

Massage Treatments

Swedish Massage

60min/\$125 or 90min/\$165

Work it out. Release tension with long relaxing strokes. Customize your experience with a choice of three luxurious oil scents.

Deep Tissue

60min/\$125 or 90min/\$165

Address problematic muscles and joints with a combination of techniques that stretch muscles, improve flexibility, and flush unwanted toxins from the tissues.

Momma-to-Be Massage

(after 1st trimester, 12 weeks)

60min/\$125

Nurture yourself with a relaxing pregnancy massage. A pregnancy pillow supports your belly so you and baby can rest comfortably and safely. Aching muscles are massaged with a refreshing blend of oils formulated especially for pregnant women.

Aromatherapy

60min/\$125 or 90min/\$165

This alternative therapeutic technique combines the natural therapeutic properties of essential oils with the healing power of massage therapy.

Reservation Policy

All spa treatments are by appointment only and are limited by the availability of personnel. Unfortunately, we cannot guarantee drop-in treatments. Simply call 919.956.6700 or email us at Dur.Spa@21chotels.com at least **72 hours in advance** for appointments, and we'll happily ensure your appointment is arranged.

Same-day treatments may be available Saturday and Sunday only, 10AM-3PM. Please call the front desk to confirm availability.

Massages start at \$125 for a 60-minute treatment. Prices do not include tax. All appointments include a 20% gratuity, with the option to add an additional amount. We invite you to enjoy a workout, hot sauna, or our steam room prior to our massage. All spa treatments include full access to our facilities.

Gift certificates are available and make the perfect present. Simply select a 21c Gift Card and let us know what type of massage you'd like to give in the notes.

Please note: We take full prepayment at the time of booking. We allow appointments to be cancelled without penalty up to 48 hours prior. Please contact us directly with any questions.

Malin + Goetz

21c is proud to use Malin + Goetz products. Malin + Goetz is a family-owned and operated apothecary that utilizes carefully-crafted formulas that are free of unnecessary detergents, colorants, and synthetic fragrances. Malin + Goetz does not test on animals and all products are made in the USA.

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