

ama spa





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Ama, the Cherokee word for water, is a sacred element, intricately flowing in and out of the Appalachian way of life. The Cherokee Indians have a daily ritual called “going to water”, submerging themselves in the river to wash away physical and spiritual ailments. Water is revered for its strength, vitality and wisdom. In return, it provides hydration, food, navigation and holistic healing.

Ama Spa’s treatments are cultivated to embrace water as a source of life to preserve the mind, body and spirit for whole well-being.



massage

DEEP TISSUE MASSAGE

A therapeutic massage targeting the tense muscles, aches and pains associated with an active lifestyle. Priva's muscle therapy lotion, a concentrated blend of lavender, camphor and menthol essential oils reduces inflammation and promotes circulation for an adventure-ready body. *50 minutes, \$120; 80 minutes, \$180*

RELAXATION MASSAGE

This gentle pressure massage utilizes steamed towels, healing botanicals and soothing strokes to calm the nervous system. *50 minutes, \$110; 80 minutes, \$170*

AMA SIGNATURE MASSAGE

Wellness transcends the physical in this signature experience designed to re-energize the body, mind and spirit. A custom pressure massage blends tension-releasing techniques, reflexology, heat therapy and a cascading aromatherapy ritual for complete well-being. *50 minutes, \$135; 80 minutes, \$195*

RIVER ROCK MASSAGE

Heated rocks are utilized to induce physical, emotional and spiritual healing. In this full-body massage, hot basalt rocks penetrate muscles to reduce soreness and inflammation and restore vital energy throughout the body. *80 minutes, \$190*

REFLEXOLOGY FOOT MASSAGE

Reflexology is an ancient massage style that provides targeted foot massage to support the vitality of the whole body. Includes an Ama foot ritual followed by invigorating massage to the lower legs and feet. *25 minutes, \$65; 50 minutes, \$115*

COUPLES MASSAGE

Reconnect with your partner in our couple's suite with a side-by-side Ama Signature Massage experience. *50 minutes, \$270; 80 minutes, \$390*

PREGNANT? Ask about our Prenatal massage options.



skin care

HYDRATING FACIAL

Hydrate and revive your skin with this botanically-infused facial. Includes cleansing, exfoliation and an aqua gel masque for moisture-rich results. *50 minutes, \$115*

PRIVAI BRIGHTENING FACIAL

This luminous facial revitalizes tired skin for a naturally-radiant appearance. Powerful antioxidant-infused serums and a brightening masque visibly improve skin's tone and texture. Enhanced with a silk polishing hand ritual. *80 minutes, \$195*

AMA SIGNATURE FACIAL

Awaken your inner beauty with this results-driven, anti-aging facial. A firming masque featuring locally harvested honey and peptide-enriched serums promotes cellular rejuvenation and elasticity to unveil a youthful glow. *50 minutes, \$125; 80 minutes, \$185*

AQUA SKIN RESURFACING FACIAL

Discover the power of water. Similar to microdermabrasion, the Aqua Skin machine resurfaces the skin while deeply infusing advanced anti-aging serums. Includes a deep cleanse, hyaluronic acid exfoliation, extractions and powerful hydration for clearer, more beautiful skin. *50 minutes, \$205*

GENTLEMEN'S FACIAL

Replenish and revitalize. This treatment uses organic products specifically designed for men's skin to remove impurities and combat aging. Steamed towels and a relaxing neck and shoulders massage melt away tension. *50 minutes, \$125; 80 minutes, \$185*



wellness treatments

WHISKEY & WELLNESS

Revel in the invigorating properties of locally made bourbon to cleanse and revive dull skin. This decadent experience includes a Chattanooga Whiskey-infused sugar scrub followed by a sweet orange warming body wrap and a full-body custom pressure massage. A collagen infused weeping eye mask protects and prevents eye aging and Privai body butter hydrates the whole body. *110 minutes, \$265*

AMA PURIFICATION CEREMONY

This detoxifying treatment purifies the mind, body and spirit. Beginning with a sage smudging ritual to clarify the space, the treatment includes a dry brush exfoliation, weighted blanket wrap and a full-body river rock massage for a complete wellness journey. Weighted blankets calm nervous energy and promote relaxation. *80 minutes, \$195*

LIGHTNING WHELK RENEWAL

This unique shell symbolizes the spiraling circle of life and has been associated with purification and renewal. This healing body treatment includes an immune-boosting dry brush exfoliation and nutrient-rich body mask to soften skin and restore radiance. A warm cocooning wrap enhanced by the Lightning Whelk shell is enhanced by a soothing face, neck and shoulders massage. Your muscles, skin, and spirit will soar. *50 minutes, \$125*



spa packages

Allow our Spa Concierge to recommend a personalized spa package, or choose from our curated combinations.

THE AMA EXPERIENCE

Water is life. Soak in its natural health benefits with our Ama Foot Ritual, Purification Ceremony and Aqua Skin Facial. *150 minutes, \$375*

NOURISHING WELLNESS

Wholesome well-being for the skin, body and soul. Includes our Brilliant Beauty Facial, Ama Signature Massage and Guided Meditation. *185 minutes, \$345*

SPA FOR TWO

Enjoy a side-by-side Ama Signature Massage and your choice of an Ama Signature or Gentlemen's Facial. *100 minutes, \$460*

THE SEASONAL EXPERIENCE

Savor the spirit of the south with Ama's seasonally inspired massage and facial pairing. *150 minutes, \$360*

AMA ESSENTIALS

Experience the essence of Ama Spa. This express package includes a 25 minute Ama Foot Ritual, 25 minute Relaxation Massage, hydrating aqua facial masque, and a 25 minute aromatherapy scalp treatment targeting the head, neck and shoulders. *75 minutes, \$185*

upgrades & enhancements

GUIDED MEDITATION

Enhance any service with a guided reflection experience for deep relaxation. Choose between a Priva Heart Centered Meditation or Power Animal Discovery. This treatment extends the massage portion of your original service. *25 minutes, \$60*

Create a customized experience with any of the following. Ask your service provider which enhancements are available for your service.

\$20 each

River Rocks

Foot Polish

Carpal Tunnel Relief

Detox Body Exfoliation

Scalp Treatment

Aqua Facial Masque

Collagen Eye Treatment

Collagen Lip Treatment

Collagen Hand Treatment

\$30 each

LED Light Therapy

Corrective Peel

Collagen Face Masque



spa policies

CANCELLATION & RESCHEDULING POLICY

We request 4 hours advance notice to avoid being charged for the full amount of service.

ARRIVAL

We ask that you arrive 15-20 minutes prior to your scheduled service to check in and begin your relaxation. Late arrivals will result in abbreviated service.

SERVICE FEE

A 22% service fee will be added to all treatments.

MEDICAL CONDITIONS

We respect the health of our guests. If you have a medical condition, we ask that you consult your physician prior to receiving spa services. You are responsible and required to disclose all medical information to your therapist.

FOR YOUR COMFORT

Please leave your valuables at home and dress comfortably.

FOR THE COMFORT OF OTHERS

Please turn off or silence cell phones and other electronic devices.
Photos are prohibited in the spa.

Located on the lobby floor of The Edwin Hotel

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www.amaspachattanooga.com // 423.269.8530



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