

## Massage & Body 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\***: *We only recommend this for guests experiencing extreme tension or pain in deeper lying muscles. The treatment 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\***: *Our most popular service, this customizable full-body massage 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.*

**Relaxation Ritual (60/90 Minutes) Starting from \$185-\$245\***: *Escape to a luxurious, aromatic sanctuary with this soothing and rejuvenating full-body experience. Your skin will enjoy the benefits of stress-relieving botanicals and essential minerals as your muscles melt into blissful relaxation, with the help of warm stones and tension-release techniques.*

**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.*

**Couples Massage Price Varies\***: *Subject to availability, please call to book.*

**Add on Dry Brushing to select body services \$25:**

**Gently exfoliates, boosts circulation, enhances lymphatic drainage, and prepares the skin to absorb the benefits of the service.**

# 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.*

**Radiance Renewal Nano-Needling Facial (60 Minutes) Starting from \$215\***: A relaxing AND results-driven facial, nano-needling is a safe, non-invasive facial technique that uses a device with nano-sized cones to create micro-channels in the skin, allowing for the deeper absorption of serums and active ingredients. This treatment stimulates collagen production, improves skin texture, and enhances overall skin health with minimal discomfort and downtime.

**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\***

**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).

# Body 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.

## 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.*

**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.**

## Head Spa & Scalp Treatments

*A well-nourished scalp promotes stronger, healthier hair and supports the skin's natural balance. Our targeted treatments deeply cleanse and hydrate the scalp, reducing dryness and irritation, while encouraging hair growth and vitality!*

**Keravive Scalp Facial (60 Minutes) Starting from \$299\*** Treat your scalp to a 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.

**Japanese Head Spa (60 Minutes) Starting from \$195\***: Experience our signature Japanese Head Spa, a revitalizing scalp treatment that combines gentle exfoliation, nourishing scalp care, and soothing head massage. Designed to relieve stress, improve scalp health, and promote hair growth, this luxurious service will leave you feeling refreshed and relaxed!

**Zen Garden Head Spa (60 Minutes) Starting from \$195\***: Relax and unwind with our water-free take on the traditional Japanese Head Spa that features steam, essential oils, expert gua sha techniques for the face, neck, and shoulders and a precision scalp massage with chopsticks!

### 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.

## 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; includes standard Dazzle Dry long-wearing polish

\*Services and rates effective October 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.

# SPA POLICIES

## RESERVATIONS

The Spa at Griffin Gate is open to the public. Appointments are required for all services. To ensure your preferred appointment time, we recommend booking at least a week in advance. A credit card is required to guarantee the reservation. Services are subject to availability, and pricing may vary during peak times.

## ARRIVAL

Plan to check in at least 15 minutes prior to your appointment. Service time will not be extended for late arrivals and the full price of the service will be charged. We strongly recommend leaving valuables at home. The Spa at Griffin Gate is not responsible for lost or stolen items.

## SPA REQUIREMENTS

Spa access is reserved only for guests receiving treatments. We welcome guests 13 years of age and older, however, a parental chaperone and a signed release form are required for those under 18. We ask that you turn off or silence cellphones while you're here. Please step outside the spa if you must make or receive a call.

## GUEST INTAKE FORMS MUST BE COMPLETED BEFORE SERVICES CAN BE PERFORMED.

## CANCELLATION POLICY

A 24 hour notice is required for cancellations or changes to all appointments. Cancellations with insufficient notice may be subject to charges up to the full price of the service. All no-shows will be charged full service price.

## GRATUITIES

For your convenience, a 22% service charge is automatically added to each spa service, which includes a 15% gratuity for your provider. Additional gratuities are at your discretion.

## PAYMENT METHODS

We gladly accept all major credit cards, Marriott gift cards, SpaFinder gift cards, spa gift certificates, and room charges. Cash and checks are not accepted.

## ALCOHOL POLICY

For safety and well-being of our guests, we strongly advise against consuming alcohol before or after spa services. We do not serve alcoholic beverages in the spa. Guests who arrive intoxicated may have their appointments cancelled or rescheduled and may be subject to late cancellation fees.

## RETURN & REFUND POLICY

### Service Refunds

All service sales are final. We do not offer refunds for spa treatments. However, if you experience any concerns with your service, please bring them to our attention on the same day of your appointment. We are happy to address any issues immediately to ensure your satisfaction.

### Retail Product Returns

We accept returns on retail products within 30 days of purchase, provided they are unused and in their original condition and packaging. A full refund will be issued to the original payment method upon approval of the return.

## INFRARED SAUNA

The radiant heat from our Low EMF FAR Infrared Sauna penetrates deep into joints, muscles, and tissues, increasing oxygen flow and circulation, helping to eliminate harmful toxins from the body. With proper use, you can expect to enjoy a multitude of health benefits including:

- Weight Loss
- Pain Relief
- Detoxification
- Enhanced Immunity
- Relaxation
- Better Sleep
- Clear Skin

To safely enjoy the sauna, please note the following precautions:

1. The use of drugs, medication or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness.
2. Please consult your physician or pharmacist if you are in doubt of your ability to use the far infrared due to health conditions or medication interactions.
3. No one under the age of 18 is permitted in the far infrared sauna.
4. Discontinue the use of the sauna if you feel light-headed, dizzy or heat exhausted.
5. Excessive body temperatures have a potential for causing fetal damage during pregnancy and sauna use is not advised.

Sessions are limited to 30 minutes, and a maximum of 150 degrees Fahrenheit

### ENHANCE YOUR SPA EXPERIENCE WITH OUR INFRARED SAUNA OPTIONS:

Elevate Your Treatment with a Sauna Add-On Only \$25

Experience Ultimate Relaxation with Sauna and Full Spa Access  
Starting from just \$75

For our guests who wish to bask in the rejuvenating warmth of our infrared sauna without a spa treatment, we offer the opportunity to book a 30-minute session, complete with access to our showers, steam room, changing areas, and tranquil relaxation room. Please note that rates may vary based on the day and time, and availability is delicately managed to ensure an exclusive and serene experience for our guests.