

SOLASTA SPA

at

Valhalla

Massage

Swedish Massage

60/90 min \$130/\$195

Deep Tissue Massage

60/90 min \$145/\$215

Ultimate Aroma Therapy

60 min \$125

Hiker's Relief Massage

60 min \$145

Couples Retreat Massage

60/90 min \$260/\$390

Aroma Stone Massage

75 min \$180

Mother to Be Massage

60 min \$145

Reflexology Foot Massage

30 min \$70

Facials

Mountain Mist Facial

60 min \$125

Quick Fix Refresher

30 min \$90

Visible Brilliance Facial

60 min \$150

Signature Solasta Collagen Lift

75 min \$185

Hands and Feet

Solasta Spa Manicure

60 min \$60

Solasta Spa Pedicure

60 min \$80

Bourbon Bubbler Pedicure

30 min \$60

MANicure

30 min \$30

Body Treatments

Rejuvenating Body Polish

30 min \$90

Lime and Ginger Salt Glow

60 min \$125

Musclease Aroma Spa Wrap

75 min \$150

Rose and Geranium Moisture Wrap

60 min \$105

Salon Services

Blow dry and Style \$42

Women's Cut and Style \$53

Men's Cut \$30

Color Retouch \$72

Lash Application \$25

Full Color \$90

Foil Retouch \$103

Bridal Services

Bridal Hair Up \$90

Bride's Maid (up) \$78

Makeup \$65

Bridal Package \$259

Mani, Pedi, Hair & Makeup

**additional charge for long hair

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PACKAGES

Solasta Spa Package 4 hrs. \$470

Solasta Spa Manicure

Solasta Spa Pedicure

Solasta Signature Facial

Solasta Signature Stone Massage

Includes Lunch and a Glass of Wine

Journey to Relaxation 2hrs. \$225

Mountain Mist Facial

Ultimate Aromatherapy Massage

Herbal Tea Break

Couples Romance Package 1 hr. \$295

Side by Side Swedish Massages

After your massage enjoy a Glass of Bubbly and

Chocolate Covered Strawberries

Pure Bliss Ritual 3 hrs. \$390

Rejuvenating Body Polish

Rose and Geranium Mud Wrap

Scalp and Facial Massage

Hot Stone Massage

Your journey includes a fresh Cheese Plate

and a glass of wine

The Renewal 3hrs \$270

Solasta Spa Manicure

Solasta Spa Pedicure

Mountain Mist Facial

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SOLASTA SPA FAQs

When shall I make reservations? We encourage you to make reservations one week in advance by calling (706) 878-2200. Our spa reservations agents are available to help you plan the perfect spa experience, including the best order for your treatments.

Cancellation 24 Hour notification required avoiding full charge for treatments scheduled.

Should I shave? Shaving is not recommended prior to body treatments or hair removal services. Shaving is recommended but not necessary for men 2 hours prior to a facial.

What should I wear? Swimsuits are required in our steam room. Most body treatments are enjoyed without clothing; however, disposable undergarments are available on request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided in the ladies and gentlemen's lounges before treatments.

When should I arrive? For your enhanced comfort and relaxation, we suggest you arrive 30 minutes before your scheduled treatment to allow time to relax in the steam room. Arriving late will limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

Where should I put my belongings? If you are a guest of the hotel, please leave valuable items in your guest room. Lockers are available for your personal items.

What if I have special health considerations? Please notify the spa reservations agent if you have allergies, physical ailments, and disabilities or are pregnant. When making your appointment, please notify the spa reservations agent if you are pregnant so she can offer guidance.

Is there a fee associated with using the Spa facilities without receiving services? Guests staying at Valhalla Resort Hotel are able to utilize the pool, fitness center and steam room at no charge spa showers are for spa guests only.

What about payment for spa services? We accept all major credit cards. You may also charge spa services to your hotel bill. For your convenience, payment is also accepted prior to treatments, upon request.

What about gratuities? For your convenience, a 20% service charge is **included** in each spa service you receive. Gratuities will be dispersed to the spa staff that served you during your visit. Additional gratuities may be provided at your discretion.

Are gift certificates available? **Absolutely.** Spa gift certificates may be purchased for specific dollar amounts and used toward spa services or purchases in the spa boutique.