



R O S E

NASHVILLE

Rose offers an opportunity to pause time.

In modern life, so many forces pull us away from ourselves, making the chance to sink into the present moment a luxury. Rose is a refuge; it offers us an opportunity to pause time in the middle of it all.

21 floors above the bustling city streets of Nashville's SoBro neighborhood, Rose is a retreat high above the city. Here, the power of nature and ancient techniques come together to provide guests and visitors with an experience of connection, balance, and harmony. Whether seeking a Rose signature experience or the quiet of a private facial, guests find diverse treatments through which we provide the chance to restore the body and mind while nourishing the soul's desire for serenity and perspective.

The expansive spa feels airy and open, featuring six treatment rooms, a full-service salon, oversized locker rooms complete with "experience" showers, and a relaxation room. Dedicated to orchestrating a serene transition between services, all environmental elements at Rose come together to create a feeling of space and peace. Bleached oak and woven fabrics, high ceilings and soft neutral tones impart an impression of being at home, where one may fully relax.

We believe in reconnecting with purity—in ingredients, in techniques—to gain more than just physical renewal, restoration, and rejuvenation. On the top floor at The Joseph, in quiet and stillness, guests retreat to re-establish the natural rhythm within.



SELF-GUIDED SPA JOURNEY

STAGING AREA

After a warm welcome, we will prepare you for your spa journey, complete with amenities that invite you into ultimate relaxation, personal discovery, and a renewed sense of vitality.

STEAM ROOM

Your journey may bookend in one of our deluxe steam rooms, where you find advanced detoxification and deep cleansing. Recommended for both pre- and post-treatment, steam purifies the respiratory system and deeply cleanses the lungs to promote ultimate relaxation. A steam room is located in each locker area for privacy and convenience.

ICE FOUNTAIN

The ice fountain can be used after the steam room or entirely on its own. When experienced together, the combination of hot and cold stimulates blood flow and the metabolic system, enhancing detoxification and strengthening the immune system.

EXPERIENCE SHOWERS

With the touch of a button, find yourself immersed in a warm island storm or beneath cool raindrops atop a mountain. Scents, sounds and visual effects combine in a multi-sensory experience of your choosing. Stimulate circulation and activate your heart with the reviving Fresh option, or select Tropic for exotic fragrances and hot tropical rainfall.

RELAXATION LOUNGE

Warm hues, plush seating, and soft natural light create a soothing ambiance to calm your mind as you escape the stressors of daily life. Awaken the senses with a cup of hot tea, and indulge in the deep relaxation and restorative effects of your treatment. The world can wait—a little while longer.

PRE-TREATMENT RITUAL

Each treatment at Rose begins with our signature foot bath, inviting you to relax and ground yourself prior to your treatment. Using a dry foot scrub followed by a warming foot bath infused with rose petals and house-grown botanicals, the ritual finds inspiration in the surrounding natural environment and indigenous elements of Tennessee, connecting you more deeply with a sense of place as you sink deeper into your spa journey.

POST-TREATMENT RITUAL

Each treatment at Rose will conclude with gentle sound healing, an ancient technique used to bring harmony and balance to the body and mind. The specific vibrations emanating from Tibetan sound bowls resonate with your own subtle energy centers (chakras) to help release blockages and restore the healthy energetic flow within and around the body.



EXPERIENCES

ROSE INDULGENCE

120 min

Rose Signature Experience

This indulgent treatment for back, scalp, and face harnesses the healing vibrations of rose quartz crystals and pure *Damascena* Rose Oil to release tension and revitalize the skin. A chakra-balancing back treatment soothes, a scalp massage relieves tension, and meridian tapping techniques revitalize and refresh. Acupressure with hot poultices and rose quartz crystal restores the skin's naturally glowing appearance. As a garnet face scrub protects and energizes, a cooling jade mask helps reduce the appearance of fine lines.

TRANQUIL IMMERSION

120 min

A blissfully balancing experience that restores positive energy, the Tranquil Immersion relaxes and revives both body and spirit for a profound feeling of calm. Targeting skin and senses, an all-over scrub prepares the body for a deeply nourishing, holistic massage while alleviating tension and restoring physical and mental health. Inner equilibrium from head to toe is restored, finishing with a Rose facial massage and signature scalp treatment.

MASSAGES

HOLISTIC MASSAGE

60 / 90 min

Rose Signature Massage

This revitalizing and balancing full-body massage helps release toxins, reduce fatigue, and restore physical and mental strength while relaxing and reviving both body and spirit. Choice of invigorating, relaxing, or recovery oils.

RESTORATION DEEP TISSUE MASSAGE

60 / 90 min

Rose Signature Massage

Wonderfully firm and soothing techniques in this deep tissue massage help to alleviate pain, cramps, old injuries, and stress-related tension as well as unblock stagnant energy.

GROUNDING STONE MASSAGE

60 / 90 min

Experience the grounding benefits of warm river stones. The radiant warmth of the earthy stones centers and intensifies healing; deep relaxation is found in revitalized muscles and a stimulated lymphatic system.

KU NYE MASSAGE

90 min

This Tibetan body treatment restores a balanced flow of energy and vitality. A blend of five essential oils works together to stabilize the five sensory organs. Tibetan cupping, kneading, and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes to the crown of the head.

HEALING HERBS & BOTANICALS MASSAGE

60 / 90 min

Enjoy the soothing benefits of nature's ultimate healing botanical, CBD. Deeply relaxing for body and mind, this whole-body massage targets sore back, joints, hands, and feet to ease tension and reduce inflammation.

MATERNITY MASSAGE

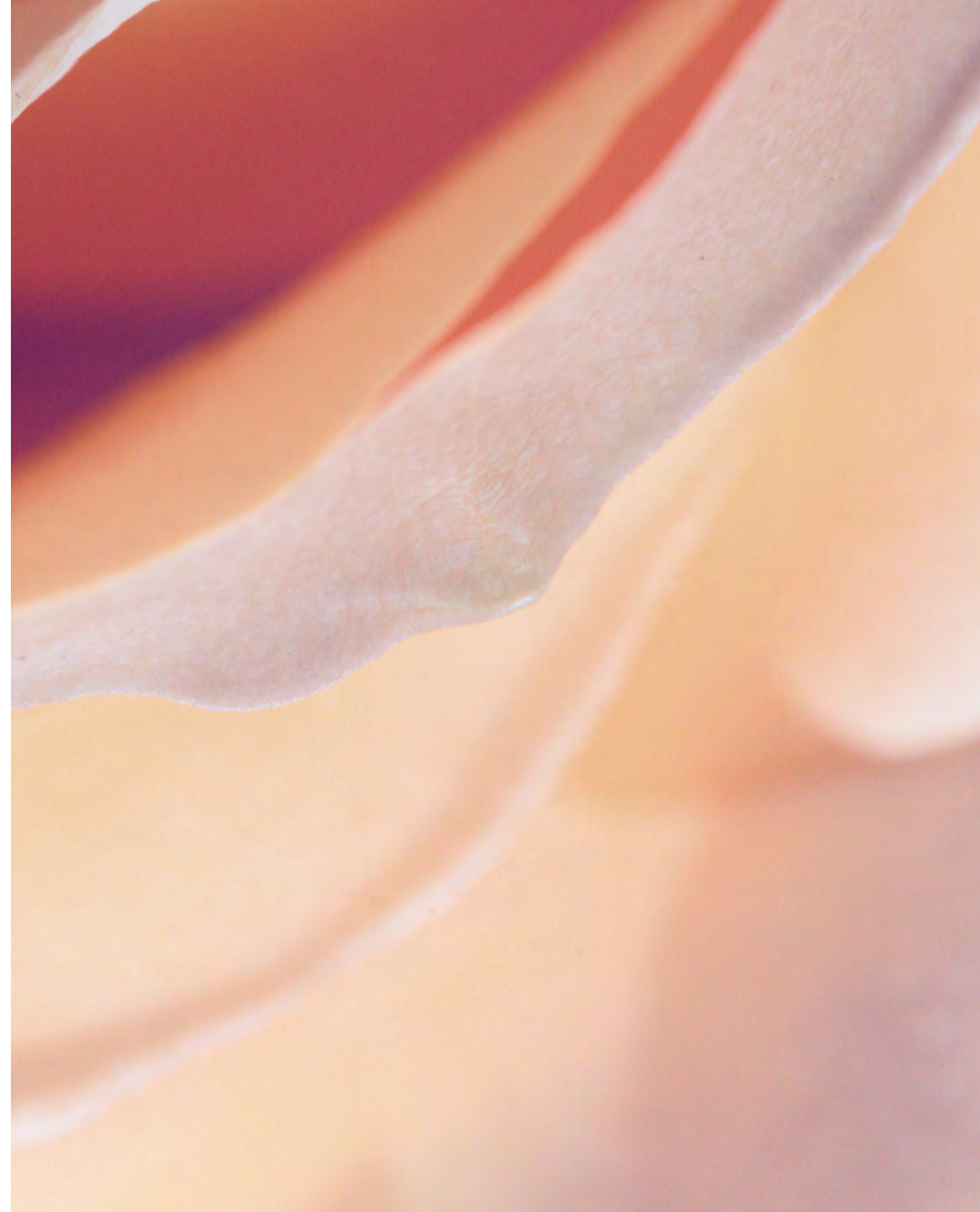
60 / 90 min

Designed for expectant mothers, our maternity massage relieves many of the common discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches, and edema (or swelling).

REFLEXOLOGY

30 / 60 min

This ancient, healing art focuses on the areas of the feet that correlate to specific organs and integral body systems. As pressure is applied to the points on the feet, tension and fatigue are gently released in the body, restoring its natural balance.



FACIALS

HYPER-CUSTOMIZED FACIAL

60 / 90 / 120 min

Rose Signature Facial

Using Biologique Recherche, Rose's signature facial offers hyper-customized treatments according to your Skin Instant®. Your Biologique Recherche esthetician will select the best-suited boosters and products to design a personalized experience focused on results. Your treatment may include manual lifting techniques, use of Biologique Recherche's proprietary technology, and/or co-factor sheet masks.

HYPER-CUSTOMIZED FACIAL with REMODELING

60 / 90 / 120 min

Rose Signature Facial

Our signature facial with the addition of Biologique Recherche's Remodeling Face Machine strives to achieve wider-looking eyes, more pronounced cheekbones, less visible wrinkles, and a more defined facial contour—just some benefits of the Remodeling Face bio-electro stimulation that combines four currents for immediate and long-lasting results.

ANANDA FACIAL

60 min

Using ila's Glowing Radiance Collection, this treatment begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant & honey exfoliation. Using *Damascena* Rose otto and sandalwood oils, we stimulate energy in skin cells. Specialized marma massage techniques restore natural luminance while a green clay mask reduces inflammation. After one hour, skin glows with radiance and the body is filled with a deep and lasting sense of peace.

RENEWED RECOVERY FACIAL

60 min

Using ila's Renewed Recovery Collection, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate skin cells. Lymphatic drainage techniques, warm herbal poultices, and an Amazonian mud mask encourage toxin release, reduce water retention, increase blood supply, and boost collagen production. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

GOLD CELLULAR AGE RESTORE FACIAL

60 min

Using ila's Gold Cellular Age Restore Collection, this powerful treatment encompasses a blend of the world's most undiscovered ingredients that have been proven to work with the skin to heal and protect from the many natural signs of aging. Three types of naturally occurring gold and the rarest of frankincense from the gardens of Ethiopia are delivered into the skin using cleansing and healing massage techniques. Ila's unique BosTriWell® and hyaluronic extract combined with sonic wave therapy instantly increase collagen levels and reduce cell inflammation. Skin is left thoroughly rejuvenated.



BODY TREATMENTS

KUNDALINI BACK TREATMENT

75 min

Ideal for the emotionally exhausted, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, while sound healing and chakra balancing lift away tension. Energy is released from the base of the spine, negativity is dissolved, and the body is brought back to a state of balance. This restorative treatment finishes with a Rose facial massage.

PEARL & JASMINE SCRUB with AMETHYST WRAP

90 min

This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing, and strength. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells, and cell growth.

ENERGIZING & DETOXIFYING BODY RENEWAL

60 min

Using the ionizing properties of Himalayan salt crystals, this scrub is gently massaged into the skin, resulting in rapid exfoliation and the elimination of toxins and tension. The scrub cleanses and strengthens the bio-energy fields while combating stagnant cellulite, leaving mind, body, and spirits uplifted. The treatment finishes with a hydrating oil application.

SALON SERVICES

IMPECCABLE MANICURE

60 min

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, rose balm, marma massage, and hydrating rose quartz gel mask in addition to cuticle work and nail polish.

IMPECCABLE GEL MANICURE

60 min

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, rose balm, marma massage, and hydrating rose quartz gel mask in addition to cuticle work and gel polish.

IMPECCABLE PEDICURE

60 min

A relaxing and energizing treat for flawless feet, comprised of an energizing and detoxifying scrub to smooth, marma massage and foot mask to stimulate, and vital energy cream to soften the skin in addition to cuticle work and nail polish. Perfect for jet lag.

IMPECCABLE GEL PEDICURE

60 min

A relaxing and energizing treat for flawless feet, comprised of an energizing and detoxifying scrub to smooth, marma massage and foot mask to stimulate, and vital energy cream to soften the skin in addition to cuticle work and gel polish. Perfect for jet lag.

HAIR

Lady's Haircut

Gentleman's Haircut

Blowout

Style/Updo

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EXPERIENCES

Rose Indulgence	120 min	\$345
Tranquil Immersion	120 min	\$345

MASSAGES

Holistic Massage	60/90 min	\$160/\$190
Restoration Deep Tissue Massage	60/90 min	\$170/\$205
Grounding Stone Massage	60/90 min	\$170/\$205
Nye Massage	90 min	\$215
Healing Herbs & Botanicals Massage	60/90 min	\$180/\$215
Maternity Massage	60/90 min	\$165/\$195
Reflexology	30/60 min	\$95/\$165

FACIALS

Hyper-Customized Facial	60/90/120 min	\$205/\$265/\$330
Hyper-Customized Facial w/ Remodeling	60/90/120 min	\$240/\$335/\$375
Ananda Facial	60 min	\$160
Renewed Recovery Facial	60 min	\$165
Gold Cellular Age Restore Facial	60 min	\$175

BODY TREATMENTS

Kundalini Back Treatment	75 min	\$210
Pearl & Jasmine Scrub w/ Amethyst Wrap	90 min	\$240
Energizing & Detoxifying Body Renewal	60 min	\$170

SALON SERVICES

Impeccable Manicure	60 min	\$60
Impeccable Gel Manicure	60 min	\$75
Impeccable Pedicure	60 min	\$70
Impeccable Gel Pedicure	60 min	\$85

WAXING

Lip, Brow, Face, Chin	\$30 each
Full Face	\$60

HAIR

Lady's Haircut	\$65
Gentleman's Haircut	\$50
Blowout	\$65
Oil/Mask Treatment	\$25
Style/Updo	\$80

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MINIMUM AGE

Guests of Rose must be at least 18 years of age to experience a massage, body treatment, or to enjoy the locker room, steam, or experience shower. Guests of all ages may receive nail and hair salon services but will not have access to the spa areas. Guests between the ages of 16 and 17 can receive facial services with a parent or legal guardian present.

SCHEDULING AN APPOINTMENT

To schedule an appointment for an experience at Rose, please call 629-231-3188. The Rose concierge will assist you in selecting your experience, as well as guide you through the benefits of each treatment. Please inform the spa concierge if you have a preference for a male or female provider during this time. We encourage you to reserve treatments at least one week in advance. A 22% service charge will be added for each spa service you receive and dispersed to the spa staff serving you during your visit. Additional gratuities may be offered at your discretion.

SPA ETIQUETTE

To ensure all guests enjoy a relaxing experience, please respect all guests' right to privacy and serenity. Rose requests that mobile phones be turned off while inside the spa and salon. We encourage you to arrive 30 minutes prior to your scheduled experience to allow time to enjoy the co-ed relaxation lounge, ice fountain, experience shower, and steam room. Arriving late will simply limit the time for your treatment, as your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied, regardless of late arrival.

HEALTH CONDITIONS

When reserving your experience, please provide the spa concierge with pertinent health information. Please notify the spa concierge if you have high blood pressure, allergies, physical ailments, disabilities, or recent injuries that require special consideration.

PREGNANCY

Please inform the spa concierge during the reservation process if you are pregnant. While a few services should be avoided during pregnancy, there are several treatments that can still be enjoyed during this time. Please note that maternity massage is only available during the second or third trimester.

CANCELLATION

As a courtesy to all guests and providers, we strictly adhere to the cancellation policy. A credit card is required to secure all guest experiences. If you must cancel your reservation, please notify us six hours before your scheduled start time to avoid being charged 100% of the service fee. Cancellations of groups of more than three, packages of two or more services, or small private parties require 72 hours' notice to avoid being charged the full-service fee. Cancellations of groups of five or more require two weeks' notice to avoid being charged the full-service fee.

