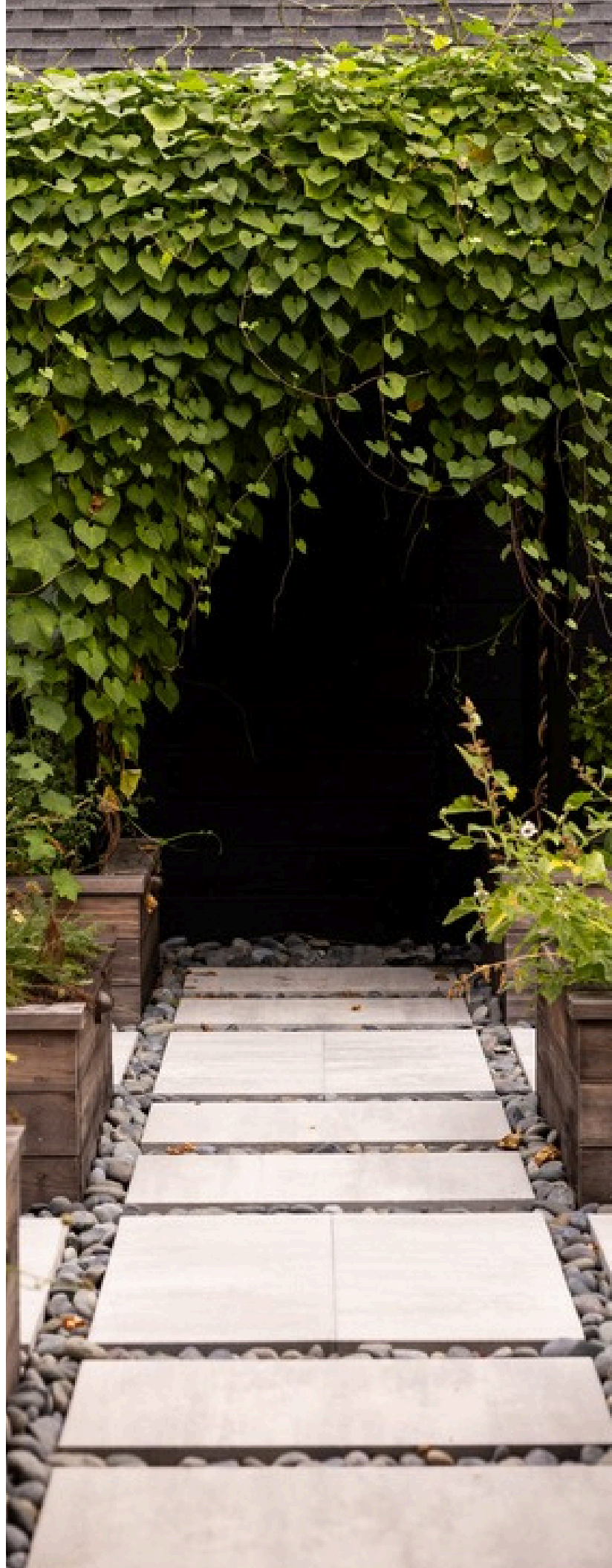


A Wellspring for Wellbeing

Welcome to THE SPA at Southall: A Sanctuary of Holistic Wellness. Nestled in the heart of the Inn, THE SPA at Southall is inspired by the rhythms of the seasons and the profound journey of life. Here, we blend the healing properties of the earth with the wisdom of natural cycles to create an immersive experience that nurtures mind, body, and soul.

Our approach is rooted in the belief that true wellness arises from a harmonious alignment with nature. Each treatment is thoughtfully curated to reflect the changing seasons, incorporating botanical ingredients harvested at their peak potency and sustainably sourced.

Whether you seek a retreat, relaxation, rejuvenation, or a deeper connection, our serene setting and personalized treatments provide a gateway to holistic health. Embrace the ebb and flow of life, and let us guide you toward a state of balance, harmony, and well-being.



Inspired
by
Nature.

THE SPA

at SOUTHALL

Immerse Yourself

Treatments include access to our spa exclusive facilities.

THE STEAM

Inhale the benefits of our aromatherapy steam room to improve circulation, lower blood pressure, reduce stress, clear congestion, and support your immune system by eliminating toxins. Eucalyptus aromatherapy uplifts and promotes easy breathing, while a little quiet time supports a healthier mental state.

THE SAUNA

The Himalayan Salt Sauna offers health and relaxation benefits by releasing negative ions when heated, creating a clean, bacteria-free environment. This promotes reduced stress, increased energy, elevated mood, improved respiratory health, relaxed muscles, pain relief, and cleansed skin.

THE MINERAL POOL

Experience the transformative power of water and re-mineralize by bathing in a rare balance of 60 essential minerals, including potassium and magnesium, along with trace elements that nourish the body. Our mineral pool is heated to 101 degrees year-round with a beautiful view of Lake Mishkin.

MARIGOLD MEDITATION ROOM

Cultivate mindfulness in this space dedicated to contemplation and inner exploration. Self-reflection and daydreaming activate multiple parts of the brain, providing stillness to turn down the noise and increase awareness of what matters most.

THE IRIS LOUNGE

Settle into a cozy lounge and relax, borrow a book, or delight in our spa snacks. Enjoy a bespoke selection of infused water, tea, elixirs, and nourishing bites from our celebrated culinary team.



Signature Experiences

Sequenced healing journeys offering a holistic approach to well-being.



THE MEDICINE WHEEL: ELEMENTAL ENERGY HEALING + MASSAGE | 120 MIN - \$470

The Native American Medicine Wheel is a powerful symbol representing the seasons of life and the interconnectedness of all living things. Remember the restorative power of nature in this layered treatment weaving in herbal aromatherapy, crystal stone placements, and a guided visualization journey. A full-body massage is performed, starting from the East and moving clockwise around the body to follow the path of the Medicine Wheel. Your therapist will then prepare an intentional bathing ritual for you to soak & integrate your experience. A sacred approach to healing, honoring the ancient wisdom of the Earth for physical relaxation, emotional healing, spiritual connection and energetic balance.

THE TREE OF LIFE: GROUNDING BODY TREATMENT + MASSAGE | 120 MIN - \$450

The body is honored as a living Tree of Life, with each treatment element reflecting the tree's integral parts. The journey begins with the application of a warm mud poultice, enriched with the sweet, earthy aromas of lemongrass and tumeric. Applied along the spine—the trunk—this soothing poultice acts like nourishing roots, drawing out accumulated tension and grounding your energy. As the mud warms and relaxes the muscles, it revitalizes your internal center, establishing a strong foundation for healing and balance. Following the poultice, flowing, deliberate strokes traverse the body's pathways, calming the mind and easing muscle tension. This massage not only relaxes the physical body but also harmonizes the energy centers, much like branches reaching outward and leaves absorbing sunlight. The treatment fosters a state of deep stillness, encouraging you to connect with your inner strength and embrace a sense of renewal.

NIRVANA: NOURISHING BODY TREATMENT + MASSAGE | 120 MIN - \$450

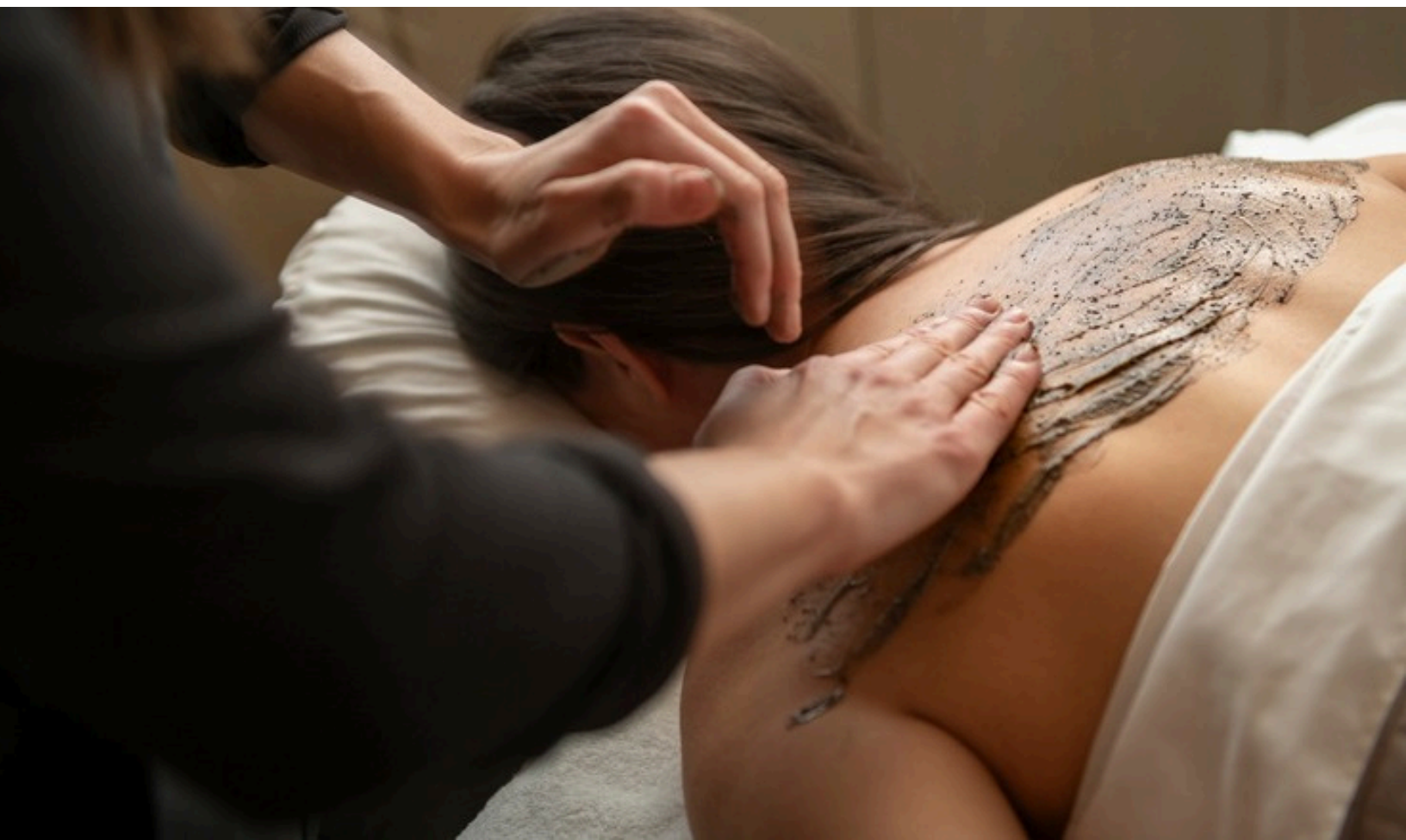
Nirvana is a state of ultimate peace and liberation, where all suffering, desires, and individual consciousness dissolve. This experience begins with a restful massage, featuring long, flowing strokes that gently ease fatigue and calm an overstressed nervous system. Next, a full body dry brush exfoliation clears away any roughness and debris before being cocooned in the soothing embrace of a seaweed gel & warm towel body wrap, embodying the essence of water— buoyant, and calming. As the wrap envelops you, you'll feel as though you're floating effortlessly, adrift yet deeply connected to the transformative present moment.

THE REFINEMENT: DETOX BODY TREATMENTS + MASSAGE | 120 MIN - \$450

The essence of refinement is to be free of impurities or imperfections, a celebration of renewal. To begin, an Arabica coffee and volcanic pumice scrub deeply detoxifies, effectively drawing out impurities while gently exfoliating the skin. Following this, an energizing full body massage with ginger root body oil is performed. The warming properties of ginger root not only soothe and relieve muscle soreness but also enhance circulation, promoting radiance and overall wellness.

THE LOTUS EFFECT: BOTANICAL BODY TREATMENT + MASSAGE | 120 MIN - \$450

The lotus effect refers to the self-cleaning property observed in lotus leaves, where water droplets roll off the surface, carrying dirt and contaminants with them. In this treatment, fragrant botanicals envelop the body and inspire an awakening of the senses. A full body exfoliation with lemongrass sugar-scrub gently stimulates skin-cell regeneration, while replenishing with essential nutrients, sourced sustainably for optimal benefits. It's suitable for all skin types, especially dry skin to resurface and rehydrate. Once the skin is smoothed, a restorative massage utilizes a combination of strokes to soften tense muscle tissues and help restore equilibrium.



Couples Therapy

COUPLES RETREAT

You are invited to begin or end your day by setting intention and connecting on a deeper level in a personalized movement or meditation session led by one of our wellness guides. Your ritual treatment takes place in our Neroli VIP couples suite beginning with an uplifting skin-renewing body exfoliation followed by a detoxifying sea salt algae bath for two. After, thermal mud is applied on the back to relieve tension and recharge the body with marine minerals. A luxuriously warm candle massage, rich in nourishing oils melts tension while opening the heart with notes of vanilla, rose, and precious oud wood. Enjoy the rest of the day and all of its pleasures together in love.

3 HOURS | \$1200

COUPLES MASSAGE

A unique opportunity to enhance connection and create a shared moment of tranquility. Whether it's a special occasion or simply a time to de-stress, your massage is customized to provide the perfect blend of intimacy and relaxation, leaving both individuals refreshed and reconnected.

60 MIN - \$470 | 90 MIN - \$690 | 120 MIN - \$900

COUPLE OF ROCKSTARS

Receive your choice of massage together in a couples suite. A unique opportunity to enhance connection and create a shared moment of tranquility. Whether it's a special occasion or simply a time to de-stress, a couples massage provides the perfect blend of intimacy and relaxation, leaving both individuals refreshed and reconnected.

60 MIN - \$510 | 90 MIN - \$730 | 120 MIN - \$940



Body Treatments

NOURISHING SEAWEED BODY WRAP | 60 MIN - \$235 | 90 MIN - \$345

This deeply restorative treatment begins with a full body exfoliation. Then a therapeutic application of a warm, mineral-rich seaweed mask, known for its detoxifying and rejuvenating properties. Packed with essential vitamins, minerals, and antioxidants, the seaweed helps to draw out impurities, stimulate circulation, and replenish your skin's natural moisture. As your body is cocooned in a comforting wrap, the seaweed's potent nutrients penetrate deeply, helping to firm, tone, and hydrate your skin. While you relax, enjoying the serene ambiance, your body absorbs the seaweed's natural goodness.

HYDRATING LEMONGRASS SUGAR SCRUB | 60 MIN - \$235 | 90 MIN - \$345

Refresh your skin and uplift your spirit. The invigorating aroma of lemongrass, known for its uplifting and refreshing properties, will awaken your senses, while the sugar gently buffs away dead skin cells, revealing a smoother, more radiant complexion. As the scrub is massaged onto your skin, the natural oils deeply moisturize, leaving your body feeling silky soft and hydrated. The treatment concludes with a warm rinse, followed by the application of a nourishing body lotion that seals in moisture and enhances the luminous glow of your skin.

INVIGORATING ESPRESSO SCRUB | 60 MIN - \$235 | 90 MIN - \$345

Fine coffee grounds gently slough away dead skin cells, while the caffeine helps stimulate circulation, reducing the appearance of cellulite and leaving your skin firm and toned.

As the scrub is massaged into your body, the aromatic coffee essence envelops you, providing a natural boost of energy and clarity. The treatment is completed with a soothing rinse and the application of a hydrating body lotion, sealing in moisture and leaving your skin smooth, soft, and rejuvenated.



Massage

RELAXATION MASSAGE | 60 MIN - \$235 | 90 MIN - \$345 | 120 MIN - \$450

Using long, smooth strokes and gentle kneading, the therapist targets areas of stress, promoting relaxation and mental calmness. Aromatherapy with soothing essential oils may be incorporated to enhance the experience, helping to alleviate anxiety and improve mood. The session is intended to leave you feeling mentally clear, physically relaxed, and emotionally rejuvenated, providing a peaceful escape from the demands of daily life.

ROCK STAR MASSAGE | 60 MIN - \$255 | 90 MIN - \$365 | 120 MIN - \$470

Utilizing smooth Himalayan salt stones and a warm massage candle, this massage is profoundly relaxing. The oil from the massage candle, rich in skin-conditioning ingredients including argan oil, coconut extract, and shea butter, is infused with the essence of oud wood and vanilla. It is delicately poured onto the skin and massaged with slow, sweeping movements, followed by an application of hot stones. A truly divine experience, it delivers a sense of well-being.

DEEP TISSUE MASSAGE | 60 MIN - \$285 | 90 MIN - \$385 | 120 MIN - \$500

This unique treatment delves into the depths of muscle layers, expertly easing chronic tension. As skilled hands work their magic with firm pressure and deliberate, slow strokes are used to melt away pain and inflammation, leaving you beautifully restored.

PRENATAL MASSAGE | 60 MIN - \$235 | 90 MIN - \$345

A nurturing, relaxation massage for the mother-to-be. Smooth strokes designed to relax tense muscles, improve circulation and enhance overall well-being. Prenatal treatments are intended for 2nd and 3rd trimesters of pregnancy only. No services can be performed in the first trimester.

TO THE MOON & BACK (PRENATAL) | 60 MIN - \$265 | 90 MIN - \$365

This treatment nurtures the mom-to-be. The experience beginning with a soothing foot soak followed by a relaxing back massage using our pregnancy pillow, customized to your individual needs. Then, it's on to the "Belly Facial", which focuses on moisturizing to help soften skin and reduce itching that can occur with a growing belly. It may also aid in the prevention of stretch marks. Products rich in plant oils and naturally hydrating ingredients such as aloe vera, calendula, rose, and meadowfoam seed oil nourish the skin, while a wild lime and jade comb scalp massage calms the mind. Pre-natal treatments are intended for 2nd and 3rd trimesters of pregnancy.

SCALP & FOOT SCRUB | 60 MINS - \$200

The scalp treatment features invigorating wild lime-infused scalp oil, rich in vitamins and antioxidants to detoxify and nourish your scalp. The treatment continues with a gentle, stimulating massage using a jade comb to enhance circulation and promotes relaxation. The cooling properties of the jade help to alleviate tension and leave your scalp feeling refreshed and balanced. Next, exfoliate, soften, and rejuvenate tired feet. Our feet are the foundation of our physical structure, bearing the weight of our entire body and providing support, balance, and mobility. They are connected to vital organs and systems through a network of nerves and reflex points, making foot care essential for overall health and well-being.

Massage Enhancements

CBD | \$35

Deepen relaxation and soothe your body. High-quality, full-spectrum CBD oil by Cause Medic offers potent anti-inflammatory and pain-relieving properties, helping to ease muscle tension and promote a sense of calm. Our skilled therapists blend this therapeutic oil into your massage, allowing it to penetrate deeply and enhance overall comfort.

DRY BRUSH EXFOLIATION | \$45

The dry natural bristle brushing technique stimulates blood flow and enhances lymphatic drainage, helping to detoxify the body, tone, and reveal more radiant skin.

CUPPING | \$45

This ancient practice uses gentle suction cups to stimulate circulation, relieve muscle tension, and promote healing. The gentle pulling action draws blood flow to the surface area, loosens tight muscles, and detoxifies the body. This treatment is ideal for those seeking relief from deep-seated tension or simply looking to enhance their overall well-being.

THE BIO MAT | \$45

Create a soothing, therapeutic foundation to any treatment. The BioMat is an advanced therapeutic device that combines far-infrared rays, negative ion therapy, and the healing power of amethyst crystals to promote overall well-being. When you lie on the BioMat, the far-infrared rays penetrate deeply into your body, gently warming your muscles and tissues, which helps to increase circulation, reduce inflammation, and relieve pain. The negative ions generated by the BioMat enhance relaxation and stress relief by balancing the body's energy and boosting mood. The amethyst crystals further amplify these benefits by promoting a sense of calm and enhancing the body's natural healing processes. The BioMat provides a deeply restorative experience that supports both physical and mental health.

WARM HERBAL POULTICE | \$55

A deeply nourishing enhancement to any massage treatment. Our house-made herbal poultices are a soothing blend of carefully selected herbs wrapped in cloth to create a warming aromatic experience. This herbal compress is gently applied to your body, allowing the botanical constituents to penetrate deeply into your muscles and joints. The combination of heat and healing herbs helps to alleviate pain, reduce inflammation, and promote deep relaxation.

SCALP AND FOOT SCRUB | \$100

The scalp treatment features invigorating wild lime-infused scalp oil, rich in vitamins and antioxidants to detoxify and nourish your scalp. The treatment continues with a gentle, stimulating massage using a jade comb to enhance circulation and promotes relaxation. The cooling properties of the jade help to alleviate tension and leave your scalp feeling refreshed and balanced. Next, exfoliate, soften, and rejuvenate tired feet. Our feet are the foundation of our physical structure, bearing the weight of our entire body and providing support, balance, and mobility. They are connected to vital organs and systems through a network of nerves and reflex points, making foot care essential for overall health and well-being.

VIBRATIONAL ENERGY HEALING

REIKI | 60 MIN - \$235 | 90 MIN - \$345 | 120 MIN - \$450

A gentle and touchless energy healing practice that promotes balance and well-being. Our skilled Reiki practitioners channel universal life force energy through their hands to your body, addressing imbalances and enhancing your natural self-healing abilities. As you lie comfortably, feel the soothing energy flow through you, restoring harmony to your mind, body, and spirit. This calming treatment leaves you feeling deeply relaxed, rejuvenated, and at peace, perfect for those seeking holistic healing and spiritual renewal.

CRANIOSACRAL THERAPY | 60 MIN - \$245 | 90 MIN - \$355 | 120 MIN - \$460

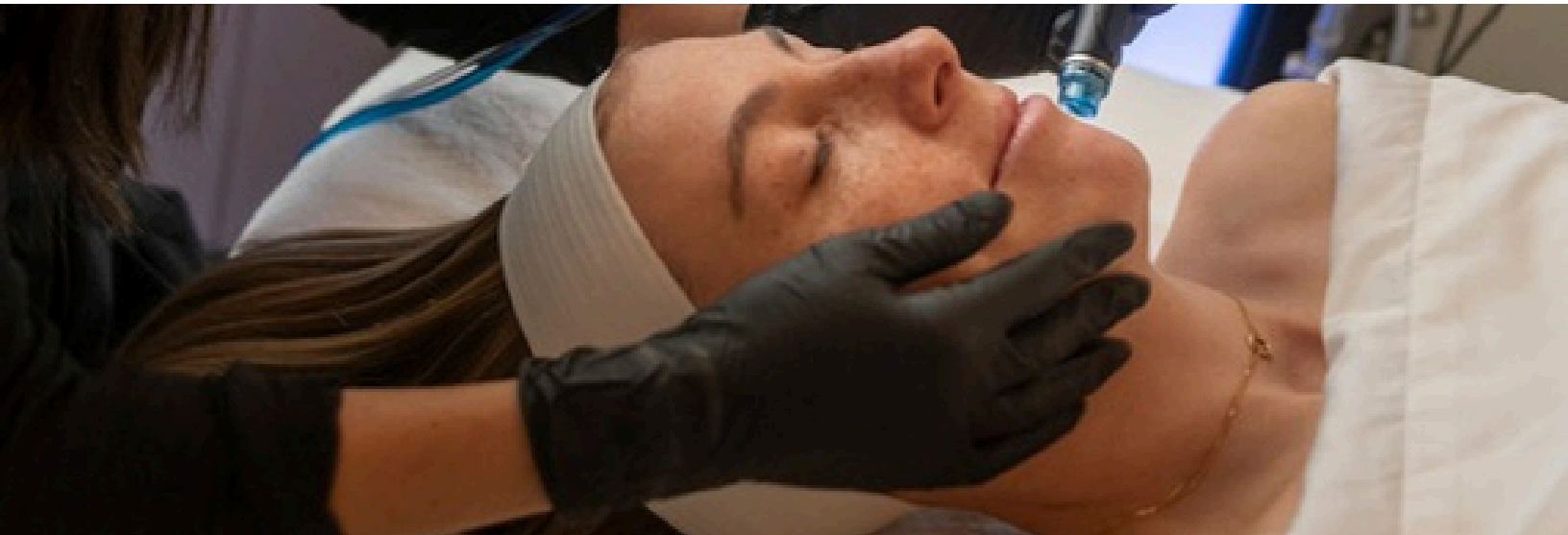
This gentle, hands-on technique focuses on the rhythmic flow of cerebrospinal fluid within the craniosacral system, encouraging your body's innate ability to heal itself. With light touch, the therapist tunes into your body's natural vibrations, releasing blockages and restoring balance. This therapy works deeply yet delicately, alleviating stress, easing pain, and enhancing overall well-being. Experience a profound sense of peace and a renewed vibrational harmony that resonates throughout your entire being, promoting deep relaxation and holistic healing.

INTEGRATIVE ENERGY HEALING | 120 MIN - \$470

Energy medicine performed by certified practitioners using techniques such as chakra balancing and guided meditation to calm the nervous system and revitalize the body's innate capacity to heal. This three-part energetic purification ritual begins with a holistic consultation. After a thorough cleansing, your practitioner will scan your field to rebalance and facilitate optimal flow. The session concludes with a reflective conversation to discuss insights gained and tailored recommendations for ongoing self-care.



Regenerative Esthetics



THE NATURALIST: POWERED BY NATUROPATHICA 60 MIN - \$235 | 90 MIN - \$345

Naturopathica™ combines herbalism and cutting-edge science to enhance beauty by considering the skin as a reflection of the body's internal health. Our remedies and topical treatments improve skin function and appearance at a deeper level.

GLOW MAMA : POWERED BY SEED TO SKIN 60 MIN - \$235 | 90 MIN - \$345

This calming facial ritual is designed for sensitive skin during pregnancy. It focuses on bringing the skin to a state of balance and promoting relaxation. Sweet almond oil nourishes the skin, and melissa extract calms and firms. Gentle massage techniques and a pink-clay mask help define, calm, and nourish stressed skin while promoting cell regeneration and improved texture.

CURATED BACK TREATMENT | 60 MIN - \$255 | 90 MIN - \$365

We begin with a deep cleansing to remove impurities, followed by a gentle exfoliation. Next, a customized mask is applied to target specific skin concerns, whether it's acne, dryness, or uneven texture. The treatment concludes with a soothing moisturizer and a relaxing effleurage, leaving your skin smooth, refreshed, and glowing.

DERMAPLANING | 30 MIN - \$120

A specialized tool carefully removes dead skin cells and fine vellus hair (peach fuzz) from the surface of your face. This non-invasive procedure leaves your skin incredibly smooth, enhancing the absorption of skincare products. It will be seamlessly included in your service time as an aesthetic enhancement or can be enjoyed as a stand alone service.

THE PRESERVATIONIST HYDRAFACIAL 60 MIN - \$325 | 90 MIN - \$485

HydraFacial uses a patented Vortex-Fusion delivery system for exfoliation, extraction, and hydration, leaving you with glowing skin. Lymphatic drainage technique included in the 90-minute treatment plus focused massage for scalp, hand and arm.

THE ALCHEMIST: POWERED BY SEED TO SKIN 60 MIN - \$245 | 90 MIN - \$355

Nature meets science in this facial using Seed to skin's Green Molecular Science, resulting in rejuvenated, supple, and fully hydrated skin. The skincare includes wild ingredients grown and harvested on the farm, packed with botanical extracts rich in polyphenols, enzymes, antioxidants, vitamins, and minerals to activate skin repair and maximize cell regeneration.

KERAVIVE SCALP TREATMENTS | HALF SCALP 60 MIN - \$350 | FULL SCALP 90 MIN - \$550

SERIES OF 3 TREATMENTS: FULL SCALP \$1,275 | HALF SCALP \$1,025

Scalp health is often overlooked, and yet a critical component of healthier, fuller looking hair. Keravive Scalp treatment uses the innovative, non-invasive technology of HydraFacial to address dry skin, clogged follicles, dead skin cells, and lack of circulation by first extracting impurities, then infusing the scalp with a concentrated mix of powerful ingredients that exfoliate, hydrate, nourish, and generate hair growth. Treat any area of concern or get a total scalp refresh! Keravive is a relaxing, painless approach to a healthy scalp promoting fuller, thicker hair. Service includes scalp massage and light therapy with a take home peptide treatment. For best results, we recommend a series of 3 treatments.

HYDRAFACIAL LYMPHATIC BODY DRAINAGE

HALF BODY 60 MIN - \$349 | FULL BODY 90 MIN \$500 | FULL BODY 120 MIN \$600

Your lymphatic system plays a crucial role in maintaining overall health, spanning your entire body to help eliminate toxins and deliver vital nutrients to your cells. When this system becomes congested, it can contribute to issues such as bloating, fatigue, digestive discomfort, allergies, and dull congested skin. HydraFacial Lymphatic Drainage Therapy is a gentle, non-invasive treatment that stimulates the natural flow of lymphatic fluid. This therapy helps detoxify the body, improve circulation, and enhance the delivery of oxygen and nutrients to the skin and tissues. It promotes a more radiant complexion, reduced puffiness, improved skin tone, and a visibly more sculpted appearance. Support your body's natural detox process while rejuvenating your skin from the inside out.

ADD ONS FOR LYMPHATIC DRAINAGE:

Lymphatic Drainage for the entire abdomen | Requires additional 30 minutes | \$80

Lymphatic Drainage for the arms and hands | Requires additional 30 minutes | \$80

Lymphatic Drainage for the entire back | Requires additional 30 minutes | \$150

Lymphatic Drainage for the entire face | Requires additional 30 minutes | \$125

Lymphatic Drainage for both legs | Requires additional 30 minutes | \$150

Esthetic Enhancements

KNESKO MASKS

Elevate your skincare experience with our Reiki-Infused KNESKO Mask Ritual, a luxurious fusion of holistic healing and advanced skincare. Each KNESKO mask is infused with powerful gemstones and enriched with anti-aging ingredients, designed to hydrate, firm, and rejuvenate your skin. As the mask works its magic, our skilled therapists channel Reiki energy, promoting deep relaxation and balance within your body, mind, and spirit. This unique treatment not only revitalizes your complexion but also leaves you feeling centered, calm, and glowing from the inside out. Perfect for those seeking a transformative, high-vibration beauty ritual.

Eye | \$25

Face | \$49

Neck | \$49

Décolleté | 49

LIGHT THERAPY | \$49

Utilizing advanced LED light technology, this therapy targets specific skin concerns such as acne, fine lines, and uneven skin tone. Choose from blue, red, or amber near-infrared light, each offering unique benefits—from reducing redness & inflammation to stimulating collagen & elastin production.

FACIAL WAXING | \$25++

Brow, lip, chin, nose & ear waxing services available upon request.

LIP PERK | \$49

Give your lips the ultimate boost with our HydraFacial Lip Perk Enhancement. This targeted treatment gently exfoliates and deeply hydrates your lips, leaving them plump, smooth, and perfectly primed. Using a blend of nourishing ingredients, including peppermint oil and aloe vera, the Lip Perk infuses your lips with lasting moisture and a natural, healthy-looking shine.

EYE PERK | \$49

Brighten and refresh your eyes with our HydraFacial Eye Perk Treatment, a revitalizing add-on designed to target the delicate skin around your eyes. Using a specialized serum infused with arnica and antioxidants, the Eye Perk treatment leaves your eyes looking more awake, youthful, and vibrant.

NECK & DÉCOLLETÉ | \$99

Extend the glow of your HydraFacial to your neck and décolleté. Using advanced HydraFacial technology, we cleanse, exfoliate, and deeply hydrate your skin, targeting concerns such as dryness, fine lines, and uneven texture. Enriched with nourishing serums and antioxidants, this treatment helps to firm and smooth the skin, leaving your neck and décolleté looking radiant and youthful. Perfect for maintaining a seamless, luminous look from head to décolleté.

SCALP & FOOT SCRUB | \$100

The scalp treatment features invigorating wild lime-infused scalp oil, rich in vitamins and antioxidants to detoxify and nourish your scalp. The treatment continues with a gentle, stimulating massage using a jade comb to enhance circulation and promotes relaxation. The cooling properties of the jade help to alleviate tension and leave your scalp feeling refreshed and balanced. Next, exfoliate, soften, and rejuvenate tired feet. Our feet are the foundation of our physical structure, bearing the weight of our entire body and providing support, balance, and mobility. They are connected to vital organs and systems through a network of nerves and reflex points, making foot care essential for overall health and well-being. Adds 30 minutes to treatment time.

Lennon Poppy Salon



SOUTHALL SIGNATURE MANICURE | 30 MIN - \$65 | 45 MIN - \$75

Choose between our 30-minute and 45-minute sessions to suit your needs and schedule. Our skilled technicians will expertly shape your nails and trim your cuticles to perfection. Finish with your choice of high-quality polish, leaving your nails with a flawless finish. For a little extra pampering, our 45minute manicures include an exfoliating scrub and extended moisturizing massage with rich, hydrating lotion to nourish and rejuvenate your skin.

SOUTHALL SIGNATURE PEDICURE | 45 MIN - \$75 | 60 MIN - \$95 | 75 MIN - \$125

Begin with a warm, aromatic sweet birch and magnesium flake foot soak. A gentle yet effective callus removal treatment will smooth out rough patches and restore softness to your feet. Then enjoy a soothing foot and lower leg massage to relieve tension, improve circulation, and deeply moisturize your skin. Finish with your choice of high-quality polish, expertly applied to leave your toenails with a flawless, long-lasting shine. Enjoy an exfoliating scrub and extended moisturizing massage with rich, hydrating lotion to nourish and rejuvenate your skin.

GEL/DIP REMOVAL | 15+ MIN - \$40

Preserve the health and beauty of your natural nails. Our gentle, thorough process is designed to safely and effectively soak off gel or dip polish.

Mindfulness & Self Discovery

WELLNESS CONSULTATION | 45 MINUTES | \$195

Connect one-on-one, virtually or in person. This personalized session is designed to help you assess your overall well-being, looking at your life through a holistic lens. Receive tailored recommendations and strategies to enhance your well-being, including lifestyle adjustments, stress management techniques, and mindfulness practices. A perfect starting point for anyone looking to improve their overall health and achieve a more balanced, fulfilling life.

GUIDED JOURNALING SESSION | 30 MINUTES | \$175

Discover the power of mindfulness through journaling. Designed to help you cultivate inner peace, self-awareness, and emotional well-being. This session provides a supportive and nurturing environment where you can plant the seed of healthy routine, record thought streams, and explore the expressive art of journaling.

SOUTHALL TEA CEREMONY | 60 MINUTES | \$195

(1-4 People +\$50 per additional person)

A hand-harvested, medicinal, caffeine-free, open-hearted herbal opportunity for acknowledging the sacred in the everyday. The joy of herbal infusions is inspired by the healing properties of native species and steeped in plant folk wisdom. You will learn to develop a positive relationship with plant spirits, reflect upon the wonders of the world, share and sip in ceremony.

JOURNEY TO THE LABYRINTH | 90+ MINUTES | \$235

(1-4 People +\$50 per additional person)

A quiet climb to the clearing offers purification in preparation to receive. Some may choose to walk in silence, while others laugh and dance easefully on their path. The destination is the heart center of the labyrinth, a place to give, receive, and resonate with a deep peacefulness. Here we make our offerings, meditate, and listen for guidance. The return trip is a time for integration, preparing us to implement the insights gained into our daily lives.

FOREST BATHING | 90 MINUTES - \$335

Experience the healing powers of the forests at Southall. It provides a chance to slow down, relax, and foster a deeper connection with the natural world. The walk includes an orientation and invitations to independent wandering, silence, and mindfulness practice. Your guide will share methods for grounding and enhancing sensorial perception, concluding with time for integration and sharing.

THE GUIDE | 60-MINUTES via ZOOM | \$235

Beyond your stay at Southall, this is a safe space on the pursuit of true fulfillment, where you can be compassionately curious about yourself, your wellbeing, and your "why." With awareness of subtle synchronicity and the genuine support of your guide, you will continue to discover what resonates with you, what speaks to your future self, and what brings your strongest, healthiest, happiest you forward.

Movement & Meditation

PERSONAL TRAINING | 60 MINUTES - \$195

Functional movement for physical fitness. Inspired by nature and what you enjoy most, each session is designed with your intention and focused goals in mind.

PRIVATE YOGA | 60 MINUTES - \$195

Private sessions are intuitively personalized. We will work energetically, addressing patterns, activating potential and restoring the nervous system. The intention is to return you to your own inner source of healing and wisdom through embodied awareness.

GUIDED MEDITATION | 60 MINUTES - \$195

Inspired by the great masters, this teacher-led meditation session will form organically based on your unique intention.

THE BREATH | 60 MINUTES - \$235

We believe all things on Earth are interconnected. Experience the healing power of your own conscious connected breath. This breathwork journey is guided based on your specific intention, leaving space for coaching and reflective integration.

PRIVATE SOUND BATH | 60 MINUTES - \$235

Lay down, let go, and listen deeply. A therapeutic sound experience, this session is held in a private setting and incorporates a variety of healing instruments. We begin with a clearing to prepare for intentional energetic work. The sound frequencies offer attunement to a deeply restorative state, which activates the body's system of self-healing. Sound is used as a medium to create an expanded state of consciousness.

**All pricing includes 1-4 guests. Each additional guest is \$50 per person. All sessions include spa facilities access for the primary guest only. Additional guests may purchase a spa day pass for spa access.*



Spa Environment

THE SPA at Southall is an environment of tranquility to restore your energy and relax. We do ask that the use of technology while in the spa be suspended to maintain the privacy and quiet consideration of all our spa guests.

Spa access is intended for adults. You must be 18 years of age to book spa services. Services are available for younger spa guests with a parent or guardian-signed waiver and the parent or guardian must be present. Guests under 18 are required to wear undergarments during their service and a parent or guardian may be required in the same room (couples massage). For salon services, there are no age restrictions.

We recommend arriving at least 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Please be advised that late arrivals may result in a reduction of service time with no reduction in the value of the treatment applied.

Consult a Spa Concierge to select treatments that fulfill your intention and personal preferences. Please inform us of any health conditions at the time of booking.

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. Unfortunately, we are not responsible for items that are lost or left at the spa.



DAY PASSES

Limited availability by reservation only and includes access to spa exclusive facilities, locker, robe, and slippers. Weekends are reserved for Inn Guests.

CANCELLATION

Full payment is required at the time of booking. Any cancellations outside of the 24-hour cancellation policy will receive a full refund. If you wish to cancel or reschedule an appointment, we require 24 hours notification. Missed appointments without proper 24-hour notice to spa reception are subject to a 100% charge for reserved services.

GRATUITY

To provide a seamless experience for our guests, a 23% service charge will be included on all spa experiences. This may be modified at your discretion.

THE SPA

at SOUTHALL

2200 OSAGE LOOP - FRANKLIN TN 37064
615.721.7830 | SOUTHALLTN.COM