THE CROSSROADS OF BODY AND SOUL
We welcome you to experience the rejuvenating powers of the Mississippi Delta at The Alluvian Spa. You will find that the pleasures of our spa are unsurpassed and we believe that the healing, life-giving powers of the air, earth and water here remain one of the great gifts of nature.
SONYA DAKAR FITNESS FACIAL
This high-performance, results-oriented treatment combines botanical and aromatherapy based Sonya Dakar products with an interval lymphatic-deep tissue massage. Each facial is meticulously customized to your skin’s needs – be it quenching your skin’s thirst, clearing unflattering breakouts, or repairing sun damage and fine lines. 60 minutes

SONYA DAKAR ULTRALUXE AGE CONTROL FACIAL
A superior treatment that leaves the skin lifted, radiant and rejuvenated through a new and advanced anti-aging complex and the unique Sonya Dakar Interval Massage that detoxifies and tightens. Ideal for addressing the age concerns of the neck, décolleté and hands, as well. 90 minutes

ALLUVIAN ALLURE FACIAL
This facial includes deep pore cleansing, exfoliation, steaming, delicate extractions, and a nourishing specialty mask. An eye contour and hydrating lip treatment along with a soothing massage ensures a blissful meditative state, while warmed mitts infuse hands and feet with moisture. 90 minutes

DEEP SOUTH CLEANSE FACIAL
Beauty is not just skin deep. This facial begins with a deep pore cleansing followed by exfoliation, delicate extractions, a soothing massage and deep moisturizing – all customized for your skin type. 60 minutes

DELTA SUNRISE FACIAL
Just as the sun rises on a new day symbolizing new beginnings, give your skin a healthy beginning with this basic express facial that cleanses, exfoliates and moisturizes. 30 minutes

<table>
<thead>
<tr>
<th>FACIAL ENHANCEMENTS</th>
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<tbody>
<tr>
<td>Enzyme Enhancer</td>
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<tr>
<td>A glycolic or salicylic gel peel reveals a Southern peach glow.</td>
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<tr>
<td>Cotton Blossom</td>
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<tr>
<td>A contouring, lifting, moisturizing mask for the delicate eye and lip area.</td>
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<tr>
<td>Sweet Magnolia</td>
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<tr>
<td>Drench your skin in a replenishing collagen hydration of the entire facial area.</td>
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RAIN DANCE REVIVAL
VICHY NIRVANA

Southern decadence at its finest. Start with a gentle aromatic sugar scrub and continue with a Vichy shower of cool and warm rinses massaging six tension-relieving pressure points of the body. A soft mist to a steady downpour rhythmically melts away stress as exfoliating suds restore and invigorate skin. Ease into a peaceful state as you are enveloped in a hydrating sweet tea wrap. Reach a state of nirvana as the service concludes with a scalp and foot massage. 90 minutes

SWEET TEA REFRESHER
SKIN RENEWAL

This sweet tea potion cleanses and removes dry skin, leaving the skin silky smooth and radiant. The sugar provides for a lighter touch body scrub that is both refreshing and renewing. 60 minutes

THREE RIVERS
GRITS AND SEA GRAINS

This invigorating marine-based exfoliation treatment for sensitive skin gently polishes away dry, dull skin while hydrating and softening the deeper layers. A rich, creamy and exfoliating body cream, followed by a luxurious application of satin moisturizing spray, leaves your skin feeling smooth, silky and tingling with renewed life. 60 minutes
MASSAGE THERAPY

ALLUVIAN CUSTOM
For the massage aficionado, a medley of modalities designed specifically for you. These techniques, when used in complement, produce the ultimate sensation of harmony and relaxation. Swedish, deep tissue, Asian pressure point, and light energy work may be combined with a hydrating treatment and aromatherapy. 60/90 minutes

DELTA RIVER ROCK
Heated river stones are placed between the shoulders and nestled closely around the body to relieve stress at pressure points and energy centers. A light sweeping massage with flat river stones soothe the soul and provide a warming sensation for aching joints and muscles. 60/90 minutes

DEEP TISSUE
A deep tissue massage focuses on specific areas and is excellent for the sports enthusiast or those with an appreciation for advanced bodywork. Firm pressure draws out the tension present in deeper muscle layers. 60/90 minutes

ALLUVIAN CLASSIC
This relaxing massage addresses the entire body. The Swedish technique provides comfort while additionally relieving stress and inducing profound relaxation. An excellent choice for your first massage. 30/60/90 minutes

MOTHER-TO-BE MASSAGE
Designed to ease postural pressures due to normal body adjustments during pregnancy. This massage helps reduce fatigue by aiding the circulatory and lymphatic systems, bringing comfort and relaxation. This service may be enjoyed by expectant mothers after the first trimester. 60 minutes

MASSAGE ENHANCEMENTS

<table>
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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Scalp Massage</td>
<td>Rosehip is one of nature’s most potent sources of Vitamin C and essential nutrients. This aromatic treatment stimulates and moisturizes while you experience a calming scalp massage.</td>
</tr>
<tr>
<td>Paraffin for Hands or Feet</td>
<td>This ultra moisturizing sensation aids in rejuvenation and appearance of the skin.</td>
</tr>
<tr>
<td>Aromatherapy Oil</td>
<td>“Balance or Relax.” With our selection of aromatherapy oils you can choose balance to promote harmony within, or choose oils that relieve stress and induce relaxation.</td>
</tr>
</tbody>
</table>
REJUVENATE
CELLULITE TREATMENT

Our gel treatment is one of the very few that genuinely lessens the quilting effect of cellulite. Treatments combine the benefits of two localized body masks: our self-heating marine mud to detoxify the skin and awaken the cells, and a cool gel to improve circulation and smoothness. Best results are obtained in a series. 90 minutes

REBIRTH
MINERALIZING GEL WRAP

The ultimate deep beauty treatment for the body emphasizes complete relaxation and total pampering. After a thorough exfoliation with a gentle peeling massage cream, your body is enveloped with a warm aromatic body gel while nestled in a light wrap. We massage head, face, neck and shoulders, finishing with a refreshing seawater spray and a luxurious cream to seal in moisture and skin nutrients. 60 minutes

REVIVE
DETOXIFYING BODY MASK

This warm body mask and wrap of rich seaweed is recommended for its impressive detoxifying properties. This energizing treatment is derived from the purest concentrated marine plants from the Brittany Coast in France, used for hundreds of years as agents to stimulate the body metabolism and eliminate impurities from the tissues. 60 minutes
Indulge in massage services side by side, with that special someone or friend, in our couple’s suite. Soothing music in the background, Alluvian special signature touches and the glow from the fireplace create the perfect setting.

**Couple’s Renewal**
The ultimate escape for two. Renew body and soul in our private couple’s suite with a fireplace, dual massage tables, river bath for two, and custom double super shower. This package includes a Sweet Tea Refresher Scrub, A Three Rivers Soak, a sixty minute Alluvian Custom Massage followed by your choice of a Rosehip Scalp Massage or Mississippi Mud Pie foot treatment. After your treatments, lounge by the fireplace with a selection of Southern literature. *3 hours*

**Date Night in the Delta**
Surrender to the sultry sounds of Delta blues while enjoying a sweet tea soak in our river bath, followed by a ninety minute Alluvian Custom Massage in our luxurious couple’s suite. *2 hours*

**Southern Comfort**
Experience a double shot of Southern Comfort in our luxurious couple’s suite. A sixty minute Alluvian Custom Massage for two is enhanced with special touches of Southern culture. Luxury touches include warmed neck rolls, an aromatic steam bath, a super shower and herbal eye pillows. *100 minutes*
**Sweet Tea Soul Soak**

A cool and refreshing soak, like a tall glass of chilled sweet tea on a hot summer day. Aromatic bubbles of tea, arnica, cucumber, and comfrey root combined with salts, restore harmony and nourish the soul. 60 minutes

**Muddy Waters**

This deep cell purification removes toxins and impurities, and provides a sense of relaxation and well-being. It is especially recommended for clients on a slimming or body contouring program. 60 minutes

**Riverside Renewal**

This remineralizing process, combined with the invigorating properties of eucalyptus, soothes aches and pains allowing your body to relax and repair. This is an excellent preparation for a deep-tissue massage. 60 minutes

**Bath Enhancements**

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<tr>
<td>Mud Potion #9</td>
<td>As a prelude to your bath, indulge in a bowl of fresh ground herbal exfoliant or sea mud to cake all over yourself. Enjoy this solo or as a couple. Then drop the residuals in the bath for an extra boost of wholesome goodness.</td>
</tr>
<tr>
<td>Mississippi Mud Pie</td>
<td>A warmed bubbling brew of mud to soothe aches of the feet or spine.</td>
</tr>
<tr>
<td>More Massage</td>
<td>Add an additional thirty minute massage to your therapeutic bath.</td>
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</tbody>
</table>
SIGNATURE SWEET TEA MANICURE AND PEDICURE

A deluxe treatment for the hands and feet exfoliates, deeply hydrates and helps restore skin to a more youthful appearance. Top it off with an essential Sweet Tea hand and arm or foot massage. 45/60 minutes

SEAFOAM PEDICURE

The ultimate in pedicures. This luxurious, marine-based treatment features a 4-step exfoliation process of beach sand, quartz crystals, sea salt and alpha hydroxy acid, followed by a marine cooling foot mask or a warming mud mask, and a pampering calf and foot massage. Finish with Cucumber Heel Therapy to relieve dry, cracked heels. 60 minutes

ALLUVIAN FIELDS PEDICURE

A super hydrating, aromatherapeutic pedicure packed with vitamins and minerals to promote beautiful healthy looking feet. Feet are cleansed with a fizzing mineral soak, followed by a warm sugar scrub to gently exfoliate and smooth the skin. A moisturizing volcanic clay foot mask deeply hydrates and prepares you for a relaxing foot and calf massage. 60 minutes

ESSENTIAL MANICURE AND PEDICURE

An essential manicure to reshape the nails, clean up the cuticles and massage moisture into the hands or feet. 30/45 minutes

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<td>Aromatic Paraffin Dip</td>
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HAND AND FOOT THERAPY
COUPLE’S RENEWAL
The ultimate escape for two. Renew body and soul in our private couple’s suite with a fireplace, dual massage tables, river bath for two, and custom double super shower. This package includes a Sweet Tea Refresher Scrub, A Three Rivers Soak, a sixty minute Alluvian Custom Massage followed by your choice of a Rosehip Scalp Massage or Mississippi Mud Pie foot treatment. After your treatments, lounge by the fireplace with a selection of Southern literature, be serenaded by Delta blues and refreshed with a glass of sweet tea or sorbet. 2 hours

HIGH COTTON INDULGENCE
In our part of the world, when life is sweet and everything is going our way, we say we’re “in high cotton.” You’ll be in high cotton after experiencing our ultimate package. Your day of indulgence includes a sixty minute Alluvian Custom Massage, Sixty Minute Deep South Cleanse Facial, Sweet Tea Manicure and Pedicure, and concludes with an Amy Head make-up application. You’ll also enjoy a leisurely spa lunch. 5 hours

THE CROSSROADS
This relaxing package for body and soul starts with a sixty minute Alluvian Classic Massage followed by our Deep South Cleanse Facial. Your spa experience concludes with our “soleful” Sweet Tea Pedicure. A spa lunch is also included. 4 hours

GIRLFRIENDS’ GETAWAY
Girls just want to have fun...and The Alluvian Spa is the perfect setting. Gather your friends and begin with a thirty minute Alluvian Classic Massage followed by a thirty minute Delta Sunrise Facial. Next, take pleasure in an Essential Manicure and Pedicure, and Amy Head make-up application - while you enjoy each other’s company. 3 hours

DELTA ESCAPE
Escape to the laid back land of cotton with a thirty minute Alluvian Classic Massage or Delta Sunrise Facial. Afterwards, enjoy a decadent Sweet Tea Manicure and Pedicure. 2 hours

DELTA WEDDING
A Delta Wedding is a celebration like no other. We can customize a special spa experience for your wedding day. Our spa staff can coordinate hair, make-up, nail and body treatments for the bride, groom, and wedding party on the big day. We base our program to suit your personal preferences. Call The Alluvian Spa to design your bridal program today.
**SPORTSMAN’S SPECIAL**

Begin with an invigorating sixty minute Alluvian Classic Massage followed by a thirty minute Gentleman’s Hot Towel Facial. Next we pamper you with a Buff and Shine Manicure and Pedicure especially designed for men, leaving you feeling renewed, relaxed, and ready to get back to the action.  *3 hours*

**SPORTS THERAPY BATH AND MASSAGE**

This mineralizing process, combined with the invigorating properties of eucalyptus, soothes aches and pains allowing your body to relax and repair. Bathing treatment includes petite massage and is an excellent preparation for a longer deep-tissue massage.  *60 minutes*

**GENTLEMEN’S HOT TOWEL FACIAL**

This deep cleansing therapeutic facial is designed specifically for men’s special skin care needs, addressing razor burn and sensitivity. Relaxing the skin and refining pores, it includes a facial massage and deep cleansing mask. Please shave two hours prior to treatment.  *30/60 minutes*

**BUFF AND SHINE MANICURE AND PEDICURE**

Hand and foot care for gentlemen.  *Manicure 25 minutes/Pedicure 40 minutes*

**FOR THE SORE SPORT**

A back, shoulder, neck and hand massage is excellent before or after a day of hunting. This chair massage session can be arranged for group gatherings in the spa, hotel or even your hunting camp.  *Time to be arranged.*
G L A M O U R  A N D  G R O O M I N G
Color and Highlight
Special occasion consultation and style
Haircut and Style
Wash and Style
Men’s Cut and Style
Children’s cut and style (12 and under)

P E R S O N A L  M A K E - U P  C O N S U L T A T I O N
Inspired cosmetic solutions by the talented make-up artists of Amy Head Studios create a natural look for a day at the office or a night on the town.

W A X I N G
There is no more gentle, natural or effective way to remove hair. Finish with a cool cream to soothe the skin.
PLANNING YOUR SPA VISIT

FOR SPA INFORMATION
Dial extension 285 from your Alluvian Hotel room or call 662.451.6700 or toll-free 866.728.6700

SPA ADMISSION
Spa treatments are available to guests age 18 and over. Young adults may engage in our specifically designed young adult services. Please consult with our reservation specialists.

SOUTHERN HOSPITALITY
We request that you refrain from cell phone and pager use while visiting the spa. Please arrive at least 30 minutes prior to your scheduled appointment time.

SCHEDULING & APPOINTMENTS
Please call 662.451.6700 or toll free 866.728.6700 to make a reservation. You will want to schedule services in advance to ensure desired appointment times. Please provide 24 hours cancellation notice to avoid charges in full for service not rendered. All reservations must be secured by a credit card.

CHECK-IN
We invite you to check in 30 minutes prior to your appointment. This will allow you to enjoy our spa amenities including steam areas in the men’s and lady’s locker rooms.

LATE ARRIVALS
We regret that a late arrival for your spa appointment will deprive you of valuable treatment time. Should you arrive later than expected, you may experience shortened service times. Please allow for a 5-15 minute transition between each service.

ATTIRE
Arrive as you wish. A robe, sandals and a locker will be provided upon your arrival. You will be professionally draped during your treatment to ensure modesty and comfort. The steam rooms are not co-ed, so swimsuits are optional.

SERVICE CHARGE
An 18% Service Charge will be automatically added to the cost of all services.

LUNCH AT THE SPA
Spa lunches may be ordered for delivery between the hours of 11:00am and 2:00pm. If you would like a spa meal after these hours, please make arrangements with spa reception in advance.

MEDICAL
Please inform us of any medical or other special needs that require our attention. For your safety and well being, we highly discourage alcohol consumption prior to spa treatments, immediate sun exposure following skin care therapy and shaving after exfoliating treatments. Expecting mothers, please bring doctor’s permission for massages.

VALUABLES
Please do not bring jewelry or other valuables to the spa. Unfortunately, we are not able to take responsibility for valuables that are lost or left at the spa.

GIFT CERTIFICATES
Gift certificates for spa services and spa retail items are an ideal year-round gift for any special occasion. Inquire at spa reception or at the front desk of The Alluvian Hotel.

SPA BOUTIQUE
Take the spa experience home with you. The most advanced skin care products used in all of our treatments and spa gift items are available in our spa boutique. Our spa professionals will match your needs with the products best suited for you.

GROUPS & SPECIAL EVENTS
Group or special occasion reservations should be scheduled well in advance to ensure availability. The Alluvian Spa is available for special after hour events. Celebrate any special event, be it a wedding, family reunion or anniversary with your own private spa party. Our spa staff will help you create the spa event of your dreams. Availability and pricing vary.