



Allow us to turn your tension into an abstract memory with these luxurious and unique services. Whatever your needs, our therapists are professionals in the art of healing and will customize your service to create an unforgettable experience.

Massage Treatments

POSEIDON SIGNATURE

Classic Relaxation Massage

The ultimate antithesis of stress. A customized relaxation massage with the benefits of therapeutic essential oils.

30 minutes. \$65

50 minutes. \$115

80 minutes. \$175

HERBAL POULTICE MASSAGE

This soothing massage incorporates poultices of botanical herbs and flowers harvested in the Blue Ridge Mountains.

50 minutes. \$140

DEEP TISSUE MASSAGE

A vigorous massage incorporating deep tissue techniques and a tension relieving massage oil.

50 minutes. \$120

80 minutes. \$195

HOT STONE SILVRETTA

The Kessler Signature Massage

Named after the mountain range in Austria famous for glaciers and hot springs, this transformative treatment is soothing and therapeutic. Hot stones are used to massage the body and provide energetic balance. A must feel treatment.

80 minutes. \$195

PRENATAL MASSAGE

Expectant mothers will feel nurtured during this pampering experience as your therapist provides a full body massage relieving the common discomforts associated with pregnancy. (This service is available during the second and third trimester.)

80 minutes. \$195

IN-ROOM MASSAGE

Nourish your senses while indulging in the ultimate luxury of an in-room massage. Your Poseidon Spa therapist will create a nurturing environment with soothing music and aromatic candles while performing a deeply relaxing massage to melt away stress, tension and fatigue.

50 minutes. \$145

COUPLE'S MASSAGE

Share the magic of a Poseidon Massage together!

50 minutes. \$210

PRIVAI ANTI-AGING MASSAGE

This signature Poseidon treatment includes a full body Poseidon Massage and exfoliation incorporating ocean ingredients, a tension-taming head and scalp treatment, and an acupuncture face treatment with coenzyme Q10, a powerful anti-aging booster!

80 minutes. \$210



Treatment Enhancements

Choose one of these enhancements to customize your experience. Enhancements are performed during the time of your spa treatment.

LAVENDER PEPPERMINT SCALP TREATMENT

Invigorating essential oils are deeply massaged into the scalp to relieve headache, stress, and tension.

\$20

OCEAN FOOT POLISH

A revitalizing foot masque and scrub to invigorate and refresh.

\$20

AQUA COLLAGEN EYE TREATMENT

Intense hydration for fine lines and wrinkles. Perfect for a special occasion or to "wake up" tired eyes.

\$20

AQUA GEL FACIAL MASQUE

This aloe and azulene masque quenches all skin types! A hydration sensation!

\$20

BODY EXFOLIATION

Begin your treatment with an invigorating brush exfoliation to remove dry skin, stimulate immunity and increase circulation.

\$20

HERBAL POULTICE

Warm, detoxifying herbs in a poultice are pressed into the skin with massage, gently and rhythmically relieving tension in your focus area. Enjoy your poultice at home as a bath tea.

\$25

HOT STONES

Luxurious heat right where you need it! Warm basalt stones incorporated into strokes of massage will melt away even the toughest tension.

\$20



Jewels of the Sea Collection

Each treatment incorporates highly effective products and treatments that focus on your relaxation and wellness.

SWEET SEA SCRUB

This ocean inspired scrub is a blend of sweet sugar and sea salts blended with aromatic essential oils. A fresh cucumber eye masque and hot towels enhance this signature treatment.

50 minutes. \$105

REBALANCING RITUAL

A nutritive oceanic body wrap, this treatment is complete with a full body exfoliation, luxurious body wrap and deeply relaxing massage. Phyto-nutrients enhance the warm stone facial massage and aid in restoring balance to the mind and body. This is the perfect treatment for travelers.

80 minutes. \$225

OCEAN SILK WRAP

This pampering body wrap includes products that soothe and soften the skin. Enjoy a luxurious warm cocoon enhanced with antioxidant-rich products and a warm river rock facial massage. This treatment soothes the senses leaving your skin supple and your mind relaxed.

50 minutes. \$125

MINERAL MASQUE

This highly effective mineral masque nourishes the skin and pampers a tired mind. While enveloped in luxurious linens, enjoy a reflexology foot massage.

30 minutes. \$75

AGE ANTIDOTE

A powerful anti-aging acupressure facial massage incorporating Matrixyl 3000 to lift the skin while relieving stress and tension in the neck, back, and shoulders. Includes an enveloping body wrap.

80 minutes. \$195

BLUE WATER TREATMENT

This hydrating treatment includes a facial, hand and foot exfoliation, masque, and massage followed by a series of soothing serums that calm sensitive skin.

50 minutes. \$130

APHRODITE

Refreshing facial massage with a special green clay masque that softens and soothes. This treatment includes a warm foot wrap and relaxing décolleté and neck massage to complete this experience!

50 minutes. \$95

Spa Packages

POSEIDON'S ESCAPE

Even the ancient man of the ocean needs his spa day.

80-minute Deep Tissue Massage, enhanced with heated stones, rebalancing Ritual Body Wrap, and Lavender Peppermint Scalp Treatment.

2 ½ hours. \$365

MOUNTAINS TO SEA

Combine two favorite places into one.

Hot Stone Silvretta Massage, Ocean Silk Wrap, Aqua Collagen Eye Treatment, Lavender Peppermint Scalp Treatment, and Ocean Foot Polish.

2 ½ hours. \$360

CALM WATERS

A Blue Water Treatment with Aqua Collagen Eye Treatment and a Poseidon Massage will hydrate and relax every bit of stress you have.

1 ½ hours. \$195

OCEAN INDULGENCE

A mélange of Sweet Sea Scrub Exfoliation and Ocean Silk Wrap completed with a Poseidon Massage will leave you relaxed and replenished. Indulge yourself – you deserve it!

2 hours. \$255

GRAND BOHEMIAN ESCAPE

Escape the everyday at the Grand Bohemian Hotel. This signature package includes an anti-aging body wrap, collagen facial treatment, and a Deep Tissue or Poseidon Signature 90-minute massage enhanced with hot stones.

3 hours. \$495

**Hours of Operation**

Monday – Friday: 9:00 a.m. to 8:00 p.m.

Saturday: 8:00 a.m. to 8:00 p.m.

Sunday: 8:00 a.m. to 6:00 p.m.

Gratuity

For your convenience, a 22% gratuity charge will be added to each spa service received. Gratuities will be dispersed to the Poseidon Spa staff members who served you during your visit. Additional gratuities are at your discretion.

Helpful Reminders

The Poseidon Spa cannot guarantee requests for a male or female therapist unless you state your preference at the time of booking. If you are a guest of the hotel, it is recommended that you store valuables in your guest room safe. We request that cell phones and pagers be turned off while you are in the spa.

Cancellation Policy

Cancellations received less than 24 hours prior to your scheduled appointment will be assessed at 50% of treatment fee. Cancellations of packages or groups require one week's notice. A credit card will be required to reserve spa packages and group appointments. Guests failing to show for their appointment will be charged the full value of scheduled services.