

"Best Spas in Nashville"

Created by: Cityseeker

📍 4 Locations Bookmarked



📷 by Unique Hotels Group ©

Adagio Massage Co & Spa

"Stress Buster"

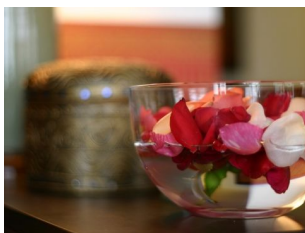
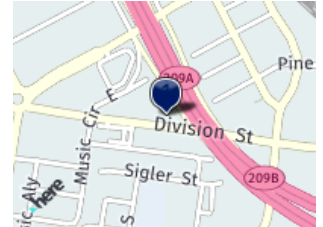
In an age of high stress and no rest, the body is put through tremendous pressure to keep up with the fast-paced lifestyle. What everyone needs every now and then is a mental and physical detoxification, which is offered at Adagio Massage Co. and Spa. Through the pressure points, the highly-trained professionals gently rid the body of accumulated stress. This unisex spa also offers special skin treatments such as facials, skin peels, scrubs and wraps, leaving customers glowing from the inside out.

☎ +1 615 777 0602

💻 adagiomassageco.com/

✉ info@adagiogoodness.com

📍 1300 Division Street, Nashville TN



📷 by Thomas Wanhoff ©

O.liv Body Bar

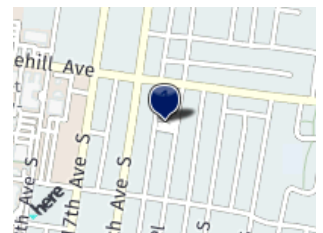
"Shots of Essential Oils"

This unique day spa on Music Row offers body treatments like no other. The O.liv Body Bar is a concept spa focuses on the health benefits of olive oil for the body in their spa treatments. Manufactured by the owner's family in Greece, Mary Ann Mousourakis, has taken basic spa treatments such as massage, facials and body treatments and elevated them to the next level. The 'Tame the Mane' treatment is especially popular with a hot oil steam wrap for your hair and scalp. Couples treatments, packages and even parties are offered at this exclusive spa.

☎ +1 615 750 3701

💻 www.olivbodybar.com/#welcome

📍 1200 Villa Place #404, Nashville TN



📷 by Public Domain ©

Andante Day Spa

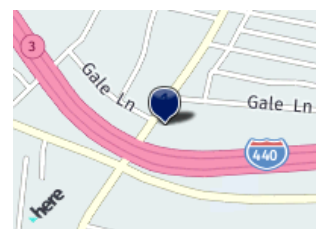
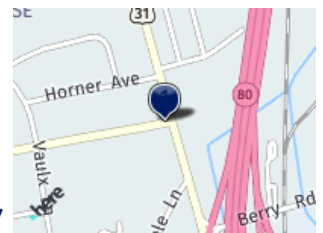
"Experience the Bliss"

Yvonne Pate's Andante Day Spa is not just a spa. It is a haven. The experienced professionals are both sensitive and attentive, and offer customized solutions to every client. The body treatments include an oil wrap, hydrating wrap, detoxifying wrap, body polishing, tanning and many more beauty regimes for cleansing and purification. The Swedish, prenatal, deep tissue, hot therapy massages will leave you invigorated and relaxed. Apart from these heavenly treatments, clients are often left surprised by an unexpectedly warm hug from the staff. Women are most welcome to experience the bliss Andante has to offer.

☎ +1 615 269 4555

💻 www.andantedayspa.com/


📍 800 Kirkwood Avenue, Nashville TN



Urban Oasis Day Spa

"Primped and Primed"

Tucked away in the posh Green Hills neighborhood of Nashville, Urban Oasis Day Spa helps clients escape from their busy lives and take a moment to pamper themselves. A wide array of treatments and services range from reflexology, massage and facials to nail care, waxing and hair. Looking to make your next event super special? Ask this chic day spa about their party packages, perfect for birthdays, bridal parties, or girls get-together.

 +1 615 378 7226

 urbanoasisnashville.com

 3202 Belmont Boulevard, Nashville TN

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