



The Spa

at Barnsley Resort



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COMBINING LUXURIOUS COMFORT WITH AN ATMOSPHERE OF TRANQUILITY,
THE SPA AT BARNSELY RESORT IS A HAVEN OF RELAXATION AND REJUVENATION.
JUST AS GODFREY BARNSELY 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.



Massage Therapy

SWEDISH MASSAGE

\$135 / \$190 | \$250 / \$390

50 minutes / 80 minutes (Individual) | 50 minutes / 80 minutes (Couple)

Light to moderate pressure using Swedish style strokes, this massage is gentle and relaxing.

DEEP TISSUE MASSAGE

\$155 / \$210 | \$290 / \$400

50 minutes / 80 minutes (Individual) | 50 minutes / 80 minutes (Couple)

Using a variety of techniques with firm to strong pressure. This massage may be enhanced with either a deep muscle rub or an alpine arnica muscle and joint gel to release deep-seated muscular tension.

MATERNITY MASSAGE

\$135

50 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

\$155 | \$290

50 minutes (Individual) / 50 minutes (Couple)

The tiger shells' heat, combined with long flowing strokes, relaxes overstressed muscles and provides a soothing tonic for the soul.

LAVENDER RELAXATION

\$160 / \$210 | \$300 / \$400

50 minutes / 80 minutes (Individual) | 50 minutes / 80 minutes (Couple)

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

HERBAL COMPRESSION MASSAGE

\$210 | \$400

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

\$135

50 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

\$170 / \$225 | \$340 / \$450

50 minutes / 80 minutes (Individual) | 50 minutes / 80 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.

NATURAL REMEDIES \$140

50 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 and mature, dehydrated skin using the best of nature's remedies.

VITAMIN C SUN WORSHIPER FACIAL \$145

50 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.

FIRM & LIFT FACIAL \$175

80 minutes

This treatment delivers a boost of oxygen directly to the skin as well as mega-doses of peptides and antioxidants, leaving the skin firmer, smoother, tighter and simply luminous. This service also includes microcurrent technology.

TOTAL TRANSFORMATION \$180

80 minutes

Dermaplaning is an 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 an oxygen treatment and corrective serums for your specific skin type, leaving your skin bright and radiant.

A Transition Peel is a suggested enhancement for this treatment

**Must be approved by esthetician.*

GENTLEMAN'S HOT TOWEL FACIAL \$140

50 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

Facial additions must be reserved in coordination with a full service. Additions may increase treatment time.

- gLove Treat Hand or Foot Treatment \$20
- Microcurrent/LED Therapy \$45
- Dermaplaning * \$90 *Must be approved by esthetician \$90
- Perk Face Treatment Perk Lip Treatment \$30
- Perk Eye Treatment \$40

FACIAL ENHANCEMENTS

- 15% Glycolic Refining Peel \$35
- 15% Lactic Acid Acai Berry Peel \$45
- Transition Peel* \$60

**Must be approved by esthetician*

PERK TREATMENTS WITH TAKE-HOME PRODUCTS

- Perk Face \$80
- Perk Eye \$55
- Perk Lip \$45

Body Treatments

RELAX AND REFRESH BODY TREATMENT

\$160

50 minutes

Inspired by the signature scent of Barnsley 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

\$160

50 minutes

A stimulating dry brush is followed by an exfoliating bamboo scrub, combining the energetic notes of lemongrass with exotic and sensuous florals of mimosa, jasmine and ylang ylang. Next, a mineral-rich combination of Irish moss, katrafray bark and angelica root is applied to help slim, detoxify, tone, relieve muscle and joint pain. Drift into a complete sense of relaxation for the mind, body and spirit while being gently cocooned. While this treatment is absorbed, enjoy a scalp or hand massage.

INNER PEACE BODY TREATMENT

\$170

50 minutes

A stimulating dry brush begins this blissful treatment. Next, your body is moisturized with ginger root body oil and gently cocooned. While your body soaks in this warm oil you will receive a soothing foot massage. Lastly, an herbal compression facial massage will enhance relaxation while your body benefits from the healing power of ginger.

DEEP FOREST DETOX

\$150

50 minutes

A detoxifying scrub and mask featuring sarsaparilla, honey tobacco and clay to exfoliate dry skin. Hot towel compression therapy is then applied, followed by oils infused with invigorating Balsam, Evergreen, Grand Fir, Pine, Cypress, Red Mandarin, Bergamot and Juniper. This treatment is loved by those who wish to cleanse, rebalance and lift their spirits.

REIKI

\$135

50 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.

CLEAR SKIN BACK TREATMENT

\$170

50 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 scalp massage.

Spa Packages

HALF DAY RETREAT

\$399

Choose 3:

- Natural Remedies Facial
- Gentleman's Hot Towel Facial
- Swedish Massage
- Prenatal Massage
- Reiki
- Detox Seaweed Wrap
- Relax and Refresh Body Treatment

COUPLE'S RETREAT

\$670

- 80 Minute Couple's Swedish Massage
- Couple's Facial (Your Choice of Natural Remedies or Gentleman's Hot Towel Massage)

Hands & Feet

SUPERFRUIT NATURAL NAIL MANICURE/PEDICURE

\$55 / \$80

50 minutes (Manicure) / **50 minutes** (Pedicure)

Using a blend of natural oils closely resembling the essential bio network contained within the skin itself, this treatment is infused with Vitamins A,B,C and E. This combination is designed to repair, smooth and restore the skin's natural balance. This treatment is a nail soak, shaping, cuticle work, a scrub, mask, hand massage and is finished with your choice of a high-shine nail buff or polish.

AGE DEFENSE MANICURE/PEDICURE

\$90 / \$110

50 minutes (Manicure) / **60 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 is massaged into your skin to leave hands or feet soft and smooth.

ADDITIONS

Additions must be reserved in coordination with a full service. Additions may increase treatment time.

FRENCH POLISH	\$10	GEL SOAK OFF	\$10
GLOVE TREAT HAND OR FOOT TREATMENT	\$20		
PERK FACE TREATMENT	\$50		
PERK LIP TREATMENT	\$30		
PERK EYE TREATMENT	\$40		

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 color that 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.

Waxing Services

LIP	\$25	NECK	\$30
CHIN	\$25	ARMS	
BROWS	\$30	<i>Half \$45 / Full \$55</i>	
BIKINI	\$50	LEGS	
UNDERARM	\$30	<i>Half \$60 / Full \$80</i>	

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).

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

You must be 18 years of age to use the spa and its facilities. Facilities include women's and men's steam rooms and saunas as well as a co-ed whirlpool. Spa facilities are alcohol free. Overnight guests, members and spa guests may enjoy the co-ed whirlpool and steam rooms during The Spa reception hours. Use of lockers and showers are for spa guests and members only.

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

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 ship certificates to you for an additional fee 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.

FOR YOUR SAFETY

It is our responsibility to provide the most appropriate and safe services for all our guests. Please be sure to inform your service provider if you are pregnant, have high blood pressure, heart ailments or any condition that may prohibit your taking heat, massage or skin care therapies. It is also very important to disclose if you have any food, medicine, or product allergies prior to your service. You are responsible for advising your therapist if you are taking medications, or experiencing health related concerns that are contraindicated for our services. Please avoid sun exposure and use of steam room directly following skin care therapy. We also encourage you not to shave immediately prior to treatments. Massages and body treatments are not recommended for those in their first trimester. We discourage alcohol consumption prior to or immediately following spa treatments. We reserve the right to refuse services for guests who appear to be intoxicated. Guests will be charged for the full service.

HOURS OF OPERATION

To schedule an appointment,
please call 770.773.2465.

SPA APPOINTMENTS AVAILABLE

Sunday
9:00 am - 5:00 pm
Monday - Saturday
9:00 am - 7:00 pm

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



597 Barnsley Gardens Road
Adairsville, Georgia 30103
phone: 770.773.7480
fax: 770.773.1779

www.barnsleyresort.com