



A Mediterranean Recipe for a Healthy Life



THE BILTMORE **SPA**

BENESSERE APPROVED MENU SELECTIONS

EXECUTIVE THERAPY

This therapeutic massage is designed to combat the common ailments that we experience while traveling. Our skilled therapists combine their healing techniques with the appropriate blend of medicated essential oils to provide relaxation, restoration, or revitalization depending on your needs. A perfect treatment for those who suffer from jet lag, insomnia or mental stress.

50 minutes | 70 minutes | 90 minutes

AROMA SWEDISH MASSAGE

Customize this restoring and soothing massage with a choice of aromatherapy blends for relaxing, de-stressing or reviving. This light-to-medium pressure massage is perfect to enhance circulation, melt away stress and revive your senses. A healing therapy for the mind and body.

50 minutes | 70 minutes | 90 minutes

THERAPEUTIC DEEP TISSUE MASSAGE

Combining deep tissue techniques with hot pack therapy, this treatment is directed toward specific areas of stress and imbalance. Isolated areas of concern are treated with a stimulating and soothing blend of black pepper, ginger and rosemary to warm sore muscles and relieve aches and pains. Longer services are recommended for those looking for deep tissue technique throughout the body.

50 minutes | 70 minutes | 90 minutes

LOWER LEG LIFT

Instantly lift heaviness and achiness from the feet and lower legs with this soothing and stimulating lower leg treatment. Perfect remedy after a long trip or for moms-to-be.

20 minutes

EASTERN THERAPIES

ABHYANGA MASSAGE

Sansára is Sanskrit for "continuous flow" of consciousness and life. Like the movements of the Abhyanga, a continuous flow of medicated oil is massaged in a rhythmic motion and works to affect the 7 layers of the physical and subtle bodies to bring balance and harmony to the mind, the body and the spirit. The longer service includes a Shirodhara restorative treatment.

70 minutes | 90 minutes

THAI MASSAGE

Discover this ancient technique, which incorporates stretching and energy line compressions to restore balance to the entire body. Promoting increased flexibility and improved physical performance, this time-honored practice rewards the body with an overall sense of relaxation. Performed on a mat without oil, Thai massage requires loose-fitting comfortable clothing.



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ACUPUNCTURE

Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force — known as qi or chi (CHEE) — believed to flow through pathways (meridians) in your body. By inserting needles into specific points along these meridians, acupuncture practitioners believe that your energy flow will re-balance.

Widely practiced and accepted around all over the world, Chinese acupuncture has proven highly effective for addressing a wide variety of health issues, including but not limited to:

- Neurological & Muscular Disorders such as neck pain, back pain, knee pain, bursitis, herniated disc, sciatica, arthritis, headache, migraine, Parkinson disease, and all kinds of sports injury.
- Emotional imbalances such as stress, anxiety, depression and insomnia.
- Digestive tract complaints, such as irritable bowel syndrome and acid reflux, colitis.
- Asthma, allergies and other immune system stresses.
- Gynecological complaints such as PMS, menopausal symptoms, dysmenorrhea.

Acupuncture is also very helpful for weight control, sexual disorder, smoking cessation, morning sickness alleviation of pregnancy; as a post-partum treatment, acupuncture also helps to quickly rebuild strength and restore hormonal balance.

THALASSOTHERAPY

“Thalassotherapy, from the Greek words “thalasso” (sea water) and “therapeia” (to heal), has been used for preserving and restoring health since the time of the ancient Romans, Egyptians and Greeks. In fact, Hippocrates, the Father of Modern Medicine, was the first to detail the curative benefits of using sea water for ailments such as aching muscles, joint pain, rheumatism and arthritis. Seaweed, known to contain 100,000 times as much mineral and vitamin content as seawater itself, can only be harvested by hand and needs to be selected by sight. When seaweed is steamed it produces amazing luxurious oils filled with proteins, minerals and vitamins that the body readily absorbs. The detoxifying effects of the seaweed and recuperative effects of its high mineral content are an amazing conditioning agent for the skin and hair and provide an excellent treatment for cellulite. Experience the magical healing and relaxing effects of seaweed with one of our special seaweed services. Discover the anti-aging secret that many have known for thousands of years.”

ORGANIC SEAWEED LEAF SOAK

Immerse in the natural power of pure, organic seaweed hand-harvested from the unspoilt Atlantic Coast of Ireland. Believed to be an ancient sailor’s cure, and dating back 300 years, this detoxifying treatment will relax the muscles, ease aches and pains and support skin regeneration. Filled with countless minerals and vitamins in high concentrations, nature’s most powerful antioxidant will leave your skin, hair and body remineralized and deeply moisturized.

30 minutes



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VOYAGE OF THE SEA

A complete top-to-toe restorative journey for the mind and body using nature's most powerful antioxidant from the sea. This amazing journey begins with a full-body detoxifying salt-oil exfoliation to stimulate blood and lymph flow while removing dullness and firming skin tone. Next, you will be immersed in pure, hand-harvested organic seaweed to relax the muscles, ease aches and pains and support skin regeneration. A full-body tangleweed wrap follows, providing extraordinarily high levels of vitamin and mineral compounds known to combat the signs of aging. Relax with a scalp massage and finish the ultimate luxury experience from the sea with a nurturing hydration application to replenish the body and nourish the skin.

90 minutes

ORGANIC SEAWEED LEAF COCOON

This crème de la crème body wrap uses fresh leaves of Atlantic seaweed to deeply detoxify, moisturize and revive the body. We begin with a full body brushing before cocooning the body in tangleweed, filled with high levels of antioxidant and mineral compounds known to fight cellulite and the signs of aging. While your skin absorbs the rich nutrients, you will be treated to a relaxing scalp massage. For guaranteed suppleness and elasticity in your skin, this indulgent body treatment finishes with a final smoothing application.

50 minutes

MINERAL WELLNESS RITUAL

"Experience an exclusive ritual focused on healing waters, nutrient-rich ingredients, and an expert therapeutic touch. We begin with a thermal mineral soak to detoxify and re-mineralize. A warm Moor Mud back treatment nourishes the body and exfoliates the skin. This comprehensive wellness journey culminates with the healing powers of Magnesium and Himalayan Salt in a Salt Stone massage. This power packed transformative treatment is the perfect antidote to restore balance to the mind and body. 90 minutes.