



The Spa *at the Martha*

The Spa at The Martha, located in the historic district of Abingdon, Virginia, offers a beautiful environment where guests and locals can indulge in relaxation, exercise, salon, and spa treatment services. The Spa at The Martha focuses on revitalization and relaxation and voted Virginia's Top 10 Resort Spas in Virginia.

Hours of Operation:

Monday through Thursday: 9 am – 4:30 pm

Friday & Saturday: 9 am - 6 pm

Sunday: Closed

Call: 276-619-5279

Online booking available @

<https://na.spatime.com/mwi24210/30857340/home>



Spa Information

• The Spa houses a fitness area featuring advanced Life Fitness exercise equipment, changing areas with lockers, a steam room, and shower facilities. Adjoining The Spa is our natatorium with a retractable roof where guests can swim in our therapeutic saltwater pool year-round. Outside, guests can enjoy the waterfall Jacuzzi, lighted tennis courts, gazebo, and stone fire pit area.

Same-day spa services over \$100 include use of the above property amenities.

ARRIVAL FOR YOUR SCHEDULED APPOINTMENT

Please arrive 15 minutes prior to your service to allow for check-in, getting set in your locker, and to enjoy a heated neck wrap while you settle in before your service.

GRATUITIES & FEES

Gratuities is not included in pricing 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

SPA ATTIRE / PERSONAL POSSESSIONS

Complimentary use of robe, slippers, and lockers are provided for all Spa guests. Although a locker will be provided for your use, we request that you leave your valuables at home or in your hotel room or safe. Our staff is professionally trained in proper draping to ensure your modesty is never compromised.

CANCELLATION NOTICE

Your spa 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 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.

SOME OTHER SPA TIPS

• Give your therapist feedback as to your comfort and special trouble areas
• Know that you may be silent or conversational with your therapist. They will take their cue from you.

• Share public space respectfully with other spa guests.

• Guests under the age of 16 must be accompanied by an adult.



Packages

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 experience in our beautiful room for two with a warm, hour long, aromatic hydrotherapy soak while you rejuvenate and reconnect. Finish the service with a 60 or 80 minute couples massage, body treatment or facial- all equally relaxing.

2 Hours (50 Min. Massage): \$475

2 and ½ Hours (80 Min. Massage): \$575

Swept-Away Spa Encounter Package:

Signature Swedish Massage 50 min. Bright Eyes (eye rejuvenation) 30 min.

Cameo Skin Treatment 30 min. Scalp Massage 10 min.

On-The-Go Manicure 40 min. Hand Nourishing Treatment 15 min.

On-The-Go Pedicure 40 min. Foot Nourishing Treatment 15 min.

Travel Size Hand & Foot Relief

5 Hours: \$560

Ultimate Spa Package :

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

2.5 Hours: \$315

Chemical Peel Package:

1 per week or 1 biweekly for 4 treatments: \$700(\$100 discount)

Aftercare retail package: \$175

Hydrafacial Package:

1 per month for 3 treatments, get your 4th free: \$615 (\$205 discount)

Signature only, can be upgraded



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.

30 Min. \$105

50 min. \$152

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.

50 min. \$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.

50 min. \$152

Age Reversal Facial:

Our ultimate age reversal facial treatment is perfect for clients with all skin types who are aiming to breathe life back into their skin with antiaging benefits. This delicate treatment is tailored for each individual needs with a combination of result driven products that promote firmness, bestowing softness and an even skin tone with exceptional luminosity.

50 min. \$156

Gentleman's Charcoal Facial:

Our Gentleman's Facial is an aromatic, deep cleansing, and hydrating treatment designed specifically to address male skincare needs. We use a variety of products that cleanse the skin pores, removing all the impurities and debris from deep within your skin. Each individual is unique — while men have differing skin characteristics, each individual has distinctive cosmetic concerns, such as acne, pigmentation problems, etc.

Our skincare providers curate the ideal ingredients for your specific needs.

50 Min. \$132

Skincare Add-Ons:

Bright Eyes: 30 Min. \$62 Collagen Eye Mask: 15 Min. \$18

Collagen Face Mask: 15 Min. \$30 Machine Extractions: 15 Min. \$40 LED Therapy: 10 Min. \$35

Hydrafacial Services/ Chemical Peels

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.

\$205

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.

\$285

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.

\$330

Lactic Peel Facial:

A superior exfoliation treatment that rejuvenates and brightens the skin. Incorporating Lactic Acid, this peel treatment will increase your skin's natural moisture supply, restore its natural barrier, and reduce hyperpigmentation. This is the preferred peel for hyperpigmentation and will leave the skin brighter, smoother and hydrated with little to no downtime.

45 Min. \$200

Glycolic Peel Facial:

Our Glycolic acid peel facial will exfoliate the top layer of skin to reveal the newly maturing skin underneath. The benefits include decreasing the appearance of blemishes, sun spots, age spots, wrinkles, and fine lines. The perfect way to give your skin a reset!

45 Min. \$200

HYDRAFACIAL® BODY TREATMENTS & ADD-ONS

Neck & Décolleté: 15 Min. \$100 Hands: 15 Min. \$45

Arms: 15 Min. \$125 Perk Eye or Perk Lip: \$42

Seasonal Booster: \$50



Massage Services

Signature Swedish 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. \$104 50 Min. \$150 80 Min. \$180

Hot Stone Massage:

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

50 Min. \$160 80 Min. \$200

Deep Tissue Massage:

Alleviate stress, reduce muscle spasms and target chronic pain with this deep-pressure massage.

30 Min. \$126 50 Min. \$176 80 Min. \$235

Deep Tissue Massage with Hot Stones Massage:

We added hot stones to our deepest pressure massage to provide maximum relief and relaxation.

50 Min. \$196 80 Min. \$255

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.

50 Min. \$150 80 Min. \$180

Couples Together or Just Friends Massage:

Enjoy our indulgent and relaxing full-body Swedish massage with someone special.

50 Min. \$300 80 Min. \$360

Stress-Fix™ Massage:

Proven to reduce feelings of stress; the Stress-Fix aroma with lavender, lavandin and clary sage is incorporated throughout this full body treatment to leave you feeling completely relaxed and stress free.

80 Min. \$235

Massage Add-Ons:

Hot Stones: \$26 Upgrade to deep pressure: \$30

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



Body Treatment 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. \$165

Aromatherapy Hydrating Body Treatment:

The ultimate service to experience relaxing and lasting skin results all over! It intensifies hydration, enhances skin defenses, and moisturizes even the most damaged skin. The rich, soft, warming balm uniquely melts on contact, leaving the skin so perfectly hydrated! Your choice of aromatherapy is incorporated to enhance your experience. Hot Stones are incorporated to elevate the treatment and finished with a scalp, and arm + hand massage.

60 Min. \$175

Skin Refining Mask Body Treatment:

Formulated with a blend of avocado oil, microalgae, and aloe to exfoliate and renew the skin. This mask hydrates to reveal radiant, glowing skin, while the rejuvenating scent of Citrus Cardamom elevates the senses. Suitable for sensitive skin and vegan friendly + free of parabens, petrochemicals, synthetic fragrances, and dyes. Completed with a scalp and neck massage.

60 Min. \$150

Loosen Up Tired Tissue Body Treatment:

Experience the benefits of CBD oil in this unique Lavender & Rosemary CBD Body Treatment. This blend is designed to moisturize and rejuvenate the skin while winding the body down from a day of activities and stress. Blended with lavender essential oil, this relaxing oil offers a fragrant tension tamer from a stressful day. Made from 6 vitamin-rich, deeply moisturizing oils, it makes the perfect solution for targeting the appearance of dry skin, fine lines, and wrinkles. Complete with a scalp + foot massage.

60 Min. \$160

Upper Body Restoration

Transform the way you look and feel with our upper body restoration. The treatment begins with a customized 30-minute facial that targets your specific skincare needs leaving you glowing. Complete with a Lavender & Rosemary CBD oil massage focusing on the scalp, neck and shoulders- this treatment exceeds all your wants and needs.

60 Min. \$150



Nail Services

On-the-Go Manicure:

A relaxing manicure that includes exfoliation, light massage, nail grooming and polish application.

40 Min. \$80

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. \$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. \$80

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. \$105

Dip Manicure:

A type of artificial nail that uses a powder to create a more durable and long-lasting finish.

Unlike traditional acrylic nails, dip powder nails uses a pre-mixed powder that is dipped directly into a liquid solution before being applied to the nail. This creates a stronger and more resilient nail that is less likely to chip or break. Dip powder nails are also known for their glossy finish and natural-looking appearance.

60 Min. \$115

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

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

Paraffin Foot or Hand Wrap: 15 Min. \$40

Salon Services

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

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

Event/Bridal Styling Hair	\$150 & up
Event/Bridal Makeup	\$150
Event Hair & Makeup	\$300
Event Trial Day + Hair & Makeup	\$400

Bridal Packages	
Bride + up to 5 Hair	\$1,000
Bride + up to 5 Hair & Makeup	\$2,000
Bride + up to 10 Hair & Makeup	\$4,500

Special Events

Accommodations for private events including bridal parties, birthday parties, family gatherings or special occasions are available on Sundays. Requests must be submitted a month prior to the Spa Director, @mquales@themartha.com

Room Rental: \$250 per day | \$100 decoration fee

No outside food or drinks, light refreshments available and catering through Sisters American Grille.

Spa service availability may be limited according to technician availability. Spa services must equal to \$100 for access to facilities. All services are subject to a 22% group gratuity fee.



Waxing & Specialty Services

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

Brow Tint: \$37
Brow Lamination & Wax: \$85
Brown Lamination, Tint, & Wax: : \$115
Brow Henna & Wax: \$95
Lash Tint: \$42
Lash lift: \$47
Lash Lift & Tint: \$90

Hydrotherapy Soaks:

The perfect start or finish to your spa day: A 30 minute soak in one of our hydrotherapy tubs! Loosen up your muscles and escape into tranquility in our private retreat. Choose from the following healing Epson salt blends: Lavender, Eucalyptus, or Coconut.

Available for single or couples services (includes mimosa or hot tea)

\$50- single session/\$100- couples session

Thank you for choosing the Spa at The Martha.