

Escape to...



TRANQUILITY
THE SPA

LAKE LANIER ISLANDS RESORT.



Dear Guest,

*Welcome to Tranquility, a refuge
created to help you rediscover
harmony and serenity.*

Relax your body and appease your mind in our stress free environment where your well-being is our main concern.

We will provide you with a selection of treatments and services designed to help you reach an unprecedented mind, body, and soul *experience.*

You will enjoy our state-of-the-art facials, body treatments, and massages performed under the care of highly trained *professionals.*



*Tranquility, an experience that
you will want to repeat
again and again....*

To Enhance Your Experience

We suggest you schedule your valet service to arrive at the spa **10 minutes prior** to your appointment for your enhanced comfort and relaxation. Arriving late will limit the time of your service as a courtesy to the next guest. The treatment will be charged at full price as scheduled.

We request that **cell phones** be turned off prior to entering Tranquility, the Spa to ensure a peaceful and relaxing atmosphere.

Shaving is **not** recommended before any body treatments or gentleman's facials. If you choose to do so, please allow at least four (4) hours prior to the treatment.

Most body treatments and massages are enjoyed without clothing; however, disposable undergarments are available upon request. Please be advised that during a treatment the body is professionally draped at all times except for the area being worked on.

During your services, the technician will make sure that you are totally relaxed and comfortable. Whether it is the room temperature, the music volume, or the massage pressure please notify your therapist of any discomfort or preferences immediately.

Alcohol is not recommended before, during or immediately following spa treatments.

Walk-ins are always welcome.

Appointments are recommended.

Reservation Policies

Our spa concierge is available 6 days a week to assist you in planning your visit with us

INDIVIDUAL RESERVATIONS can be made at extension 7887 if you are a hotel guest or at 678-318-7887.

GROUP RESERVATIONS require a contractual agreement. Please contact our Group Coordinator at 678-318-7887.

CANCELLATIONS AND SCHEDULING CHANGES: must be done 24 hours in advance. If we do not receive 24 hours notice you will be charged 100% for the scheduled services at the time the service was to be performed.

Group cancellations are subject to contractual agreement.

PREGNANCY: Please notify the spa concierge if you are pregnant, which trimester you will be in at your appointment time and any other physical ailments or disabilities.

Mother-to-be will need a physician's consent in order to receive massages and/or waxing services. If this is unobtainable, we will request that you sign a waiver of liability prior to your services.

AGE REQUIREMENT: Guests must be at least 18 years of age to receive services. Spa services for guests of 17 years of age or younger will be provided at our discretion and a parent or adult guardian must be present. Proper identification required.

GENDER PREFERENCE: You may request a specific gender while scheduling an appointment. We can NOT guarantee that we will have your requested gender available at all times, but know that our spa employees have been professionally trained and follow strict treatment protocols that ensure your utmost discretion.

PAYMENTS: Our spa services must be guaranteed with credit card, cash, traveler's checks, or gift certificates purchased through the spa or hotel. We accept all major credit cards.

GRATUITIES: All Spa pricing includes a 20% gratuity for your convenience.

VALUABLES: We are not responsible for valuables brought to the spa.

GIFT CERTIFICATES: Gift certificates are an ideal gift for any occasion. They can be purchased on-site, or over the phone.

Facials

TRANQUILITY SIGNATURE FACIAL

This luxurious essential oil facial integrated with a unique back treatment restores balance and well-being. A true mind, body and soul experience. A true mind, body and soul experience.

80 min. - \$186

AGE DEFIANCE with COLLAGEN

With the infusion of collagen, this treatment heals damaged skin and dramatically reduces the appearance of fine lines.

80 min. - \$168

INTENSIVE REPAIR with VITAMIN C

Stimulates the vital functions of the skin and repairs cell damage. Designed for skin showing signs of aging and loss of elasticity.

80 min. - \$168

OPTIMUM HYDRATION

Immediately replenishes the skin in need of moisture, smoothes fine lines and leaves your skin soft and supple.

80 min. - \$168

ROSACEA CARE

Specific active ingredients formulated to decongest and desensitize the most delicate complexion and reduce redness associated with Rosacea.

50 min. - \$126

ABSOLUTE PURENESS

A balancing treatment that regulates overactive sebaceous glands, prevents future blemishes and reduces the appearance of an oily complexion.

50 min. - \$126

TIMELESS EUROPEAN FACIAL

Experience a true European facial offering highly concentrated ingredients specifically designed to answer your skin's needs.

50 min. - \$126

ULTIMATE BACK TREATMENT

Treat your back to a deep pore cleansing, exfoliation, steam, extractions and a customized treatment to rediscover softness.

50 min. - \$126

TEEN FACIAL

Specialized facial designed to deeply cleanse the skin as well as correct imperfections at an early age.

50 min. - \$120

RADIANCE VISAGE

Mini-facial providing a complete professional cleansing and gentle exfoliation followed by a customized mask and finishing cream.

25 min. - \$66

LUMINESCENT DECOLLETÉ

Enjoy a soft and silky exfoliation and rediscover a subtle shimmer and extraordinary softness.

25 min. - \$60 • Add on - \$54

EYE CONTOUR THERAPY Anti-wrinkle or decongesting
The anti-wrinkle therapy smoothes wrinkles and fine lines around the eye area, protects from dehydration and prevents premature aging. The decongesting therapy diminishes swelling in the eye area and prevents fluid retention. It assists in softening dark circles and reduces bags under the eyes.

25 min. - \$60 • Add on - \$54

Men's Facials

EXECUTIVE FACIAL

Repairs damages caused by stress, smoking, pollution and frequent travel, as well as environmental aggressions. Reduces irritations and restores the skin's natural wellness.

80 min. - \$168

GENTLEMAN'S HOT TOWEL FACIAL

Prevents blemishes and ingrown hair, balances the sebaceous glands, and provides an immediate response to your skin's needs.

50 min. - \$126

Massages



SINUS RELIEF MASSAGE

Lymphatic and pressure point techniques are combined with an essential oil blend that will open and drain blocked sinus passageways.

25 min. - \$48 • Add on - \$42

INVIGORATING SCALP MASSAGE

Designed to relieve tension and headaches while concentrating on your face, neck and scalp.

25 min. - \$48 • Add on - \$42

MINI MASSAGE

This massage provides immediate relief of stress accumulated in the neck, shoulders and back area. Great for a first experience.

25 min. - \$66

MUSCLE DE-STRESS MASSAGE

Targets muscle fatigue and joint pain using a specific blend of essential oils to eliminate toxins from the body.

50 min. - \$138 • 80 min. - \$180

PRE-NATAL MASSAGE

Relax and improve circulation and lymphatic drainage while reducing fatigue. Special pregnancy pads are used for mom's and baby's comfort.

50 min. - \$126

COUPLES MASSAGE

A wonderful way to relax together. Enjoy a massage in the same room, at the same time with two different therapists using specific techniques customized to your individual needs.

50 min. - \$252 • 80 min. - \$336

SWEDISH MASSAGE

Specific massage techniques with light pressures are used to improve circulation, ease muscle tension and relax the body.

50 min. - \$126 • 80 min. - \$168

DEEP TISSUE MASSAGE

A variety of slow, deep strokes that help relieve pain as well as deep cross fiber work to break up lactic acid accumulation in the muscles.

50 min. - \$132 • 80 min. - \$174

AROMATHERAPY MASSAGE

Customized essential oils are expertly massaged into your skin to relax, de-stress, detoxify, or breathe better.

50 min. - \$132 • 80 min. - \$174

HOT STONE THERAPY MASSAGE

Heated stones are used on specific areas of the body to provide deep muscle relief while relaxing your entire body during your massage.

80 min. - \$186

Body Treatments

BODY POLISHING WITH BORA-BORA WHITE SAND

Soft and luxurious exfoliation with Bora-Bora white sand infused with lotus flower extracts to smooth your skin and enhance it with a subtle exotic fragrance.

25 min. - \$66 • 50 min. - \$102

LAVENDER SALT SCRUB

A concentration of fine salt and pure lavender essential oil to smooth your skin to perfection.

25 min. - \$60 • 50 min. - \$96

TOTAL RELAXATION WRAP

Let the essence of Frankincense carry you into a deep meditative relaxation state. Your skin will be exfoliated using an organic scrub, and finished with nourishing oil gently massaged into your skin.

50 min. - \$144

DETOXIFICATION WRAP

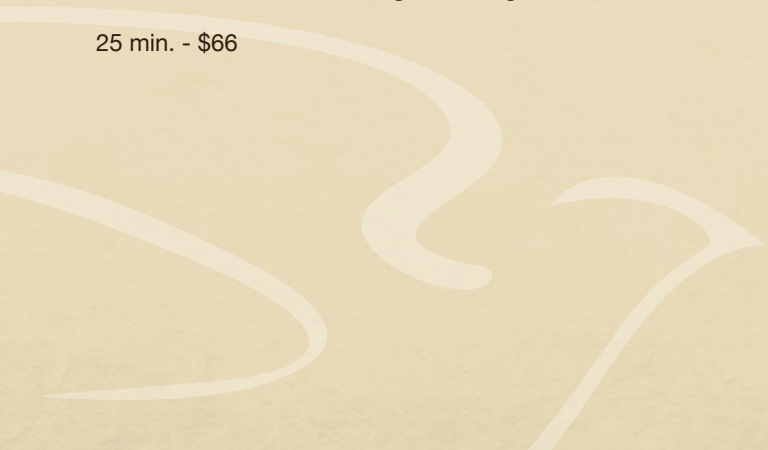
After a soothing exfoliation with organic ground coffee, a specific blend of essential oils will be massaged into the skin using specific foot reflex points to encourage the release and elimination of unwanted toxins.

50 min. - \$144

HANDS AND FEET TREAT

Relax and treat your hands and feet to an exfoliation and moisturizing treatment. Followed with warm mittens and booties and a light massage.

25 min. - \$66



Gentle Hair Removal

EYEBROWS	15 min.
UPPER LIP	10 min.
CHIN	10 min.
EYEBROWS & UPPER LIP	20 min.
EYEBROWS, LIPS & CHIN	25 min.
NECK	15 min.
FOREARMS	20 min.
FULL ARMS	30 min.
UNDERARMS	15 min.
CHEST	30 min.
BACK	30 min.
BACK & SHOULDERS	30 min.
HALF LEGS	20 min.
FULL LEGS	40 min.
ABDOMEN	10 min.
BIKINI	20 min.
HALF LEGS & BIKINI	35 min.
FULL LEGS & BIKINI	50 min.

Prices are subject to change according to the hair growth and time involved.

Spa Packages

GENTLE RESPITE

Radiance Visage Facial
Mini Massage
Invigorating Scalp Massage

1.5 hrs. - \$174

SPLENDID MOMENT

Body Polishing with Bora-Bora Sand
Aromatherapy Massage
Timeless European Facial

2.5 hrs. - \$324

Prices are subject to change without notice.

Celebrate your special occasion at
Tranquility on the Water

Package includes a 50 minute Swedish Massage
and lunch on our private sundeck.

\$130

**TRANQUILITY - THE SPA at LEGACY LODGE
HOURS OF OPERATION**

Monday	Closed
Tuesday	10:00 am to 5:00 pm
Wednesday	10:00 am to 5:00 pm
Thursday	10:00 am to 5:00 pm
Friday	10:00 am to 6:00 pm
Saturday	9:00 am to 6:00 pm
Sunday	9:00 am to 5:00 pm

All Spa services are by appointment only, please contact us
prior to your visit.

For reservations, call:
678.318.2023 or 678.318.7887



LAKE LANIER ISLANDS
RESORT®

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