IN EVERY WALK WITH NATURE ONE RECEIVES FAR MORE THAN HE SEEKS.

JOHN MUIR

- PROFESSIONAL MASSAGE THERAPY, BODY TREATMENTS AND ESTHETICS
- SUITES AND VACATION ACCOMMODATIONS
- RIVERSIDE CAMPING
- RUSTIC CAMPING CABINS
- PRISTINE SETTING FOR WEDDINGS AND EVENTS

HELPFUL INFORMATION

WHAT TO BRING – Bathing suit, towel and a bag for your clothes.

PETS- NO pets are allowed in the spa area. The parking lot is not shaded and is not an appropriate place to leave your pets. Please make responsible plans for your pets while you are enjoying the spa.

DRINKING WATER – Bring plastic bottles or jugs so you can take our natural hot mineral water home with you. We do not charge for our water.

WHEN TO ARRIVE – Plan to be here at least 20 minutes prior to your appointment. This allows you to check in and change.

ACCESSIBILITY – We make ever effort to accommodate people with special needs. Please call us in advance to let us know your needs.

WARNING : Persons with health conditions and pregnant women are advised to check with their doctor before soaking in the hot tubs.

RESERVATIONS & CANCELLATIONS
Reservations are recommended, especially from May through October. Walk-ins are always welcome. Reservations are held by Visa, Mastercard or Discover. We have a very strict 24 hour cancellation policy. This means, your card will be charge for the full amount for reservations cancelled with less than 24 hours before your scheduled appointment time.

MAP & DIRECTIONS- Hot Springs is easily accessible from two major interstates: I-40 & I-26. We are located 35 miles NW of Asheville, North Carolina and 70 miles E of Knoxville, TN on Hwy 25/70.

HOT SPRINGS RESORT AND SPA EST 1778

WORLD FAMOUS NATURAL HOT MINERAL WATER

WWW.NCHOTSPRINGS.COM
315 Bridge Street
Hot Springs, NC 28743

FOR RESERVATIONS CALL
800.426.0933 828.622.7676

"WORLD FAMOUS NATURAL HOT MINERAL WATER"

Let your worries fade and your tensions melt away as you gently glide into a Jacuzzi style tub filled with Hot Springs World Famous Natural Hot Mineral Water. Drink in the lush surroundings day or night as you absorb our invigorating, restorative waters averaging an ideal temperature of 102 degrees. Enjoy the privacy and seclusion of our mineral baths nestled among the waters of the French Broad River and Spring Creek. After an hour, you will truly feel rejuvenated by both the setting and our water.

MINERALS	GRAMS	BENEFITS
Sulphate of Magnesia	7.2001	Muscle activity, laxative effect
Bicarbonate of Iron	0.0120	Corrects Anemia, Helps blood
Silica	3.1434	
Alumina	0.0285.	
Chloride of Potassium	0.6192	Helps Nerves
Sulphate of Potassium	1.5150	Heart Action, Digestion
Chloride of Sodium	0.0827	
Phosphate of Sadium	Traces	Protect Tissue
Bicardonate of Ammonia	Traces	
Sulphate of Line	20.0419	Bone and Tooth Structure
Bicarbonate of Lime	9.0196	

HOT SPRINGS RESORT AND SPA EST 1778

WORLD FAMOUS NATURAL HOT MINERAL WATER

Relax In The World Famous Natural Hot Mineral Water

Come relax in the restorative water of Hot Springs. At the Hot Springs Resort & Spa you are transported to a warm, friendly and healthful place. When you arrive , our friendly staff will put you at ease and ensure that your time with us is beneficial and relaxing. You can enjoy the warmth of our waters and the glow of our fires.

Hourly Rates

Daytime $12-40 (per hour)
after 6 p.m. $30-50 (per hour)

Rates are based on the number of people per tub. Groups of 15 or more should make reservations in advance as special rates may apply.

Massage Therapy

Swedish Massage – Relaxing full body therapy including smooth motions. $40- $85

Deep Tissue Massage – Intense full-body therapy using pressure to delve into the musculature, working tendons and ligaments. $45 - $90

Hot Stone Massage – Gentle use of warm Basalt stones allow greater access to tension and stress$80-$100

Body Treatments

Salt Glow – Gentle full-body exfoliation utilizing a rejuvenating blend of Dead Sea Salts and essential oils followed by a warm rinse and deep moisture treatment. $80 - $100

Herbal Body Wrap – Essential oils and plant extracts applied to the skin and covered by a warm thermal wrap. $80 - $100

Botanical Mud Wrap – Enjoy a natural clay and botanical treatment that detoxifies, firms, and softens your skin. $80-100

Treat for the Feet – Soft exfoliation using sea salt and essential oils, followed by a calming foot bath. $45

Esthetics

Refresher Facial – A great introduction to professional skincare or a quick pick-me-up for those short on time. 30 minutes - $45

European Style Facial – A rejuvenating facial to invigorate and hydrate. Great for all skin types. Deep cleanses and revitalizes dull, tired skin. 60 minutes - $65

Back-Facial – A wonderful way to smooth those areas that are just out of reach. The cleansing, exfoliation and moisturizing will leave your back feeling silky soft and wonderfully relaxed. 45 minutes - $60

Head to Toe - Our most decadent treatment. Experience the ultimate in relaxation. To begin, enjoy a full body exfoliation followed by and herbal wrap. While you are in the warm cocoon notice your tension melt away while you receive a hydrating facial treatment. To complete your pampering, a full body massage, to ease tired muscles. 105 minutes - $115

Mini Head To Toe - When you are short on time or just can't make up your mind, choose to indulge yourself with a 30 minute moisturizing facial treatment and a 30 minute relaxing massage with the same therapist. 60 minutes - $80

• Note all rates are subject to change without notice.

When You Play Here, Stay Here

Accommodations & Camping

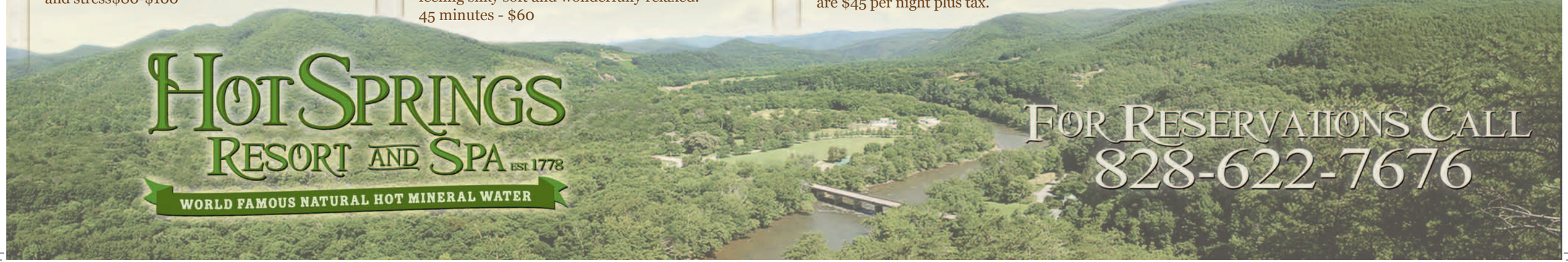
Suites-. Each suite had a jetted, heart-shaped tub filled with Hot Springs world famous natural hot mineral water. All suites are equipped with a private indoor hot tub, satellite TV, VCR/DVD, small refrigerator, microwave and telephone. Rooms range from $145-200 per night.

Camping Cabins- Our Riverview camping cabins sleep five and have electric heat and air conditioning. Each cabin has an outdoor cooking area (a picnic table and firering) The basic cabins are $45 per night plus tax.

Deluxe Camping Cabins – Our deluxe camping cabins are a step up from our basic cabin. The deluxe cabins sleep 5 people have electric heat and air condition and a half bathroom (toilet and sink). Each cabin has an outdoor cooking area (a picnic table and fire ring). $65 per night plus tax.

The Log Cabin- The Log Cabin offers seclusion and a private outdoor hot tub filled with our world famous natural hot mineral water. Amenities include full bath, efficiency kitchen, satellite TV. $160 per night plus tax.

The Dogwood Room- A simple and affordable room with all the basic comforts. A queen size bed, full bath, and Satellite TV. This room is within walking distance of the outdoor mineral baths. $99 per night.

The Officer's Bungalow – This comfortably furnished four bedroom house offers all the amenities of home. Fully equipped kitchen, satellite TV, 2-4 bedrooms. $150 - $200 per night plus tax.

Camping – Our beautiful riverside campground includes year round RV sites with full hook ups. Sites are $20 and up. Pets are welcome in the campground, there is a one time $10 fee per pet.