

HIGH HAMPTON INN & Country Club



Cashiers, NC

AN INN TO REMEMBER

HAMPTON HEALTH CLUB'S 5,500-SQUARE-FOOT SPA & FITNESS FACILITY PAMPERS GUESTS IN A MOUNTAIN SETTING

Cashiers, NC – Relaxing and rejuvenating are two of the essential elements of a stay at the High Hampton Inn, and the spa, which opened in 2006, takes this concept one step further. The High Hampton Health Club is a pampering oasis that features a variety of total body relaxation and de-stressing treatments, while its state-of-the-art fitness center is every fitness buff's dream.

The spa is comprised of three private treatment rooms, which are the setting for an array of pampering options such as body wraps or a variety of facials. The Hampton Signature Facial features a customized facial for your specific skin type, a hand and foot moisture masque, and a soothing massage of the neck, shoulders and head. The Microderm-Abrasion treatment is an exfoliant designed to rejuvenate tired, dehydrated and sun-damaged skin types. Body wrap options include a choice of cucumber mint or Hungarian mud and serve to revitalize, detoxify and regenerate dull skin for an energizing glow. The Spa also offers manicure and pedicure services, including the Hampton Signature Pedicure or Manicure that includes an aromatherapy soak, an exfoliating scrub, warm paraffin wrap infused with vitamins, and a moisturizing massage followed by a choice of polish.

The spa's total body massage treatments eliminate all of the tension and stress many guests feel, making a stay at High Hampton Inn even more relaxing. Popular massage options include a Warm Stone massage, Swedish massage and the Ashiatsu ("foot pressure") Oriental Therapy utilizing the therapist's bare feet as tools. The spa uses the world-renowned Eminence line of skincare and body products during many of its treatments, as well as the Jane Iredale makeup line.

The Hampton Health Club includes an 800-square-foot multi-use room for aerobics, Pilates, yoga and stretching. The state-of-the-art cardiovascular equipment with personal televisions by True Fitness make calorie-burning exercise fun. Guests can build muscle strength with resistance training and free weights, or work with a personal trainer to develop the best fitness plan for themselves. The club's health bar serves smoothies and fruits, which are great for refueling after a strenuous workout.

The Hampton Health Club also offers outdoor activities for younger guests including basketball goals and the Beanstalk, an eight-sided, 28-foot climbing tower for use by both kids and adults. Guests may contact the children's program director to schedule a climbing session.

For additional information about the spa or to book an appointment, please call 828- 743-6479 or visit www.highhamptoninn.com.

The historic High Hampton Inn & Country Club, listed on the National Register of Historic Places, is a classically rustic stone-and-wood mountain inn overlooking the spectacular scenery of North Carolina's Blue Ridge Mountains. Amenities at this 3,600-foot elevation, 1,400-acre, 117-room resort (with lodge rooms, cottages, and cabins, all with private bath) include myriad seasonal events (children's programs, golf and tennis clinics, wildflower workshops), an 18-hole George W. Cobb-designed golf course, a full dining room with three sumptuous buffets daily, six tennis courts, and a 35-acre lake for swimming, boating, fishing, and other water-related activities. For more detailed information, contact the High Hampton Inn & Country Club at 1525 Highway 107 South, Post Office Box 338, Cashiers, North Carolina 28717. Visit www.HighHamptonInn.com or contact reservations toll-free at (800) 334-2551.

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