

CHARLOTTE, N.C. — Just in time to help alleviate the stress of the hectic holiday season, The Spa at Ballantyne has introduced a menu that promotes overall health and sustainability. New outcome-driven treatments include Custom Massage Therapy, Stress Relief Therapy and Second Youth Facial, complemented by mainstays such as The Spa's signature Carolina Lavender services featuring locally-sourced lavender. All services are designed to provide an experience, sense of place and noticeable results.

"Our carefully curated menu supports our holistic approach to wellness," said Jana Powers, spa director, The Spa at Ballantyne. "We understand that guests look to The Spa for a commitment to well-being and sense of calm, and our menu delivers in both areas, as well as providing guests something new and refreshing." New menu highlights include: Custom Massage Therapy This completely customizable experience provides welcomed relaxation and renewal through a variety of pressures and stretches tailored to personal needs. Ideal for those searching for a combination of pressures and techniques, this treatment offers different tensions in different areas catered to the individual. Pricing is \$140 (50 minutes) and \$180 (80 minutes).

This nurturing body wrap combines the power of biodynamic flower essences, probiotics and rich butters blended to detoxify and calm the nervous system promoting relaxation and well-being. Begin with an uplifting elixir of spring water infused with biodynamic flower essences. Then enjoy a relaxing light touch massage with infused balms and oils rich in probiotics and age-defying ingredients. The treatment concludes with a mineral-rich foot scrub and relaxing scalp massage. Pricing is \$140 (50 minutes) and \$180 (80 minutes).

Enjoy the ultimate in age defiance with this facial that includes the latest ingredients from marine bio-technology to plump the skin and smooth wrinkles. After a thorough double exfoliation and deep cleansing process, a pro-youth facial massage is performed with massage tools and a skin regenerating concentrate. This massage provides instant results for relaxing wrinkles and tightening the skin. Finally, a warm wax mask is painted over the skin to deliver a final dose of extra marine filler and to seal in the treatment's youthful benefits. This 80-minute facial, which also includes a re-plumping lip treatment, is \$225.

Guests have access to resort-style amenities at The Spa at Ballantyne, a Forbes Four-Star recognized spa. Luxurious facilities include a seasonal outdoor pool, indoor pools, Jacuzzi, fitness center and spa lounge area (purchase minimums apply). Gift cards are available at theballantynehotel.com.

About The Spa at Ballantyne:

The Spa at Ballantyne, located at The Ballantyne, a Luxury Collection Hotel, Charlotte, is a destination day spa in Charlotte, N.C. Spa offerings include ritualistic spa treatments, full-service salon, spa boutique, personal training services, fitness facilities, outdoor and indoor pools, locker rooms, eucalyptus steam room, cherry wood sauna and relaxation lounge. For more information or to make an appointment, please call 704-248-4141 (toll-free 866-248-4824) or visit spaballantyne.com.

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