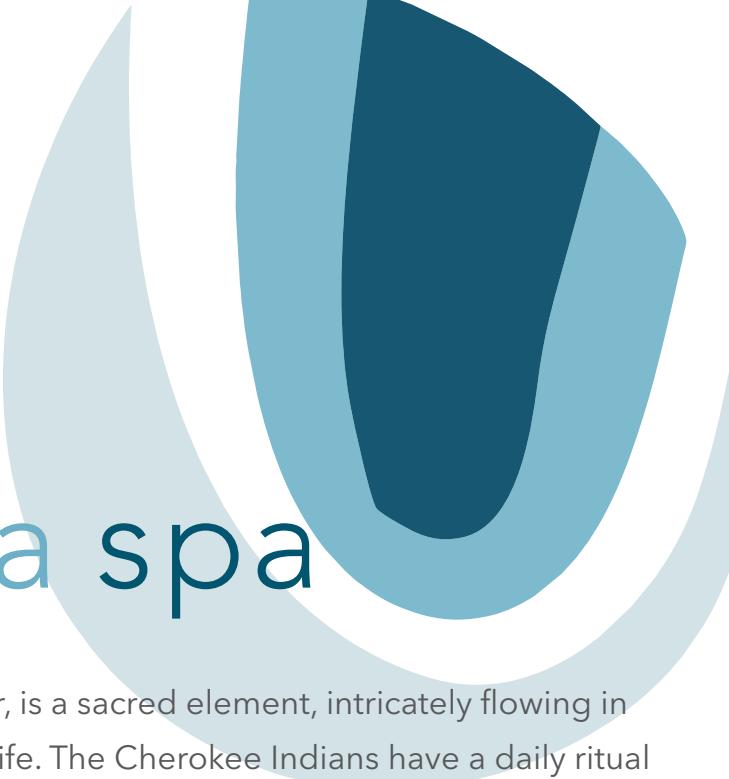


ama spa



A large, stylized graphic of a water splash or droplet, composed of several overlapping, curved shapes in various shades of blue, from light to dark. The shapes are arranged to suggest movement and depth, with the darkest blue at the top and lighter blues towards the bottom and sides.

# 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 Swedish style massage blending tension releasing techniques, heat therapy, and aromatherapy for complete wellbeing. *60 minutes, \$135.00; 90 minutes, \$195.00* \*Available as a prenatal service.

## MUSCLE REVIVE MASSAGE

Our most deeply therapeutic experience, this deep tissue massage is the ideal therapy for overworked muscles. This head-to-toe ritual incorporates the renowned benefits of marine derived vitamins and minerals to restore the body, aiding in tension release and muscle repair. Perfect for sore, aching muscles, or simply for an indulgent treatment to end an incredible day. *60 minutes, \$155.00; 90 minutes, \$215.00*

## 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*

## 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.

# wellness treatments

## 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*

## 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*

## 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*

## 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. 120 minutes, \$265.00*

# *prenatal wellness*

## 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*

## 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*



# 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*



# skin care

## AMA SIGNATURE FACIAL

This skin specific treatment is ideal for all skin types, centering the skin's immediate needs and prioritizing skin hydration. A relaxing facial massage releases any build-up of toxins to improve radiance and restore a glowing complexion. *60 minutes, \$135.00*

## GUA SHA TREATMENT

Gua Sha is an ancient Chinese healing technique used to sculpt and lift the face while promoting healthy detoxification. 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*

## HYDRAFACIAL TREATMENTS

*A results driven facial that incorporates patented technology to thoroughly cleanse, resurface the skin, and purify pores while deeply infusing hydration, antioxidants and skin strengthening peptides.*

*~ Signature Hydrafacial 30 minutes, \$179 ~*

*~ Deluxe Hydrafacial 45 minutes, \$229 ~*

*~ Platinum Hydrafacial 60 minutes, \$279 ~*

## PORE PERFECTING FACIAL

This comprehensive facial utilizes gentle, yet effective exfoliation treatments to purify the skin and deliver healthy hydration to congested or acne prone skin. Gentle alpha and beta hydroxy acids make up this series of pore perfecting treatments that deliver a clarified, glowing complexion. *60 minutes, \$135.00*

## RESTORATIVE EXPERIENCE

The pinnacle of facial treatments, this experience incorporates Hungarian style massage techniques to relax away facial tension. A dose of vitamins and minerals from freshly extracted seaweed provide deep detoxification, hydration, and nourishment to the skin. Experience the epitome of relaxation and facial benefits with this rejuvenating treatment. *90 minutes, \$210.00*

## STRESSED SKIN RESCUE

A recovery focused facial for the most stressed-out skin. This remedy delivers gentle purification and fortifies the skin with skin loving vitamins to support a healthy skin barrier. Revive a bright complexion and relieve stress with this curation of nourishing treatments. *60 minutes, \$135.00*

# enhancements

Create a customized experience with any of the following enhancements.

*\$20 each*

CBD Oil

Collagen Face Masque

Foot Polish

Hydrating Hand Treatment

Marine Eye Treatment

River Rocks

Scalp Treatment

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\$30 - Provided by esthetician

NuFace

Dr. Dennis Gross ProPeel

Dr. Dennis Gross SpectraLite LED Light Therapy



# spa policies

## CANCELLATION & RESCHEDULING POLICY

We request 24 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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