

ama spa



A large, stylized graphic of a water droplet or wave, composed of several overlapping, curved shapes in shades of light blue, medium blue, and dark blue. The shapes are layered, with the darkest blue in the center and lighter blues towards the edges, creating a sense of depth and movement.

# ama spa

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, 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.



# massages

## AMA SIGNATURE MASSAGE

Wellness transcends in this experience designed to re-energize the body, mind and spirit. A custom pressure massage blends tension releasing techniques, heat therapy, and aromatherapy for complete wellbeing. *60 minutes, \$135.00; 90 minutes, \$195.00*

## RIVER ROCK MASSAGE

In this full body, custom pressure massage, heated basalt stones are used to reduce soreness, inflammation, and tension. *90 minutes \$195.00*

## MUSCLE REVIVE MASSAGE

After a full day of the outdoors or strenuous activity, indulge in the healing powers of water. This head-to-toe ritual incorporates the renowned benefits of seaweed, as its essential vitamins and minerals restore the body, aiding in repair and release of muscle tension. Ideal for sore, aching muscles, or simply for an indulgent treatment to end an incredible day. *60 minutes, \$155.00*

## COUPLES THERAPY

Share a wonderful experience with a loved one or friend in our beautiful couple's room. Choose from any treatment on our menu.

## SWELL RELIEF

Tailored specifically to Mom and her bump. A cocooning mask and nourishing oil treat the bump and support connective tissue, while the feet are wrapped in Laminaria Seaweed to boost circulation and improve lymphatic drainage to reduce fluid retention. A relaxing face, hand, and arm massage make this the perfect rejuvenating treatment for those expecting. *60 minutes, \$135.00*

## BEAUTIFUL BUMP

A full body, gentle exfoliation begins this treatment and leaves glowing, radiant skin. Nourishing Mama Oil is used to gently ease away stress and tension with a full body, face, and scalp massage, melting away all the aches and pains pregnancy may bring. *90 minutes, \$195.00*

# skin care

## O2 LIFT FACIAL

This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin, leaving a luminous glow. *60 minutes, \$145.00*

## AMA SIGNATURE FACIAL

This skin specific treatment is ideal for aging, rosacea-prone, and sun-damaged skin. A relaxing facial massage releases any build-up of toxins to improve radiance and restore a glowing complexion.

*60 minutes, \$135.00*

## PURIFYING PROBIOTIC FACIAL

This comprehensive treatment with purifying benefits leaves skin hydrated and balanced. The perfect option for environmentally challenged, congested, or acne prone skin. *60 minutes, \$135.00*

## FIRMING NECK AND DÉCOLLETAGE TREATMENT

A clinical treatment to treat wrinkles and lax skin. A blend of Vitamin C and fruit enzymes gently exfoliate, revealing radiant, healthy looking skin. The NuFace Trinity is added for optimal tightening and lifting that will last 48-72 hours. *60 minutes, \$135.00*

## GUA SHA TREATMENT

Gua Sha is an ancient healing technique used to sculpt the face, improve complexion, and detoxify. This full custom facial incorporates Gua Sha for an optimal boost in circulation and lymphatic drainage to diminish inflammation or puffiness, revealing a lifted, glowing complexion. *60 minutes, \$135.00*

## RESTORATIVE EXPERIENCE

The pinnacle of facial experience, a 20 minute back massage initiates relaxation and melts away muscle tension. A dose of vitamins and minerals from freshly extracted seaweed provide a deep detoxification, hydration, and nourishment to the skin. Experience the epitome of relaxation and facial pampering with this luxurious treatment. *90 minutes, \$210.00*



# wellness treatments

## WHISKEY & WELLNESS

Revel in the properties of locally made bourbon to cleanse and revive dull skin. This decadent experience includes a Chattanooga Whiskey infused sugar scrub followed by a warming body wrap and a full body custom pressure massage. *110 minutes, \$265.00*

## PURIFICATION RITUAL

*This detoxifying treatment purifies the mind, body, and spirit. A sage smudging ritual begins this wellness journey, clarifying the space. A dry brush exfoliation and a full-body river rock massage follow with a weighted blanket wrap to calm nervous energy and promote relaxation. 90 minutes, \$195.00*

## AMA RITUAL

*Transport the senses and experience the healing properties of water with this full body massage. A scalp and face massage provide ultimate relaxation alongside stretches that echo the movement of water. This gentle, yet therapeutic service is the perfect luxury to relieve aches and pains. 90 minutes, \$195.00*

## TRANQUILITY RITUAL

*This relaxation experience offers luxury and comfort in an incomparable sleep-inducing treatment. All stresses and strains melt away in this ultimate sensory treat, helping the body achieve a perfect night's sleep. A soothing array of body products, alongside massage and meditation techniques that promote healthy sleep are incorporated to provide instant peace and tranquility. 90 minutes, \$195.00*

## SEASONAL EXPERIENCE

*Savor the spirit of the season with Ama's seasonally inspired massage and body treatment pairing. 90 minutes, \$195.00*



# body treatments

## LAVENDER & SEAWEED SUGAR GLOW

*This treatment combines a fragrant mix of lavender oil, seaweed, and sugar. A gentle exfoliation, the healing properties of seaweed extracts, and the calming effects of lavender make this a luxurious treat for the body, leaving the skin with a radiant glow. 60 minutes, \$150.00*

## SEAWEED LEAF WRAP

*Unlike any other seaweed treatment, this detoxifying therapy uses real seaweed leaves in a wrap to exfoliate and purify. A body buff begins this treatment, with the Laminaria Seaweed wrap to follow. An indulgent dose of nourishing body creme completes this service, providing revitalization and relaxation. 90 minutes, \$ 195.00*

## WARM SPICED MUD WRAP

*Freshly extracted seaweed is encapsulated in this rich warm mud to deliver its purifying elements along with potent antioxidants and minerals to treat the body. Infused with aromatic spices of ginger and orange to stimulate the senses, this treatment provides an instant toning and firming effect for the skin. Perfect for detoxifying, stimulating the metabolism, and boosting collagen production. 60 minutes, \$160.00*



# enhancements

## STEAM WRAP

*A tension relieving treatment enhanced by aromatherapy to promote stress release and relaxation.  
30 minutes, \$60.00*

Create a customized experience with any of the following enhancements.

*\$20 each*

River Rocks  
CBD Oil  
Foot Polish

Scalp Treatment  
Marine Eye Treatment

Hydrating Hand Treatment  
Collagen or Anti-Aging Masque

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*\$30 each*

Corrective Peel

NuFace



# 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 in the Main Lobby of The Edwin Hotel

102 Walnut St. // Chattanooga, Tennessee 37403  
[www.amaspachattanooga.com](http://www.amaspachattanooga.com) // 423.269.8530



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