

ARCBEST PRESIDENT'S CLUB 2021



The Greenbrier Spa Menu & Guidelines

THE GREENBRIER SPA MENU



Signature Service

50 MIN. THE GREENBRIER TREATMENT - Experience the Greenbrier Spa in the truest sense of the word. This treatment begins with a soak in the famous healing waters of our White Sulphur Springs, followed by a Swedish massage that is a spectacular finale to this luxurious treatment.

Facial

50 MIN. GREENBRIER RADIANCE CUSTOM FACIAL - A customized facial for your skin type or condition based on skin analysis. Deep cleansing, light exfoliation and extractions purify and rejuvenate the skin.

50 MIN. MEN'S FACIAL This facial is designed to restore the skin of the everyday man. A gentle cleanser and exfoliation prepare the skin for a hydrating mask and soothing massage. Perfect for stressed and environmentally damaged skin.

Massage

50 MIN. SWEDISH MASSAGE - Surrender to the luxury of a full-body massage customized to meet your needs. This massage is known for stimulating circulation, reducing stress and purifying the lymphatic system.

50 MIN. MOUNTAIN HOT STONE MASSAGE - Heated, smooth basalt stones incorporated into this unique massage treatment facilitate the balancing of the energy centers in the body and encourage muscle relaxation.

50 MIN. THERAPEUTIC DEEP TISSUE MASSAGE - Whether preparing muscles for a specific activity or addressing stress and tension from overuse, the active stretching and slow, deep strokes used in this massage are a must.

THE GREENBRIER SPA MENU



Body Fusions

50 MIN. REJUVENATION WRAP - Find the new you with our very own rejuvenation wrap! Begin your getaway with a dry body brushing technique used to open pores and stimulate the lymphatic system. You will then be enveloped in a firming and toning wrap to help awaken your skin while you receive a blissful scalp massage. As the finishing touch, your skin will be left soft and supple from your anti-aging serum application.

50 MIN. DETOXIFYING MUD WRAP - Revitalize your skin and body with this fantastic treatment that begins with a dry body brushing to open the pores and lymphatic system and prepares your body for the detoxifying process. A self-heating oceanic mud is then applied to the body to draw out impurities, while a relaxing scalp massage and mineral lotion application add the finishing touches.

Mani-Pedi

50 MIN. GREENBRIER SIGNATURE PEDICURE & 50 MIN. MANICURE
Pamper yourself! This service is much more than a traditional manicure or pedicure. Your hands and feet will receive the attention they deserve in the tranquility of The Spa! Normal nail maintenance and polish application are included.

NAILS FOR MALES EXPERIENCE: 50-MIN. PEDICURE & 50 – MIN. MANICURE
A full-service manicure or pedicure is available for the unique needs of a man's hands and feet. Our own Mineral Essentials products used in this treatment alleviate dryness and discomfort, while warm paraffin provides ultra softening. This service also includes a buff and shine of the nails for a perfect finish.

THE GREENBRIER SPA GUIDELINES

The Greenbrier Spa has long been one of the resort's most popular amenities. For more than 230 years, guests have been attracted to The Greenbrier's sulphur springs and the natural benefits of the mineral waters remain at the heart of The Greenbrier Spa experience.

With a focus on hydrotherapy and the use of mineral-based products indigenous to the area, The Greenbrier Spa provides both relaxing and therapeutic treatments. With today's finest products and equipment, meticulous attention to detail, and the hospitality and service for which the resort has always been noted, the Spa focuses on revitalization and relaxation.

“Take on the Waters” & Experience Ultimate Tranquility

- **COVID-19 GUIDELINES** - all guests of the spa will be screened prior to the appointment to ensure the health of all team members and guests. Temperatures will be taken prior to entering the Spa. Guests will also be required to wear masks throughout the appointment. All rooms and equipment will be sanitized after each use. Guests are reminded to remain six-feet apart at all times. Furniture is rearranged in the relaxation areas to accommodate social distancing.
- **ARRIVAL AT THE SPA** - to maximize your experience, please arrive at least 20-30 minutes prior to your scheduled treatment. This will allow time to relax and let your mind enter a peaceful, tranquil mode. Please understand that late arrivals will not receive an extension of scheduled treatments in order to prevent inconvenience to the next guest. It is recommended that you be in your robe and relaxing in the relaxation room at least 10 minutes prior to your scheduled treatment.
- **SPA ATTIRE** - complimentary use of robe, slippers and lockers is provided for all Spa guests. Spa staff is professionally trained in proper draping to ensure your modesty is never compromised.
- **CONSIDERATIONS** - to preserve our peaceful and tranquil mode, please turn off your cell phones. The Spa is a smoke-free and alcohol-free environment.
- **STEAM AND SAUNA** - Use of steam and sauna facilities is complimentary with your Spa service the day of your treatment.
- **INDOOR POOL** - originally built in 1912 and featuring ornate mosaic tile work, The Greenbrier's elegant Indoor Pool is a long-time guest favorite. Enjoy an afternoon poolside as the sunlight filters through the canopied ceiling.
- **MEDICAL CONCERNS** - you are encouraged to disclose any pertinent health conditions that may affect your Spa experience. For individuals expecting, the Spa requires authorization from a physician prior to massage and body services.