

The Spa
at the *Martha*

Menu of Services



The
Martha
Inn & Spa

APPOINTMENT INFORMATION

Arrival Time

To allow time to change and begin your relaxation in our solace room, please arrive 15 minutes prior to your scheduled spa service. To ensure all guests receive their full treatment, we will do our best to accommodate late arrivals, but we cannot guarantee service to guests arriving 15 minutes after their scheduled appointment time.

Gratuities

Our goal is to ensure that you have a comfortable and satisfying experience. For your convenience, an 20% gratuity will be added to all spa and salon services which will go to your service provider. Should you wish to adjust that amount in appreciation of outstanding service, additional gratuities may be given at your discretion. Should this be your choice, simply inform the front desk at time of checkout to adjust your bill accordingly.

Cancellation Policy

Your spa time is held exclusively for you and your service provider. For this reason, we must enforce a 24-hour cancellation policy. Guests who cancel with less than 24-hours' notice will be charged 50% of the total treatment price. A credit card number is required at the time of booking.

Spa Facility Use

The Spa facilities include: men's and women's locker rooms, showers, steam, relaxation lounge, refreshment area and complimentary use of a spa robe, sandals and towels. Use of the indoor saltwater pool, outdoor waterfall Jacuzzi, exercise room with Life Fitness equipment, lighted tennis courts and outdoor patios is always complimentary for our in-house Inn guests.

For Your Comfort

Robes, sandals, a private locker and an array of toiletries are provided for use during spa treatments. The Spa is a smoke- and cell-phone-free facility. To ensure the enjoyment of all our guests, you will be required to turn your cellular phone off upon arrival and leave it off for the duration of your visit.

For Your Safety

Please inform our reception desk if you are pregnant. You will have the opportunity to inform your service provider if you have any medical conditions such as high blood pressure, heart ailments, cancer, or any condition that may be contraindicated for heat therapies, massage or skin care. Please avoid sun exposure following skin-care treatments.

Personal Possessions

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. The Martha Washington Inn and Spa is not responsible for lost or stolen items.

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
- ✧ Relax... that's why you're here!

SPA PACKAGES

- Swept Away for a Day**\$380
50-minute Loosen Up Massage; Skin Deep Facial; Spa Pedicure and Manicure
- Spa Sampler** \$215
30-minute Loosen Up Massage; Pure Focus Facial; On-the-Go Manicure or On-the-Go Pedicure

COUPLES SUITE

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

Hydrotherapy Soak, 50-min. Massage

Two hours\$405

Hydrotherapy Soak, 80-min. Massage

Two and ½ hours \$505

Hydrotherapy Soak, 50-min. Massage and Skin-Deep Facial

Three hours\$620

Hydrotherapy Soak, 80-min. Massage and Skin-Deep Facial

Three and ¾ hours\$720

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MASSAGE

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

30 min./\$75 • 50 min./\$105 • 80 min./\$140

Touchstone of Relief: Enjoy the soothing touch of our hot-stone massage. The weight and radiant heat of the stones penetrate the muscle tissue, inducing deep relaxation.

60 min./\$125 • 80 min./\$160

Deep Tissue: Get to the bottom of things with this deep-pressure massage used to reduce muscle spasms and chronic pain.

60 min./\$135 80 min./\$180

Reflexology: Experience a massage for the feet with full-body benefits. Improves circulation and promotes relaxation.

30 min./\$75 • 50 min./\$105

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

60 min./\$155 • 80 min./\$200

Moms To Be: 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./\$105

Couples or Just Friends: Enjoy our indulgent and relaxing full-body Swedish massage with someone special. 50 min./\$210 • 80 min./\$280

Chakra™ Balancing Massage: Steeped in the tradition of Ayurveda, the ancient healing art of India, this innovative spa ritual merges massage with our Chakra™ Balancing Blend aromas to open and balance the chakras—energy centers of the body. Features deep-tissue massage on the back and spinal muscles, reflexology and energy work for the chakras. 80 min./\$145

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./\$145

Highlands Head-to-Toe: Enjoy a true indulgence with a facial and simultaneous reflexology. An esthetician will customize our signature facial while a massage therapist performs relaxing reflexology. Pure bliss. 30 min./\$175 • 50 min./\$250

FACIAL TREATMENTS

Skin Deep Facial: Cleansing, exfoliation, toning mask and massage will promote healthy radiant skin in this specialized service. Will be customized for skin type and needs. 50 min./\$115

Pure Focus Facial: Intended for those who care about their skin but time is of the essence. Personalized for specific skin type and needs; does not include massage. 30 min./\$75

The Eyes Have It: Experience a refreshed and rejuvenated look. This treatment utilizes products created just for the eye area. Restores tone and vitality. Pairs well with a facial or waxing service. 10 min./\$40

Botanical Skin Resurfacing: This hands-on experience utilizes the power of tourmaline gemstone to smooth skin texture, reducing fine lines and diminishing pore size while increasing radiance, giving glowing results comparable to salon microdermabrasion but with less irritation and inflammation. 30 min./\$95 • 50 min./\$135

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./\$120

HYDRAFACIAL®

The HydraFacial® is the state-of-the-art method of hydro-dermabrasion known to produce results superior to micro-dermabrasion without client discomfort or downtime. Softens the appearance of fine lines, wrinkles, hyperpigmentation and acne-prone skin.

Signature HydraFacial®: This treatment deeply cleanses, extracts and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid. 60 min./\$199

Deluxe HydraFacial®: These invigorating treatments include all of the essentials of the Signature HydraFacial while addressing specific skin concerns through HydraFacial's boosters and protocols.

Restorative HydraFacial®: Add CTGF® to improve the appearance of skin tone, texture, and elasticity. 60 min./\$295

Radiance HydraFacial®: Add a Britenol® Vortex-Booster® to minimize the appearance of dark spots. 60 min./\$250

Age-Refinement HydraFacial®: Add a DermaBuilder® Boost to reduce the appearance of fine lines and wrinkles. 60 min./\$251

Clarifying HydraFacial®: Extended extractions with blue LED light therapy to remove congestion. 60 min./\$225

Platinum HydraFacial®: The ultimate HydraFacial experience. Begin the detoxification with lymphatic drainage. Follow with the Signature HydraFacial to deeply cleanse, extract and hydrate the skin. Address specific skin concerns with your choice of the Britenol® or DermaBuilder® booster. This treatment concludes with LED light therapy to further reduce the visible signs of aging. 80 min./\$325

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Spa Pedicure: This signature service includes a soak, sugar scrub, hydrating mask, callus treatment, massage and polish application. Perfect for rejuvenating tired and aching feet.

60 min./\$80

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./\$65

Express Pedicure: Enjoy a relaxing soak, light exfoliation, nail grooming and polish application. Perfect for those in a hurry or as maintenance between longer pedicures. 25 min./\$40

Regular Polish Change: (Includes Filing) /\$20

Add-Ons

Gel Polish

(added to any full-length nail service).....\$10

Paraffin Treatment

(added to any full-length nail service)...\$15 per area

Gel Polish Removal

We will be happy to remove previously applied gel nail polish. Because we are committed to natural nails, no drills will be utilized. Nail 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. There will be no additional charge for removal of CND shellac. 30 min./\$40

*Upgrade your Spa Pedicure with a Stress-Fix add-on that includes lavender infused soak-ing salts and scrub. /\$15

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THE SALON AT THE MARTHA

Women's Haircut	\$35
Men's Dry Cut	\$18
Men's Shampoo Cut	\$23
Shampoo and Blow Dry	\$25
Kid's Cut (up to 5 yrs)	\$18
Kid's Cut (6-12 yrs).....	\$23
Bang Trim.....	\$10
Beard Trim	\$10
Awapuhi Conditioning Treatment	\$35 & up
Specialty Hair Treatments.....	\$15 & up
Heat Styling Add-On.....	\$10 & up
Chemical Straightening.....	\$350 & up
Perm.....	\$65 & up
Specialty Perm	\$95 & up
Base Color.....	\$65 & up
Foil Highlights (single color)	\$95 & up
Each additional color	\$15
Men's Base Color	\$45 & up
Men's Flashback... ..	\$25

*Color prices will vary per individual need
and prices listed are a starting point.*

Event/Bridal Styling.....	\$85 & up
Event/Bridal Consultation.....	\$65 & up


*Please note that Event and Bridal styling
do not include shampoo and blow dry.*


*Automatic gratuity does not apply
to above salon services.*

Brow tint	\$25
Make Up Application	\$35

Our Facility

Located in the historic district of Abingdon, Virginia, The Spa at The Martha offers a beautiful environment where both hotel and local guests can indulge in relaxation, exercise and spa treatment services.

 The Spa features private, beautifully appointed treatment rooms for massages, facials, and wet treatments; a couples suite with soaking tubs; salon and manicure/pedicure areas; a relaxation room; and a retail boutique.

 The Spa also 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 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 firepit area.

HOURS OF OPERATION

Spa Services

Monday through Saturday: 9:00 AM–6:00 PM

GIFT CERTIFICATES

Gift cards may be purchased by calling The Spa at (276) 619-5279. Gift cards expire one year from the date of purchase and are nontransferable.

The
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