

R O S E

NASHVILLE

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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

INTENTION SETTING RITUAL

Your journey begins with a moment of reflection. Upon check-in, you are invited to select a personal intention — *Cultivate Serenity*, *Enhance Vitality*, or *Nourish Renewal* — to enhance the experience. A printed guide accompanies your choice, offering thoughtful sensory suggestions to support your intention as you move through the spa's features.

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 AND ICE FOUNTAIN

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.

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 SHOWER

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 tropical rainfall.

SELF-GUIDED SPA JOURNEY

HOT TEA BAR

Before entering the Relaxation Lounge, pause at our curated Hot Tea Bar. Each loose-leaf blend — *Chamomile-Rose Blossom*, *Emperor's Pure Hibiscus*, or *Ginger-Turmeric* — is aligned with your selected intention. Through aroma, warmth, and taste, this ritual draws you deeper into a state of sensory presence, nourishing body and mind.

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. Enjoy a moment of stillness with healthy snacks, seasonal fruits, and small treats — restorative offerings that nourish without hurry. Indulge in the deep relaxation and restorative effects of your treatment. The world can wait — a little while longer.

PRE-TREATMENT RITUAL

Each body and facial 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.

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.

SIGNATURE EXPERIENCES

ROSE INDULGENCE

100 min

Rose Signature Experience

This 100-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 facial.

Suggested Pairing: Shampoo and Blow Dry

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.



MASSAGES

GROUNDING STONE MASSAGE

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.

Suggested Pairing: Citrus Revitalization Body Treatment

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.

Suggested Pairing: Rose Radiance Facial

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).

Suggested Pairings: Rose Hot Oil Body Wrap, Impeccable Manicure, and Impeccable Pedicure



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.

Suggested Pairing: Deluxe HydraFacial

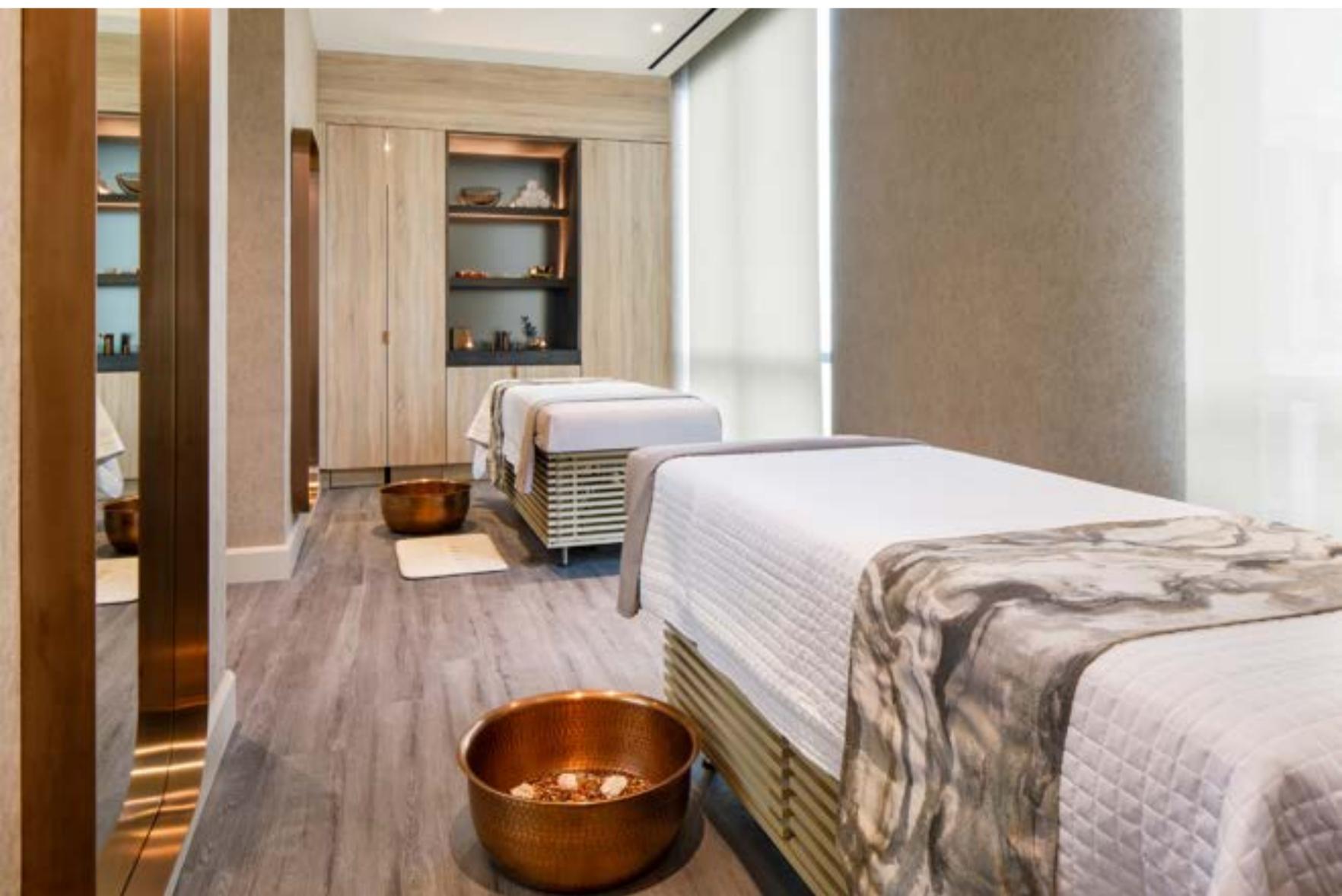
RESTORATION DEEP TISSUE MASSAGE

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.

Suggested Pairing: Botanical CBD Enhancement



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.

Suggested Pairing: Hyper-Customized Facial

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.

Suggested Pairing: Grounding Stone Massage

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. Enjoyed in our salon, the treatment begins with a gentle exfoliation of feet and lower legs followed by 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.

Suggested Pairings: Impeccable Manicure and Impeccable Pedicure

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. This cold facial treatment may include manual lifting techniques, use of Biologique Recherche's proprietary technology, and/or co-factor sheet masks.

Suggested Pairing: Rose Hot Oil Body Wrap

BIOLOGIQUE RECHERCHE SECONDE PEAU FACIAL

80 min

Rose Signature Facial

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.

*Suggested Pairings: Impeccable Manicure
and Impeccable Pedicure*

ROSE RADIANCE FACIAL

50 / 80 min

This tailored facial restores harmony to sensitive, breakout-prone, or environmentally stressed skin through a personalized skin analysis and targeted actives. Enzymes, peptides, and antioxidants gently exfoliate, hydrate, and refine, improving tone and texture with minimal irritation. A calming facial massage and warm aromatic towels complete the experience, leaving skin visibly balanced, resilient, and luminous.

Suggested Pairing: Rose Hot Oil Body Wrap

FACIALS

EXPRESS HYDRAFACIAL

30 min

A luminous pause in the day's rhythm, this express treatment delivers a surge of hydration and clarity in just 30 minutes. Beginning with a gentle cleanse and exfoliation, followed by painless extraction and infusion of antioxidant-rich serums, this experience awakens the skin with a dewy, refined glow—no downtime required. Ideal for moments when time is brief, but self-care is essential.

DELUXE HYDRAFACIAL

50 min

Designed to refine, hydrate, and restore luminosity, this 50-minute, high-performance facial begins with a gentle exfoliating peel and vortex-assisted extractions to clear congestion and smooth texture. A targeted booster is selected to address your unique skin needs—such as tone, firmness, or fine lines—followed by deep hydration with antioxidants and hyaluronic acid. Red or blue LED light therapy completes the treatment, enhancing skin clarity and glow.

Suggested Pairing: Tranquil Drift

PLATINUM HYDRAFACIAL

80 min

This 80-minute experience combines detoxification, renewal, and deep hydration. Beginning with lymphatic drainage to sculpt and soothe, the treatment then layers cleansing, gentle exfoliation, and painless extractions. A personalized booster and infusion of antioxidants, peptides, and hyaluronic acid follow, replenishing the skin. Finished with LED light therapy for enhanced tone and clarity, this facial leaves skin lifted, nourished, and luminous.

*Suggested Pairings: Impeccable Manicure
and Impeccable Pedicure*

GENTLEMEN'S TREATMENTS

GENTLEMAN'S FACIAL

50 min

Unwind from the everyday hustle with this deeply nourishing, customized men's facial. Your experience begins with a deep double cleanse, followed by targeted masks and treatments tailored to individual needs leaving skin even, smooth, and refreshed. Finally, a soothing herbal finishing serum and nourishing beard oil (if applicable) are applied to promote relaxation, lymphatic drainage, and lasting hydration.

GENTLEMAN'S MANICURE

45 min

Tend to hardworking hands with expert nail care to achieve a clean, well-groomed look and restore hydration. Nails are carefully trimmed and shaped, followed by nourishing cuticle care and buffing to a natural shine, leaving hands smooth and professional. The treatment concludes with a restorative hand massage to relieve tension and lock in moisture.

GENTLEMAN'S FOOT REVIVAL

50 min

Experience ultimate relaxation and revive your feet with a signature pedicure. Ease stress and detox with a soothing lemongrass-green tea foot soak, followed by targeted nail care and buffing to soften feet and achieve a refined look. Enjoy a hydrating paraffin treatment to promote circulation and revitalize the skin, and conclude with a warm towel wrap and relieving foot massage for deep relief.



SALON SERVICES

IMPECCABLE MANICURE

50 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.

Suggested Pairing: Hyper-Customized Facial

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.

Suggested Pairing: Shampoo and Blow Dry

GEL-X FULL SET

60 min

A seamless blend of flexibility and durability, Gel-X Nails offer a refined alternative to traditional acrylics and hard gel extensions. Combining the gentle nature of soft gel polish with the sleek, elongated form of press-on enhancements, this treatment provides an effortlessly natural finish. Lightweight and long-lasting, Gel-X preserves the integrity of the natural nail and maintains its beauty for up to four weeks—free from chipping or lifting.

ADDITIONAL SERVICES

Gel Polish Add-On

Gel-X Removal

Mini Manicure

Mini Pedicure

Lady's Haircut/Styling

Gentleman's Haircut/Styling

Shampoo and Blow Dry

Oil/Mask Treatment

PRICING

Mon - Thu / Fri - Sun

EXPERIENCES

Rose Indulgence	100 min	\$395 / \$400
Tranquil Drift	80 min	\$285 / \$295

MASSAGES

Holistic Massage	50 min	\$210 / \$220
	80 min	\$275 / \$285
Restoration Deep Tissue Massage	50 min	\$210 / \$220
	80 min	\$275 / \$285
Grounding Stone Massage	80 min	\$285 / \$295
Botanical CBD Massage	50 min	\$220 / \$230
	80 min	\$285 / \$295
Maternity Massage	50 min	\$210 / \$220
	80 min	\$275 / \$285

BODY TREATMENTS

Rose Hot Oil Body Wrap	50 min	\$220 / \$230
Citrus Revitalization	50 min	\$220 / \$230
Traveler's Relief	50 min	\$150 / \$160

HAIR

Lady's Haircut and Styling		\$150 / \$160
Shampoo and Blow Dry		\$80 / \$90
Oil/Mask Treatment		\$25

*with haircut or blowdry only

PRICING

Mon - Thu / Fri - Sun

FACIALS

Biologique Recherche Seconde Peau Facial	80 min	\$495 / \$505
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Hyper-Customized Facial	50 min	\$250 / \$260
	80 min	\$335 / \$345

Rose Radiance Facial	50 min	\$210 / \$220
	80 min	\$280 / \$290

Express Hydrafacial	30 min	\$199 / \$209
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Deluxe HydraFacial	50 min	\$315 / \$325
Platinum HydraFacial	80 min	\$405 / \$415

Brow Waxing Add-On		\$30
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with purchase of facial only

GENTLEMEN'S TREATMENTS

Customized Facial	50 min	\$210 / \$220
Gentleman's Manicure	45 min	\$55 / \$65
Gentleman's Foot Revival	50 min	\$130 / \$140
Gentleman's Haircut and Styling		\$75 / \$85

NAIL SERVICES

Impeccable Manicure	50 min	\$90 / \$100
Impeccable Pedicure	50 min	\$105 / \$115
Gel-X Full Set	60 min	\$100 / \$110
Gel-X Removal	30 min	\$100
Gel Polish Add-On		\$25
Mini Manicure	25 min	\$55 / \$65
Mini Pedicure	25 min	\$70 / \$80

ETIQUETTE

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.

ETIQUETTE

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.

