



*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 packages

Enjoy a pampering spa experience with our curated collection of treatments- with a bundled discount and surprise spa amenity included, it's a perfect gift to give others - or yourself!

*Hydrfacial excluded*

## EVERYDAY ESCAPE

Choice of a 50 Minute Svenka Massage or Australian Berry Facial, followed by our Farmhouse Fresh Pedicure and Spa Lunch.

\$225 | 2.5 Hours

## STAYCATION

Enjoy an 80 Minute Svenka Massage, followed by an 80 Minute Globe Trotter facial, and Spa Lunch.

\$350 | 3.5 Hours

## PASSPORT TO RELAXATION

A full day of unwinding! Bora Bora body scrub, followed by a 50 Minute Svenka massage, Australian Berry Facial, Spa Lunch, and then our Farmhouse Fresh Manicure and Pedicure.

\$500 | 5 Hours

## THE GETAWAY

50 Minute Couple's Massage with candlepour enhancement, champagne and chocolate truffles.

\$300 | 1 Hour

# massages

## MERIDIAN MASSAGE

Find your balance closer than the equator- heated volcanic stones create intense muscle relaxation, followed by cryotherapy to create a systemic flush to ease overworked muscles and promote circulation.

\*\$180 | \$190 | 80 Minutes

## CUPPING TREATMENT

Hailing from the Eastern shores, this ancient Chinese art is used to create suction on the fascia and assist in pulling impurities through to the lymphatic system. This promotes circulation, reducing inflammation and promoting detoxification in the body's natural systems.

\*\$140 | \$150 | 50 Minutes

\*\$180 | \$190 | 80 Minutes

## THAI POULTICE MASSAGE

An herbal poultice wrapped in linen, with herbs designed to be anti-inflammatory and anti-spasmodic is heated and used to massage sore muscles. Originally created in the 14th century to treat Thai soldiers returning from the battlefield, this ancient art alleviates the stresses of modern life.

\*\$140 | \$150 | 50 Minutes

## SHIRODHARA SCALP TREATMENT

This traditional Ayurvedic treatment is designed to deeply soothe the nervous system, quiet the mind, and rejuvenate the body. Dhara (meaning flow), involves a steady stream of warm oil continually poured over the forehead and scalp. This subtle yet deeply calming treatment begins with a honey lavender foot scrub with honey glaze balm foot massage and finishes with the shirodhara to create a profound state of peace in body and mind.

\*\$120 | \$130 | 50 Minutes

## PRENATAL BLISS

Focused entirely on your needs, a gentle, comforting massage that will alleviate muscular aches and pains in areas prone to stress and tension during pregnancy. A vitamin-E infused oil helps promote elasticity in skin and reduce the appearance of stretch marks. *Available after 12 weeks.*

\*\$140 | \$150 | 50 Minutes

## ENHANCED RECOVERY MASSAGE

A powerful massage designed to alleviate deep seated tension and muscular stress. Starting with a percussion device to deliver vibration therapy, then experience anti-inflammatory gel and targeted magnesium application to relieve aches and aid in athletic recovery.

\*\$140 | \$150 | 50 Minutes

\*\$200 | \$210 | 80 Minutes

## SVENKA MASSAGE

A classic, relaxing Swedish massage- your therapist will knead away stress and improve circulation with the perfect combination of light to medium pressure to create an overall feeling of harmony and balance.

\*\$130 | \$140 | 50 Minutes

\*\$180 | \$190 | 80 Minutes

*\*Denotes weekday pricing, Monday-Thursday*

## WANDERING SOLE

The perfect treat for your tired feet- let us use a combination of hot towels, rosemary, mountain pine and ginger to alleviate aches, and then trigger point therapy to release tension - leaving you relaxed from the soles up.

\*\$75 | \$85 | 25 Minutes

## SEASONAL MASSAGE

Embrace our seasonal delights with this delectable service - a sugar scrub on your back removed with hot towels, followed by a full body massage.

\*\$130 | \$140 | 50 Minutes

\*\$180 | \$190 | 80 Minutes

# *body enhancements*

## CRYOSPHERE

Targeted application of cold therapy assists in recovery and flushing metabolic toxins from the body.

\$25

## HOT STONES

Enjoy a targeted hot stone application to relax the muscles.

\$25

## CANDLE POUR

A warm pour of a coconut wax candle is applied to back and feet for hydration.

\$25

## KERATIN GLOVES OR BOOTS

Warm collagen and keratin infusions nourish skin and nails for a healthy appearance.

\$15

## ANTARA CBD MASSAGE ENHANCEMENT

Bring harmony to the body with this organic CBD and passionflower enhanced service that cares for tired muscles, soothes skin and re-boots the mind.

\$35

*\*Denotes weekday pricing, Monday-Thursday*

# body treatments

## BORA BORA BEACH BUM

The best way to enjoy the beach locally! Invigorating scents of coconut and pineapple refresh tired limbs and aid circulation, while buffing your body smooth. Experience hydration with a coconut lotion application. An hour long vacation, no sunscreen needed.

\*\$130 | \$140 | 50 Minutes

## DESERT HEAT TREATMENT

A rich copper infused clay is brush painted on to your back, creating a warm, desert heat. While your muscles relax, a scalp massage takes you to the sand drifts of the Kalahari, and your service is completed with a full body massage with hot stones.

\*\$200 | \$210 | 80 Minutes

## THE GODDESS WRAP

Let this magical combination of collagen, hylauronic peptides, and longan fruit extracts deeply nourish your skin while smoothing and toning cellulite for a firm, youthful Goddess Glow.

A repairing hair mask is applied during the scalp massage so you emerge silky from head to toe.

\*\$180 | \$190 | 80 Minutes

## THE LUXE TREATMENT

Our most luxurious service ever created, treat your entire body using our esthetic skincare line Circadia. A body polish with crushed blue bamboo, followed with a firming peptide treatment to tighten and tone cellulite-prone areas. Warm keratin envelopes hands and feet for intense hydration. Trigger point massage on hands and feet melts away any cares. Treat yourself to the Luxe Life you deserve!

\*\$380 | \$390 | 120 Minutes

# facials

## HYDRAFACIAL

Our most powerful, instantaneous effect facial! The HydraFacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract and hydrate skin, and the spiral design delivers painless extractions.

\*\$225 | \$235 | 50 Minutes

\*\$335 | \$345 | 80 Minutes

## GLOBE TROTTER FACIAL

Renew and revitalize the skin with potent anti-aging peptides, powerful antioxidants, stem cells and botanicals. Infuse the skin with intelligent ingredients that will stimulate new cell growth, rejuvenate all skin types leaving a firm, luminous glow.

\*\$150 | \$160 | 50 Minutes

\*\$180 | \$190 | 80 Minutes

## AUSTRALIAN BERRY FACIAL

Brighten and rejuvenate the skin with exotic riberry, montries and pepperberries from Australia. With antioxidants and anti-inflammatory properties, these super berries are designed to provide instant brightening and glow for a beautiful complexion.

\*\$150 | \$160 | 50 Minutes

*\*Denotes weekday pricing, Monday-Thursday*

## MARACUJA FACIAL

Unveil a radiant glow with Circadia's caviar lime and passionfruit facial. This complex ingredient profile delivers unique exfoliant lime pearl caviar technology to gently rejuvenate the skin and enhance with a burst of antioxidant support, resulting in a polished glow.

\*\$130 | \$140 | 50 Minutes

## RITUAL FACIAL

Maximize hydration with Circadia's marshmallow whip mask. Dry, dehydrated skin will be transformed with a complex blend of hydrating peptides and botanicals to infuse critical hydration in the skin, resulting in overall skin health.

\*\$130 | \$140 | 50 Minutes

## DERMA-PLANE

Dermaplaning removes velous hair and dead skin cells from the top dermal layer, to reveal a fresh, glowing complexion and encourage collagen and elastin growth. Finished with a vitamin C mask for ultimate glow appeal!

\*\$130 | \$140 | 50 Minutes

# *facial enhancements*

## O2 BUBBLE

Upgrade to our bubbling oxygen infused face mask and exfoliation.

\$45 | 15 Minutes

## FLASH PEEL

Upgrade to an instantaneous, no-downtime lactic or AHA peel.

\$25

## KERATIN GLOVES OR BOOTS

Warm collagen and keratin infusions nourish skin and nails for a healthy appearance.

\$15

## EYE PERK

Targeted eye treatment for dark circles or puffiness using the HydraFacial machine, with take home product.

\$30

## LIP PERK

Targeted lip plumping treatment using the HydraFacial machine, with take home product.

\$30

# nail services

## THE LUXE MANICURE

Indulge yourself with esthetic level products in our ultimate manicure- detailed nail care, exfoliating scrub, hand mask, serum application and polish of choice.

\*\$65 | \$70 | 45 Minutes

## FARMHOUSE FRESH MANICURE

Enjoy the sweet scents of nature- detailed nail care, invigorating sugar scrub, whipped hand lotion application and polish color of choice.

\*\$55 | \$60 | 45 Minutes

## RENAISSANCE MANICURE

Our Renaissance standard- file, buff, detailed nail care, lotion application and completed with polish color of choice.

\*\$35 | \$40 | 30 Minutes

## LUXE PEDICURE

Indulge yourself with esthetic level products in our ultimate pedicure- an herbal foot soak, detailed nail care, enzyme exfoliation, callus remover treatment, clay foot mask, cellulite serum treatment on calves and foot massage, topped with your polish color of choice.

\*\$100 | \$105 | 80 Minutes

## ANTARA CBD PEDICURE

Soul to sole care is at the heart of this CBD and warm shea butter spa pedicure that brings the skin and body into harmony. As the pedicure is infused with a CBD Bath Truffle, a soothing leg and foot massage with our CBD and age defying paracress infused Balance Oil eases muscle tension and cares for skin.

\*\$85 | \$90 | 50 Minutes

## FARMHOUSE FRESH PEDICURE

Enjoy the sweet scents of nature- a soothing foot soak with bath bomb, detailed nail care, invigorating sugar scrub, whipped body lotion application and foot massage, finished with the polish color of choice.

\*\$65 | \$70 | 50 Minutes

## WANDERING SOLE

The perfect treat for your tired feet- let us use a combination of hot towels, rosemary, mountain pine and ginger to alleviate aches, and then trigger point therapy to release tension - leaving you relaxed from the soles up.

\*\$75 | \$85 | 25 Minutes

*\*Denotes weekday pricing, Monday-Thursday*

# *nail enhancements*

## FRENCH

A classic manicure staple.

\$15 | 15 Minutes

## GEL POLISH ADD ON

Add 2 week chip-resistant polish for a look that can stand the test of time!

\$25

## KERATIN GLOVES OR BOOTS

Warm collagen and keratin infusions nourish skin and nails for a healthy appearance.

\$15

## GEL REMOVAL

Safely remove gel polish while restoring nutrition and shine to nail beds.

\$15 | 15 Minutes

## HONEY HEEL GLAZE

Drench your feet in a warm, honey glaze, with enzymatic exfoliation, for baby-soft feet.

\$25

# *hair services*

## BLOWOUT

\*\$60 | \$65

## SINGLE PROCESS

\*\$75 | \$80

## CUT AND BLOWOUT

\*\$75 | \$80

## PARTIAL HIGHLIGHTS

\*\$75 | \$80

## GLAM STYLE

\*\$75 | \$80

## FULL HIGHLIGHTS

\*\$115 | \$120

# *makeup*

## GLAM MAKEUP

Want to hit the town? Our glam makeup will have all heads turning your way!

\$50 | 30 Minutes

## BRIDAL MAKEUP

Perfect for your big day- a glowing complexion, beautiful eyes and includes lashes.

\$75 | 50 Minutes

*\*Denotes weekday pricing, Monday-Thursday*

# gentlemen's services

## HYDRAFORCE

Our most powerful, instantaneous effect facial! The HydraFacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract and hydrate skin, and the spiral design delivers painless extractions.

\*\$225 | \$235 | 50 Minutes

## GENTLEMEN'S FACIAL

A vigorous exfoliation, luscious face mask and neck massage combined with a beard oil treatment makes this facial the perfect one for our gentlemen guests.

\$130 | 50 Minutes

## EXECUTIVE MANICURE

Prepare for a perfect handshake with this manicure- cut, file, and matte buff.

\$35 | 30 Minutes

## EXECUTIVE PEDICURE

All the details matter from head to toe- a soak, foot scrub, detailed nail care and filing make this the relaxing pedicure for you.

\*\$55 | \$65 | 50 Minutes

## MEN'S CUT

Relaxing scalp massage shampoo, hot neck towels and a sharp cut to keep you looking dapper.

\$40 | 30 Minutes

# waxing

## BROW

\*\$30 | \$35

## FULL ARM

\*\$50 | \$55

## BROW, LIP AND CHIN

\*\$50 | \$55

## HALF ARM

\*\$35 | \$40

## BIKINI

\*\$65 | \$70

## FULL LEG

\*\$70 | \$75

## UNDERARM

\*\$30 | \$35

## HALF LEG

\*\$45 | \$50

# spa day pass

Includes seasonal spa DIY treatment, complimentary drink and parking validation.

## WEEKDAY

\$50 | Monday–Thursday

## WEEKEND

\$100 | Friday–Sunday

*\*Denotes weekday pricing, Monday-Thursday*

# 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 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 15 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

Upon arrival at the Spa, you will be given a locker to store your personal belongings. A robe and sandals will be provided for you. 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. *A COVID-19 release form must be filled out prior to starting your services. At the time of check in, you will also receive a touchless temperature check.*

## 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 and guest privacy, 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 24 hour cancellation notice is required for a la carte services. Without a 24 hour cancellation notice, you will be charged 100 percent of total services. If you do not arrive for an appointment, you will be charged in full. Group cancellations 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, or to add to your bill. For your convenience, a gratuity of 20 percent per service will be added to group contracts.

*Spa hours, services, amenities and prices subject to change without prior notice. (October 2021)*

RENAISSANCE MONTGOMERY HOTEL & SPA  
AT THE CONVENTION CENTER

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