



**MENU OF SERVICES**

**Hours of Operation:**

Monday: Pre-Booking only 12 pm – 4 pm  
Tuesday through Saturday: 9 am – 6 pm  
Call: 276-619-5279

**Pricing is determined by the day of the week:**

*Unwind Days:* Tuesday through Thursday

*Escape Days:* Friday through Saturday

Gratuity is not included in pricing below but will be added at your discretion at time of checkout. We recommend a minimum of 20% to ensure our technicians are fairly compensated for their services. We appreciate your cooperation!

**Cancellation Policy**

Your appointment time is held exclusively for you and your service provider. For this reason, we respectfully request a 24-hour cancellation policy. Guests who cancel with less than 24-hours’ notice, or do not show for their scheduled appointment, will be charged 50% of the total treatment price. A credit card number is required at the time of booking to hold your reservation.

**Grand Couples Retreat**

A private retreat for enjoying spa time together. The Suite features two hydrotherapy tubs, massage area, private shower, Champagne, Cheese/Dessert Board and relaxation space. Begin your couples experience with a relaxing Swedish massage in our beautiful room for two followed by a warm, hour long, aromatic hydrotherapy soak. Relax, rejuvenate and reconnect.

2 Hours (60 Min. Massage):

Unwind Days: \$445  
Escape Days: \$475

2 and ½ Hours (80 Min. Massage):

Unwind Days: \$545  
Escape Days: \$575

**Swept-Away Spa Encounter Package**

Treat your “someone special” to a day at the Spa! The full package includes the following, and can be upgraded to a premium service.

5 Hours: Unwind Days: \$470  
Escape Days: \$560

- Loosen Up Massage 60 min.
- Bright Eyes (eye rejuvenation) 30 min.
- Cameo Skin Treatment 30 min.
- Scalp Massage 10 min.
- On-The-Go Manicure 45 min.
- Hand Nourishing Treatment 15 min.
- On-The-Go Pedicure 45 min.
- Foot Nourishing Treatment 15 min.
- Travel Size Hand & Foot Relief

**Ultimate Spa Package**

Treat your “someone special” to a day at the Spa! The full package includes the following:

2.5 Hours: Unwind Days: \$255  
Escape Days: \$315

- Cameo Facial 30 min.
- Spa Manicure 1 hr.
- Spa Pedicure 1 hr.

**Facial-to-go Package**

Keep your skin fresh and energized at home after your treatment with our Botanical Kinetics Collection:

Purifying Gel Cleanser  
Skin Toning Agent \$122 + Tax  
Hydrating Lotion  
Energizing Eye Crème

**Massage-to-go Package:**

Keep your skin and body feeling refreshed at home after your treatment with our take home Aveda Collection:

Hand Relief  
Foot Relief \$89 + Tax  
Composition Oil

**FOOD/BEVERAGE OPTIONS**

Cheese/Fruit/Nut Board \$15  
Chicken Salad Croissant \$10  
Garden Salad \$10

Soft Drink/Water \$1  
Glass of wine/champagne \$9  
Pitcher of Mimosas \$30

## SKINCARE SERVICES

**Skin Deep Facial:** Cleansing and exfoliation plus a toning mask and massage...our signature facial will leave you glowing. This specialized treatment is designed to promote healthy and radiant skin and will be customized for your skin type and needs.

1 Hr. Unwind Days: \$132  
Escape Days: \$152

**Cameo Facial:** Intended for those who care about their skin but time is of the essence. Personalized for specific skin type and needs; very hydrating and relaxing.

30 Min. Unwind Days: \$85  
Escape Days: \$105

**Botanical Skin Resurfacing Facial:** This hands-on experience utilizes the exfoliation power of natural bamboo extract and finely powdered tourmaline gemstone to smooth skin texture. The treatment also reduces fine lines and diminishes pore size while increasing radiance and giving glowing results comparable to salon microdermabrasion but with less irritation and inflammation.

1 Hr. Unwind Days: \$145  
Escape Days: \$165

**Essential Back Treatment:** The hard-to-reach area of your back is tended to during this deep cleansing and hydrating service. Shoulders, neck and back receive an invigorating exfoliation, purifying pore extractions, massage and hydrating treatment.

1 Hr. Unwind Days: \$132  
Escape Days: \$152

### Skincare Add-Ons:

<b>Bright Eyes</b>	30 Min.	\$62
<b>Hand or Foot Nourishing:</b>	15 Min:	\$18
<b>Hand or Foot Massage:</b>	10 Min.:	\$18
<b>Scalp Massage:</b>	10 Min.:	\$18
<b>Collagen Eye Mask:</b>	15 Min:	\$18
<b>Collagen Face Mask:</b>	15 Min:	\$30

## HYDRAFACIAL® SERVICES

The HydraFacial® is the state-of-the-art method of hydrodermabrasion known to produce results superior to microdermabrasion without client discomfort or downtime. Softens the appearance of fine lines, wrinkles, hyperpigmentation and acne-prone skin. Rejuvenates and protects the health of your skin, providing immediate and long-term differences. Each service begins with a light Facial, Neck & Décolleté massage.

**Platinum HydraFacial®:** The ultimate HydraFacial® experience. Begin the detoxification with lymphatic drainage, followed with the Signature HydraFacial to deeply cleanse, extract and hydrate the skin. Address skin concerns with a personalized Booster designed to target your specific skin needs. This treatment concludes with LED light therapy to further reduce the visible signs of aging.

60 Min.: \$330

**Deluxe HydraFacial®:** This invigorating treatment includes deep cleansing, exfoliating, and extracting impurities from the skin while simultaneously infusing nourishing ingredients to hydrate the skin. The Deluxe HydraFacial® also includes a personalized Booster to address your specific skin concerns and LED Light Therapy to further reduce visible signs of aging.

45 Min.: \$285

**Signature HydraFacial®:** This invigorating treatment includes deeply cleansing, exfoliating, and extracting impurities from the skin while simultaneously infusing nourishing ingredients to hydrate the skin. Upgrading to The Platinum or Deluxe HydraFacial® enhances your experience with a personalized Booster, LED Light Therapy, and Lymphatic Drainage options.

30 Min.: \$205

### HYDRAFACIAL® BODY TREATMENTS & ADD-ONS

<b>Neck &amp; Décolleté:</b> 15 Min.	\$100
<b>Hands:</b> 15 Min.	\$45
<b>Arms:</b> 15 Min.	\$125
<b>Perk Eye Add-On:</b>	\$42
<b>Perk Lip Add-On:</b>	\$42

## FOOD/BEVERAGE OPTIONS

<b>Cheese/Fruit/Nut Board</b>	<b>\$15</b>
<b>Chicken Salad Croissant</b>	<b>\$10</b>
<b>Garden Salad</b>	<b>\$10</b>

<b>Soft Drink/Water</b>	<b>\$1</b>
<b>Glass of wine/champagne</b>	<b>\$9</b>
<b>Pitcher of Mimosas</b>	<b>\$30</b>

## **MASSAGE/BODY SERVICES**

**The Odyssey Journey:** This nurturing treatment takes you beyond relaxation with a vigorous, full-body, dry-exfoliation followed by an application of your specific aroma blend oil. As the body brush exfoliation will detox, improve immune system, reduce stress and cellulite, our special blend of oils will renew the body, revealing smoother, softer skin. While wrapped and cozy in a warm blanket, relax further with a scalp brushing as you calm.

60 Min.: Unwind Days: \$145  
Escape Days: \$165

**Loosen Up Massage:** Our signature, indulgent and relaxing full-body Swedish massage stimulates circulation and soothes tight and tired muscles. Tension dissolves, leaving only comfort and well-being behind.

30 Min.: Unwind Days: \$84  
Escape Days: \$104  
60 Min.: Unwind Days: \$130  
Escape Days: \$150  
80 Min.: Unwind Days: \$150  
Escape Days: \$170

**Hot Stone Massage:** Enjoy the soothing weight and radiant heat of our hot stones to penetrate the muscle tissue, inducing deep relaxation.

60 Min.: Unwind Days: \$140  
Escape Days: \$160  
80 Min.: Unwind Days: \$180  
Escape Days: \$200

**Deep Tissue Massage:** Alleviate stress, reduce muscle spasms and target chronic pain with this deep-pressure massage.

30 Min.: Unwind Days: \$106  
Escape Days: \$126  
60 Min.: Unwind Days: \$156  
Escape Days: \$176  
80 Min.: Unwind Days: \$215  
Escape Days: \$235

**Deep Tissue Massage with Hot Stones:** We added hot stones to our deepest pressure massage to provide maximum relief and relaxation.

60 Min.: Unwind Days: \$176  
Escape Days: \$196  
90 Min.: Unwind Days: \$235  
Escape Days: \$255

**Reflexology:** Experience a massage for the feet with full-body benefits including acupressure points to calm & rejuvenate. Improves circulation and promotes relaxation.

30 Min.: Unwind Days: \$85  
Escape Days: \$105

**Mommy Massage:** Designed to soothe and comfort the pre- and post-natal mom. Those in their first trimester or experiencing a high-risk pregnancy should consult with their doctor before scheduling this service.

60 Min.: Unwind Days: \$130  
Escape Days: \$150

**Couples Together or Just Friends:** Enjoy our indulgent and relaxing full-body Swedish massage with someone special.

60 Min.: Unwind Days: \$260  
Escape Days: \$300  
80 Min.: Unwind Days: \$300  
Escape Days: \$340

**Stress-Fix™ Massage:** Clinically proven to reduce feelings of stress, the Stress-Fix aroma with lavender, lavandin and clary sage is incorporated throughout this body massage combining Swedish and deep tissue massage along with foot reflexology, acupressure points to calm and rejuvenate you.

80 Min.: Unwind Days: \$155  
Escape Days: \$175

### **Massage Add-Ons:**

**Hand or Foot Nourishing:** 15 Min: \$18  
**Hand or Foot Massage:** 10 Min: \$18  
**Scalp Massage:** 10 Min.: \$18

## **FOOD/BEVERAGE OPTIONS**

**Cheese/Fruit/Nut Board \$15**  
**Chicken Salad Croissant \$10**  
**Garden Salad \$10**

**Soft Drink/Water \$1**  
**Glass of wine/champagne \$9**  
**Pitcher of Mimosas \$30**

## NAIL SERVICES

**On-the-Go Manicure:** A relaxing manicure that includes exfoliation, light massage, nail grooming and polish application.

40 Min.: Unwind Days: \$70  
Escape Days: \$90

**Spa Manicure:** This ultimate service includes exfoliating scrub, moisturizing masque and a gentle tension-relieving hand massage. Followed by nail and cuticle grooming and nail polish application. Includes complimentary glass of champagne.

60 Min.: Unwind Days: \$85  
Escape Days: \$105

**On-the-Go Pedicure:** A shortened version of the spa pedicure. This treatment includes a relaxing soak, foot massage, grooming and polish application.

40 Min.: Unwind Days: \$70  
Escape Days: \$90

**Spa Pedicure:** This ultimate signature service includes a soak, sugar scrub, hydrating mask, callus treatment, massage and polish application. Perfect for rejuvenating tired and aching feet. Includes complimentary glass of champagne.

60 Min.: Unwind Days: \$85  
Escape Days: \$105

**Regular Polish Change:** \$24

### Nail Add-Ons:

**Gel Polish:** (added to any nail service) \$12  
**Hand or Foot Nourishing Treatment:** 15 Min. \$18  
**Hand or Foot Massage:** 10 Min. \$18

**Gel/Acrylic/Traditional Removal:** We will be happy to remove previously applied product. We are committed to natural nails so no drills will be utilized. Nails must be soaked to remove all traces prior to receiving a manicure. We will not remove gel polish applied to toes. Additional time is required.

30 Min. \$40

**Shellac Soak-Off Removal:** 15 Min. \$12

For more information on our spa and amenity policies, please visit the "Spa" tab on our website at <http://www.themartaha.com/abingdon-va-hotel-spa.php>. You can now view availability and book appointments on our website for your next visit!

## WAXING SERVICES

<b>Brow Wax</b>	\$28	<b>Lower Leg</b>	\$60
<b>Lip</b>	\$18	<b>Full Leg</b>	\$80
<b>Chin</b>	\$18	<b>Back</b>	\$80
<b>Face Sides</b>	\$24	<b>Forearm</b>	\$42
<b>Full Face</b>	\$78	<b>Full Arm</b>	\$65
<b>Bikini</b>	\$55	<b>Underarm</b>	\$40
<b>Brazilian</b>	\$90		

## SPECIALTY SERVICES

<b>Brow Tint</b>	\$37
<b>Lash Tint</b>	\$42
<b>Lash Lift</b>	\$47
<b>Lash Lift &amp; Tint</b>	\$89

## SALON SERVICES

**\*Prices vary based on length/thickness of client's hair and usage of products during service.**

<b>Women's Haircut</b>	\$50
<b>Men's Dry Cut</b>	\$30
<b>Men's Shampoo &amp; Cut</b>	\$37
<b>Shampoo, Blow Dry, Style</b>	\$55
<b>Kid's Cut (up to 5 years)</b>	\$25
<b>Kid's Cut (6-12 years)</b>	\$30
<b>Bang Trim</b>	\$15
<b>Deep Conditioning Treatment</b>	\$60
<b>Perm</b>	\$100 & up
<b>Base Color</b>	\$100 & up
<b>Foil Highlights (single color)</b>	\$150 & up
<b>Balayage (single color)</b>	\$185 & up
<b>Each additional color</b>	\$30
<b>Men's Base Color</b>	\$80 & up

<b>Event/Bridal Styling Hair</b>	\$150 & up
<b>Event/Bridal Makeup</b>	\$150
<b>Event Hair &amp; Makeup</b>	\$300
<b>Event Trial Day + Hair &amp; Makeup</b>	\$400

### Bridal Packages

<b>Bride + up to 5 Hair</b>	\$1,000
<b>Bride + up to 5 Hair &amp; Makeup</b>	\$2,000
<b>Bride + up to 10 Hair &amp; Makeup + Trial Run</b>	\$4,500

## FOOD/BEVERAGE OPTIONS

<b>Cheese/Fruit/Nut Board</b>	<b>\$15</b>
<b>Chicken Salad Croissant</b>	<b>\$10</b>
<b>Garden Salad</b>	<b>\$10</b>

<b>Soft Drink/Water</b>	<b>\$1</b>
<b>Glass of wine/champagne</b>	<b>\$9</b>
<b>Pitcher of Mimosas</b>	<b>\$30</b>