



Brier Creek
Country Club®



Massage
&
Spa Services

Spa

FACIALS

Customized facial for your skin type. This service lasts about 1 hour and includes a double cleansing, exfoliation, serum, SPF moisturizer, eye and lip treatment. This comes with a relaxing hand, arm, neck massage and hot towel service.

ENZYME FACIAL

Uses enzymes to gently exfoliate the skin and prepare skin for chemical peel service. Includes hand, arm, and neck massage, as well as a hot towel service.

O2 LIFT

This treatment is a step beyond the facial and is perfect for dull or dry skin to give it a fresh glow. This oxygen lift combines pineapple and papaya enzymes to remove dead skin cells. Includes relaxing hand, arm, neck massage and hot towel service.

CHEMICAL PEELS

Customized for your skin type. *This treatment requires client to have an enzyme first to prepare the skin for the peel. This treatment removes dead skin and helps with texture and appearance. This treatment comes with a relaxing hand, arm, neck massage. (No hot towel service due to the peel.)

HAND AND FOOT TREATMENTS

You can perform any above treatment to hands or feet.

BACK PURIFIER

Same as facial but for back, hands, and arms.

SPA PARTIES

Groups of 2 or more. Great for mother/daughter, best friends, bridal parties, couples, bachelorette parties, and more.

Massage

SWEDISH MASSAGE

One of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.

SPORTS MASSAGE

Sports massage was developed to help athletes prepare their bodies for optimal performance, recover after a big event, or function well during training. Sports massage emphasizes prevention and healing of injuries to the muscles and tendons.

NEUROMUSCULAR THERAPY (NMT)

NMT is a specialized form of deep tissue massage in which digital pressure and friction are used to release areas of strain in the muscle.

Contact Information

SPA

Angie Conklin
NC licensed esthetician
(919) 302-1821

Call for pricing and to book an appointment!

MASSAGE

Debbie Conly, PT
with Advanced Physical Therapy
(919) 600-8734

Call for pricing and to book an appointment!

SPA AND MASSAGE ROOM

Brier Creek Country Club houses a spa and massage room on the bottom level of the clubhouse. This private room is perfect for any spa or massage service.