

Massage Therapy.

We offer a range of services to meet your needs. From indulgent, to relaxing, to therapeutic, each session is personalized for a delightful and transformative experience!

Kentucky Moon Deluxe CBD Massage (90 Minutes) Starting from \$275*: *Unwind and enjoy a soothing treatment that will relax you from head to toe. It begins with a 60 minute blissful massage with self-warming oil made with full spectrum Kentucky grown hemp, followed by a soothing facial massage, a conditioning scalp massage, and a rejuvenating hand and foot treatment.*

Lymphatic Therapy Massage (60 Minutes) Starting from \$195*: *This form of gentle massage can help reduce swelling and improve circulation throughout the lymphatic system, helping the body remove toxins and waste more efficiently.*

Ashiatsu Massage (60 Minutes) Starting from \$195*: *Experience the ancient art of barefoot massage, a technique that delivers deep, flowing, and consistent pressure, allowing the release of muscle tension without pain or discomfort.*

Deep Tissue Muscle Melt (60/90 Minutes) Starting from \$195-\$265*: *This service, recommended for guests experiencing extreme tension or pain in deeper lying muscles, offers targeted, customized massage, allowing the therapist to address adhesions and trigger points with appropriate pressure and technique.*

Bluegrass Blend Massage (60/90 Minutes) Starting from \$185-\$245*: *Experience our most popular service, a customized full body massage that provides relaxation and targeted tension release. The therapist will primarily use light to medium pressure, with firm pressure on specific areas of tension. Hot stones are included.*

Prenatal Massage (60/90 Minutes) Starting from \$185-\$245*: *This service promotes muscle and joint function, improves circulation, and relieves the mental and physical fatigue associated with pregnancy. *Second and third trimesters only.*

Swedish Massage (60/90 Minutes) Starting from \$175-\$235*: *Gentle, rhythmic Swedish massage, paired with perfectly warmed stones, will soothe muscles and calm the mind.*

Couples Massage Price Varies*: *Relax together. Enjoy side-by-side massage services in our private couples suite. Subject to availability, please call to book.*

Add on a 30 Minute Session in our Infrared Sauna \$25:

Health benefits include: pain relief, detoxification, enhanced immunity, relaxation, better sleep, and radiant skin.

*Services and rates effective August 1, 2024 and may be subject to change on weekends and holidays, based on availability.

*For your convenience, a 22% service charge is added to each service, which includes a 15% gratuity for the therapist.

Hydrafacial Treatments

Get the best skin of your life with Hydrafacial! Our non-invasive treatments improve skin health, address individual concerns, and create a glow like no other. Unlike traditional facials, they are performed with the patented Hydrafacial device, rather than by hand, for deeper penetration and longer lasting results.

Platinum Hydrafacial (60 Minutes) Starting from \$329*: *The experience begins with detoxifying lymphatic drainage, followed by cleansing, exfoliation, extractions, and hydration, plus a booster serum and *LED light therapy.*

+Dermaplane (90 Minutes) Starting from \$385*

The Griffin Gate Hydrafacial (60 Minutes) Starting from \$299*: *This indulgent treatment combines the relaxation benefits of a European-style facial with the powerful cleansing, exfoliation, extractions, and hydration that only a HydraFacial can deliver.*

+Dermaplane (90 Minutes) Starting from \$355*

Deluxe Hydrafacial (45 Minutes) Starting from \$249*: *This elevated service includes deeply cleansing, exfoliating, and extracting impurities while infusing nourishing ingredients to hydrate skin, plus a personalized booster and *LED light therapy.*

+ Dermaplane (75 Minutes) Starting from \$305*

Signature Hydrafacial (30 Minutes) Starting from \$199*: *The express treatment includes deeply cleansing, exfoliating, and extracting impurities while infusing nourishing ingredients to hydrate and protect the skin.*

+Dermaplane (60 Minutes) Starting from \$255*

Add on Neck & Decollete Treatment Starting from \$99-\$129*: *Extend the HydraFacial experience to the neck and decollete area. This service includes the 3 step Signature HydraFacial treatment and optional booster serum.*

Eye Perk \$49: *Hydrate, refresh, and brighten delicate eye area with HydraFacial PERK Eye Serum.*

Lip Perk \$39: *Perfect your pout with HydraFacial PERK Lip Serum, a refreshing treatment that exfoliates, hydrates, and plumps your lips.*

+Dermaplaning is a physical exfoliation method that requires the use of a sterile surgical scalpel to gently remove dead skin layers and vellus hair (a.k.a. peach fuzz), resulting in a smoother and more even complexion.

***Platinum and Deluxe Hydrafacials include the use of a Celluma LED light therapy device, which is FDA cleared to kill bacteria that causes breakouts (blue light), reduce inflammation (red light), and stimulate collagen production to minimize wrinkles (red and far infrared).**

European Facials

Our classic European Facials are meticulously designed to rejuvenate and revitalize the skin of the face, neck, and décolleté. Each treatment includes a thorough skin analysis, steaming, cleansing, exfoliation, mask application, facial massage, and moisturization. Melt into relaxation with neck, shoulder, arm and hand massage to complete the service.

Luminous Age-Defying Facial (60 Minutes) Starting from \$195*: This luxurious, customized treatment featuring Pevonia's range of professional skincare products, is designed to rejuvenate, revitalize, and restore moisture to skin, while addressing specific concerns like fine lines, wrinkles, hyperpigmentation, and sun damage.

+Dermaplane (90 Minutes) Starting from \$250*

COSMEDIX Clinical Facial (60 Minutes) Starting from \$195*: Experience a results-driven facial which includes the COSMEDIX 7 Point Skin Analysis and a personalized treatment to address your specific needs. Clean, botanically-derived, and chirically-correct formulations will deliver maximum results with minimal irritation.

+Dermaplane (90 Minutes) Starting from \$250*

Pro-Corrective Purifying Facial (60 Minutes) Starting from \$195*: This clinically-proven treatment delivers immediate results to acne-prone skin. Pevonia's ProCorrective line of products offers a superb solution for congestion, acne, breakouts, and irritation. The result is clearer, smoother, healthier skin!

+Dermaplane (90 Minutes) Starting from \$250*

Farm-To-Spa Botanical Facial (60 Minutes) Starting from \$195*: This gentle and soothing service can be customized to address all skin types and concerns including sensitive skin, acne, rosacea, and sun damage. This facial is an excellent choice for meeting the unique needs of gentlemen's skin.

+Dermaplane (90 Minutes) Starting from \$250*

+Dermaplaning is a physical exfoliation method that requires the use of a sterile surgical scalpel to gently remove dead skin layer, and vellus hair (a.k.a. peach fuzz), resulting in a smoother and more even complexion.

Add on Celluma LED Light Therapy to any Facial \$25*

The Celluma LED light therapy device is FDA cleared to kill bacteria that causes breakouts (blue light), reduce inflammation (red light), and stimulate collagen production to minimize fine lines and wrinkles (red and far infrared light).

Head-to-Toe Rejuvenation

BODY WRAPS

Body wraps enhance the health and appearance of the skin, while providing deep relaxation and tension release within the body. Each treatment begins with dry brushing, which removes dead skin cells and promotes lymphatic drainage and circulation. A mask is then applied to the body, followed by a plastic sheet and thermal blanket to warm the skin and open the pores. While the body is wrapped in the "cocoon", the therapist performs a soothing scalp, neck, and foot massage. After the wrap is removed, moisturizer is applied to the body to seal in the benefits of the treatment.

Mineral Infusion Thermal Body Wrap (75 Minutes) Starting from \$235*: Elevate your wellness with a unique self-heating body wrap that is rich in copper, magnesium, zinc, and calcium, all known for therapeutic and healing properties.

Crepe-No-More Body Wrap (75 Minutes) Starting from \$235*: Rich ingredients improve skin texture as antioxidants and caffeine stimulate cellular metabolism to break down cellulite.

Seasonal Body Wrap (75 Minutes) Starting from \$235*: Enjoy a delightfully scented service from our seasonal rotation of treatments, designed to engage the senses and address the changing needs of the skin.

BODY SCRUBS

The primary function of a body scrub is to remove dead skin cells and moisturize the skin. The treatment also stimulates circulation and lymphatic flow, which can be beneficial in reducing the appearance of cellulite and improving the skin's overall tone and texture. A gentle, purifying salt-based scrub is massaged into the skin, rinsed off, then a rich moisturizer is applied to seal in the benefits of the treatment.

Seasonal Body Scrub (75 Minutes) Starting from \$235*: Enjoy a delightfully scented service from our seasonal rotation of treatments, designed to engage the senses and address the changing needs of the skin.

Add on Celluma LED Light Therapy to any Body Treatment \$25*

The Celluma LED light therapy device is FDA cleared to kill bacteria that causes breakouts, reduce inflammation, and stimulate collagen production to minimize fine lines and wrinkles.

SPECIALTY BODY TREATMENTS

Refreshing Back Facial (60 Minutes) Starting from \$215*

Banish "bacne" with a customized treatment that will address the unique needs of this sensitive area. The service includes cleansing, exfoliation, a customized mask, followed by the application of moisturizer. The result will be a smooth, glowing complexion that you will want to show off.

Keravive Scalp Facial (60 Minutes) Starting from \$299*

Treat your scalp to this refreshing "facial" that will exfoliate, remove impurities and infuse skin with nourishing peptides, which can promote overall scalp and hair health. Service will focus on primary area of concern and includes High Frequency Therapy to stimulate circulation.

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HAND & FOOT TREATMENTS

MOD POD Therapeutic Pedicure (75 Minutes) Starting from \$125*: Enjoy our most soothing and healing treatment for tired, aching feet! Developed in collaboration with Dr. Nicole Freels of Lexington Podiatry, and featuring their locally handcrafted Modern Podiatrist line of products, the service includes a relaxing soak, exfoliation, hot stone massage, targeted treatments for rough heels, brittle nails, and painful inflammation.

Deluxe Mani/Pedi Combo (90 Minutes) Starting from \$159*: Soak, scrub, massage, nail and cuticle care + GEL polish

Spa Mani/Pedi Combo (60 Minutes) Starting from \$119*: Soak, scrub, massage, nail and cuticle care

LASH & BROW SERVICES

Lash Lift (30 Minutes) Starting from \$75*: Adds an upward curl to lashes that lasts several weeks.

Lash Tint (30 Minutes) Starting from \$50*: Makes lashes appear darker and more defined for up to a month.

Brow Lamination (30 Minutes) Starting from \$75*: Sculpts brows in place for a more polished appearance that lasts several weeks.

Brow Tint (30 Minutes) Starting from \$50*: Darkens and defines brows with long-lasting results.

SPA GIFT CERTIFICATES

Spa gift certificates starting at \$50 can be purchased on thespaatgriffingate.com.



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HEALTHY SKIN CLUB MEMBERSHIP

The Griffin Gate Healthy Skin Club Membership can help you achieve and maintain optimal health throughout the year! Your membership includes monthly spa treatments, customized home-care regimens, and special pricing on products and services. Members can also enjoy access to resort amenities, including the fitness center, pools and hot tubs when visiting for monthly services, or upgrade to unlimited resort access.

ENROLLMENT

A monthly fee of **\$159+tax** for the standard membership or **\$199+tax** for the unlimited membership will be collected on the 1st day of each calendar month. A valid credit card is required to remain on file for the duration of the membership. At the end of the initial 3 month term, memberships will automatically be renewed on a month-to-month basis. A 30-day written notice is required for all cancellations or changes.

BENEFITS

Receive your choice of **ONE** of the following services* per calendar month:

- 30 Minute Signature Hydrafacial
- 60 Minute Custom Facial
- 60 Minute Custom Massage
- 60 Minute Body Wrap or Scrub

Experience wellness head to toe with additional spa services:

- **ONE** complimentary sweat session in the Infrared Sauna/month
- 20% discount on all other spa services and retail products
- Full access to spa facilities, such as steam rooms and lounges, during normal business hours
- Same-day access to resort fitness center, pools and hot tubs, when visiting The Spa for monthly services with standard membership, full access with unlimited membership
- 15% discount at Griffin Gate Golf Club Monday-Thursday only

TERMS & CONDITIONS

*Members may upgrade their monthly service for an additional charge. For your convenience, unused monthly services may be carried over to the next month and/or substituted for a different service of equal or lesser value **ONE TIME** during a 3-month period. Benefits are exclusively for members and may not be shared with friends or family without prior consent from Spa staff. Memberships are non-refundable, non-transferrable, and not redeemable for cash.