

## Massage Treatments

### **Swedish Massage**

60min/\$110 or 90min/\$145

Work it out. Release tension with long relaxing strokes. Customize your experience with a choice of three luxurious oil scents.

### **Deep Tissue**

60min/\$110 or 90min/\$145

Address problematic muscles and joints with a combination of techniques that stretch muscles, improve flexibility and flush unwanted toxins from the tissues.

### **Momma-to-Be Massage**

(after 1st trimester, 12 weeks)

60min/\$110

Nurture yourself with a relaxing pregnancy massage. A pregnancy pillow supports your belly so you and baby can rest comfortably and safely. Aching muscles are massaged with a refreshing blend of oils formulated especially for pregnant women.

### **Aromatherapy**

60min/\$125 or 90min/\$160

This alternative therapeutic technique combines the natural therapeutic properties of the essential oils with the healing power of massage therapy.

### **Hot River Stone Massage**

60min/\$125 or 90min/\$160

A healing treatment with warm and cold stones to open energy pathways, deeply penetrate congested tissues and melt away muscle discomfort.

### **Reflexology**

60min/\$110 or 90min/\$145

Reflexology focuses on the feet and hands to promote optimal health and a deeper sense of relaxation. You may choose to leave your clothes on for an entire session of Reflexology or incorporate it into a customized massage.

### **In-Room Treatments**

A 10% service charge will apply to all in-room treatments.

### **Swedish Massage**

60min/\$140 or 90min/\$175

### **Deep Tissue Massage**

60min/\$140 or 90min/\$175

### **Momma-to-Be Massage**

60 min/\$140

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## Malin + Goetz

21c is proud to use Malin + Goetz products. Malin + Goetz is a family-owned and operated apothecary that utilizes carefully crafted formulas that are free of unnecessary detergents, colorants and synthetic fragrances. Malin + Goetz does not test on animals and all products are made in the USA.

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theSpa at **21c**

## Reservations

All spa treatments are by appointment only and are limited by the availability of personnel. Unfortunately, we cannot guarantee drop-in treatments. Simply call [919.956.6700](tel:919.956.6700) or email us at [Dur.Team@21cHotels.com](mailto:Dur.Team@21cHotels.com) at least 48 hours in advance for appointments, and we'll happily ensure your appointment is arranged.

Massages start at \$110 for a 60-minute treatment. (Prices do not include tax or gratuity.) We invite you to enjoy a workout, hot sauna or our steam room prior to your massage. It's on us – all spa treatments include full access to our facilities.

Gift certificates are available and make the perfect present. Simply select a 21c Gift Card and let us know what type of massage you'd like to give in the notes.

Please note: We allow appointments to be cancelled without penalty up to 24 hours prior. Appointments cancelled without 24 hour notice are subject to pay the full cost of treatment. Please contact us directly with any questions.