



## day rituals

Let our expert practitioners help guide you in choosing the massage or facial best suited to you during your Day Ritual treatments. Any recommendations made that may affect the cost of your service will be disclosed at that time.

### **American Indian Day Ritual 3 ½ hours \$330**

Inspired by the ways of the American Indian, we use a blend of locally harvested ground blue corn and native honey to gently exfoliate the body. Once exfoliated, you are enveloped in a layer of warm, nourishing honey as you relax into a weightless cocoon on the Soft Pack system. After enjoying a shower, experience a 60-minute Swedish massage to harmonize your mind, body and spirit. A 30-minute break follows in our Relaxation Room, as you enjoy a freshly blended seasonal beverage. Your choice of a 60-minute Blue Ridge or Sky Woman facial is the perfect culmination of this nurturing and unforgettable experience.

### **Primland Signature Day Ritual 3 ½ hours \$330**

Indulge your senses, revitalize your skin. This treatment begins with a gentle jojoba, shea butter, aloe vera and oat protein exfoliation polish, with citrus notes of lemon verbena and essence of lavender to smooth and hydrate the skin. A gentle shower and detoxifying seaweed body wrap is then performed to help remove toxins from the skin. A 30-minute break follows in our Relaxation Room as you enjoy a freshly blended seasonal beverage. Once refreshed, a 60-minute Primland Signature Massage is performed, followed by your choice of the 60-minute Blue Ridge or Sky Woman facial.

### **Sedona Day Ritual 3 hours \$320**

Sedona, a place rich in American Indian culture, was the inspiration for this treatment. Sedona Mud, ideal for detoxifying and improving circulation, is rich in iron and trace minerals. This treatment begins with a blend of natural oils and Dead Sea Salts to exfoliate and soften the skin. Once exfoliated, a wrap of warm Sedona Mud is applied. A gentle shower and 30-minute break follows, where a freshly blended seasonal beverage will be served to you in our Relaxation Room. Once refreshed, our 90-minute Primland Signature facial is performed, leaving you with a new sense of well-being and serenity.

### **Sweet Lodge Detoxifying Ritual 2 hours \$220**

This body treatment is designed to exfoliate, detoxify, re-mineralize and nourish the skin. A blend of natural oils and Dead Sea Salts is applied to soften and exfoliate skin, followed by a detoxifying wrap and float in our Soft Pack System cocooned in mineral-rich Sedona Mud. A 60-minute Detoxifying Massage completes this treatment, helping to increase circulation and a sense of balance.

### **Aluli Tiponi, Mother and Daughter Ritual 120 minutes \$260**

This treatment, which was inspired by a Cherokee name that means “mother of child of importance,” allows you to spend a beautiful time with your daughter in our Unity Suite. You will receive a 60-minute facial of your choice and your daughter a children’s or teen’s facial. Both of you will also enjoy a back, neck and shoulder massage. Enjoy our Jacuzzi with a Primland cocktail.



## duo rituals

### Yoga and Relaxation Ritual 3 hours \$260

This ritual begins with yoga, a practice of postures and gentle stretches. Movements, breathing exercises and relaxation techniques are performed, resulting in a progressive, deep relaxation of mind, body and spirit. A 30-minute break follows in our Relaxation Room as you enjoy a freshly blended seasonal beverage. Once refreshed, enjoy a 90-minute Hot Stone Healing Massage. Inspired by the American Indians, this spiritual massage experience includes the use of feathers, chimes, crystals, stones and essential oils.

### Kanati and Selu Ritual 2 1/2 hours \$350

Inspired by Kanati and Selu, the great Cherokee Hunter and his beloved wife, Selu, the Corn Mother, this treatment takes place in our romantic Unity Suite. Spend 2 1/2 hours together, relaxing and enjoying your very own private Jacuzzi with chromotherapy, shower and a seating area designed for you and that special someone. A customized 90-minute duo massage helps create a memorable experience of time spent reconnecting with your loved one. A blended seasonal beverage and light fare will be available for your enjoyment.

### Earth and Sky Ritual 2 hours \$320

Enjoy our Unity Suite as you share two peaceful hours of time with that special someone. Relax and unwind as you each receive a customized 60-minute massage and a 30-minute facial. Shower and spend the remainder of your time together experiencing your own private aromatic Jacuzzi with chromotherapy. A blended strawberry beverage will be available for your enjoyment after your treatment. In Cherokee tradition, strawberries represent the sweetness of friendship and love.