



**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 in our co-ed Relaxation Lounge. 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.

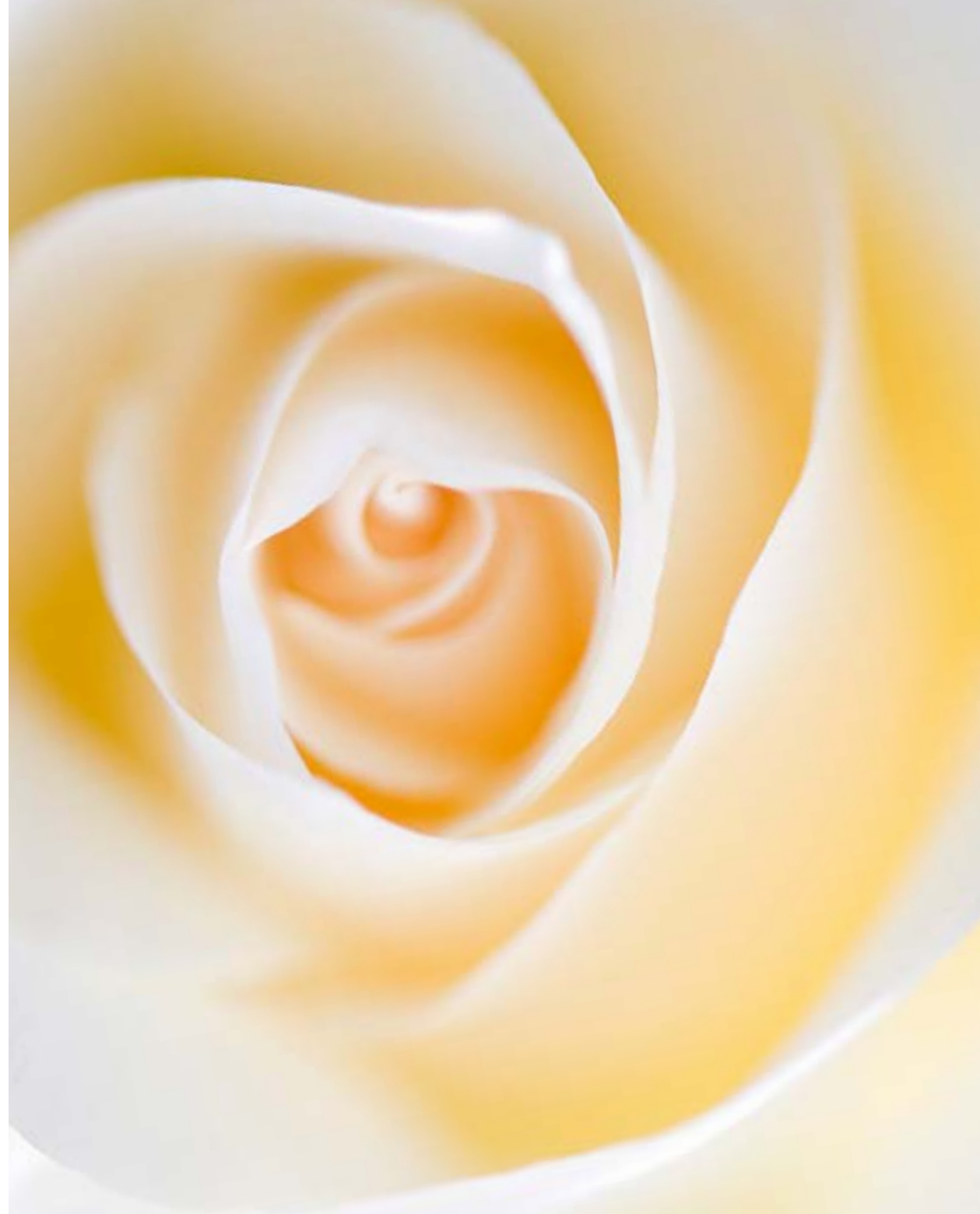
## PRE-TREATMENT RITUAL

Each treatment at Rose begins with a grounding aromatherapy ritual personalized to your intention. Warm towels infused with your choice of aromatherapy oils complemented by our signature rose oil invite you to relax through deep inhalation as you sink deeper into your spa journey.

Rose “Experiences” also include our signature foot bath. Using a dry foot scrub followed by a warming foot bath infused with rose petals and house-blended botanicals, this ritual finds inspiration in the surrounding natural environment and indigenous elements of Tennessee, connecting you more deeply with a sense of place..

## POST-TREATMENT RITUAL

Each treatment at Rose concludes 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

115 min

*Rose Signature Experience*

This 115-minute blissfully balancing experience restores positive energy and harnesses the healing vibrations of rose quartz crystals and biodynamic rose oil to release tension, revitalize the skin, and soothe 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 an ultra-hydrating mini Rose facial..

### KUNDALINI DEEP RELAXATION EXPERIENCE

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.





## MASSAGES

### HOLISTIC MASSAGE

50 / 80 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

50 / 80 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

50 / 80 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.

### BOTANICAL CBD MASSAGE

50 / 80 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

50 / 80 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).

### TRANQUIL DRIFT

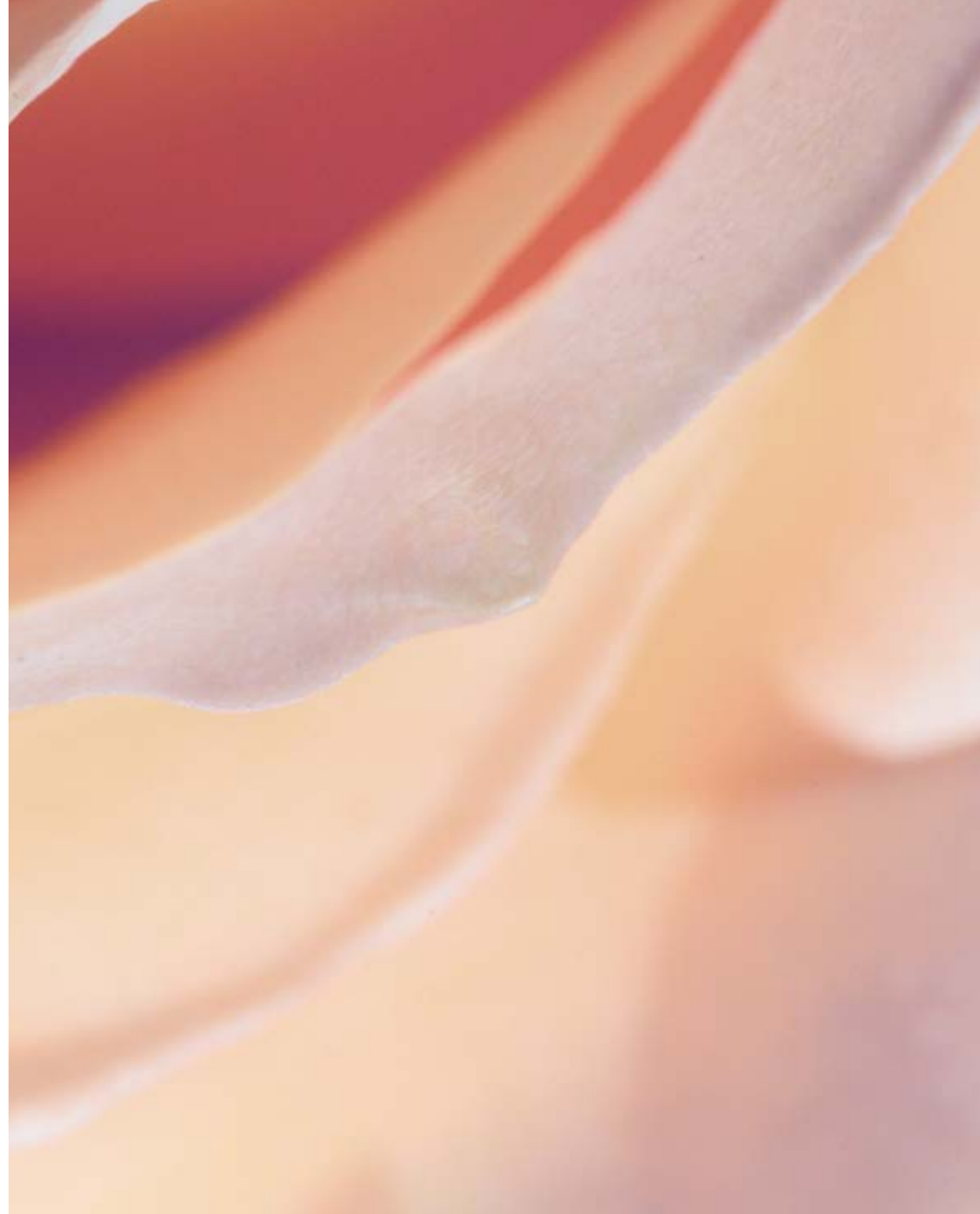
80 min

Designed to reduce tension, boost circulation and improve sleep quality, this 80-minute wellness experience includes a 60-minute massage, followed by 20 minutes of uninterrupted sleeping time. Infused with premium CBD and CBN topicals, the specialized massage focuses on feet, head and shoulders to maximize relaxation. Then, drift into slumber amidst the amber glow of your quiet treatment room retreat.

### REFLEXOLOGY FUSION TREATMENT

25 / 50 min

Inspired by the ancient, healing art of reflexology, this treatment focuses solely on the feet and incorporates a fusion of relaxing, soothing strokes with pressure application to relieve tension and fatigue throughout.



## FACIALS

### HYPER-CUSTOMIZED FACIAL

50 / 80 min

*Rose Signature Facial*

Using Biologique Recherche, Rose's signature facial offers results-driven, 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

50 / 80 min

*Rose Signature Facial*

Our signature results-driven 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, noticeable and long-lasting results..

**BIOLOGIQUE RECHERCHE SECONDE PEAU  
3D FACIAL**

50 min

Biologique Recherche's most advanced facial accelerates cell renewal and optimizes healing for a visible and immediate tightening effect. Using electrospun mask strips formulated with 80% hyaluronic acid of medical origin, which gives a superior regenerating action, stimulates the synthesis of collagen and reduces the depth of lines.

**HYDRATING ROSE FACIAL**

50 min

This age-defying, brightening treatment works to promote renewal and healing while it extracts impurities, reduces puffiness, and enhances the circulation of the skin. Our transformative combination of lifting massage techniques, cooling cryo-sticks, and an antioxidant-infused vitamin C mask leaves skin feeling thoroughly restored, radiant, and rejuvenated.

**TOUCH OF LUXE FACIAL**

80 min

Your luxury, anti-aging facial begins with a neck and shoulder massage with a botanical blend of rose, mint, and birch rosemary body oils, followed by a scalp massage enhanced by rose aromatherapy. Deep cleansing and a warm compress of chamomile and rose lead into a fruit enzyme exfoliation to rejuvenate and soften dry skin. Cooling jade rollers reduce puffiness and promote lymphatic drainage, before a warm, firming facial massage with pure rose oil and rose quartz crystals and a relaxing mask expertly selected for your skin's needs.







## BODY TREATMENTS

### ROSE HOT OIL BODY WRAP

50 min

A transformative dry body brushing revives dull skin and promotes circulation, preparing the body to soak in the hydration from our signature warm rose oil body wrap. Accompanied by a relaxing scalp massage, this cleansing, restorative treatment helps to relieve tension and bring calm refreshment to the mind and body, while leaving the skin with a renewed glow.

### CITRUS REVITALIZATION

50 min

Achieve a radiant glow with an invigorating, full-body citrus exfoliation followed by a deeply nourishing, CBD-powered botanical body oil applied for deep relief and restoration. This ultra-hydrating, antioxidant-rich treatment fights free radicals, stimulates cell renewal, and softens skin from head to toe.

### TRAVELER'S RELIEF

50 min

Improve circulation and reduce inflammation resulting from long periods of sitting during road trips or long flights with this anti-inflammatory treatment featuring CBD, menthol, camphor, aloe, and beet-cayenne extract. The treatment begins with a soothing foot soak followed by a gentle exfoliation of feet and lower legs while receiving a tension-relieving hand massage. Legs are then treated with a CBD cream and masked with a stimulating Moor mud. Finish with a deep, soothing foot and leg massage to increase circulation, relieve soreness, and prepare you for Nashville adventure.



## SALON SERVICES

### IMPECCABLE MANICURE

45 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 PEDICURE

50 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.

### ADDITIONAL SERVICES

Gel Polish Add-On

Full Set GelX

Waxing Services

Lady's Haircut

Gentleman's Haircut

Shampoo and Blow Dry

Oil/Mask Treatment

Style/Updo





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## EXPERIENCES

Rose Indulgence	115 min	\$395
Kundalini Deep Relaxation	75 min	\$240

## MASSAGES

Holistic Massage	50 / 80 min	\$185 / \$220
Restoration Deep Tissue Massage	50 / 80 min	\$195 / \$235
Grounding Stone Massage	50 / 80 min	\$195 / \$235
Botanicals CBD Massage	50 / 80 min	\$210 / \$250
Maternity Massage	50 / 80 min	\$190 / \$225
Tranquil Drift	80 min	\$240
Reflexology Fusion Treatment	25 / 50 min	\$110 / \$190
Signature Foot Bath Enhancement		\$30

## FACIALS

Hyper-Customized Facial	50 / 80 min	\$235 / \$310
Hyper-Customized Facial w/ Remodeling	50 / 80 min	\$275 / \$350
Biologique Recherche Second Peau 3D Facial	50 min	\$399
Hydrating Rose Facial	50 min	\$185
Touch of Luxe Facial	80 min	\$220

## BODY TREATMENTS

Rose Hot Oil Body Wrap	50 min	\$240
Citrus Revitalization	50 min	\$275
Traveler's Relief	50 min	\$150

## NAIL SERVICES

Impeccable Manicure	45 min	\$90
Impeccable Pedicure	50 min	\$105
Gel Polish Add-On		\$25
Full Set GelX		\$110

## WAXING

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

## HAIR

Lady's Haircut	\$150
Gentleman's Haircut	\$75
Shampoo and Blow Dry	\$75
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 changing area, steam room, 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 to avoid delays for guests to follow. 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 24 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.