

MASSAGES

Griffin Gate Signature Massage 50, 80 mins. \$120, \$180

A completely customized service incorporating a therapeutic mix of both Swedish and Deep Tissue techniques along with a touch of Hot Stone therapy. A Bluegrass classic.

Relaxation Massage 50, 80 mins. \$95, \$140

The perfect antidote to 21st century overload of all kinds. Let us take you away to a whole new level of inner peace via a service that combines the therapeutic benefits of classic Swedish massage with the rejuvenating properties of lavender (fresh from our garden, when in season).

Hot Stone Massage 50, 80 mins. \$130, \$195

Our specially trained therapists bring you to a new level of relaxation as warmed river rocks are gently incorporated into your service to release excess tension and ease away aches and pains. The perfect escape to tranquility.

Integrated Therapy Massage 80 mins. \$195

An experience designed to achieve profound levels of muscular recovery. This service addresses the needs of athletes, road warriors or anyone else requiring specific, deeply targeted therapy. Let our therapists customize the perfect blend of deep tissue massage, trigger point therapy and passive stretching, so you leave with a brand new level of inner balance. We suggest the use of our eucalyptus steam room both before and after this service.

Pre-Natal Massage 50, 80 mins. \$120, \$180

Celebrate these special months with a treatment designed just for the mother-to-be. Relax as our specially trained therapists ease away aches and pains. Our service is designed to accommodate all sizes of blossoming bellies. Requires your written doctor's release.

Road Warrior Jet-Lag Massage 50, 80 mins. \$120, \$180

This service uses a blend of essential oils specially formulated to deal with specific conditions of jet-lag such as dehydration, head-ache and tight muscles, while also helping to regulate sleep patterns and restore natural vitality. This medium pressure massage focuses on those areas most affected by frequent travel—legs, neck, back, shoulders and feet.

Join us Monday through Thursday for some quality downtime and receive our Mid-Week Treat pricing when available. Please ask your Spa Concierge for details.

A luxurious selection of products as well as gift cards are available in our Spa Boutique.

THE SPA AT GRIFFIN GATE

1800 Newtown Pike
Lexington, KY 40511
Phone 859.288.6175
TheSpaAtGriffinGate.com



MASSAGES (CONTINUED)

Thunderstorm Massage 50 mins. \$145

A powerhouse combination of two of our most dramatically therapeutic treatments. Feel the benefits of a deeply relaxing, fifty-minute hot stone massage enhanced by the detoxifying and stimulating benefits of our state-of-the-art Viche shower. Your massage is performed under a stream of healing water, drawn right from the heart of the Bluegrass.

Reflexology 25 mins. \$50

An ancient form of massage that creates healthy balance throughout the body by activating pressure points in the feet.

Tension Tamer 25 mins. \$60

Is it your back? Your feet? Your neck? Maybe a little of everything? Let us know and we'll focus on what ails you most. A time-saver as well as a life-saver.

Massage Enhancements

Moroccan Oil Scalp Massage.....	\$20
Hot Stones.....	\$20
Pressure Point Facial Massage.....	\$20

SPA PACKAGES

The Winner's Circle 5 hours \$455

Spend the day with us as we pamper you from head to toe. Your card includes our Signature Facial, 50-minute Signature Massage, Mint Julep Body Scrub and Signature Manicure/Pedicure. You'll leave looking and feeling like a million bucks.

The Trifecta 4 hours \$360

A perfectly boxed trio of our most popular services. Includes our Signature Facial, Signature Massage and a Signature Manicure/Pedicure.

The Bluegrass Sampler 2.5 hours \$240

A perfect way to try some of our most popular services! Each service is twenty-five-minutes and allows you a luxury sampling from our renowned selection of treatments. Enjoy our Refresher Facial, Mini-Mint Sugar Scrub, a Tension Tamer Massage and Short and Sweet Manicure/Pedicure.

FOR MEN

Gentlemen's Facial 50 mins. \$135

This deep-cleansing, no-nonsense facial addresses the particular needs of men's skin, helping to relieve shaving irritation while hydrating the skin and relaxing the spirit. Includes a relaxing neck, shoulder and scalp massage.

Gentlemen's Manicure 20 mins. \$25

Gentlemen's Pedicure 25 mins. \$45

A straight to the point service that covers all the basics for well groomed hands and feet. Nails can be buffed at the guest's request.

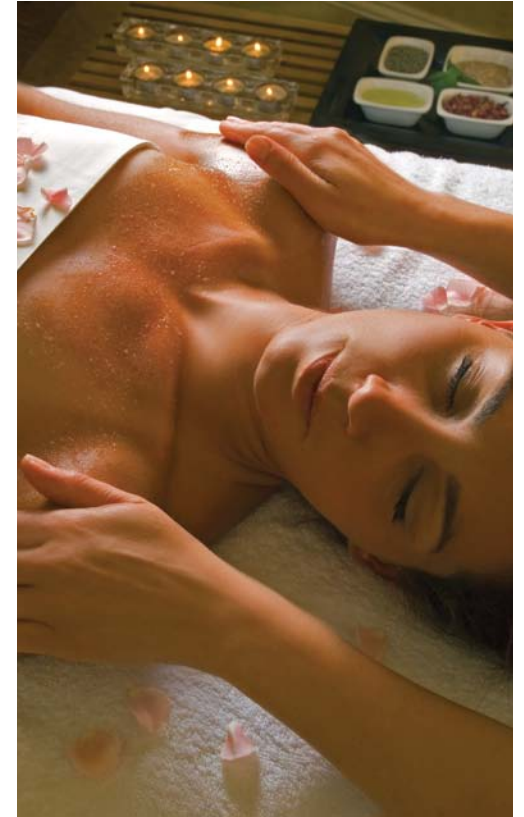
True Grit Body Treatment 80 mins. \$195

A face and body treatment ideal for men who don't jive with perfumed spa products but still want to get the feel-good experience. The treatment combines an herbal body mask, invigorating scrub and warm towel compresses for face and body. The service concludes with a full-body therapeutic massage. We suggest following your treatment with a visit to our eucalyptus steam room to reap the full benefits of the service.

True Grit Manicure 50 mins. \$55

True Grit Pedicure 50 mins. \$70

For the guy who requires the ultimate level in men's grooming without a bunch of frou-frou. Feet and hands are scrubbed using an essential oil-infused salt scrub and mask which is followed by hot towel compresses and all of our usual high-level attention to nail shaping and cuticle care. Nails can be buffed at the guests' request.



REVIVE
YOUR SPIRIT.



THE SPA AT GRIFFIN GATE

Enjoy a revitalizing escape, right here at Griffin Gate Marriott® Resort & Spa. Relax in the oasis of our jewel-box spa as we take luxury and rejuvenation to a whole new level. Indulge in the finest spa products while benefiting from the personal advice that complements each treatment. At The Spa at Griffin Gate, we've married the healing power of native minerals and natural herbs to the undeniable benefits of our soothing spa services to create an unforgettable experience.

How to Enjoy the Ultimate Spa Experience

While each visit to our Spa offers a unique, personalized experience, there are a few ways to help ensure all of our guests get the most from their experience. In order to preserve the tranquility of our environment, we ask that you please turn off cell phones prior to your arrival in the Spa. A doctor's note of consent is required for guests who are pregnant or receiving chemotherapy.

Upon Arrival

Plan to arrive at our Spa Desk at least 30 minutes prior to your first scheduled Spa or Salon service. This will allow time for changing and use of our facilities, including steam room and showers.

For Your Comfort and Convenience

During your stay at the Spa, we will provide you with a cozy robe and slippers along with a private locker. Your robe and slippers are appropriate attire for anywhere in the Spa. Complimentary tea, water and light refreshments are also available for you to enjoy during your stay.

What Do I Wear?

Whatever makes you feel most comfortable and relaxed. Some Spa guests prefer a bathing suit for the steam rooms, although this isn't required. During your service, be assured that our therapists will respect your privacy and are trained to keep you properly and modestly covered throughout your treatment.

We'd Like to Know About Any Health Issues

Please advise our staff if you are pregnant, recovering from recent surgery or have any existing medical concerns. For your health and safety, we recommend avoiding the consumption of alcohol if you will be using the steam room.

Gratuities

For your convenience, a 20% service charge is automatically added to each Spa service received. Gratuities are dispersed to spa staff who served you during your stay. Additional gratuities are at your discretion.

Age Requirements

The Spa, including massage and body treatments, is available to guests 18 years of age and older. For guests ages 16 and 17, nail and facial services are available with a parental chaperone. For your own peace of mind, and for the safety of your children, please make arrangements for childcare during your appointment times if they will not be receiving a Spa service.

Our Cancellation Policy

For guests, group appointments or Spa Packages, we ask for a 12-hour cancellation notice to avoid being charged for a scheduled spa/salon service not taken. No-shows and late cancellations will be charged in full.

The Spa at Griffin Gate is open daily, 9:00 a.m. – 7:00 p.m. Hours may vary seasonally or for special events. To book your spa appointment call 859.288.6175 or email GriffinGateSpa@Marriott.com.

SPECIALTY TREATMENTS

Bluegrass Wrap 80 mins. \$185
This treatment begins with a dry brush massage designed to increase circulation and aid in the dispersal of toxins. Next, we apply a super antioxidant-charged seaweed mask. Warmed linens are then wrapped around the body, followed by a relaxing scalp and foot massage. Transition into a full body aromatherapy massage, which enhances the detoxifying and remineralizing benefits of the seaweed extract. The skin is left nourished, smooth and glowing, and the mind and spirit balanced.

Mint Julep 50 mins. \$100
Indulge in some down time with an invigorating head-to-toe body polish mixing summery lemon sugar and fresh crushed mint. Complete indulgence, Bluegrass style and no Derby Hat required.

Raindrop Therapy 50 mins. \$120
In this unique service, seven individual, and two essential oils blends, are used to balance energy and help to ease pain or tension in the back. The oils are individually dropped onto the spine and then covered with warmed clay packs to allow the oils to penetrate into the body. Once the packs are removed, a relaxing massage helps to distribute the benefits of the heat and oils throughout the body.

Ultimate Unwind 80 mins. \$195
Slow down, chill out and recharge with this unforgettable head-to-toe experience. We start you off with a completely customized, 50-minute massage using both traditional Swedish and targeted deep-tissue techniques, followed by a rejuvenating foot scrub, aromatherapy facial-treatment and relaxing scalp massage.

WATER THERAPIES

Bourbon Bubbler 50 mins. \$120
A regional specialty! Indulge in a full-body brown-sugar scrub infused with ginger, pecans and real Kentucky Bourbon. Once you have been gently polished head-to-toe, we remove the heavenly-smelling scrub via the naturally mineralized waters of our Viche shower and finish with an application of ultra-rich, shea-butter body cream.

Wellness Solutions Body Scrub and Massage 80 mins. \$175
In this highly customizable service, you get to choose the solution for your own specific needs. The service begins with a mineral salt scrub, followed by a refreshing rinse and a full body restorative massage. Choose from Balancing, Energizing or Deep Sleep aromatherapy solutions.

Ayate Mud Treatment 50 mins. \$140
This unique Native American healing treatment begins with an all-over exfoliation using an Ayate (Ah-yah-tee) cloth, made of naturally woven plant fiber. A mineral rich clay mud is then applied to draw impurities from the system, soothe muscles and nourish the skin. While you are wrapped in warm linens, enjoy a scalp and foot massage. The mud is then removed via the healing jets of our Viche shower and the service concludes with an all-over application of super-rich, hydrating cream.

HANDS AND FEET

We are proud to offer you the very highest standard of health and sanitation for all of our nail services via our medical grade autoclave and pipeless pedicure bowls.

Griffin Gate Spa Manicure 50 mins. \$55
Griffin Gate Spa Pedicure 50 mins. \$70

Let us take you on a journey with the SpaRituals aromatherapy collection. Our signature treatment goes beyond your expectations by surrounding you in the luxury of organic fragrances combined with the expert attention of our highly trained nail specialists.

Short and Sweet Manicure 25 mins. \$25
Short and Sweet Pedicure 25 mins. \$45

All the necessities for maintaining healthy, natural nails are provided in these two efficient services. Nails are trimmed and shaped, cuticles cared for, rough spots smoothed and polish perfectly applied. Includes a hydrating massage. Does not include a scrub or mask.

Hot Stone Pedicure 65 mins. \$85
Start with a tingling mint scrub, followed by plenty of lower leg massage using smooth, warm river-rocks. The service is rounded out with all the standard luxuries included in our Signature Pedicure. Relax, and let the power of the earth rejuvenate you.

Bourbon Bubbler Manicure 50 mins. \$55
Bourbon Bubbler Pedicure 50 mins. \$75
Indulge yourself in the utter decadence of our very own Bourbon Bubbler manicure and pedicure featuring all the luxuries of our Signature nail services plus the added delight of a brown sugar scrub infused with ginger, pecans and real Kentucky Bourbon.

Red Flower Hand and Foot Treatment 100 mins. \$130
Get back to Nature and experience the elegance of Red Flower for the hands and feet. This intensely pure and highly aromatic line includes the precious essences of organic birch, cloudberry, and arctic peat which offer the benefits of Vitamin C, and omegas 3 and 6 all wrapped up in a relaxing, full service manicure and pedicure.

Nail Enhancements

French Finish \$10
Shellac Finish..... \$15
Shellac Soak Off..... \$10

FACIALS

The Griffin Gate Signature Facial 50 mins. \$135
Perfect for all skin types. This classic European facial balances and nourishes dull and devitalized skin and assists in the prevention of unwanted skin conditions. A personalized skin evaluation is done before we begin, and included with every service is a relaxing neck, shoulder and scalp massage.

The Radiance Facial 80 mins. \$175
A treatment that transposes the botanically charged elements of the Being True skincare line into a completely unique facial. The luxury begins with the Renewal Hand Treatment, to polish and soften the hands, then moves into a classic European facial enhanced with an enzyme treatment to refine the skin. A 12-point acupuncture facial massage is next, to balance mind and body and we conclude your experience with a Refresh and Repair eye zone treatment.

Laser-Free Facial 50 mins. \$145
A specialty facial that targets and repairs skin that has been compromised by environmental stressors or hectic lifestyles. This unique service utilizes a highly effective duo of Glycolic acid combined with a serum derived from the Sangre de Drago tree, indigenous to the Amazon. This result driven treatment effectively retextures the skin to immediately reveal a healthy and toned appearance.

Oxygen Facial 50 mins. \$145
Come up for air! An oxygenating facial designed for the most stressed out skin or the most weary, world-traveler. This completely rejuvenating treatment offers all the luxuries of our signature service and packs in the power of pure oxygen, delivered via an encapsulated oxygen masque that boosts circulation to the skin and instantly delivers a fresh glowing complexion.

Instant FirmX Facial 25 mins. \$65
This highly specific facial offers a deep cleanse and instant firming treatment for times when you need the maximum amount of results in the minimum amount of time. A truly powerhouse service that delivers immediate results and is the perfect fit for any number of time-crunched schedules.

Refresher Facial 25 mins. \$60
A fabulous wake-up for the skin! Enjoy a personalized skin analysis, refining mask and super boost of antioxidants.

Facial Enhancements

Finishing Touch Makeup..... \$25
Eye Zone Treatment \$25
Extractions \$25
Eyebrow Shape..... \$25
Lip Waxing..... \$15
Chin Waxing..... \$15
Full Face Waxing..... \$55
Additional waxing services are available by request.