

## Massage Treatments

### Swedish Massage

60min/\$125 or 90min/\$165

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

### Deep Tissue

60min/\$125 or 90min/\$165

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/\$125

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/\$165

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

## Reservation Policy

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 or email us at [Dur.Spa@21hotels.com](mailto:Dur.Spa@21hotels.com) at least **72 hours in advance** for appointments, and we'll happily ensure your appointment is arranged.

**Same-day treatments may be available Friday through Sunday only.** Please call the front desk to confirm availability:

Friday 4:30-8PM

Saturday + Sunday 10AM-4PM

Massages start at \$125 for a 60-minute treatment. Prices do not include tax. All appointments include a 20% gratuity, with the option to add an additional amount. We invite you to enjoy a workout, hot sauna, or our steam room prior to our massage. 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 take full prepayment at the time of booking. We allow appointments to be cancelled without penalty up to 48 hours prior. Please contact us directly with any questions.

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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.

919.956.6700

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