



## Equani Spa FAQ'S

Hours of operation: Please call for current hours of operation. 706-379-2336

Valet parking is available at the Resort for Spa guests. Terms and conditions apply. Shuttle service is available for resort guests. Please notify concierge when shuttle service is needed.

Complimentary use of steam rooms, hot tub and relaxation areas are included with treatment bookings.

We recommend you arrive at least 60 minutes prior to your appointment, allowing time to shower, change into your robe and enjoy the steam experience rooms.

Please bring swimwear for use of the outdoor hot tub located on the Relaxation Deck.

If you have a massage or body treatment, we recommend you leave the product or oils on your skin for at least 24 hours after your treatment, before showering or bathing for full benefit of the therapeutic effects.

Please inform your therapist before your treatment session begins if you have any allergies, are pregnant, or if you have any medical conditions.

Children under 18 must be accompanied by an adult. Only selected services and specific areas of the spa are allowed.

We require 72 hours notice of cancellation of booking. Any services not cancelled within at least 24 hours before appointment time will be charged in full.

If you arrive late we may not be able to perform the full service due to other bookings. Payment in full will still apply.

Day Use passes are available at the Spa. Availability is limited and not sold in advance. This allows use of the relaxation deck area, sauna, steam and shower. Also a self-guided tour and use of the Labyrinth.

For your convenience, a 20% service fee will be added to all services. Additional tipping is at your discretion.

Gift Vouchers and gift cards are non-refundable.

After-hours sessions may be available upon request. Additional charge will apply.

Please refrain from bringing jewelry and other valuables as we are unable to offer security boxes for these items.

For the comfort of all guests, this is a Non-smoking facility.

Cell phones and pagers must be on vibrating only. Cell phones are not to be answered within the Spa facility.

*Weekday is considered Monday thru Thursday and Weekend is Friday thru Sunday.*

*Please note that all pricing is subject to change.*

## Hand & Feet Treatments

*“Soothe the soul when you soothe tired, stressed hands and feet”*

All hand and feet treatments are finished with filing and shaping of the nails and your choice of natural buffing or color polish application.

### Simply Sugar Spa Manicure and Pedicure:

Raw cane crystals mildly exfoliate then melt to release a glycolic action on the skin to even tone. Intense moisture is the key to this delightful treatment from soak and scrub to a relaxing deeply hydrating massage. Attention is given to cuticles and dry calluses, with amazing results.

*\*Please note: Do Not shave your legs 12 hours prior to your Pedicure appointment.*

*Choose from a Manicure & Pedicure (80 minute) Weekday: \$75.00; Weekend \$90.00*

*Simply Sugar Spa Manicure (35 minutes) Weekday: \$35.00; Weekend \$45.00.*

*Simply Sugar Spa Pedicure (45 minutes) Weekday: \$45.00; Weekend: \$55.00.*

### Hand Grooming:

Nail Polish Repair \$20.00

Buff and file \$20.00

### Reflex Hand and Feet:

A simple French sea soak pedicure is followed by a massage of pressure points that improves circulation, while providing a sense of balance and well being by working with one's own energy flow.

*Choose from a Reflex Hand & Feet treatment (80 minute) Weekday: \$85.00; Weekend \$95.00*

*Reflex Hand treatment (35 minutes) Weekday: \$35.00; Weekend: \$45.00*

*Reflex Feet treatment (45 minutes) Weekday: \$45.00; Weekend: \$55.00*

### Refining Hand and Feet:

This treatment begins with a light, dry brushing followed by a seaweed wrap and specialty massage of pressure points which provides mineral and tone, while nourishing and protecting for a feeling of renewal.

*Choose from a Refining Hand & Feet (1 hour 35 minutes) Weekday: \$110.00; Weekend: \$125.00*

*Refining Hand treatment (45 minutes) Weekday: \$55.00; Weekend \$65.00*

*Refining Feet treatment (50 minutes) Weekday: \$65.00; Weekend \$75.00*

### Hot & Cold Hand and Feet:

Ideal for golfers and equestrians alike. A highly revitalizing treatment using combined hot and cold thermals, contrasting with a precision sports style massage that focuses on stressed joints and overworked hands and feet. The scrub and massage combined with customized essential oils refreshes and renews.

*Choose from a Hot & Cold Hand & Feet (1 hour 35 minute) Weekday: \$110.00; Weekend: \$125.00*

*Hot & Cold Hands treatment (45 minutes) Weekday: \$55.00; Weekend \$65.00*

*Hot & Cold Feet treatment (50 minutes) Weekday: \$65.00; Weekend \$75.00*

*Add a shellac nail polish to any manicure: \$15.00 with removal \$25.00*

*Removal and polish with shellac only: \$30.00*

## Hydrafacial Add-On Treatments

*“No Pain and all the Gain”*

The HydraFacial is a non-invasive, non-irritating exfoliation alternative that extracts impurities while simultaneously infusing the healthy underlying skin with active serums that cleanse deeply, exfoliate thoroughly, hydrate completely and provide residual antioxidant protection. The HydraFacial is safe for all skin types. Experience the hydrating effects of the HydraFacial on the face and other areas of the body. A face HydraFacial is located in our Face Treatment menu.

### **Décolleté HydraFacial:**

Effective, crystal-free microdermabrasion and superior exfoliation technique improves hydration and skin texture. Removes and reduces hyper-pigmentation, reduces signs of aging and improves acne-prone skin by bathing the skin with nutrient serum while rejuvenating and restoring.

*Décolleté HydraFacial (20 minutes) \$75.00*

*Glycol Peel add on \$75.00*

### **Back HydraFacial:**

Effective, crystal-free microdermabrasion and superior exfoliation technique improves hydration and skin texture. The HydraFacial cleanses, extracts, exfoliates and hydrates in a single cool, soothing treatment. For acne-prone skin or sun damage, improve the results of your back HydraFacial with a glycol peel.

*Back HydraFacial (40 minutes) \$150.00*

*Glycol Peel add-on \$50.00*

### **Legs HydraFacial:**

Improve the appearance and glow of the legs through the superior exfoliation technique of the HydraFacial. Removes and reduces hyper-pigmentation, exfoliates and hydrates in a single cool, soothing treatment. Performed from the knee to the ankle to improve the look of the legs.

*Both Legs HydraFacial (35 minutes) \$125.00*

*Glycol Peel add-on \$100.00*

### **Hands, Elbows or Heel HydraFacial:**

Effective, crystal-free microdermabrasion and superior exfoliation technique improves hydration and skin texture. The HydraFacial cleanses, exfoliates and hydrates in a single cool, soothing treatment improving the look and feel of the hands, elbows and heels.

*Hands or Elbows or Heels HydraFacial \$35.00*

*Glycol Peel add-on \$25.00*

For your convenience a 20% service charge will be added to all services.

## Face Treatments

*“Release the Beauty Within”*

### Down to Earth:

A deep purifying facial based with organic clay and natural botanicals to gently exfoliate, reduce impurities and rebalance oily, blemish prone skins.

*(50 minute treatment) Weekday: \$90.00; Weekend: \$100.00*

### Skin Resonance:

A customized treatment with remarkable ingredients to soothe, strengthen and desensitize. Redness is eliminated and fragile sensitive skin is improved.

*(50 minute treatment) Weekday: \$90.00; Weekend: \$100.00*

### Absolute Pearl:

Illuminating oxygenating and anti-aging treatment based on real crushed pearl powder and botanical extracts. An application of skin firming and lifting serums completes the treatment and bestows a radiant glow.

*(50 minute treatment) Weekday: \$100.00; Weekend: \$110.00*

### Hydromemory:

Deep hydrating and restoring treatment based on desert plant extracts. Exceptional moisturizing and restoration of dry, dehydrated, and dull skin while promoting a silky skin texture.

*(50 minute treatment) Weekday: \$100.00; Weekend: \$110.00*

### Back in Time:

Intense stimulation and renewal is provided to the skin with this very active treatment that revitalizes with alpha-hydroxy acids and vitamin C re-activates micro-circulation and deeply restores with pure collagen. Skin is visibly smoothed and energized with noticeable results after just one treatment.

*(50 minute treatment) Weekday: \$110.00; Weekend: \$120.00*

### HydraFacial: *non-invasive skin re-surfacing*

Effective crystal free microdermabrasion for all skin types. Superior exfoliation technique improves hydration and skin texture. Removes and reduces dark pigmentation, reduces signs of aging and acne-prone skin. The HydraFacial cleanses, extracts, exfoliates and hydrates in a single cool, soothing treatment.

*(30 minute treatment) Weekday: \$110.00; Weekend: \$120.00*

### Also Available:

Face Saver Sun Damage Repair

Soothing Eye Zone Hydration; Eyebrow Tweezing; Arching; Re shaping

Waxing services are also available.

*\*Call for information and pricing\**

For your convenience a 20% service charge will be added to all services.

## Massage Treatments

*"Listen with your Heart"*

Enhance your massage the Equani way by choosing a relaxing bath to enjoy before your massage. Enjoy the breathtaking views of the Blue Ridge Mountains as you soak in the hydro jet whirlpool on your own private treatment room deck. This indulgence warms the body and loosens tight muscles pre-massage, enhancing the therapeutic results. See our full line of bath choices in our Bathing Experiences.

### Relaxation and Swedish:

Increases circulation, relieves muscle tension, pain and releasing of stress. The long kneading strokes promote total realization, a feeling of tranquility and heightened well being.

*Choose between a (50) minute, Weekday: \$90.00; Weekend \$105.00; or (80) minute massage, Weekday: \$130.00; Weekend \$145.00.*

*Couples Massage, (50) minute, Weekday \$175.00 - Weekend \$205.00*

*Couples Massage, (80) minute, Weekday \$250.00 - Weekend \$280.00*

### Integrative Deep Tissue:

A highly therapeutic full-body massage utilizes a variety of advanced massage techniques with deeper and more direct pressure on specific muscle groups.

*Choose between a (50) minute, Weekday: \$95.00 - Weekend \$110.00 or (80) Minute massage, Weekday: \$135.00 - Weekend \$150.00.*

*Couples Massage, (50) minute Weekday \$180.00 - Weekend \$215.00*

*Couples Massage, (80) minute Weekday \$260.00 - Weekend \$290.00*

### Points of Relaxation:

A seated massage designed to relax the mind and release tension in areas such as the scalp, neck, shoulders or back that need attention. Ideal quick fix massage when in a hurry.

*(25) Minute massage, Weekday: \$35.00; Weekend \$50.00*

### Hot Stone Massage:

Using heated river stones, this massage treatment provides deep heat at strategic points on the spine, back, hands and feet. Muscles are warmed and relaxed with the combination of expert massage, deep penetration heat and customized oils.

*Choose between a (50) Minutes for, Weekday: \$125.00; Weekend: \$140.00 or (80) Minute single, Weekday: \$175.00; Weekend: \$190.00*

*Couples Massage (50) minutes, Weekday: \$245.00; Weekend: \$260.00*

*Couples Massage (80) minutes, Weekday: \$340.00 - Weekend: \$370.00*

### Prenatal massage:

Perfect for the mommy-to-be!! With this relaxing light stroke massage, we will pay special attention to those areas that bother you most during pregnancy. The light strokes help with a decrease in water retention and muscle tension. This service is recommended for women in their 2<sup>nd</sup> and 3<sup>rd</sup> trimester only.

*Choose between a (50) minute, Weekday: \$100.00; Weekend \$115.00*

For your convenience a 20% service charge will be added to all services.

## Equani Spa Ritual Treatments

The Cherokee people believe that a cure and prevention for all illnesses have been placed right here on this Earth. They also believe water is the sacred messenger and it is commonly used for purification and other ceremonies. Remember all things are connected. All things have a purpose. Always seek harmony and balance in all things. Remember a smile is sacred and listen with your heart.

All of the Equani Spa Rituals begin with the traditional cleansing of hands and feet and moving meditation with direction. This is to purify and cleanse the mind and soul, and to counteract depression, anger and bitterness.

### **7 Clan Ritual:**

A highly detoxifying experience to stimulate circulation and balance the skin, the treatment begins with a European dry body brushing to stimulate the lymph and is followed by a balancing mud masque. A purification massage completes the journey, leaving you totally relaxed with a light and renewed feeling.

*(2) hour treatment \$225.00*

### **Way of the Circle Ritual:**

Combines a massage and body masque in one. The massage is performed with unique mud massage using Dead Sea Mud-infused oil and a relaxing body masque. While enclosed in the cocoon a head massage is performed to provide ultimate euphoria and complete the circle.

*(2) hour treatment \$225.00*

### **Going to the Water Ritual:**

Algae-infused oils are combined with a custom blend of essences to create an intensely moisturizing and relaxing soak. Next is a salt glow to exfoliate and cleanse, eliminating dry dead skin and stimulating circulation. An application of rich creamy mud from an ancient mineral spring spiked with aromatherapy oils to relieve the ache of sore muscles and swollen joints while bestowing systematic balance and renewed energy. While enclosed in the cocoon, the therapist will perform a gender specific face renewal to cleanse, calm redness, and hydrate along with a therapeutic scalp massage. Pure bliss.

*(2) hour, (10) minute treatment \$280.00*

For your convenience a 20% service charge will be added to all services.

## Bathing Experiences

To provide a multitude of benefits including relaxation, detoxification, stress relief, increased circulation, skin toning and rejuvenation, choose one of our Hydrotherapy Tub Bathing experiences to add to your treatment. Color therapy lights and unique mineral, marine and aromatherapy preparations enhance your truly therapeutic and memorable experience. Every treatment room has a private deck with Hydro Tub allowing you to enjoy the outstanding Blue Ridge Mountain scenic views from your Tub, leaving your entire body free of tension and newly energized.

### **Signature Bath:**

Algae-infused oils are combined with a custom blend of essences to create an intensely moisturizing and relaxing soak prior to your body massage.

*20 minute treatment Weekday: \$45.00; Weekend: \$50.00*

### **Mud Bath:**

Experience intense detoxification and easing of muscle tension while soaking in pure Dead Sea mud and custom essential oils. Followed by a full body and scalp massage of your choice. Ideal for post golf or horse riding activities, A hot and cold towel compress application to your hands and feet complete this treatment leaving you feeling light and energized.

*1 hour, 20 minute treatment Weekday: \$160.00; Weekend: \$170.00*

### **Indulgence Bath:**

Experience nirvana while being immersed in a blissful soak of moisturizing bubbles. Perfect after exposure to the sun. Followed by a full body and scalp massage of your choice. A cooling lotion application completes this thoroughly refreshing treatment.

*1 hour, 20 minute treatment Weekday: \$160.00; Weekend: \$170.00*

### **Blokes' Soak Bath:**

Soak in a custom blend of algae-infused oils to release tension in muscles following a day of golf. Enjoy the view and totally surrender all sense to the experience. Followed by an integrative deep tissue massage to target specific problem areas. A Champi scalp massage completes the treatment leaving you feeling fit and ready to play again the next day.

*1 hour, 20 minute treatment Weekday: \$160.00; Weekend \$170.00*

### **Scented Sugar Glow Exfoliation:**

*Take pleasure in a skin softening and renewing treatment, beginning with a full body Sugar Scrub that will leave your skin tantalizingly smooth, exposed and ready for your technician's experienced hands. After exfoliation, release your tension as the technician applies a customized and personally crafted scented lotion, which will penetrate deep into your skin and send you far, far away. Emerge re-energized and radiating with soft, glowing skin.*

*(50) minute treatment \$85.00*

### **Please Note:**

All Bathing experiences are offered in Spring, Summer and early Fall seasons only

For your convenience a 20% service charge will be added to all services.

## Body Masque

*“Always seek harmony and balance in all things”*

Our exceptional body rituals include relaxed stretching and compressions to awaken the body and reduce fatigue. Body services are 50 minutes in duration, with complete privacy using the hydro-therapy capsule and begin with dry body brushing and body exfoliation. All body masques include exfoliation as a prelude for enhanced results.

Experience a beautiful “polished” appearance to your skin with a choice of refined nourished aroma cream and sea salt combination. Applied to remove dead skin cells and infuse moisture enriching hydration for a smooth, supple healthy skin. The combined effects of hydrotherapy and aromatic salts remove impurities, stimulate circulation and enhance the skin’s natural radiance. Allow your therapist to select the most appropriate exfoliation for your skin type:

- Salt Glow*
- Sugar Scrub*
- Fruity Peel Gel*
- Exfoliating Grains*

### Body Resource:

A customized cellulite wrap based on the use of essential oils and natural active ingredients for a detoxifying, reducing and toning effect.

*50 minute treatment Weekday: \$125.00; Weekend \$135.00*

### Body Strategist:

A treatment for eliminating the fatty deposits and contouring the body. Due to the caffeine and carnitine, the heating - freezing action contours and firms at the same time. Best results are achieved from a series of treatments. Also an ideal quick fix for a slimming effect.

*Choose from a 50 minute treatment Weekday: \$125.00; Weekend \$135.00  
or a series of (6) treatments \$625.00*

### D-Age:

An anti-aging body treatment with oil of Kamani, to restore skin elasticity and firmness. Exceptional results occur when combined with a nutritional and exercise program.

*Choose from a 50 minute treatment Weekday: \$125.00; Weekend \$135.00  
or a series of (6) treatments \$625.00*

### Monticelli Mud Muscle Ease:

Based on the use of a creamy mud that is enriched with Monticelli thermal waters. Relieves tension, muscular aches and pain while eliminating toxins and revitalizing the metabolism. Ideal treatment post golf, horse riding or any outdoor activity.

*Choose from a 50 minute treatment Weekday: \$125.00; Weekend \$135.00  
50 minute treatment with a Deep Tissue Massage Weekday: \$210.00; Weekend: \$225.00*

### Sun Soul Ritual:

A treatment with a double action: bestows a natural golden tone to the skin while protecting against oxidative damage which is responsible for premature aging.

*50 minute treatment Weekday: \$85.00; Weekend: \$95.00*

For your convenience a 20% service charge will be added to all services.

## Spa Cuisine

Delicious light healthy meals served to you in the comfort of the indoor or outdoor relaxation areas. Stay in your robe and enjoy post treatment.

### Light Snacks:

- ✿ Fresh seasonal fruit platter with honey yogurt
- ✿ Pita bread and hummus

### Healthy Lunches:

- ✿ Chicken and cucumber wrap with lettuce and hummus
- ✿ Whole grain sandwich with tuna, lettuce, tomato, red onion and dill yogurt

### Fresh Salads:

- ✿ Classic Caesar salad, (can add chicken, tuna or shrimp)
- ✿ Rocket pear and parmesan salad
- ✿ Spinach & Goat Cheese Salad

### Something Sweet:

- ✿ Selection of fruit sorbets with fresh berries
- ✿ Selection of cheeses with dates, walnuts and crackers

### Beverages by the Glass:

- ✿ Sparkling Brut
- ✿ Champagne
- ✿ Wine
- ✿ Herbal Leaf Tea
- ✿ Fruit Smoothie
- ✿ Orange or Apple Juice

*Sample menu only, Selections may change due to the availability of seasonal ingredients.*

## Spa Salon Services

*“Achieve a look that emphasizes your natural beauty”*

### Make Over:

- ☀ Sun Bronzer Face Only Application \$30.00
- ☀ Make Up Application \$40.00
- ☀ Formal Make Up Application \$50.00
- ☀ Photographic Make Up Application \$65.00
- ☀ Eye Lash Applications only \$25.00

### Hair:

#### *Special Occasion Style:*

- ☀ Short \$45.00, Medium \$60.00, Long Hair \$75.00

#### *Shampoo & Style:*

- ☀ Short \$35.00, Medium \$40.00, Long Hair \$55.00

#### *Hair Cut*

- ☀ Women's Haircut Only \$30.00
- ☀ Women's Haircut and Shampoo and Style: Short \$55, Medium \$65, Long \$75

#### *Hair Color*

- ☀ Hair Color Retouch Only \$50.00
- ☀ Hair Color Virgin application \$75.00
- ☀ Highlights with foils \$100.00
- ☀ Highlights with cap \$55.00
- ☀ Highlights with individual foils \$7.50 each

#### *Extensions*

- ☀ Full Head \$400.00

### Bridal Packages:

We offer a personalized service to cater for the entire bridal party. Please ask our Spa Concierge for our Bridal party discounts.

Trial Run Bridal Veil Placement and Style Consultation \$45.00

### Men's Services:

- ☀ Men's Haircut \$25.00
- ☀ Haircut with Shampoo & Blow Dry \$30.00
- ☀ Men's Neck Trim \$15.00

For your convenience a 20% service charge will be added to all services.

## The Equani Spa Heritage

Inspired by the native Cherokee, the Equani Spa has carefully integrated unique elements and activities indigenous to the Tribe that stimulate and replenish your mind, body and soul.

Special message from Joyce Dugan

The Equani Spa is located in a very special Cherokee place that, if you're very still and quiet, will give you solitude without loneliness, and a sense of peace and tranquility that is the true essence of this valley. Native people throughout this country have often been dishonored through misrepresentation of our cultural/traditional beliefs and customs, so it was with great relief and pleasure for me to visit The Equani Spa and witness for myself the tasteful and elegant representations of the Cherokee culture. Being located on traditional Cherokee lands makes it even more critical that the representations are accurate, and it is evident that much thought and preparation were put into the design and development of the Spa, including seeking the advice and input of many Cherokee people.

Wa-do (thank you) to all those who had a part.

Joyce Dugan

*Former Chief of the Eastern Band of Cherokee Indians -1995 to 1999*

\*The first woman ever elected to the position

Preserving Cultural Resources:

The Georgia Department of Natural Resources sought to develop Brasstown Valley Resort & Spa without adversely affecting the site's cultural resources. Prehistoric and historic archaeological sites within resort boundaries were identified by intensive archaeological survey. Resort designers avoided sites so that they would be preserved with no impact from resort development.

The Georgia Department of Natural Resources worked with the Eastern Band of Cherokees to insure that the excavation of archaeological sites was carried out in a manner that was sensitive to Native American traditions and values. Historic artifacts were found such as types of stamped Indian pottery along the Brasstown Creek sites and where sites could not be avoided; significant scientific information was recovered by large scale archaeological excavation.

The Georgia Department of Natural Resources has attempted, in every aspect of its continuous development of the Brasstown Valley Resort & Spa, to exercise responsibility and sensitive stewardship of an area with significant historic importance to the citizens of this state.

During the entire course of the archaeological investigations, the area was constantly patrolled by Georgia Department of Natural Resources enforcement personnel to insure that the excavations were not disturbed or vandalized. Ultimately, no burials were excavated or disturbed by the archaeological work.