

## Spa Packages

### Garden of the Senses

Hot Stone Massage, Radiant Retreat Body Wrap, 5 Elements Custom Facial, Spa Manicure and Spa Pedicure, lunch included

**6 hours \$414**

### Art of Balance

90 minute Integrative Massage, 8 Greens Balancing Facial and Hot Stone Pedicure

**4 hours \$285**

### Follow Your Bliss

60 minute Integrative Massage, Path to Renewal Body Wrap and 5 Elements Custom Facial

**3 hours 30 minutes \$285**

### Body and Soul

60 minute Integrative Massage, European Facial, Manicure and Pedicure

**3 hours 15 minutes \$233**

### Harmony for Him

60 minute Deep Tissue Massage and Tailored for Him Facial

**2 hours \$171**

### Perfect Balance

60 minute Integrative Massage and European Facial

**2 hours \$162**

### Cause for Celebration

Cheers to supporting a great cause while indulging in our decadent collection of spa luxuries. Enjoy a Hot Stone Massage, 5 Elements Custom Facial, Spa Manicure and Spa Pedicure, with champagne and chocolate included.

**4 hours 15 minutes \$310**

\*10% is contributed to Animal Compassion Network.



The Animal Compassion Network is a department of the Asheville Humane Society. It contributes to animal welfare through its many life-saving programs.

Enjoy your time at either of our two beautiful locations. Our downtown spa is located in the historic Castanea building in the heart of Asheville surrounded by restaurants, shopping, theaters, and museums. Our south location is located in the Hilton Asheville at Biltmore Park where our clients are welcome to enjoy the hotel's amenities. Either choice insures a blissful spa experience!



## Welcome to Sensibilities

We believe beauty and wellness go hand-in-hand, therefore we provide relaxation and stress relief as well as the finest treatments for face and body. Our knowledgeable and attentive staff will skillfully design sessions to address your specific needs.

We use Eminence Organic Skin Care because we believe natural is better for you and for our environment.

## Natural Nail Care

Craft eco-conscious beauty with our therapeutic nail treatments. Our products are free of parabens, petrochemicals, DBP, formaldehyde and toluene.

Manicure	30 minutes	\$30
Spa Manicure	45 minutes	\$40
Gentleman's Manicure	30 minutes	\$30
Pedicure	45 minutes	\$45
Spa Pedicure	60 minutes	\$60
Hot Stone Pedicure	75 minutes	\$75
Gentleman's Pedicure	45 minutes	\$45
Manicure Polish Change	10 minutes	\$15
Pedicure Polish Change	15 minutes	\$20
Extended Massage	15 minutes	\$20
Add French Polish		\$7

## Waxing Services

Natural resin-based wax is used to carefully remove unwanted hair.

Brow (initial shaping)	\$25	Bikini	\$45
Brow	\$20	Half Leg	\$45
Lip	\$10	Full Leg	\$65
Chin	\$15	Bikini and Half Leg	\$82
Full Face	\$38	Back	From \$40
Underarm	\$25		

## Spa Policies

### Reservations

We suggest that you schedule your appointment as far in advance as possible to insure availability. Please provide a credit card or gift certificate number to reserve your appointment. We ask that you arrive 20 minutes before your scheduled reservation time. Late arrivals will be accommodated as our schedule allows, however you are responsible for your full reservation.

### Cancellations

Please provide 24 hours advance notice of cancellation. Sensibilities Day Spa reserves the right to charge for any services not cancelled at least 24 hours in advance.

### Spa Etiquette

We thank you in advance for your consideration of other clients. Please silence cell phones as their use is not permitted within Sensibilities. Our front desk staff will assist you with any emergencies.

### Gratuities

The Sensibilities staff graciously accepts gratuities. They are not included in your treatment cost and are left to your discretion.

### Gift Certificates

Gift certificates are available for individual services, packages or dollar amounts. They are non-refundable and cannot be replaced if lost or stolen. Please present your gift certificate at the time of your service.

### Age Requirements

There is no minimum age for spa services, but a parent or guardian must accompany guests 14 or younger into treatment rooms. For your enjoyment as well as for that of other clients please arrange for childcare, as children cannot be accommodated in treatment rooms unless they are receiving services. Guests 16 or younger must be accompanied by a parent or guardian when enjoying the amenities at our Hilton location.

### Spa Parties

Our spa coordinators are happy to help you plan your group celebration or corporate event. Please inquire.

### On-site Massage

Massage is available as an outcall service to local B&Bs and hotels. Please inquire. We are also happy to arrange corporate chair massage events.

# Sensibilities

day spa

DOWNTOWN  
59 Haywood Street  
Asheville, NC 28801  
828.253.3222  
800.635.0948

SOUTH  
The Hilton Asheville at Biltmore Park  
43 Town Square Blvd, Suite 100  
Asheville, NC 28803  
828.687.8760

sensibilities-spa.com

## Massage Therapy

Discover the benefits of professional therapeutic bodywork. You will achieve a natural state of harmony with luxurious treatments that support health and wellness.

### Integrative Massage

Find a renewed sense of balance with this integrated combination of therapeutic and relaxing techniques.

**30 minutes \$50**

**60 minutes \$80**

**90 minutes \$110**

**Series of four 60 minute massages \$304**

**Series of four 90 minute massages \$418**

### Deep Tissue Massage with Heat

Neuromuscular and connective tissue techniques along with penetrating heat therapy ease muscle spasms caused by injury or chronic tension.

**30 minutes (heat packs optional) \$55**

**60 minutes \$90**

**90 minutes \$120**

**Series of four 60 minute massages \$342**

**Series of four 90 minute massages \$456**

### Hot Stone Massage

Warm basalt stones enhance the healing power of a soothing massage to induce deep relaxation and a sense of peace and well-being.

**75 minutes \$105**

**75 minutes with Deep Tissue \$115**

### Maternity Massage

This massage supports the changes pregnancy brings to the mind and body, eliminating stress and easing physical discomforts.

**60 minutes \$85**

**Series of four 60 minute massages \$323**

### Scalp-Hand-Foot

Concentrated massage of the scalp, hands and feet leaves the parts we use the most revived. Includes a hydration treatment for the hands and feet.

**60 minutes \$80**

### Root Therapy

Get grounded with a stimulating leg massage and foot reflexology. You will feel refreshed and revitalized.

**60 minutes \$90**

### Reflexology

Stimulation of points in the feet normalize corresponding areas and systems of the body.

**30 minutes \$50**

### Chair Massage

For a quick dose of relaxation

**15 minutes \$20**

### Couples Massage

Any of our massages may be scheduled as a couples massage.

### Additions to Your Massage

**Aromatherapy \$8**

**Hand and Foot Hydration \$10**

**Extended Face and Scalp Massage (15 minutes) \$20**

**Sugar Body Polish (30 minutes) \$50**

## Body Treatments

The union of nature's palette and our compassionate touch leaves you calm and nourished inside and out. Each luxurious body wrap includes a body polish, treatment masque and moisturizer application.

### Grounded in Nature

Cultivate a fresh state of mind and body. The combination of blue-green algae and mineral-rich clay detoxifies, soothes inflammation and eases fluid retention leaving you revitalized.

**75 minutes \$115**

### Radiant Retreat

Wrap yourself in radiance. The antioxidant properties of acai berry, ginger, and plum fight free radicals and aid hydration while rice peptides and white clay purify the skin.

**75 minutes \$115**

### Path to Renewal

Renew your sense of balance. Aloe, olive and evening primrose hydrate and regenerate devitalized skin while our calming blend of essential oils inspires a state of well-being.

**75 minutes \$115**

## Organic Skin Care

It's only natural that we exclusively use Eminence Organic Skin Care. This hand-crafted line contains the highest levels of organic ingredients..

### European Facial

This customized, deep pore-cleansing treatment will delight your senses while leaving your skin refreshed and renewed.

**60 minutes \$90**

### Tailored for Him Facial

The refreshing, healing properties of stone crop improve uneven skin tone and texture, leaving the toughest skin calm and hydrated.

**60 minutes \$90**

### Youth Shield Facial

Protect your skin's youth and vitality with antioxidants from red currant, elderflower and magnolia bark. Skin is left fresh and healthy and breakouts are reduced.

Recommended for normal and combination skin types.

**75 minutes \$105**

### 5 Elements Custom Facial

This luxurious treatment incorporates all the benefits of organic skin care. Your esthetician will create a

potent combination of ingredients to normalize and nourish your skin, leaving you with a natural radiance. Perfect for all skin types.

**75 minutes \$105**

### Hydrench Facial

Drench your skin in a decadent blend of chocolate mousse, macadamia nut, almond and coconut. Dull complexions will become ultra-hydrated, nourished and more youthful. Recommended for sensitive, dry and normal skin types.

**75 minutes \$105**

### Sweet Red Rose Facial

A potent blend of Bulgarian roses, rosehips, calendula and honey provide "exercise for the skin." This stimulating treatment encourages circulation and strengthens capillaries to leave the skin's tone and texture renewed. Recommended for any skin with microcirculation problems, including rosacea, acne rosacea and couperose.

**75 minutes \$105**

### Age Corrective Facial

A natural retinal alternative complex, Swiss green apple stem cells, coconut oil and monoi deliver instant firming action and give lasting age defying results. Skin is left smooth, supple and bright while wrinkles and crows feet are softened. Recommended for normal to dry skin types, especially mature.

**75 minutes \$115**

### Custom Clarity Enzyme Peel

Improve your skin's texture and diminish signs of aging, hyperpigmentation, blemishes and clogged pores with this individualized treatment. The highly active enzymes, AHAs, vitamins and bioflavonoids boost collagen production and deeply hydrate for smooth, glowing skin. Recommended for all skin types except sensitive.

**75 minutes \$115**

**Series of 6 recommended \$655**

### Eight Greens Balancing Facial

Plants naturally rich in phytoestrogens and antioxidant bioflavonoids create a treatment that truly does it all. Improving hydration and elasticity, this facial reduces the signs of aging and prevents breakouts associated with hormone fluctuations. Perfect before a special event to impart a beautiful glow to all skin types.

**75 minutes \$115**

### Additions to Your Facial

**Lip Refining Treatment \$15**

**Eye Contour Treatment \$25**

**Extended Face and Scalp Massage (15 minutes) \$20**