is applied to your body before it is gently cocooned. This aids with slimming, detoxifying and re-mineralizing. Receive a facial cleanse and scalp massage while you melt with relaxation.

INNER PEACE BODY TREATMENT \$170 **60 minutes**

A stimulating dry brush begins this blissful treatment. Afterwards, your body is moisturized with ginger root body oil and gently cocooned, allowing the oils to absorb while you receive a ginger oil foot massage. An herbal compression facial massage enhances relaxation while your body benefits from the healing benefits of ginger.

DEEP FOREST DETOX \$140 **60 minutes**

A detoxifying scrub and mask featuring sarsaparilla, honey tobacco and clay exfoliate dry skin followed by hot towel compression therapy with oils featuring an invigorating blend of pine, cypress and juniper.

CLEAR SKIN BACK TREATMENT \$170 **40 minutes**

This exfoliating treatment targets stubborn breakouts or pigmentation, focusing on the back. A stimulating dry brush of the back and arms is followed by an application of superfruit enzymes. Next, receive a deep thermal cleanse, oxygen treatment and hydrating marine mask, followed by a relaxing hand and foot massage.

massage therapy

SWEDISH MASSAGE \$120 / \$180
60 minutes / 90 minutes
Firm to moderate pressure using Swedish style strokes, this massage is gentle and relaxing.

DEEP RELIEF MASSAGE \$130 / \$190
60 minutes / 90 minutes
Elements of Swedish and deep tissue style massage may be enhanced with either a sweet birch deep muscle rub or an alpine arnica muscle and joint gel as recommended by your therapist.

PRENATAL MASSAGE \$120
60 minutes
As your body experiences change, this massage helps the expectant mother rebalance and increase circulation. This relaxing massage is specifically for the mother-to-be in the second or third trimester.

TIGER SHELL MASSAGE \$145 / \$275
60 minutes (Individual) / *60 minutes* (Couple)
The tiger shells' heat, combined with long flowing strokes, relaxes overstressed muscles and provides a soothing tonic for the soul.

COUPLE'S MASSAGE \$255 / \$375
60 minutes / 90 minutes
In the privacy of our couple's suite, you and your favorite person enjoy a relaxing massage. Your trained therapists customize pressure and technique based on your needs.

REIKI \$55 / \$110
30 minutes / 60 minutes*
A Japanese technique used to relieve stress, promote deep relaxation and encourage natural healing, reiki releases blocked energy lines in the body. Your therapist places hands on or above specific energy centers, leaving one feeling restored, balanced and renewed. Reiki also works in combination with all other medical or therapeutic techniques to relieve side effects and promote recovery.

**30-minute treatment is recommended as an addition to a massage service*

BEAUTIFULLY BALANCED MESSAGES \$145 / \$200 & \$300 / \$410
60 minutes / 90 minutes (Individual) | *60 minutes / 90 minutes* (Couple)

REST

This treatment begins with a gentle exfoliating dry brush followed by a deeply relaxing massage featuring lavender blossom oil, used to ground the mind and soothe overstressed nervous systems.

RENEW

A stimulating massage to refresh and renew features alpine arnica oil, used to uplift energy and promote circulation to relieve muscle soreness. This treatment includes a cold stone sinus massage to reopen and restore the airways.

DETOX

This detoxifying massage features deep forest oil, a blend known for its decongestant and detoxifying properties. This treatment includes a hand and foot detox.

HERBAL COMPRESSION MASSAGE \$160 / \$330
80 minutes (Individual) | *80 minutes* (Couple)

Utilizing Thai massage stretching techniques, your therapist gently massages the body's energy lines with ginger root oil and heated herb-filled muslin compresses. It is believed that the therapeutic properties of the herbs are absorbed through the skin to create detoxifying effects.

REFLEXOLOGY \$100
40 minutes

Precise pressure and placement unlock and restore the natural flow of energy throughout your body through reflex points in the feet following this ancient healing tradition.

IN-ROOM MASSAGE \$150/\$210 & \$300/\$420
60 minutes / 90 minutes (Individual) | *60 minutes / 90 minutes* (Couple)

Let us come to you! Enjoy a relaxing massage in the privacy of your guest room. *Pressure and technique are personalized to your preference.

facials

Each facial treatment includes one facial addition as recommended by your trained esthetician.

OXYGEN FACIAL \$155

60 minutes

This treatment delivers a boost of oxygen directly to the skin, which is cleansed, exfoliated and toned while targeting stubborn pigmentation, congested skin or clogged pores. This facial heals and soothes reactive skin, increases circulation and leaves a beautifully healthy and even skin tone.

INTENSE FIRMING FACIAL \$175

90 minutes

Ideal for those concerned with the signs of aging, this medi-facial targets the skin, eye area, neck and décolleté. It utilizes mega-doses of peptides and antioxidants, leaving skin firmer, smoother, tighter and simply luminous. This service also includes microcurrent technology and two facial additions.

CLEAR SKIN FACIAL \$145

60 minutes

Recommended for oily or problematic skin, this treatment focuses on deep cleansing, clearing and unclogging pores, exfoliating and then sanitizing skin to prevent breakouts from occurring. Enzymes and mild alpha-hydroxy acids are used to help with bacteria overgrowth.

DELUXE DERMAPLANING TREATMENT \$205

90 minutes

This is the newest exfoliating treatment that evenly exfoliates the skin and removes the vellus hair. You won't believe how amazing your skin will look and feel! This treatment comes with corrective serums for your specific skin type and hydration that leaves your skin bright and radiant. This service includes two facial additions.

HERBAL HYDRATION FACIAL \$140

60 minutes

Designed for moisture-deprived skin, replenish your skin with restorative herbal extracts to maximize hydration. Vitamin-rich cassis ultra-cream with hyaluronic acid replenishes while a white tea antioxidant mask restores vitality to the skin.

NATURAL REMEDIES \$135

60 minutes

This custom, deep-cleansing facial gives you both results and a relaxing sensorial experience. Our experts tailor your session to address your concerns from sensitive skin to breakouts to fine lines using the best of nature's remedies.

VITAMIN C SUN WORSHIPER FACIAL \$145

60 minutes

This treatment reverses the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin, and a breakthrough daily vitamin C15 wrinkle repair serum helps firm, brighten and dramatically reduce the appearance of wrinkles.

GENTLEMAN'S HOT TOWEL FACIAL \$135

60 minutes

Our rebalancing treatment rejuvenates the skin as well as counteracts skin irritants from shaving and sports-related activities. This service focuses on deep cleansing, exfoliating and rehydrating as well as any other concerns you may wish to address.

FACIAL ADDITIONS \$25 each

- Plant Stem Cell Booster Serum
- Vitamin K Brightening Eye Serum
- Argan Peptide Wrinkle Repair Cream
- Oxygen Mask Treatment
- Anti-Aging Peptide Mask
- Marine Deep Hydration Mask
- Transition Peel
- Microcurrent/LED Light Therapy (15-minute treatment)
- Bio-Energy Lift Serum

FACIAL ENHANCEMENTS

- 10% Glycolic Purifying Peel (*15 minutes* in addition to facial) \$35
- 15% Glycolic Refining Peel (*15 minutes* in addition to facial) \$35
- 15% Lactic Acid Acai Berry Peel (*15 minutes* in addition to facial) \$35
- Dermaplaning (*45 minutes* in addition to facial) \$60
- gLove Treat Hand or Foot Treatment (*15 minutes* in addition to facial) \$20
- Microcurrent/LED Therapy (*30 minutes* in addition to facial) \$45
- Transition Peel* (*15 minutes* in addition to facial) \$45

**Must be approved by esthetician*

makeup application and consultation

The Spa at Barnsley Resort uses the highest quality products by La Bella Donna mineral cosmetics that look and feel great on the skin. Let us assist you in choosing colors to best enhance your skin tone while demonstrating how to apply.

BASIC MAKEUP \$60 / \$80 (In Room)

45 minutes

Your basic makeup application is for a fresh and natural daytime look. It includes a consultation with our well-trained cosmetologist. Foundation, blush and color for the eyes and lips are skillfully applied.

SPECIAL OCCASION MAKEUP \$90 / \$110 (In Room)

90 minutes

This makeup application is perfect for achieving a dramatic look. This application includes the Basic Makeup as well as contouring and eyelash extensions.

hair upstyling

Perfect for a special occasion or to try something new, our stylists can create your preferred "up do," style a deep wave, curl or straighten in the comfort of your accommodation.

SHORT HAIR \$75

MEDIUM HAIR \$85

LONG HAIR \$95

waxing services

LIP \$25

CHIN \$25

BROWS \$30

BIKINI \$50

UNDERARM \$30

NECK \$30

ARMS
Half \$45 / Full \$55

LEGS
Half \$60 / Full \$80

Wedding Packages for makeup and hair available upon request

nail services

All manicures and pedicures include luxury polish.

EXPRESS MANICURE & PEDICURE \$70

60 minutes

This express treatment includes both a manicure and pedicure infused with your choice of the Citrus Mimosa or Refreshmint scent.

CITRUS MIMOSA MANICURE / PEDICURE \$55 | \$80

60 minutes (Manicure) / **60 minutes** (Pedicure)

Pamper your hands and feet with an exfoliation using an orange blossom sugar rub and an alpha-hydroxy acids mask, followed by a hand or lower leg foot massage using an orange blossom body butter.

REFRESHMINT MANICURE / PEDICURE \$55 | \$80

60 minutes (Manicure) / **60 minutes** (Pedicure)

This manicure or pedicure is for the well-heeled adventurer. Our custom-blended lavender-mint scent is infused throughout the experience, beginning with a restorative soak. A sugar scrub exfoliates before receiving a hand or lower leg and foot massage with our sumptuous, signature body butter.

AGE DEFENSE MANICURE / PEDICURE \$70 | \$95

55 minutes (Manicure) / **65 minutes** (Pedicure)

Take care of hands and feet where delicate skin can show signs of aging. An oat polish gently exfoliates while nails are conditioned using rosehip seed regeneration oil. A glycolic refining peel removes additional layers of dead skin cells before hands are wrapped in a white tea antioxidant mask. A C15 wrinkle repair serum and lemon verbena cream leave hands or feet soft and smooth.

ENHANCEMENTS Add 15 minutes

FRENCH POLISH \$10 **SHELLAC POLISH** \$15 **GEL SOAK OFF** \$10

POLISH CHANGE \$20

gLOVE TREAT \$20

25 minute treatment

gLove Treat is a paraffin wax and coconut oil-infused hand or foot treatment to restore, replenish and soothe tired, dry skin.

spa policies

As a courtesy to all guests, no cell phones are permitted in The Spa.

All prices are subject to change without notice.

A 20% gratuity will be added to each service upon checkout.

CHECK-IN

Please arrive 15 minutes prior to your appointment time. Adjustments will not be made for late arrivals.

APPOINTMENT SCHEDULING

All appointments are booked based on availability.

CANCEL OR RESCHEDULE APPOINTMENT

We require a 24-hour notice for any changes and/or cancellations. A fee of 50% of your scheduled service(s) will be charged for cancellations made less than 24 hours. We regret that a lack of any notification will result in a full billing of your scheduled service(s).

CHILDREN *and* TEENS

No person under the age of 12 will be permitted in The Spa at any time. Teens between the ages of 12-17 will be permitted for these select services: Citrus Mimosa Manicure or Pedicure, Refresh*mint* Manicure or Pedicure, Polish Change and Natural Remedies Facial with oxygen treatment. Teens are not permitted in the locker rooms, steam rooms, saunas or whirlpool areas.

*All massage therapists, estheticians and nail technicians are licensed in the state of Georgia.
Spa menu and prices are subject to change.*

GROUPS

When scheduling with the Resort or Group Coordinator, it is advisable to schedule your group's spa appointments at that time. A special cutoff date will be arranged for you and your group, and a cancellation policy will be established at that time.

FACILITY USE

Facilities include women's and men's steam rooms and saunas. A co-ed whirlpool is located in the back of The Spa. Overnight guests or members may enjoy full use of the spa facilities. Spa day guests may enjoy spa facilities for two hours. You must be 18 years of age to use the spa facilities. Our outdoor pool and fitness center are for overnight guests and members only.

GIFT CERTIFICATES

Certificates are available for dollar values or service combinations. They must be presented at the time of check-in and are not redeemable for cash or other substitutions, nor are they extended beyond the expiration date. We can mail certificates to you, or we can have them ready for pickup.

MEDICAL CONCERNS

Please inform us of any medical or special needs you may have. If you are pregnant or have any medical concerns, please consult your physician before visiting The Spa. Massages and body treatments are recommended for those in their second or third trimester only. Please refrain from alcohol or medication two hours prior to your spa appointment.

HOURS OF OPERATION

To schedule an appointment, please call 770.773.2465.

SPA APPOINTMENTS AVAILABLE

Sunday - Thursday
9:00 am - 7:00 pm
Friday & Saturday
9:00 am - 9:00 pm
*The last appointment
time available is one hour
prior to closing.*

SPA RECEPTION *and* BOUTIQUE

Open Daily
9:00am - 5:00pm
(hours subject to change)

FITNESS CENTER *and* SWIMMING POOL

Open Daily
6:00am - 10:00pm



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