



men's spa

Primland Signature Facial 90 minutes \$160

Inspired by the American Indians, we have created a rejuvenating experience for the body, face and spirit. Enjoy visible results and lasting benefits from this anti-aging facial. This treatment includes back, hand and foot manipulations, leaving you with a pleasant sensation of absolute well-being and balance.

See-Quayah Facial 60 minutes \$110

The name of this treatment was inspired by Chief See-Quayah who invented the Cherokee alphabet. It is the origin of the word "Sequoia," the biggest and tallest tree on earth. Formulated for skin in need, this treatment works to reverse the effects of free-radical skin damage associated with sun, sports and outdoor activities. As we cleanse, exfoliate, mask, massage and nourish your skin, a soothing transformation takes place, leaving your skin with lasting visible benefits.

Shenandoah Experience 120 minutes \$210

This two-hour stress reliever is inspired by the American Indian legend of Shenandoah, a river and valley so beautiful that the stars in the heavens chose to place their brightest jewels there. This extensive treatment offers a spectrum of cleansers, exfoliants, masks, serums and moisturizers. Full body effleurage, stretching movements and manipulations will leave you with a deep sense of well-being and relaxation.

Detoxifying Back and Facial Treatment

90 minutes \$160

Cleansing, exfoliating and softening prepare the skin for the removal of impurities. This treatment incorporates facial, back, hand and foot massage techniques all instrumental in enhancing this purifying and rejuvenating experience.

Gentleman's Back Facial 60 minutes \$110

This treatment focuses on removing impurities while restoring the appearance and feel of the skin. A combination of heat and exfoliants are used to prepare the skin for extractions. A treatment mask and hydration complete this purifying experience.

Neck, Back and Shoulder Massage 30 minutes \$70

A classic combination of massage movements for the neck, back and shoulders. Relax as stress melts away, inducing a deep sense of well-being and serenity.

Pre-Game Massage 60 minutes \$110

Get your game on. Experience the power of therapeutic touch to relieve tension and improve flexibility and range of motion. Using a variety of bodywork techniques, this treatment improves circulation while leaving muscles relaxed and rejuvenated.

Deep Tissue Massage 60 minutes \$125

This full body, deep penetrating massage is recommended for those who suffer from muscle aches. A variety of massage techniques deeply manipulate muscles and connective tissue, helping to release toxins while enhancing circulation and overall well-being.