



## body therapies

All body scrubs and wraps begin with a brisk loofa brushing, followed by the application of the product, a quick shower, and conclude with a Swedish style massage.

### Native Embrace Blue Corn and Honey Body Scrub

Weekday 60 minutes \$135 / 90 minutes \$190

Weekend 60 minutes \$155 / 90 minutes \$210

Blue Corn is an honored plant in Native American culture. A finely ground blend of blue corn and local honey creates a vitamin rich scrub that will leave your skin silky smooth and nourished. Our 90 min treatment includes a 60 minute full body massage.

### Seaweed Body Wrap

Weekday 60 minutes \$135 / 90 minutes \$190

Weekend 60 minutes \$155 / 90 minutes \$210

Exotic minerals and herbal extracts work together in a smooth body serum to aid in rebuilding the skin's elasticity. A rejuvenating 60 minute full body massage is included with our 90 minute treatment.

### Espresso Mud Scrub

Weekday 60 minutes \$135 / 90 minutes \$190

Weekend 60 minutes \$155 / 90 minutes \$210

This earthy aromatic scrub from the plant kingdom is high in antioxidants and a natural diuretic, stimulating the movement of water through the body and giving skin a firmer and smoother appearance. Our 90 minute treatment includes a 60 minute full body massage.

### Mineral Salt Scrub

Weekday 60 minutes \$135 / 90 minutes \$190

Weekend 60 minutes \$155 / 90 minutes \$210

Stimulate your rough, dry skin with a mineral scrub. Mineral rich salt crystals exfoliate tired skin, while hydrating oils soothe and refresh, bringing back your natural glow. Our 90 minute treatment includes a 60 minute full body massage.

### Lemon Verbena Body Scrub

Weekday 60 minutes \$135 / 90 minutes \$190

Weekend 60 minutes \$155 / 90 minutes \$210

This gentle polish is great for sensitive skin. A blend of healing plants including shea butter, aloe vera and oat protein, soften the skin without irritation, while the euphoric aroma of the perennial lemon verbena calms the mind. Our 90 minute treatment includes a 60 minute full body massage.

### Sport Therapy Wrap

Weekday 60 minutes \$135 / 90 minutes \$190

Weekend 60 minutes \$155 / 90 minutes \$210

Experience the ancient healing power of Sedona mud. Mud is rich in minerals, including iron and magnesium that aid in relieving joint pain and sore muscles, making it an excellent choice for athletes and active individuals. Our 90 minute treatment includes a 60 minute full body massage.

### Milk and Oil Body Wrap

Weekday 60 minutes \$135 / 90 minutes \$190

Weekend 60 minutes \$155 / 90 minutes \$210

This deeply hydrating body wrap blends the finest essential oils with a goat's milk bath. Goat's milk is a natural cleanser and moisturizer that aids in skin cell rejuvenation, leaving the skin smooth and soft. Our 90 minute treatment includes a 60 minute full body massage.

### Complete Skin Care Treatment

Weekday 90 minutes \$200

Weekend 90 minutes \$240

Begin with a 30 minute mineral salt scrub followed by a 60 minute facial. This treatment will leave your skin glowing from head to toe.

### Soft Pack System™

The calming sensation of weightlessness in your very own flotation sanctuary is a unique and unforgettable experience. This treatment offers complete relaxation of the muscular system and joints. In the Soft Pack System, guests do not come in direct contact with water, but are wrapped in a thin membrane which adjusts to the shape of the body due to the water pressure. Therapeutic treatments using pure and natural products are performed, promoting circulation and allowing the skin to absorb active ingredients for optimal results.

### Blue Corn and Honey Wrap & Float

Weekday 60 minutes \$150 / 90 minutes \$220

Weekend 60 minutes \$180 / 90 minutes \$250

Blue Corn, the first corn, is an honored plant in Native American culture. A finely ground blend of blue corn and local honey creates a vitamin rich scrub that will leave your skin silky smooth and nourished. Our 90 minute treatment includes a 60 minute full body massage.

### Magic Lake Wrap & Float

Weekday 60 minutes \$150 / 90 minutes \$220

Weekend 60 minutes \$180 / 90 minutes \$250

Inspired by a Native American legend which tells of a mystical, healing body of water known only to the animals of the forest, this soothing treatment, like the Magic Lake, eases dry, stressed skin, leaving you rejuvenated and refreshed. A gentle wrap fortified with a nourishing blend of goat milk bath, aloe vera, jojoba and other specialized oils soothes and replenishes. A hydrating 60 minute full body massage is included with our 90 minute treatment.

### Secret Canyon Wrap and Float

Weekday 60 minutes \$150 / 90 minutes \$220

Weekend 60 minutes \$180 / 90 minutes \$250

Inspired by our Native American Ancestors and the sacred canyons of the Midwest lined with their orange-red rocks, this special treatment brings us closer to the natural elements. After a light dry brushing of the body, you will be enveloped in a mineral rich mud wrap from the red earth of Sedona. Our 90 minute treatment includes a 60 minute full body massage.

Please note: Weekday rates apply Monday – Thursday; Weekend rates apply Friday – Sunday.

**Primland** 2000 Busted Rock Road, Meadows of Dan, Virginia 24120

Main: (276) 222.3800 / Toll Free: (866) 960.7746 / Fax: (276) 222.3841 / spa@primland.com / primland.com

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## children & teen spa services

### Children's Facial

Weekday 30 minutes \$80  
Weekend 30 minutes \$100  
(Ages 8 – 11)

Introduce the basics of good skin care at an early age. Cleansing, toning, mask and mini facial massage are performed.

\*Parent must be present for the full treatment

### Children's Massage

Weekday 30 minutes \$75  
Weekend 30 minutes \$95  
(Ages 8 – 11)

Treat your child to a mini Swedish style massage of the back and legs with organic fragrance oil.

\*Parent must be present for the full treatment

### Teen Facial

Weekday 45 minutes \$130  
Weekend 45 minutes \$150  
(Ages 12 – 16)

Designed for young teens, this facial begins with a personal analysis of the skin, followed by deep cleansing, steam, mask, extractions and a relaxing face and shoulder massage. Your teen will be instructed on the proper home care of their skin.

\*Parent must be present for the full treatment

### Teen Massage

Weekday 45 minutes \$125  
Weekend 45 minutes \$145  
(Ages 12 – 16)

Designed for young Spa-goers, this wonderful full-body Swedish massage provides the benefits of massage and helps instill a health-conscious attitude.

\*Parent must be present for the full treatment

### Little Star Fingers

Weekday 30 minutes \$45  
Weekend 30 minutes \$50  
(Ages 5 – 11)

Inspired by the young heroine "Little Star" of the Grandmother Littlewolf tale, this treatment starts with a nail soak, and includes nail shaping, buffing, massage and polish of choice.

\*Parent must be present for the full treatment

### Little Star Toes

Weekday 30 minutes \$45  
Weekend 30 minutes \$50  
(Ages 5 – 11)

This soothing pedicure includes a nail soak, light exfoliation, nail shaping, moisture application and polish of choice.

\*Parent must be present for the full treatment

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## healing day packages

Let our expert practitioners help guide you in choosing the massage or facial best suited for you during your Day Ritual treatments. Any recommendations made that may affect the cost of your service will be disclosed at that time.

### **Native American Day Package**

**Weekday 3½ hours \$380**

**Weekend 3½ hours \$440**

Inspired by the ways of the American Indian, a blend of ground blue corn and native honey are used to gently exfoliate the body as you relax into a weightless cocoon on the Soft Pack system. After enjoying a shower, experience a Harmony massage to relax your mind, body and spirit. A 30 minute break follows in our Relaxation Room, as you enjoy a freshly blended seasonal beverage. Complete the day with a revitalizing facial is the perfect culmination of this nurturing and unforgettable experience.

### **Primland Signature Day Package**

**Weekday 3½ hours \$380**

**Weekend 3½ hours \$440**

Indulge your senses and revitalize your skin. This treatment begins with a mineral salt exfoliation of the body. After a gentle shower you will receive an extended version of our Signature massage. A 30 minute break follows in our Relaxation Room as you enjoy a freshly blended seasonal beverage. Once refreshed, our Signature facial will leave you glowing and tranquil.

### **Sedona Day Package**

**Weekday 3 hours \$370**

**Weekend 3 hours \$430**

Sedona, a place rich in Native American culture, was the inspiration for this treatment. Sedona Mud, ideal for detoxifying and improving circulation, is rich in iron and trace minerals. This treatment begins with a gentle loofa body brushing followed by a blend of natural oils and mineral salts to exfoliate and soften the skin. Once exfoliated, you will be wrapped in warm Sedona Mud while enjoying the weightlessness of the Soft Pack system. A gentle shower and 30 minute break follows, where a freshly blended seasonal beverage will be served to you in our Relaxation Room. Once refreshed, our Signature facial is performed, leaving you with a new sense of well-being and serenity.

### **Sweet Lodge Detoxifying Package**

**Weekday 2 hours \$260**

**Weekend 2 hours \$300**

This body treatment is designed to exfoliate, detoxify and nourish the skin. A blend of natural oils and mineral salts is applied to soften and exfoliate the skin, followed by a warm wrap and float in our Soft Pack System where you will be cocooned in mineral-rich Sedona Mud. A Detoxifying Massage completes this treatment, helping to increase circulation and a sense of balance.



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## duo experiences

### Moon and Sun Duo

Weekday 90 minutes \$270

Weekend 90 minutes \$290

Enjoy a 30 minute private Jacuzzi soak in our exclusive Unity Suite, followed by customized 60 minute side-by-side full body massages. This unique treatment will leave you with the warmest memories of time spent with that special someone.

### Kanati and Selu Duo

Weekday 2 hours \$370

Weekend 2 hours \$390

Inspired by Kanati, the great Cherokee Hunter and his beloved wife, Selu, the Corn Mother, this treatment takes place in our romantic UNITY SUITE. Relax and enjoy a 30 minute private Jacuzzi soak with Lemongrass Ocean Mineral Bath Soak while sipping organic smoothies and tasting a light healthy fare. A customized 90 minute duo massage featuring Blushing Agave body oil helps create memorable experience of time spent reconnecting with your loved one. Finishing with Sunflower Honey-Butter for intensive repair and hydration massaged into the hands and feet.

### Earth and Sky Duo

Weekday 2 hours \$330

Weekend 2 hours \$350

Enjoy our Unity Suite as you share two peaceful hours of time with that special someone. Relax and unwind with a 30 minute soak in the Unity Suite's private Jacuzzi. After your soak each of you will receive a customized 45 minute massage and a 45 minute facial.

### Aluli Tiponi, Mother and Daughter Duo

Weekday 2 hours \$330

Weekend 2 hours \$350

This treatment, which was inspired by a Cherokee name that means "mother of child of importance," allows you to spend a beautiful time with your daughter in our Unity Suite. Begin with a 30 minute Jacuzzi soak in the Unity Suite's private Jacuzzi. Following, each will receive a customized 45 minute facial and 45 minute massage.

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## massage therapies

Revitalize your body, mind and spirit. Therapeutic massage helps restore a natural balance within the body by triggering the relaxation response. Massage also helps to relieve many of the mental and physical problems that may arise due to prolonged stress. Our expert massage therapists use therapies gathered from around the globe to make your world a little more peaceful. Please note our weekday pricing Monday through Thursday and weekend pricing Friday through Sunday.

### Primland Signature Massage

Weekday 60 minutes \$130 / 90 minutes \$170

Weekend 60 minutes \$150 / 90 minutes \$190

This massage experience brings balance and restores our connection to nature. Inspired by Native American recognition of the elements of nature, this treatment blends mineral hot stones and aromatherapies from healing plants with a protocol of movements designed to heal the body and awaken the spirit.

### Harmony Massage

Weekday 60 minutes \$130

Weekend 60 minutes \$150

A blend of balance and stretching techniques, combined with a variety of massage strokes is used to create a unique and thoroughly relaxing massage.

### Warm Embrace Massage

Weekday 90 minutes \$180

Weekend 90 minutes \$200

Indulge from head to toe. This treatment begins with a foot soak, including exfoliation and a detailed foot massage, then moves on to a comforting head, face and neck massage to relax the mind and allow the body to settle deep into a soothing full body Swedish massage.

### Prenatal Massage (Mommy-to-Be)

Weekday 60 minutes \$145 / 90 minutes \$180

Weekend 60 minutes \$165 / 90 minutes \$200

After your first trimester is complete, experience this full body treatment. Customized therapy, combined with precise positioning throughout, creates a sense of comfort and well-being.

### Arnica Muscle Repair Treatment

Weekday 30 minutes \$80

Weekend 30 minutes \$100

The flower essence of this natural anti-inflammatory healing plant is used for muscle soreness and joint stiffness. This cooling gel is applied using effleurage strokes and focused attention to your problem areas.

### Swedish Massage

Weekday 60 minutes \$130 / 90 minutes \$170

Weekend 60 minutes \$150 / 90 minutes \$190

Achieve a peaceful, relaxed state with a classic Swedish style massage. Customized for each Spa guest, light to moderate pressure is used to alleviate tension and stress.

### Deep Tissue Massage

Weekday 60 minutes \$145 / 90 minutes \$180

Weekend 60 minutes \$165 / 90 minutes \$200

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

### Jet Lag Treatment

Weekday 2 hours \$250

Weekend 2 hours \$280

Begin by receiving a relaxing 60 minute massage using Swedish and stretching movements, followed by a 60 minute Oxygen facial. The benefits of oxygen will leave your skin glowing and alleviate the effects of Jet Lag.

### Healing Hot Stone Massage

Weekday 90 minutes \$180

Weekend 90 minutes \$200

The Mineral Kingdom and Fire Element come together in this 90 minute treatment to bring the body and mind together holistically using the elements and therapeutic touch.

### Neck, Back and Shoulder Massage

Weekday 30 minutes \$80

Weekend 30 minutes \$100

Classic massage movements are uniquely combined for the neck, back and shoulders. Relax as stress melts away, inducing a deep sense of well-being and serenity.

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## men's spa

### Primland Signature Facial

Weekday 60 minutes \$130 / 90 minutes \$170

Weekend 60 minutes \$150 / 90 minutes \$190

This facial experience brings balance and restores our connection to nature. Inspired by Native American recognition to the elements of nature, this treatment blends mineral hot stones, aromatherapies and organic facial products. Our skin care products will be catered to your skin type and needs to deliver the most holistic benefits of our plant based products. This experience will leave you with a pleasant sensation of well-being and balance. Our 90 minute treatment includes a pampering hand and foot massage.

### See-Quayah Facial

Weekday 60 minutes \$135

Weekend 60 minutes \$155

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 exposure, 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

Weekday 2 hours \$260

Weekend 2 hours \$280

This 2 hour memorable experience includes a 60 minute customized full body massage followed by a 60 minute customized full facial that will leave you with a deep sense of well-being and relaxation. It is inspired by the Native American legend of Shenandoah, Daughter of the Stars, whose story is of a sparkling river and blue valley that came together creating a place so beautiful that the stars in the heavens chose to place their brightest jewels there.

### Gentleman's Back Treatment

Weekday 60 minutes \$140

Weekend 60 minutes \$160

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, then a treatment mask and hydration application are used to complete this purifying experience.

### Neck, Back and Shoulder Massage

Weekday 30 minutes \$80

Weekend 30 minutes \$100

Classic massage movements are uniquely combined for the neck, back and shoulders. Relax as stress melts away, inducing a deep sense of well-being and serenity.

### Deep Tissue Massage

Weekday 60 minutes \$145 / 90 minutes \$180

Weekend 60 minutes \$165 / 90 minutes \$200

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



## special therapies for golfers

### Golfer's Foot Renewal

Weekday 45 minutes \$80

Weekend 45 minutes \$90

This treatment, especially designed for dry, tired feet includes a detailed stimulating foot massage to promote increased circulation. A decadent paraffin wrap is then applied and a youthful, fresh feeling is restored to your weary feet.

### Golfer's Hand Renewal

Weekday 45 minutes \$80

Weekend 45 minutes \$90

Especially designed for dry or chapped hands, this treatment combines a scrub to exfoliate, soak to penetrate, and massage to increase circulation and deeply hydrate even the driest of hands. A pleasantly warm paraffin wrap further helps penetrate and protect, leaving you with the softest of hands.

### Pre-Game Massage

Weekday 60 minutes \$130

Weekend 60 minutes \$150

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.

### Sport Therapy Wrap

Weekday 60 minutes \$135 / 90 minutes \$190

Weekend 60 minutes \$155 / 90 minutes \$210

Experience the ancient healing power of Sedona mud. Mud is rich in minerals including iron and magnesium that aid in relieving joint pain and sore muscles, making it an excellent choice for athletes and active individuals. Our 90 minute treatment includes a 60 minute full body massage.

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## nail services

### Hand and Nail Care

Treat yourself to our natural approach of maintaining beautifully finished, healthy nails. Choose one of our many customized treatments to experience richly hydrated, revitalized, younger looking hands and feet. Unwind, relax and be pampered. You will feel better all over.

### Spa Express Manicure

Weekday 25 minutes \$40

Weekend 25 minutes \$50

Perfect for guests who have limited time but still want a finished look. Includes nail shaping, moisturizing cuticle treatment, hand massage and polish or high-gloss buff.

### Classic Manicure

Weekday 40 minutes \$60

Weekend 40 minutes \$70

This classic combination consists of a warm soak, gentle scrub, mask and expert shaping followed by a relaxing hand and arm massage. The perfect polish or high-gloss buff completes this treatment.

### Primland Signature Manicure

Weekday 50 minutes \$75

Weekend 50 minutes \$85

Receive our Signature Manicure with exfoliation and massage of the hands and forearms, featuring a deep hydration treatment of warm paraffin to soften and rejuvenate the hands. Cuticle and nail shaping are followed by polish of your choice or high-gloss buff for the perfect look and feel.

### Men's Hand Renewal

Weekday 30 minutes \$60

Weekend 30 minutes \$70

This treatment, especially designed for dry or chapped hands, combines a scrub to exfoliate, soak to penetrate, massage to increase circulation and deeply hydrate even the driest of hands. Cuticle care and nail shaping complete this hand renewing treatment, leaving you with the softest of hands.

### Classic Pedicure

Weekday 50 minutes \$70

Weekend \$80

Soothe your feet with a rejuvenating soak, foot and lower leg exfoliation with mask and moisturizing massage. Nail shaping and your choice of polish or high-gloss buff.

### Primland Signature Pedicure

Weekday 75 minutes \$90

Weekend 75 minute \$100

Enjoy an unparalleled experience as your feet and lower legs soak in our air jet whirlpool footbath. Exfoliation and expert massage precede a deep hydration and expert massage precede a deep hydration treatment with warm paraffin to soften and renew tired feet. Nail and cuticle shaping are followed by your choice of polish or high-gloss buff.

### Men's Foot Renewal

Weekday 30 minutes \$60

Weekend 30 minutes \$70

Rest your feet in a warm, relaxing footbath designed to soften skin and release stress. A 20-minute stimulating foot massage follows, promoting increased circulation. Cuticle care and nail shaping complete this foot renewing treatment, leaving you with restored fresh feeling to your weary feet.

### Add-On Nail Services:

Gel polish \$15

Gel polish removal \$20

French Polish Hands \$10

French Polish Toes \$15

Paraffin Hands \$20

Paraffin Feet \$20

Regular Polish Change \$20

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## salon services

Let Primland's inspired and talented stylists ensure the health and vitality of your hair, while achieving a style that complements your individual look and lifestyle.

Woman's Cut & Style Dry \$60 +  
Men's Cut & Blow Dry \$40 +  
Child's Cut & Blow Dry \$30 +  
Shampoo & Style \$45 +

Up-do:

Long Hair \$75 + + for bridal up do  
Short to Medium Hair \$60 + + for bridal up do

Add-On Hair Services:

Flat Iron and Curling \$25

Have silky straight hair or curls added to any blow dry.

Intensive Hair Treatment \$40

This moisturizing therapy treatment is designed to bring life back into dull, dry hair while nourishing and restoring the scalp.



## spa extras

Makeup Application

Special Event \$75

Add-on to any Facial \$30

Jane Iredale's award winning mineral makeup is formulated with pure micronized minerals and pigments. These all-natural cosmetics contain no oil to clog or enlarge pores and no talc to dry or clog the skin. Each product is free of perfume, alcohol, chemical additives and artificial dyes. Let us create a beautiful look for your special occasion.

Brow Tinting \$30

Eyebrows are enhanced using vegetable dyes from Germany. We custom blend to match your natural hair color, or mix to create a more dramatic effect. This safe process takes only minutes, creating the illusion of thickness and dimension.

Facial Waxing

Brow Shaping \$25

Lip \$18

Chin \$20

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## skin care treatments

### Primland Signature Facial

Weekday 60 minutes \$135 / 90 minutes \$185

Weekend 60 minutes \$155 / 90 minutes \$205

This facial experience brings balance and restores our connection to nature. Inspired by Native American recognition to the elements of nature, this treatment blends mineral hot stones, aromatherapies and organic facial products. Our skin care products will be catered to your skin type and needs to deliver the most holistic benefits of our plant based products. This experience will leave you with a pleasant sensation of well-being and balance. Our 90 minute treatment includes a pampering hand and foot massage.

### Stone of Eternal Youth Facial

Weekday 90 minutes \$185

Weekend 90 minutes \$205

This full facial treatment focuses on facial massage and contouring techniques that aid in reducing fluid retention, puffiness and inflammation of the face and eye area. Turquoise, known as the "eternal youth stone" is a respected mineral in Native American culture. A detailed facial massage incorporating turquoise and cold marble stones with an application of eye collagen will leave your skin looking rested and youthful.

### Shenandoah, Daughter of the Stars Facial

Weekday 2 hours \$260

Weekend 2 hours \$280

This 2 hour memorable experience includes a 60 minute customized full body massage followed by a 60 minute customized full facial that will leave you with a deep sense of well-being and relaxation. It is inspired by the Native American legend of Shenandoah, Daughter of the Stars, whose story is of a sparkling river and blue valley that came together creating a place so beautiful that the stars in the heavens chose to place their brightest jewels there.

### Sky Woman Facial

Weekday 60 minutes \$135

Weekend 60 minutes \$155

Inspiration of this treatment comes from the Native American legend about the woman whose tumble from the clouds with seeds in her hands led to the creation of the earth. This treatment uses a combination of facial massage techniques including steam, extractions and high frequency current to assist with the removal of toxins, bacteria and skin congestion, leaving your complexion refreshed and healthy.

### Express Facial

Weekday 30 minutes \$90

Weekend 30 minutes \$110

For those who are seeking a quick, refreshing treatment, this half-hour facial is an excellent choice. Products personalized to your skin's needs are used to cleanse and exfoliate your skin, followed by a therapeutic mask and moisturizer, creating a perfect pick-me-up for busy individuals.

### DragonFly Anti-Aging Facial

Weekday 90 minutes \$185

Weekend 90 minutes \$205

In Native American culture, the dragonfly symbolizes eternal youth, lightness and elegance. This uplifting 90 minute treatment includes a full face collagen mask with high frequency. Special massage techniques focusing on the areas around the eyes, mouth and neck are designed to lift and firm the skin, aiding to smooth and diminish the appearance of wrinkles, while also reducing puffiness due to a congested lymphatic system.

### Makeup Application

Weekday 30 minutes \$40 Weekend 30 minutes \$60

Add on to any facial using Jane Iredale mineral makeup, tinted moisturizers and bronzers for a finished look.

### Collagen Add-ons

This intensive treatment helps reduce the appearance of fine lines around the eyes, upper lip or full face. Our pure collagen treatment is ideal before a special night out or for maintaining youthful, radiant skin.

Collagen Eye Treatment \$25

Collagen Lip Treatment \$25

Collagen Full Face Treatment \$50

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## oxygenation facial treatments

Intracuticals are the ultimate in skin renewal, using the 3-step hyaluronic layering system. From beginning to end, the skin is fed transdermally with oxygen plasma liposomes that bring nutrients, energy and moisture directly to the cells, speeding up metabolism, treating skin conditions, invigorating the complexion and triggering new formation of collagen and elastin fibers. A unique combination of oxygen-based nutraceuticals reinforces the skin with the very ingredient that allows our skin to continually metabolize. Youthful and healthy-looking skin warrants the most attentive care. The use of oxygen products provides you with the benefit of many years of research and development with formulations designed for absolute effectiveness. A combination of the finest all-natural ingredients in very sophisticated and ultra-concentrated formulas impart exactly what they promise—luminous, vibrant and more youthful looking skin.

### Oxygen Rejuvenate Treatment

Weekday 90 minutes \$185

Weekend 90 minutes \$205

Using products catered for your skin type, this treatment focuses on mature skin reducing the appearance of fine lines and protecting against free radical damage.

#### IDEAL FOR:

- \*Premature aging
- \*Fine lines and wrinkles
- \*Dehydrated skin

### Oxygen Clarity Sensitive Skin Treatment

Weekday 90 minutes \$185

Weekend 90 minutes \$205

Using products catered toward sensitive skin issues, this treatment will improve the appearance of redness and inflammation associated with Rosacea and acne.

#### IDEAL FOR:

- \*Blemish prone, oily or combination skin
- \*Daily build-up of keratinisation
- \*Enlarged or congested pores

### Oxygen Opulence Treatment

Weekday 90 minutes \$185

Weekend 90 minutes \$205

Using products that specifically targets the appearance of dark spots and discoloration, visible signs of environmental damage.

#### IDEAL FOR:

- \*Uneven skin tone
- \*Skin is dehydrated, dull and lacks radiance
- \*Sun damage and premature aging

### Intracuticals and Boosters Add-Ons \$10

- \*Vitamin C + Booster  
Smooth + Brighten + Strengthen
- \*Collagen + Booster  
Restores + Tighten + Volume
- \*Antioxidant + Booster  
Detox + Revitalize + Balance
- \*Vitamin A + Booster  
Regenerate + Clarify + Refine

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## spa & fitness information and policies

### Spa Hours

Monday through Saturday 9am to 7pm

Sunday 9am to 6pm

\*Hours are subject to change seasonally.

### Fitness Hours

Daily 6am to 10pm

\* Proper athletic attire is required.

### Appointments & Reservations

Advanced reservations are strongly recommended and can be made by dialing (276) 222.3965 from outside Primland, or extension "3965" from your guestroom. When making a reservation, please mention if you are pregnant, disabled, or have any allergies so we may recommend the safest and most appropriate treatment for you.

### Day Guests

Please note the pool and fitness rooms are lodge amenities and may not be available for day use depending on our business levels.

### Special Requests

We will honor special requests for specific therapists depending on their availability.

### Arrival

Please arrive comfortably dressed, 30 minutes prior to your scheduled appointment to allow ample time to check-in, change and relax. Upon arrival a robe, slippers and locker will be provided. We recommend you allow yourself time to enjoy the amenities of The Spa, which include our Relaxation Room, locker room, indoor pool, and fitness room.

### Late Arrival

We will make every effort to accommodate a late arrival when possible. However, the time of your treatment will be shortened, lessening its effectiveness and your enjoyment. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be charged in any event.

### Cancellations

Please allow 24-hour notice for cancellations to avoid a 100% charge. A credit card number is required at time of booking.

### 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. We discourage excessive alcohol consumption prior to, during or immediately following spa treatments. 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.

### Electronics

Our Spa environment is one of tranquility and relaxation. In consideration of others, we ask that you refrain from bringing cell phones, laptops or other electronic devices to The Spa.

### Valuables

For Spa guests staying at The Lodge, we ask that any valuables be left in the safe provided in your room. For all other guests, please secure valuables in the locker provided. We regret that we cannot be held responsible for lost, damaged, or stolen personal articles.

### Special Needs

All areas of The Spa are easily accessible to disabled persons. Please let us know if you have any special needs or requests when making appointments so we can make your visit more enjoyable.

### Children/Age Requirements

Children and teens 16 and under receiving a closed door service must have a parent or responsible adult in the room for the duration of their services. Children 16 and under must be accompanied by a parent or responsible adult in the Pool and locker rooms at all times. The fitness facility is complimentary for all resort guests age 16 and older.

### Prices

All prices are subject to change. We will always inform you of any changes when you make your appointment.

### Gratuities

A 20% gratuity will be added for each spa service you receive. At your discretion, gratuities can be adjusted based on the experience of the services you received. All gratuities will be distributed to The Spa staff who served you during your visit.

### Payment

We accept Visa, MasterCard, Discover, American Express and cash payments for products and services. Services may also be billed to your room and paid at check out.

### Smoking

The entire Spa, both indoors and outdoors, is a smoke free environment.

### Refreshments

Complimentary hot and cold beverages are provided in The Spa Relaxation Room.

Poolside — Food and spirits served from the 19th Pub (including fresh juice and smoothies).

## return policy

### Services

Our goal is to provide you with the best possible service. If you are not pleased with a service, please let us know before you leave The Spa. We will do our best to accommodate you.

### Retail Products

Unused and unopened products may be returned for a Spa credit within 10 days of purchase date, accompanied by receipt of purchase. No cash refunds will be given.

### Gift Cards

Gift cards may not be returned, or redeemed for cash, or transferred to another person. You may apply them towards services or products. We regret we cannot replace gift cards if they are lost or stolen.

Please note: Weekday rates apply Monday – Thursday; Weekend rates apply Friday – Sunday.

**Primland** 2000 Busted Rock Road, Meadows of Dan, Virginia 24120  
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*Open Up to the Healing Powers of Nature™*

