



SPA

AT GRAND NATIONAL

## 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).

## SPA AT GRAND NATIONAL DAY PASS

*(Based on availability)*

Escape for the day and enjoy some much needed “me” time while you relax and rejuvenate with us at the Spa at Grand National. Luxurious spa facilities include infrared saunas and beautiful whirlpools on the men’s and women’s spa sides. Showers, lockers, amenities and robes are also provided for your visit with us. \$55

## FACIALS

### hydracial

Our Spa uses only the best equipment and we are proud to offer the gold-standard HydraFacial brand technology. All our HydraFacial treatments utilize a series of single-use unique HydroPeel® Tips, each one has a specific use to exfoliate, extract and hydrate the skin. The spiral design of the HydroPeel® Tips is used in conjunction with the HydraFacial vacuum technology and exclusive serums. This creates a vortex effect to easily dislodge and remove impurities while simultaneously introducing hydrating skin solutions with potent antioxidants.

*Please note: Guests should wait a minimum of 10 to 14 days after Botox or dermal filler injections before receiving any HydraFacial treatments and we recommend guests postpone any facial laser and wax treatments for at least 7 days after receiving their HydraFacial.*

#### HYDRAFACIAL BOOT CAMP

This little gem of a treatment is an express service with serious power! Using only the HydraFacial brand device, this express service will kick start your skin with a deep cleanse, painless yet effective extractions, and finally hydrating the skin using solutions with potent antioxidants, peptides, and hyaluronic acid. All HydraFacial treatments include extractions.  
25 minutes \$200/\$175\*

#### CLASSIC HYDRAFACIAL

Designed to deliver optimal results using the HydraFacial MD brand device, this treatment also includes European style luxury facial masks and a neck massage to melt stress. To enhance the desired results of your treatment, specific serum boosters may be added for an additional fee. Please consult with your esthetician before your service as to which booster is best for you.  
50 minutes \$245/\$220\*

#### SIGNATURE HYDRAFACIAL

Our treatment designed for the most discerning guest! This treatment will deliver results by using German Cosmeceutical grade skincare products and facial techniques along with the HydraFacial MD device, serums, lymphatic massage, and Blue and/or Red LED light therapy. To enhance the desired results of your treatment, specific serum boosters may be added for an additional fee. All are tailored to address your specific skincare needs Please consult with your esthetician before your service to address any specific areas of focus or concern.  
80 minutes \$324/\$299\*

### HYDRAFACIAL EYE + LIP PERK DUO

Using the HydraFacial device on the eyes and lips makes sense, especially when you pair it with their uniquely formulated products meant to deliver hydration and moisture to these sensitive areas. Receive as a stand-alone service or as an add-on to your HydraFacial service.  
20 minutes \$145/\$120\*

### SIGNATURE HOLISTIC FACIAL

This power packed facial will protect your cell's DNA with precious Alpine plant stem cells and highly advanced age prevention ingredients. Specific massage techniques and herbal elixir infused warm and chilled towels stimulate skin regeneration and add nourishing hydration. Your skin will feel renewed, vibrant and radiant! If you're looking for science and technology to drive results, this is the facial for you.

50 minutes \$155/\$135\*

80 minutes \$205/\$185\*

### PURE RESULTS FACIAL

A naturally derived cosmeceutical treatment to restore a healthy radiant glow to all skin types. Pre and probiotics balance the skin's microbiome and strengthen the skin's barrier. Age corrective Maple Bark Extract, rich in antioxidants stimulates collagen and elastin. Skin health is restored leaving a fresh, glowing complexion.

*\*Dermatologically tested, Vegan \*free of: gluten, silicones, parabens, mineral oils, lactose, microplastics, synthetic fragrance, PEGs, phthalates, sulfates*

50 minutes \$135/\$115\*

### TRULY RADIANT FACIAL

This is an intensive treatment using our precision German skincare line to customize a luxurious experience with results you can see. Whatever your concern, our therapists have the knowledge and expertise to create a unique experience, tailored to meet your needs. Recommended for dull skin, lifting (anti-aging), rosacea, and extremely dry or irritated skin conditions.

50 minutes \$175/\$155\*

### GENTLEMAN'S FACIAL

We understand that men have special skin care needs and this facial is designed to address your concerns. Warm, moist towels and specially formulated products are used to deep cleanse, detoxify, nourish and condition the skin. Your skin will feel toned, healthy and vital.

50 minutes \$145/\$125\*

### C THE DIFFERENCE DERMAPLANE FACIAL

The brightening dermaplane facial is blended beautifully with rich vitamin C and antioxidants to help reduce dark spots, uneven skin tone and bring back that youthful glowing skin. Dermaplane is a simple and safe procedure that exfoliates, ridding the epidermis of that dead skin cell layer and the fine vellus hair. This is an advanced, dual delivery system that increases product penetration by 10-14% and delivers that instant gratification for a youthful look and feel!

50 minutes \$155/\$135\*

\*Denotes special weekday pricing, Monday-Wednesday

## FACIAL ENHANCEMENTS

*(Can only be added to an existing facial service, no additional time added)*

Hydrafacial Booster

ReGen GF \$75

Britenol \$75

Dermabuilder \$50

PERK your lips \$75

PERK your eyes \$75

## SPA LONGER FACIAL SERVICE

*(Additional 20-minutes will be added to your existing facial; based on availability)*

Anti-Aging Specialty Masks \$50

## MASSAGE

### INTEGRATIVE BALANCING MASSAGE

This bespoke treatment combines the best of many modalities! A custom blend of massage pressures and techniques along with a complimentary sampling of warm Himalayan Salt Stones and your choice of cooling Alpine Arnica or warming Sweet Birch muscle rub applied to specified aches and pains. Your therapist may optimize additional techniques such as polarity, myofascial release, craniosacral therapy, reflexology, acupressure, guided meditation or breathing techniques to guide the body into balance. This session is highly beneficial for the release of long-term stress, helping you to experience a sense of physical, mental and emotional wellbeing.

50 minutes \$170/\$150\*

80 minutes \$235/\$215\*

110 minutes \$290/\$270\*

### STRESS RELIEF MASSAGE

Aromatherapy massage oil is used with smooth, gliding strokes with firm but gentle pressure to promote relaxation, ease muscle tension and create other health benefits. It is a classic massage that will ease your stress and allow you to slip into a calm state of relaxation.

50 minutes \$135/\$115\*

80 minutes \$190/\$170\*

### PERFORMANCE THERAPY MASSAGE

Therapeutic, firm pressure addresses tension and discomfort while improving mobility and range of motion in fatigued and overworked muscles. Pressure is adjusted to fit your individual needs.

50 minutes \$150/\$130\*

80 minutes \$205/\$185\*

### WARM HIMALAYAN SALT STONE MASSAGE

This deeply relaxing massage also provides a gentle exfoliation on the skin from the salt stones, helps balance the positive ions with negative ions, can reduce inflammation, and draw out toxins from the naturally occurring minerals contained in the stones.

50 minutes \$180/\$160\*

80 minutes \$230/\$210\*

#### MOTHER NATURE PRENATAL MASSAGE

Special support and caution are taken with those who are anticipating motherhood. This specially designed massage eases back tension and calms your body while restoring balance to your mind and spirit. *It is recommended that Moms-to-Be are past their first trimester to receive this service.*

50 minutes \$140/\$120\*

#### JOURNEY TOGETHER COUPLES MASSAGE

If you love the spa experience, share it with someone special in your life. A couple's massage is a great way to introduce someone else to the benefits of bodywork and to strengthen the bond in any relationship. It shows your spa companion that you care about their wellbeing and you want them to feel good. What a great way to connect.

50 minutes \$280/\$240\*

80 minutes \$396/\$356\*

#### CBD HARMONIZING MASSAGE

Through the use of the highest quality organic full spectrum CBD oil, Chakra balancing points, heart centering energy work, and a relaxing warm oil or dry CBD scalp treatment, this is a uniquely luxurious experience not to miss! This full body treatment includes two CBD enhancements of your choice.

50 minutes \$210/\$190\*

80 minutes \$275/\$255\*

110 minutes \$330/\$310\*

#### CBD & MASSAGE ENHANCEMENTS

*(Can only be added to an existing massage service, no additional time added)*

CBD Back Relief \$40

CBD Infused Warm Stones \$40

CBD Relief Foot Treatment \$40

CBD Relief Hand Treatment \$40

CBD Scalp Treatment \$40

Alpine Arnica Muscle Repair \$25

Clarifying Back Exfoliation \$25

Hydrating Foot Exfoliation \$25

Anti-Aging Hand + Arm Exfoliation \$25

Soothing Scalp Treatment - Wet or Dry \$25

River Rock Warm Stone Sampler \$25

\*Denotes special weekday pricing, Monday-Wednesday

## BODY

### ENERGIZING BODY POLISH

Enjoy an exclusive moment of indulgence that immediately nourishes, hydrates and revitalizes the skin! Exfoliate with nutrient rich mineral salt marinating in lime, mandarin and green tea extract to invigorate the skin and kick start lymphatic and blood circulation to promote the natural elimination process. The skin is then saturated in a hydrating application of refreshing body soufflé leaving it soft, supple and deeply hydrated.

50 minutes \$145/\$125\*

### NOURISHING COCOON TREATMENT

A nutritional spa body treatment that envelops you in drippy tenderness! This experience offers an exfoliation using ultra-fine polished cranberry seeds or ancient salts that are drizzled in aroma-therapeutic oils and followed by a warm nutrient rich body wrap. Harnessing the power of rare plant stem cells and customized application techniques, this anti-aging and sensory enhanced treatment leaves the body feeling firmer, tighter and more youthfully restored.

50 minutes \$170/\$150\*

### THE ELEMENTS

Experience a unique body treatment only found here at the Grand National Spa. Journey through all four elements: water, fire, wind and earth. Discover an energizing exfoliation that will flood your senses, be comforted by a warming body mask painted on you with luxurious technique, explore a lighter than air nourishing oil, all blended together with a grounding deep tissue massage. A true sensory experience!

80 minutes \$240/\$220

## NAILS

### SIGNATURE MANICURE/PEDICURE

Relax and unwind with a soak blended with nourishment infused oils to soften the skin. Next, a skin-refining supple exfoliates thoroughly, unveiling new skin. Cuticles and heels are cared for and tended to with rich intensive hydration and specialty masks layered on. Skin is saturated with vitamins A, C and E while luxurious hot towels are a delight and leave the skin feeling smooth and fresh. Finally, indulge in a paraffin melt and enjoy the skillful massage techniques to help you relax before your polish.

Manicure 45 minutes \$60

Pedicure 60 minutes \$80

### HYDRATION THERAPY NAIL TREATMENTS

A warm, nectar whole milk soak hugs you all around to begin your treatment, before a whipped organic shea butter and sugar polish carefully eases skin into a new dawn by buffing away rough areas. We finish with an ultra-velvety coconut milk lotion freshly steeped with cardamom seeds to hydrate and nourish your skin!

Manicure 40 minutes \$55

Pedicure 50 minutes \$65

## SHELLAC MANICURE

This nail treatment includes a warm neck roll to ease away the stress of the day, includes soak off, cuticle and nail care, Shellac polish and finish with a luxury hand massage.

Manicure 50 minutes \$70

## HAIR



ORIBE

Oribe Hair Care is a line of luxurious products that is unique in every category: gels that condition, oils that hold, sprays that don't flake, skincare-grade shampoos that prep hair for styling and gently balance the scalp, masques that have the richness and body of a lavish moisturizing cream. And that's just the beginning.

### CUTTING AND STYLING

Blowout \$40+

Women's Dry Cut \$40+

Women's Wash, Cut & Style \$60+

Gentlemen's Cut \$35+

Special Occasion Updo/Style \$55

### COLOR

*(\*All color services include blow dry and style)*

Single Process \$85+

Single Process w/Highlights \$140+

Olaplex \$40

Highlights \$125+

Highlights-Partial \$95

### BRIDAL

Bridal Consultation w/Updo \$65

Bridal Updo \$65

Bridal Party Updo or Style \$55

Bridal Makeup *(includes strip lashes)* \$75

## THE SPA EXPERIENCE

### CHECK IN

Please check in with the Spa at least 20 minutes prior to your first scheduled appointment. This will allow you to receive the full benefits of your spa experience. We encourage you to take advantage of our amenities upon entering the spa. Please be aware that late arrivals will not receive an extension of scheduled treatment time. Services will begin and end on time so that the next guest is not delayed.

### SPA ATTIRE

A robe and slippers will be provided to you upon arrival to the Spa. You will also be issued a locker to store your personal belongings. We encourage you to leave your valuables at home or in the safe box provided in your guest room for resort guests.

### 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 certain health conditions. It will be our pleasure to assist you in recommending a suitable service.

### RESERVATIONS

Due to the popularity of our spa, we highly recommend reservations be made two weeks prior to your arrival. All services will need to be guaranteed against a credit card or room number if you are checked into the resort. Appointments can be reserved online at [spagrandnational.com](http://spagrandnational.com), by phone at 334.737.2250 or contact us by email at [spa@marriottgrandnational.com](mailto:spa@marriottgrandnational.com).

### SPA ETIQUETTE

To preserve the serenity of the spa environment, cellular phones and other electronic devices are not permitted in the spa or salon areas.

### CANCELLATION

We understand that conflicts arise and cancelling your appointment is necessary. As a courtesy to the service providers and spa staff, we ask that you please call 24 hours in advance of your scheduled appointment to cancel your reservation to avoid paying 100% of the service cost.

### GRATUITY

Gratuities are not included on spa and salon services. In appreciation to the staff for outstanding service, gratuities may be given at your discretion. For groups, automatic gratuity will be detailed in your group contract.

### AGE POLICY

In honor of our peaceful environment, guests under the age of 16 are not permitted to receive spa treatments or utilize the spa facilities. Salon services are available to guests under the age of 16.

### MEMBERSHIPS

We invite you to become a member of our Spa and Fitness facility! Please see our Spa Concierge for details or contact us by email at [spa@marriottgrandnational.com](mailto:spa@marriottgrandnational.com).

AUBURN MARRIOTT OPELIKA RESORT & SPA AT GRAND NATIONAL  
3700 Robert Trent Jones Trail Opelika, AL 36801  
Spa 334.737.2250 Hotel 334.741.9292  
[marriottgrandnational.com](http://marriottgrandnational.com)