

TIMELESS TREATMENTS. EVERLASTING EFFECTS.

Treatment Menu



THE SPA
OF COLONIAL WILLIAMSBURG

A CONTINUUM OF WELLNESS

WELLNESS THROUGH TIME

At The Spa of Colonial Williamsburg, we look to practices of the past to inspire treatments for the present. Combining age-old wisdom with today's scientific advancements — and a few adjustments of our own — we've refreshed old therapies proven to work through the centuries and made them even better. Our soaks and scrubs use carefully curated ingredients, designed to promote maximum relaxation.



CENTURY-INSPIRED SIGNATURE EXPERIENCES

17th Century: Detoxifying Herbal Wrap & Hot Stone Massage - 2 hrs

As practiced in 17th century ceremonial and healing rituals, select herbs and heated stones will be applied to warm, wrap and detoxify your body while clearing your mind and encouraging deep relaxation. Heated river stones glide over your body to deeply relax your muscles and melt away stress. Pressure modified to your personal preference.

18th Century: Colonial Orange-Ginger Scrub & Massage - 2 hrs

Used in the 18th century to improve overall well-being, ginger aids in digestion, and oranges are an excellent source of vitamins. Soak in our aromatic footbath and be treated to a Signature Orange-Ginger Body Scrub, followed by our Williamsburg Classic Massage.

19th Century: African Traditional Bath & Strengthening Massage - 2 hrs

African healing traditions of the 19th century employed a mixture of herbs, roots, and fresh waters to enrich one's life and attract positive energy. You'll begin with an herbal dry brush exfoliation, soak in an uplifting bath, and be soothed with a nourishing Shea butter massage.

20th Century: Williamsburg Water Therapy Experience - 2 hrs

Historic practices of bathing and "taking the waters" at Virginia's natural springs serve as inspiration for this experience. Immerse your over-stressed muscles in sweet birch bath flakes, followed by a healing Arnica Deep Tissue Massage.

21st Century: Advanced Age-Defense Spa Experience - 2 hrs

Begin with a Detoxifying Seaweed Body Wrap to tighten, tone, and leave your skin silky smooth. As your body is cocooned, we turn our care to your face and décolleté. Master Estheticians will perform our premier natural anti-aging facial-ultrasonic and micro-current technologies combine to gently exfoliate and rehydrate the skin. You will see a reduction in fine lines and wrinkles and notice plumper, younger-looking, more radiant skin.



MASSAGES

Massage Sampler - 60 | 90 min

Enjoy a sampling of different massage styles including hot stones, Swedish and sports, as well as signature aromatherapy oils. Pressure is personalized to meet your needs.

Arnica Deep-Tissue Massage - 60 | 90 min

This deep-tissue massage incorporates the anti-inflammatory benefits of arnica to soothe tired or over-used muscles. Perfect for athletes after golf games or tennis matches. Served with our Muscle and Joint Elixir.

Blue Eucalyptus Energizing Massage - 60 | 90 min

This massage addresses adrenal fatigue (headache, depression, stress, anxiety) caused by our modern 24/7 lifestyle: lethargy, sleep disturbances, and chronic aches and pains. Served with our Mood Lift Tonic.

Hot Stone Massage - 90 min

Heated river stones glide over your body to deeply relax your muscles and melt away stress. Pressure modified to your personal preference.

Williamsburg Classic Massage - 60 | 90 min

In this popular, pure, and soothing massage, our therapist uses fragrance-free oil and light pressure to relax your body and sooth your spirit.

Pregnancy Massage - 60 | 90 min

This nurturing, light massage gently soothes tender muscles of the mother-to-be. Special attention is given to the comfort of the mother and baby during this relaxing experience. *Recommended for second and third trimesters.*

Nirvana Stress Relief Massage - 60 | 90 min

This deeply revitalizing treatment uses aromatherapy and deep tissue massage to wring stress out of tension-bound muscles and includes a detailed arm and hand massage to relieve computer fatigue. Served with our Mood-lift Tonic.

Aromatherapy Massage - 60 | 90 min

Select between several blends of rich and nourishing oils to enhance and personalize your massage experience. Aromatherapy blends include balance, rest, and renew.

MASSAGE ADD-ONS

- Wild Lime Scalp Massage
- Deep Tissue
- Hot Stones
- Aromatherapy

All massage services can be performed together as a couple- See price list.





MASSAGE & BODY COMBINATIONS

Lavender-Lemongrass Stress-Reducing Scrub & Massage - 90 min

A clean, refreshing scrub with calming oils of lavender and lemongrass and a gentle exfoliant, followed by a relaxing Williamsburg Classic Massage.

Orange-Ginger Refreshing Scrub & Massage - 90 min

Our naturally fragrant orange and ginger scrub will gently exfoliate your skin and leave you feeling nourished and soft, followed by a relaxing Williamsburg Classic Massage.

BODY TREATMENTS

Lavender-Lemongrass Stress-Reducing Scrub - 60 min

A clean, refreshing scrub with calming oils of lavender and lemongrass and a gentle exfoliant will leave your skin soft and vibrant.

Orange-Ginger Refreshing Scrub - 60

Our naturally fragrant orange and ginger scrub will gently exfoliate the skin and leave you fresh and revitalized.

Seaweed Body Detox Treatment - 60 min

After a dry-brushing exfoliation of the skin, a warm seaweed mask rich in nutrients is applied to naturally detoxify your body. A head and neck massage, and a relaxing foot treatment make this service very popular.

Espresso-Mud Treatment - 60 min

The combination of volcanic pumice and warm clay, rich with the earthy fragrance of Arabica coffee, removes impurities and softens skin. You'll benefit from increased circulation and see reduction of cellulite. A rich and moisturizing Sicilian and Bergamot lotion will complete your experience.

BATHS

30 min

Add a bath to any massage or body treatment for a perfect way to relax. In a private setting, step into one of our exceptional baths designed especially for you. Exquisite oils and specialty recipes are added for a perfect combination. *Choice of Sports Recovery Soak, Sweet Birch Magnesium Flakes or Colonial Bath Experience.*

FACIAL & SKIN CARE SERVICES

21st Century: Advanced Age-Defense Spa Experience - 2 hrs

Begin with a Detoxifying Seaweed Body Wrap to tighten, tone, and leave your skin silky smooth. As your body is cocooned, we turn our care to your face and décolleté. Master Estheticians will perform our premier natural anti-aging facial-ultrasonic and micro-current technologies designed to gently exfoliate and rehydrate the skin. You will see a reduction in fine lines and wrinkles, and notice plumper, younger-looking, and more radiant skin.

Wrinkle Repair Facial - 60 | 90 min

Repair the effects of sun damage and premature aging with potent anti-oxidants and corrective botanical extracts. Argan oil nourishes the skin, peptides stimulate collagen, and vitamin C helps to firm, brighten, and dramatically reduce the appearance of fine lines and wrinkles.

Clarifying Facial - 60 | 90 min

Improve skin clarity, reduce blemishes and soothe inflammation with a powerful blend of exfoliating pumpkin enzymes and moss extract for deeper cleansing. Anti-inflammatory alpine willow and rosemary promote healing and control sebum for balanced, clear skin.

Bio-Energy Holistic Facial - 60 min

Identify your Skin Personality: Adaptive, Hormone Reactive, Stress Reactive or Mature. Experience a customized facial with detoxifying lymphatic brushing, relaxing aromatherapy massage and targeted active ingredients, from plant stem cells to peptides.

Sooth and Restore Facial - 60 | 90 min

This facial is designed to help calm and soothe compromised skin due to irritation, inflammation, or rosacea. A cleansing cream removes impurities without drying. Then anti-inflammatory gel is applied to soothe the skin and reduce redness. *Recommended for sensitive, dry, and irritated skin.*

Hyaluronic Hydrating Facial - 60 min

This ultra-hydrating facial gives your skin an instantly plumped, smoother appearance. This facial includes a DermaFlash exfoliation and a Retinol peel. *Not recommended during pregnancy.*

The Naturopathica Holistic Facial - 60 min

Start your treatment with an in-depth consultation, diving into diet, gut health, stress level and skin care regimen to identify your distinctive Skin Personality. Next, experience a customized facial with detoxifying lymphatic brushing, relaxing aromatherapy massage and targeted active ingredients, from plant stem cells to peptides. Leave with a holistic prescription of skin care, beauty foods, herbal remedies and well-being rituals to deliver true and lasting results.



FACIAL & SKIN CARE SERVICES *continued*

Vitamin C Energizing Facial - 60 min

Supercharge your skin. Regenerate luminosity with potent vitamin C—nature's most powerful and proven skin brightening agent. This treatment helps correct sun damage for firmer and more lustrous skin. This treatment includes an Alpha-Beta Peel.

Exfoliating Wrinkle Recovery Facial - 60 min

This anti-aging facial helps repair signs of aging, sun damage, fades dark spots, and reduces the appearance of pores. This treatment includes a clinical strength Retinol peel. *Not recommended during pregnancy.*

FACIAL ENHANCEMENTS

**Additional service booking time required. The following services are available to enhance any facial service:*

Eye Contour Treatment - 15 min

This intensive treatment is designed to reduce puffiness, under-eye discoloration, and the appearance of fine lines and wrinkles

Hydrating Lip Treatment - 15 min

This deeply moisturizing treatment is designed to gently exfoliate dry, flaky skin and leave lips smooth and supple.

AHA & BHA Refining Treatment - 15 min

This powerful exfoliating treatment is specifically formulated to promote cellular renewal, improve skin texture, diminish blemishes, and brighten the complexion.

Micro Current Therapy - 30 min

A luxurious treatment featuring a powerful blend of antioxidants to help boost skin's radiance and reduce signs of aging for a firm, bright, and rejuvenated décolleté.

DermaFlash Treatment - 15 min

This revolutionary, exfoliating facial device, painlessly removes dead skin cells, built up debris, and pesky peach fuzz. Results are immediate. Smooth, radiant, touchable skin is instantly revealed.

ADVANCED SKIN CARE

INTRACEUTICALS OXYGEN TREATMENTS

Intraceuticals uses oxygen under pressure to deliver hyaluronic acid, vitamins and powerful antioxidants, resulting in an immediate boost to dull dehydrated skin. Allow our experts to help you select the best treatment for your skin care concerns.

Rejuvenate Treatment - 60 min

Receive the benefits of the Rejuvenation Hydration treatment with the addition of Atoxylene. The eye contour area is immediately smoothed and lips are plumped and hydrated.

Opulence - 60 min

Using Vitamin C and natural plant lightening extracts, this treatment balances uneven skin tones and leaves skin vibrant.

Enhanced Oxygen Treatment - 60 min

The Enhanced Oxygen Facial combines our 60-minute Intraceuticals facial with your choice of one Intraceuticals Enhancements to boost your facial experience.

INTRACEUTICALS ENHANCEMENTS

**Available in addition to existing service times.*

- Antioxidant+ Treatment
- Vitamin A+ Treatment
- Vitamin C+B Treatment
- Collagen+ Treatment
- Eye & Lip
- Atoxylene
- Neck & Décolleté Treatment (*Additional 15 minutes required*)

SPA PACKAGES

4.5 hrs

Select three of the following services:

- Aromatherapy Massage, Hot Stone Massage or Williamsburg Classic
- Orange-Ginger Body Scrub, Lavender-Lemongrass Body Scrub, or Seaweed Detox Treatment
- Bio-Energy, Wrinkle Repair, or Sooth and Restore Facial

Upgrade with a signature manicure and pedicure. Lunch from our spa cuisine menu is available.

Colonial Classic Experience - 3 hrs

Enjoy a Lavender-Lemongrass Scrub and Massage and finish with a Sooth & Restore Facial.

Mother & Daughter Day - 2 hrs

You'll both enjoy our Williamsburg Classic Massage combined with our signature Lavender-Lemongrass Manicure for the finishing touch.

Upgrade to side-by-side massages and pedicures.

Gentleman's Spa Experience - 2.5 hrs

Enjoy an Arnica Deep Massage or Nirvana Massage with a Men's Rebalancing Facial and Men's Fitness Pedicure.



NAILS

Apothecary Deluxe Services

Using customized Colonial herbs and nourishing oils, create your own apothecary treatment. Includes warm essential oils, nail care, and polish.

Signature Services

Enjoy our unique lavender-lemongrass products in this signature service. Includes nail care, nourishing essential oils, and polish.

Seasonal Services

Our staff will select the finest ingredients to prepare your hands for each season's unique needs. Includes nail care and polish.

Anti-Aging Manicure

Anti-aging enzymes make your hands look and feel younger, softer, and more vibrant. Nail care and polish included.

Cobblestone Pedicure

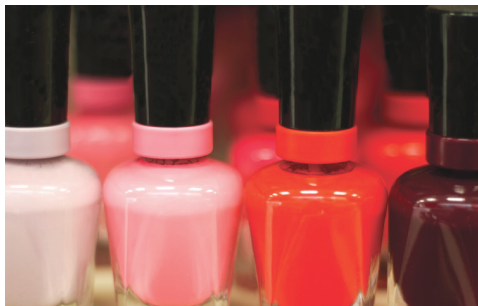
Give your tired lower limbs a truly revolutionary treatment. After a refreshing jetted soak, hot stones help alleviate the pains of weary legs. Finally, a nourishing oil treatment is applied to soften the heels and toes, and to refresh your legs. Includes nail care and polish.

Express Manicure

Remove old polish, new nail care and polish.

NAIL ENHANCEMENTS

- French Polish
- Gel Polish



SALON

STYLING

Shampoo & Style

Formal Styling

Formal Updo

Haircuts

Haircut Only

Haircut, Blow Dry & Style

Thermal Styling

Conditioning Treatment

Smoothing System

COLOR SERVICES

Touch-Up Color

Full Color

Partial Highlights

Full Highlights

Touch-Up Color + Highlights

Full Color + Highlights

Balayage

CUT + COLOR SERVICES

Cut + Touch-Up Color

Cut + Full Color

Cut + Partial Highlights

Cut + Full Highlights

Cut + Touch-Up Color + Highlights

Cut + Full Color + Highlights

*Additional charges for hair length
below the shoulders.*

MAKE-UP SERVICES

Make-Up Lesson

Make-Up Application

BROW BAR & LASHES

Eye Brow Shaping

Eye Brow Tinting

Lash Tinting

Lash Strips

WAXING

Back

Bikini

Half Leg

Full Leg

Chin

Lip

Under Arm

Half Arm

Full Arm



JUST FOR MEN

Arnica Deep-Tissue Massage - 60 | 90 min

This deep-tissue massage incorporates the anti-inflammatory benefits of arnica to soothe tired or over-used muscles. Perfect for athletes after golf games or tennis matches. Served with our Muscle and Joint Elixir.

Aromatherapy Massage - 60 | 90 min

Select between several blends of rich and nourishing oils to enhance and personalize your massage experience. Aromatherapy blends include Purifying, Centering, and Grounding.

Hot Stone Massage - 60 | 90 min

Heated river stones glide over your body to deeply relax your muscles and melt away stress. Pressure modified to your personal preference.

Williamsburg Classic Massage - 60 | 90 min

In this popular, pure, and soothing massage, our therapist uses fragrance-free oil and light pressure to relax your body and sooth your spirit.

SCRUB AND MASSAGE COMBINATIONS

Lavender-Lemongrass Stress-Reducing Scrub & Massage - 90 min

A clean, refreshing scrub with calming oils of lavender and lemongrass and a gentle exfoliant, followed by a relaxing Williamsburg Classic Massage.

Orange-Ginger Refreshing Scrub & Massage - 90 min

Our naturally fragrant orange and ginger scrub will gently exfoliate your skin and leave you feeling nourished and soft. Followed by a relaxing Williamsburg Classic Massage.

Men's Rebalancing Facial - 60 | 90 min

Deep-cleaning facial designed for a man's skin. Steamed towels combined with pure plant-based products ensure visible results and deep relaxation.

Vitamin C Energizing Facial - 60 min

Supercharge your skin. Regenerate luminosity with potent vitamin C—nature's most powerful and proven skin brightening agent. This treatment helps correct sun damage for firmer and more lumious skin. This treatment includes an Alpha-Beta Peel.



MEN'S NAIL SERVICES

Men's Fitness Manicure

Geared towards men, this highly reparative manicure begins with an aromatic Sweet Birch Magnesium compress to soothe and soften the skin, followed by a scrub to polish well-worked hands. Your nails will be expertly groomed and a full arm and hand massage completes the treatment.

Men's Fitness Pedicure

This highly reparative pedicure begins with a Sweet Birch soak to soothe and soften the skin, followed by scrub to pamper your well-worked feet and lower leg. Nails are groomed and a full foot and lower leg massage complete this treatment.



SPA'RTY ON

What's a Spa'rt'y? A group of five or more people celebrating a special occasion by relaxing at a world-class spa, like The Spa of Colonial Williamsburg. Whether you're celebrating a birthday, bachelorette, wedding, or any momentous occasion, we'll make your Spa'rt'y a memorable experience at an exceptional rate.

Experience all of our therapeutic amenities, including our full-sized jacuzzi, steam room, Swedish dry sauna, and cold plunge pool.

SPA'RTY PACKAGES

For groups of FIVE or more:

Massage, Body, or Facial Treatment - 60 min

- Complimentary Spa Gift
- 15% Off Retail Purchases (*On the day of your Spa'rt'y*)
- Spa'rt'y Planner

For groups of NINE or more:

Massage, Body, or Facial Treatment - 60 min

- Private Yoga or Water Aerobics Session
- Gift Bags for Each Guest With a Special Invitation
- VIP Area Designated for Your Group
- Vitality Bar Tea and Tincture Served to Each Guest
- 15% Discount on Retail Product Purchases
- Group Photo to Capture the Experience

FITNESS ADD-ONS

Private Fitness Classes

Start your spa'rt'y off right. Enjoy a selection of various fitness classes including yoga, pilates, boot camp, and more.

Fitness Center and Pool Pass

Upgrade your spa'rt'y package to enjoy our fitness center and pool.



FIT FOR LIFE

Day Pass—Complement your spa services in our state-of-the-art Fitness Center with a selection of free weights, weight training stations, treadmills, elliptical machines, small equipment (kettle bells, combat ropes, body bars, gliders, etc.), and indoor and outdoor pools. Our Group Exercise Classes are available daily and include Yoga, Boot Camp, Aqua classes, Zumba, Tai Chi, Qi Gong, Step, Pilates, and more!

Personal Training

Work with one of our certified personal trainers to develop a fitness routine to meet your specific needs. Review and practice various stretch exercises with our personal trainers to complement your massage. Packages available.

Bike Rentals

Enjoy a ride through our historic district on one of our single-speed cruisers. Helmets, locks, and baskets are available. Full-day, half-day, and hourly rentals.

Wellness Memberships

Please contact our membership office at **757.565.8474**.



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