



# SERIOUS RELAXATION. WELCOME TO THE RTJ SPA TRAIL.

First came great golf in 1992. Next, luxury 4 diamond hotels. Now, the addition of world-class spas and enhancements to the RTJ Spa Trail. Let the pampering begin. From traditional warm stone massages to red carpet ready facials, the RTJ Spa Trail features six spas across Alabama offering innovative treatments in exquisite settings. With nearly 80,000 square feet of space collectively, the Spa Trail locations feature 49 treatment rooms for relaxing and rejuvenating experiences.

We hope you enjoy your spa visit. Our spa professionals are ready to take great care of you.

RTJ SPA TRAIL LOCATIONS: Spa at the Shoals (Florence); Spa at Ross Bridge (Hoover); Spa at Grand National (Opelika); Spa at Montgomery; Spa at the Battle House (Mobile) and Spa at the Grand (Pt. Clear).

## MASSAGE THERAPY

**THERAPEUTIC CUSTOM MASSAGE** Whether you want to completely relax or focus on a specific area, this massage is perfect for your individual needs. This session will help ease your mind, body, and soul with long strokes and moderate pressure while addressing your concerns.

50 minutes \$90/\$120\*

80 minutes \$140/\$170\*

**DEEP MUSCLE RELIEF MASSAGE** A more intense pressure massage, this technique will allow for more concentrated focus on precise muscle areas. Slower strokes, working deeper layers of the muscle, will help release everyday stresses and tension.

50 minutes \$100/\$130\*

80 minutes \$160/\$190\*

**PRENATAL MASSAGE** Take a moment to relax and unwind before the baby is here. Our special service is designed for you to enjoy the soothing benefits of a relaxing massage, customized for the mommy-to-be. *(Must be past 1st trimester.)*

50 minutes \$120

80 minutes \$170

**WARM STONE MASSAGE** This exceptional massage incorporates the use of warm stones and relaxing techniques to invigorate your mind and body. The heat from the stones will help to melt away tension in sore muscles, relieve aches and pains while improving overall circulation.

80 minutes \$180

**COUPLES MASSAGE** Indulge in a relaxing massage for two in our exclusive couples massage room while enjoying the company of someone special.

50 minutes \$240

80 minutes \$340

**LAVENDER DREAM MASSAGE AND SCALP TREATMENT** Experience the decadent combination of Lavender Oil combined with a wonderful scalp massage. Drift away and let our therapist take you on a journey of pure relaxation. Dreamy!

50 minutes \$160

**FARMHOUSE FRESH SEASONAL MASSAGE** Delight in a relaxing and therapeutic massage featuring freshly harvested seasonal ingredients to soothe and nourish skin from head to toe, leaving you feeling scrumptiously refreshed.

50 minutes \$120

80 minutes \$170

## MASSAGE ENHANCEMENTS

Warm Stone Sampler \$25

Warm Oil Scalp Therapy \$25

Heel Repair Foot Treatment \$25

\*Denotes weekend pricing, Friday-Sunday

## HYDRAFACIAL SERVICES

**SIGNATURE HYDRAFACIAL** This treatment deeply cleanses, painless extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid.

50 minutes \$189

Series of 4 @ \$179 \$716

Series of 8 @ \$159 \$1272

**DELUXE HYDRAFACIAL** This treatment deeply cleanses, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid.

*Comes with your choice of Booster:* **DermaBuilder™ Booster** helps to reduce the appearance of fine lines and wrinkles. **Britenol® Booster** helps to minimize the appearance of dark spots.

**CTGF™ Booster** helps to improve the appearance of skin tone, texture, and elasticity.

50 minutes \$250

Series of 4 @ \$240 \$960

Series of 8 @ \$220 \$1760

**PLATINUM HYDRAFACIAL** Experience the ultimate HydraFacial experience! Begin the detoxification process with Lymphatic Therapy. Continue with the Deluxe HydraFacial to deeply cleanse, extract and hydrate the skin while addressing specific skin concerns with a Booster of your choice. Neck and décolleté included. This treatment concludes with LED Light Therapy.

80 minutes \$325

## COSMEDIX SKINCARE FACIALS

**RENAISSANCE SIGNATURE FACIAL** A customized facial experience beginning with a skin consultation to create a facial tailored to your specific skincare needs.

50 minutes \$90/\$120\*

80 minutes \$140/\$170\*

**PICTURE PERFECT FACIAL** Can't find a filter to perk up your complexion? Get a refreshing facial that revitalizes the complexion in 30 minutes. It's the perfect pick-me-up before an event or to pair with a trigger-happy selfie finger.

30 minutes \$75

**CALMING FACIAL** Soothe away redness and reduce the look of irritated, sensitized skin with this calming treatment that also keeps away the sign of aging at bay.

50 minutes \$120

80 minutes \$180

**CLARITY FACIAL** A clarifying facial that fights acne breakouts and controls excess oil for clearer, healthier-looking skin.

50 minutes \$130

80 minutes \$195

## AGE DEFIANT FACIAL

Reduce the visible signs of aging including fine lines and wrinkles with intelligent exfoliation and firming peptides. This facial treatment will help swing the hands of time in the right direction for smoother and radiant skin.

50 minutes \$140

80 minutes \$210

**GENTLEMEN'S FACIAL** The typical male dermis is 20% thicker than the dermis layer in females, but thicker is not necessarily tougher. With this and other factors in mind, COSMEDIX offers a treatment facial guide to address these common differences, specially tailored to gentlemen.

50 minutes \$120

80 minutes \$180

## METABOLIC PEELS

**BLUEBERRY SMOOTHIE PEEL** Part L-Lactic Acid exfoliant, part manual scrub, this treatment will soften rough, uneven skin for a balanced complexion and dramatically smoother texture without down time.

50 minutes \$150

**POMEGRANATE PEEL** The perfect pick-me-up for all skin types and conditions, this gentle, antioxidant exfoliating treatment leaves skin radiant, renewed and glowing without down time.

50 minutes \$150

**BLUEBERRY JESSNER PEEL** A potent peel that eliminates impurities, reduces visible blemishes, lifts away stubborn pigmentation and smooths over superficial lines and wrinkles. After this specialized peel treatment concludes, expect to experience up to 5-7 days of sluffing and/or peeling.

50 minutes \$200

**TIMELESS PEEL** By stimulating collagen, elastin production and cell turnover, this peel visibly reduce signs of aging and pigmentation. The specialized peel formulation produces powerful results that may include mild to moderate flaking, depending on the skin condition and can expect up to 5-7 days of sluffing and or peeling.

50 minutes \$250

## FACIAL ENHANCEMENTS

**DERMAPLANING** Dermaplaning is an easy, effective procedure involving the use of a blade. During this fast, painless treatment, dead skin is removed from the epidermis, as well as vellus hair, often known as peach fuzz. Benefits include lessening the appearance of acne scarring, sun damage, hyperpigmentation, fine lines and wrinkles.

\$50

**SCULPTED PEEL OFF MASK** This revitalizing rubber mask is formulated with age-defying and moisture-boosting ingredients to instantly soothe post-treatment skin for a visibly softer and smoother appearance. Pineapple enzymes help gently exfoliate away impurities, while a red algae extract promotes a firmer-looking complexion. Expect to see improved skin texture for visibly younger-looking skin.

\$25

**PERK EYE** Experience an awakening of the delicate eye area to help gently brighten, tone and firm the outer eye area while maintaining hydration.

\$50

**PERK LIP** Experience an exfoliation and perfectly primed lips with key ingredients such as peppermint oil and peony extract that lightly plumps the pout as well as bring vitality back to a dull and dry lip area.

\$50

## BODY TREATMENTS

**RENEWING BODY POLISH** Utilizing a customized exfoliation formula, this spa experience exfoliates and moisturizes skin, leaving your skin silky soft and smooth.

50 minutes \$100/\$130\*

**EXFOLIAGE: MASSAGE & EXFOLIATION** Combine the cleansing and smoothing effects of our customized exfoliation formula with the total relaxation of massage. Your therapist take you away on a fantastic journey of exfoliation and massage. Pure bliss!

80 minutes \$150/\$180\*

**FARMHOUSE FRESH SEASONAL BODY TREATMENT** Enjoy the freshest ingredients of the season by delighting in a farm-to-spa seasonal body treatment. After a thorough scrub is applied to remove dead, dry skin, you'll be cocooned in a warm and nourishing body wrap. Enjoy a luxurious and relaxing massage with rich, hydrating shea butter – packed with vitamins and cocoa and shea butters to nourish your skin for hours, leaving you glowing and feeling anew!

80 minutes \$180

**MOROCCANOIL BODY TREATMENT** The ultimate stress relief experience for your muscles and hydration for your skin. Our Body Buff and Intense Hydrating Treatment will leave your body smooth and replenished, from head to toe.

80 minutes \$180

\*Denotes weekend pricing, Friday-Sunday

## NAIL TREATMENTS

**RENAISSANCE MANICURE OR PEDICURE** Our classic manicure or pedicure for those on the go.

Manicure \$40

Pedicure \$50

**FARMHOUSE FRESH SEASONAL MANICURE OR PEDICURE** Our epicurean-focused FarmHouse Fresh farm-to-treatment manicures and pedicures smell good enough to eat! You'll enjoy a nourishing soak, followed by an exfoliating scrub down to remove all dry, rough edges. You'll be painted with a seasonal mask and firmly cocooned, followed by a stress relieving massage with a nourishing shea butter or body milk lotion.

Manicure \$50

Pedicure \$60

**THE MOROCCANOIL MANICURE OR PEDICURE** The ultimate in hydration, this service revitalizes your skin and stimulates your senses. Our unique and luxurious orange peel scrub gently exfoliates your skin preparing it for the rich hydrating effects of Moroccan oil's honey lavender scented Intense Hydrating Treatment. The service concludes with our signature scented Body Soufflé leaving your hands & feet soft and rejuvenated.

Manicure \$55

Pedicure \$65

**RESURFACING MANICURE OR PEDICURE** Your hands and feet will feel so smooth with this incredible service. Powerful exfoliates are used to remove dull, rough, callused buildup and leave your skin feeling amazingly soft and supple again. You will enjoy a warm hydrating paraffin dip, purifying scrub and a detox mask (*Great to help brighten skin while reducing unwanted age spots*).

Manicure \$60

Pedicure \$70

**GEL MANICURE** A Gel nail polish made with special polymers that when combined with UV light extends polish wear for up to 2 weeks. Your prayers are answered. Try it!  
(*Not available for pedicure*) \$50

**GEL POLISH REMOVAL** \$15

**NAIL ENHANCEMENTS** (*Added to Nail Services*)

French Add-On (*to a scheduled manicure or pedicure*) \$15

Stone enhancement (*Hands or Feet*) \$20

Polish Change (*Hands or Feet*) \$25

Paraffin Hydration for Hands and Feet \$20

*\*All manicures and pedicures include nail shaping, buffing, cuticle maintenance, polish application and light massage.*

\*Denotes weekend pricing, Friday-Sunday

## WAXING SERVICES

Brow (20 min) \$25+

Lip & Chin (15 min) \$20+

Sideburns (15 min) \$20+

Bikini Line (30 min) \$50+

Underarm (15 min) \$30+

Half Arm (30 min) \$35+

Full Arm \$50+

Legs, Half \$45

Legs, Whole \$70

## HAIR SERVICES

Shampoo & Style \$40+

Womens Haircut & Style \$60+

Men's Haircut & Style \$35+

Men's Barber Style Haircut \$20+

Children's Haircut (*12 and under*) \$30+

Beard/Bang Trim \$20+

Up Do (Special Occasion) \$50+

Up Do (Trial Appointment) \$50+

### COLOR (*Color does not include cut*)

Partial Highlights \$70+

Full-Foil Highlights \$110+

One Step Color \$70+

Two Step Color \$130+

## MAKEUP

MAKEUP APPLICATION \$50+

## SPA DAY PASS

WEEKDAY (*Tuesday–Thursday, per person, per day, during business hours*) \$35

WEEKEND (*Friday–Sunday, per person, per day, during business hours*) \$50

*Facility usage can become limited on weekends and high-volume days.*

## SPA ETIQUETTE

**ENTRY FEE** Spa access is complimentary with a spa treatment. Guests who have not booked a treatment, yet wish to use the spa amenities will be charged a \$35 access fee for privileges, subject to blackout days and holidays. Minimum age requirement to enter the Spa or receive a service is 16 years old.

**CHECK-IN** Please check in with the Spa Concierge at least 30 minutes prior to your first scheduled appointment. This will enable you to receive the full benefits of your Spa experience. We encourage you to shower and take advantage of amenities upon entering the Spa. Please be aware late arrivals will not receive an extension of scheduled treatment times.

**SPA ATTIRE** A robe and sandals will be provided to you upon arrival at the Spa. You will also be given a locker to store your personal belongings. Toiletries are available within the spa area for your use. We encourage you to leave your valuables at home or in the safe box in your room.

**HEALTH CONCERNS** Kindly alert our staff of any health concerns you may have at the time of booking. Some of our treatments may not be appropriate if you have health conditions. It will be our delight to assist you in recommending more suitable services.

**RESERVATIONS** Due to the popularity of our spa we highly recommend reservations be made two weeks prior to your arrival. All services need to be guaranteed against a credit card.

**SPA ETIQUETTE** To preserve the serenity of the Spa environment, cellular phones, pagers or other electronic devices are not permitted in the Spa or Salon. Spa hours, services and charges are subject to change without notice.

**CANCELLATION** If you must cancel, we would be delighted to assist you in rescheduling your appointment; however, if this is not possible, a 8-hour cancellation notice is required for a-la-carte services. Without a 8-hour cancellation notice, you will be charged 50 percent of total services. If you do not arrive for an appointment, you will be charged in full. Group cancellation will be defined within a spa contract.

**GRATUITIES** Gratuities are discretionary. Please see the Spa Concierge at the time of checkout for a gratuity envelope. For your convenience, a gratuity of 20 percent per service will be added to group contracts.

*Spa hours, services and prices subject to change without prior notice (October 2018)*

### HOURS OF OPERATION

Tuesday—Thursday 10 a.m. to 7 p.m., Friday—Saturday 8 a.m. to 8 p.m.

RENAISSANCE MONTGOMERY HOTEL & SPA AT THE CONVENTION CENTER

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