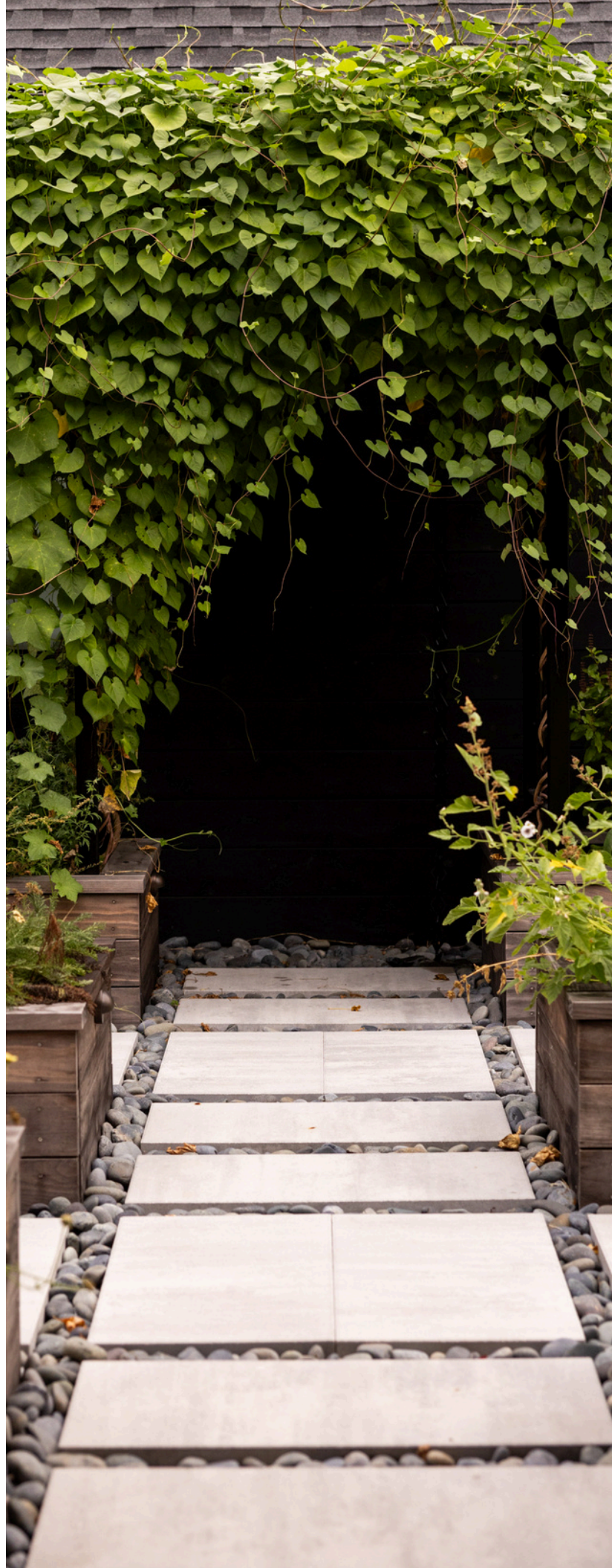


A Wellspring for Wellbeing

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 NIRVANA: NOURISHING BODY TREATMENT + MASSAGE | 120 MIN - \$470

Nirvana is a state of ultimate peace and liberation. This experience includes a restful massage, featuring long flowing strokes that gently ease fatigue and calm an overstressed nervous system. A full body dry brush exfoliation clears away roughness and debris before being cocooned in a soothing embrace of a nourishing body wrap. As the body wrap envelops you, you'll feel warm, safe and snug, and deeply connected to the present moment. The Nirvana provides you with an opportunity to breathe deeply and surrender to a state of calm.

THE RELEASE: DEEP RELIEF RITUAL | 120 MIN - \$535

The Relief Ritual begins with a gentle body polish using Zents' Luminous Cashmere Oil, blended with a sugar and salt exfoliant infused with organic shea butter and flower essences. This luxurious scrub softly buffs away dryness, revealing skin that feels smooth, supple, and renewed. Next, you'll be enveloped in a Restorative wrap, a deeply hydrating treatment that nourishes even the driest skin while gently smoothing rough edges and restoring suppleness. The experience finishes with a CBD-infused massage, using Antara's Relief Balm applied to targeted areas to provide warming relief for tension and aches. Formulated with 800mg of CBD, arnica, and cayenne, this balm works to maximize relief for both body and skin, while moisturizing coconut oil and vegan candelilla wax hydrate and protect, leaving you comforted, relaxed, and deeply restored.

THE RENEWAL: RESTORE RITUAL | 120 MIN - \$485

Step into a world of renewal and indulgence with our Restore Ritual. Your journey begins with a gentle body polish using Zents' Luminous Cashmere Oil, blended with a sugar-and-salt exfoliant infused with organic shea butter and delicate flower essences. This luxurious scrub buffs away dryness, leaving your skin soft, radiant, and velvety to the touch.

Next, surrender to the warmth of a Restorative wrap, a deeply hydrating treatment that nourishes even the driest skin, smooths rough edges, and restores a sense of suppleness and glow.

The ritual culminates with a massage, enhanced with Antara's Restore Balm. This indulgent balm melts into the skin, alleviating dryness while lifting, smoothing, and promoting a luminous, even complexion. Infused with paracress extract, nature's Botox, it leaves your skin revived, radiant, and utterly restored—a true harmony of beauty and relaxation.

Couples Therapy

COUPLES RETREAT

Your journey together takes place in the sanctuary of our Neroli VIP Couple's Suite, where time slows and the outside world falls away. Your ritual begins with a customized body polish exfoliation, renewing the skin and awakening the senses. Next, immerse yourselves in a luxurious truffle-infused soak for two, a decadent pause that invites deep relaxation and shared stillness.

With skin soft and smooth, a personalized cocoon wrap is applied to nourish, restore, and envelop you in warmth, while targeted relief melts away lingering tension. The ritual concludes with a full body massage of your choice, a harmonious flow of touch that brings balance, connection, and calm. Emerge together renewed—glowing, grounded, and connected

2.5 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

LUMINOUS BODY POLISH | 90 MIN - \$385

This deeply restorative treatment begins with a gentle body polish using Zents' Luminous Cashmere oil, blended with a sugar and salt exfoliant infused with organic shea butter and flower essences. This luxurious scrub softly buffs away dryness, revealing skin that feels smooth, supple, and renewed. The exfoliation helps stimulate circulation and restore a natural, radiant glow. Following your polish, you'll be enveloped in a deeply nourishing wrap. Using a deeply hydrating balm that alleviates even the most stubborn dry skin concerns and gently soothes away rough edges in your complexion. This experience will leave your body nourished, your skin luminous, and your spirit deeply restored.

MAMA BODY POLISH | 60 MINS - \$235

This pregnancy safe body treatment uses Zents Luminous Cashmere oil, blended with a sugar and salt exfoliant infused with organic shea butter and flower essences. The gentle scrub softly buffs away dryness, revealing skin that feels smooth, supple, and renewed. Safe for all trimesters.

SCALP & FOOT SCRUB | 60 MINS - \$200

The scalp treatment features an invigorating 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.

IN-ROOM BATH RITUAL | \$70

Bring the luxury of the Southall Spa to your room with this indulgent, deeply restorative bath ritual. Begin with Antara's Vitality Elixir, taken orally to awaken your senses and prepare your body for deep renewal. Draw a warm bath and drop in a CBD Bath Truffle, allowing the fragrant, nutrient-rich waters to soothe, calm, and restore your body and mind. Close your eyes, breathe deeply and savor the moment.

After your soak, towel dry and indulge in Antara's CBD 800 mg Balm on areas calling for relief, Restore Balm to nourish and replenish all of those dry tender places, and Balance Oil over the whole body for total hydration and rejuvenation. Each product is crafted with Antara Organics' premium, all-natural CBD, ensuring a spa-level experience that melts tension and enhances radiance.

This is more than a bath—it's a luxurious, in-room spa escape, a quiet, restorative moment to center, refresh, and indulge your senses. Products can be picked up in the spa for a personalized walkthrough or delivered straight to your room for effortless indulgence.



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.

ACUPRESSURE | 60 MINS - \$285 | 90 MINS - \$385

Rooted in the foundations of Chinese Medicine, this ancient art of bodywork uses gentle yet strong focused finger pressure on specific points to release areas of chronic or acute tension. Guided by the systems and theory of acupressure, our practitioners meet each point with a mindful, steady touch, inviting release and renewal. As stagnant energy disperses through the body's meridians, you may experience relief from stress or pain, a profound sense of relaxation, and even a dreamlike state of calm. With trauma-informed care, our bodyworkers honor your whole being, creating space for balance, transformation, and deeper connection within.

MANUAL LYMPHATIC BODY DRAINAGE | 60 MINS - \$285 | 90 MINS - \$385

Lymphatic Body Drainage is a specialized form of therapy that focuses on the lymphatic system, a vital component of the body's immune system. Through gentle, rhythmic manipulation of targeted areas, this technique encourages the natural flow of lymph fluid, helping to remove waste and toxins while restoring balance and vitality. The experience is a serene journey of release and renewal—leaving the body lighter, the mind calmer, and the spirit restored to effortless harmony.

Massage Enhancements

CBD | \$35

Deepen relaxation and soothe your body. High-quality, full-spectrum 800 mg CBD Relief Balm by Antara 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 balm into your massage, allowing it to penetrate deeply and enhance overall ease and muscle 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.

SCALP AND FOOT SCRUB | 30 MINS - \$100

This 30-minute scalp treatment add-on features an invigorating 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 and other tools to enhance circulation and promote 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.

***An additional 30 minutes will be added to your service time.**

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

This gentle treatment blends innovative botanical ingredients with soothing massage maneuvers to reveal a serene, healthier-looking complexion. With deeply hydrating and anti-aging properties, it is an ideal choice for pampering all skin types—especially delicate, sensitive, or compromised skin—offering comfort, nourishment, and radiant renewal.

THE ALCHEMIST: POWERED BY SEED TO SKIN | 60 MIN - \$255 | 90 MIN - \$365

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.

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.

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.

DIAMOND LUMINOUS: POWERED BY NATURA BISSE | 90 MIN \$385

Enter the Age of Endless Light with an extremely luxurious facial. This innovative treatment is specifically designed to address irregular pigmentation and uneven skin tone, while providing significant age-defying benefits. The perfect solution to help fade dark spots, restore brightness, and reveal a rejuvenated, radiant complexion.

COLLAGEN RENEWAL: POWERED BY NATURA BISSE | 60 MIN - \$245 | 90 MIN - \$355

Inspired by the time-honored Japanese Kobido technique, this rejuvenating facial blends three types of collagen with potent skin-nourishing ingredients and precise, rhythmic massage maneuvers. Rooted in the artistry of Kobido, it enhances circulation, boosts vitality, and delivers an intense lifting effect while softening the appearance of fine lines and wrinkles. This restorative treatment revitalizes both skin and spirit, leaving you renewed, lifted, and deeply replenished.

THE ESSENTIAL RESET: POWERED BY NATURA BISSE | 60 MIN - \$235

Immerse your skin in a revitalizing experience that restores its natural harmony and radiance. This indulgent treatment combines detoxifying and gentle exfoliating to awaken the skin's renewal process, releasing impurities and restoring inner balance. The complexion emerges refreshed, refined, and resilient against daily stressors. Suited for all skin types, this essential facial is the ultimate reset.

MEN'S ESSENTIAL FACIAL: POWERED BY NATURA BISSE | 60 MIN - \$235 | 90 MIN - \$345

Designed specifically for men's skin, this purifying and intensely hydrating facial restores vitality and promotes a naturally radiant glow. Targeting imperfections, it helps refine texture, reduce signs of fatigue, and balance oil production, leaving the skin refreshed, smooth, and resilient. Perfect for maintaining healthy, energized skin with lasting results.

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.

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

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. This service can be seamlessly included in your service time for \$75 as an aesthetic enhancement or can be enjoyed as a stand-alone service.

NANO NEEDLING | 30 MIN - \$235

Nano Needling is an innovative treatment that merges the benefits of a HydraFacial with collagen boosting effects of Nano Needling. This process creates channels in the skin's surfaces, enhancing the absorption of targeted peptides and other beneficial ingredients, stimulating skin renewal and collagen production without the downtime associated with traditional microneedling. This service can be seamlessly included in your service time for \$99 as an aesthetic enhancement or can be enjoyed as a stand-alone service.

PEEL BAR | 30 MIN - \$155

The Peel Bar is the best option to achieve perfect skin in a short period of time. A ritual with a customized peel to restore radiance, address pigmentation or balance and refine pores. This service can be seamlessly included in your service time for \$55 as an esthetic enhancement or can be enjoyed as a stand-alone service. Peels available: Gentle Glyco Peel, G3P Peel, Radiance Peel or Perfecting Peel.

PLEASE NOTE: *30-minute stand-alone services do not permit spa access.*



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.

INSTANT LIFT MASK | \$35

Enhance any facial with this fast-acting sheet mask by Natura Bisse, that intensely hydrates the skin and gives a visible firming and lifting effect with targeted ingredients of hyaluronic acid, collagen, niacinamide and firming amino acids.

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.

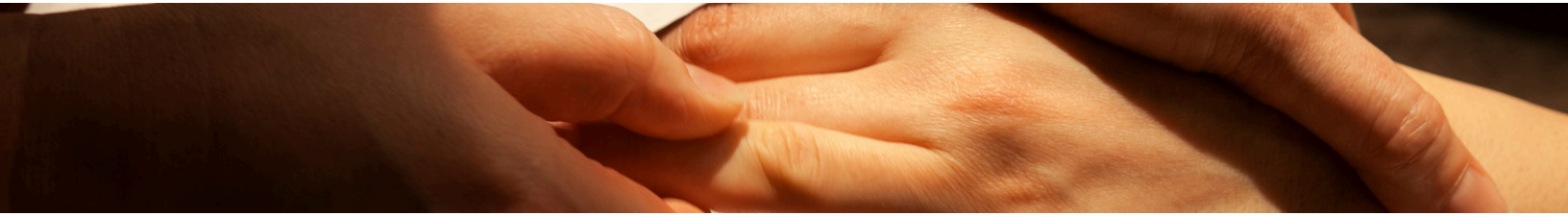
NECK & DÉCOLLETÉ | \$99

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 an invigorating 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.

ANTARA RESTORE MANICURE | 30 MIN - \$95 | 60 MIN - \$105

This nourishing and age defying shea butter spa manicure features a luxurious infusion of CBD, warm organic shea butter and age defying paracress massaged onto the hands and arms. Promotes healthy nails and beautiful skin and invites deepest harmony within the body and mind.

ANTARA RESTORE PEDICURE | 45 MIN - \$105 | 60 MIN - \$125 | 75 MIN - \$155

Soul to sole care is at the heart of this CBD and warm organic shea butter spa pedicure that brings the skin into harmony. Added to the foot soak is a luxurious bath truffle to soften and moisturize, followed by a soothing leg and foot massage with our CBD and age defying paracress infused Balance Oil easing muscle tension and deeply nourishing the skin.

ANTARA RELIEF MANICURE | 30 MIN - \$95 | 60 MIN - \$105

The Relief Manicure carries all the nurturing elements of the Restore experience, elevated by the comforting warmth of Antara's Relief 500mg CBD balm. Melt away muscle tension as the soothing balm eases the body into release and the hands into calm.

ANTARA RELIEF PEDICURE | 45 MIN - \$105 | 60 MIN - \$125 | 75 MIN - \$155

The Relief Pedicure embraces all the restorative elements of the Restore experience, enhanced by the soothing warmth of Antara's Relief 500mg CBD balm. As the balm melts into the skin, tension dissolves and the legs and feet are guided into deep release and calm.

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.

ADD ON: Easily boost the CBD potency of any Antara manicure or pedicure with a complimentary Vitality Elixir added to spa water or Southall tea.

PLEASE NOTE: Salon services do not include access to the Spa amenities. If you wish to enjoy the Spa facilities, a separate spa service reservation will be required.

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.

BLOOMING SPIRITUS AT SOUTHALL | 120 MINUTES | \$395

The Blooming Spiritus Experience is designed as a deeply nurturing space where meaningful change and unexpected moments of healing can occur on every level. These group sessions open a pathway for that wisdom to be heard, felt, and embodied. Each experience weaves together meditation, energy healing, Reiki, intuitive messages from the body and soul, and gentle breathwork for integration, offering a full-spectrum energetic reset from top to bottom. You'll leave expanded, renewed, and restored—with more space for your soul to bloom.

GUIDED JOURNALING SESSION | 45 MINUTES | \$195

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 | \$235

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 | 75 MINUTES | \$235

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.

**All pricing includes 1-4 guests. Each additional guest is \$50 per person.*

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 | 45 MINUTES - \$195

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

THE BREATH | 45 MINUTES - \$195

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.*



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.



CANCELLATION

If you wish to modify or cancel your appointment, we require 24-hour notice so we may accommodate guests on our waiting list. Cancellations or missed appointments within 24 hours of your scheduled appointment will incur a 100% charge for the 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
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