



in room Spa Treatments



Spa Packages

Prices includes all taxes and gratuities

Carolina Romance

A perfectly romantic way to end your day or begin your evening...

- ◆ Couple's Massage - Two 60 or 90 Minute Massage Treatments
- ◆ Gourmet Dinner for Two at The Carolina Crossroads Restaurant

Per Couple Price:

60 minute package \$359 • 90 minute package \$449

G.R.I.T.S. aka

Girls Raised in the South

This "girls only" package celebrates friendship and the joy of being Southern.

- ◆ 60 Minute Massage Treatment
- ◆ Carolina Inn Waffle Robe
- ◆ Classic Afternoon Tea at The Carolina Inn
- ◆ Copy of "What It Means To Be Southern" by Cecilia Budd Grimes

\$199 per person

Bride and Joy

Sit back, relax and enjoy a quiet moment before your big day.

- ◆ 60 or 90 Minute Massage Treatment
- ◆ Choice of One "Extra" Mini-treatment
- ◆ Your choice of Champagne or Wine
- ◆ Copy of "What It Means To Have a Southern Wedding" by Cecilia Budd Grimes

Per Person Price:

60 minute package \$175 • 90 minute package \$219

The Briefcase

Forget the flight delays, forget the traffic, and forget the deadlines. This package is designed to relax the busy business traveler.

- ◆ 60 or 90 Minute Massage Treatment
- ◆ Hand & Foot Reflexology Treatment

Per Person Price:

60 minute package \$145 • 90 minute package \$189

Spa Menu

Carolina Inn Signature Massage

Swedish and Deep Tissue Massage techniques soothe tired achy muscles, increase circulation and leave you feeling relaxed and rejuvenated. 60 minutes \$120 • 90 minutes \$165

Ayurvedic Massage

Handed down from the ancient traditions of India, this treatment begins with a full body dry brushing to exfoliate the skin and is followed by a relaxing full body massage. This treatment aids in the elimination of toxins and deeply nourishes the skin. 60 minutes \$145 • 90 minutes \$190

Crystal Salt Glow

The therapeutic effects of Dead Sea Salts result from their high mineral content that includes magnesium, potassium and calcium chloride. The mixture is blended with essential oils and herbs to relax and rejuvenate the mind and body while leaving your skin luxuriously smooth. 60 minutes \$150 • 90 minutes \$195

Choose from:

- ◆ **Revitalizing** Lavender and Eucalyptus help eliminate toxins, relieves body aches, stimulates circulation and leaves you feeling rejuvenated and peaceful.
- ◆ **Serenity** Tangerine, Orange and Ylang Ylang are calming and comforting while Patchouli and Blue Tansy help to ease stress and tension in mind and body.
- ◆ **Fountain of Youth** Lemon and Black Cumin release toxins and increase cellular oxygenation while Cedarwood and Rosemary speed circulation to increase muscle tone.

Heated Sacred Stone Massage

Let the warmth, the weight and the hypnotic gliding of these magical, warm river stones radiate throughout your body. The heated stones are used in conjunction with traditional massage techniques and are also placed on the body to relieve tension and stress. Indulge in this deeply relaxing and harmonious treatment. 60 minutes \$145 • 90 minutes \$190

Delicious Little Extras

Want a little more? Add one or more of these tantalizing treatments to your massage. 15 minutes \$25

- ◆ **Aromatherapy Baths** Luxuriate in a candlelit aromatherapy herbal bath before your massage.
- ◆ **Full Body Dry Brushing** From India, body brushing exfoliates and opens the skin.
- ◆ **Scalp and Ear Reflexology** Stimulation of neurovascular points leaves you with a feeling of well being.
- ◆ **Hand and Foot Reflexology** Deeply relaxing, reflexology is especially known to reduce the many effects of stress.

TO RESERVE YOUR IN ROOM SPA TREATMENT

Call 919-933-2001 and ask for the concierge
Carolina Inn, 211 Pittsboro Street, Chapel Hill, NC 27516