

SPAS OF THE RITZ-CARLTON

Abama	Grand Cayman (La Prairie)	Penha Longa (Six Senses)
Amelia Island	Guangzhou	Powerscourt (ESPA)
Bachelor Gulch	Half Moon Bay	Reynolds Plantation
Bahrain	Istanbul	San Juan
Barcelona (Six Senses)	Rose Hall, Jamaica	Sanya (ESPA)
Beijing	Kapalua	Sarasota
Beijing, Financial Street	Key Biscayne	Sharm El Sheikh
Buckhead	Laguna Niguel	Sharq Village & Spa (Six Senses)
Cancun	Lake Tahoe	Shenzhen
Dallas	Los Angeles	South Beach
Denver	Moscow (ESPA)	St. Thomas
Doha	Naples	Tokyo (ESPA)
Dove Mountain	New Orleans	Westchester
Dubai	Orlando, Grande Lakes	
Fort Lauderdale	Palm Beach (EAU Spa)	

BOUTIQUE & DAY SPAS OF THE RITZ-CARLTON

Berlin (La Prairie)	Georgetown	Tysons Corner
Charlotte	New York, Central Park (La Prairie)	Wolfsburg
Coconut Grove, Miami		

THE RITZ-CARLTON SPA, AMELIA ISLAND

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THE RITZ-CARLTON
[AMELIA ISLAND SPA]



THE RITZ-CARLTON SPA®
AMELIA ISLAND



RELAX

At The Ritz–Carlton Spa®, Amelia Island, time doesn't stand still, but it does slow down and soften, Southern-style. Here, the pace is set by the rocking of the waves and the rhythm of the tides. Here, time *heals, replenishes and refreshes*.

Enter into an environment created with you in mind. Our Spa offers *unique* body, mind and spirit experiences. With *innovative* techniques and *therapeutic* healing touch using only the finest ingredients from around the world your cares and distractions will *melt away*.

In this *tranquil* atmosphere, guests connect with what's elemental—in themselves, in each other and in their seaside surroundings. Choose to *Surrender* for a completely customized experience, or select a specific treatment from the menu or assistance from our Spa Concierge.

SURRENDER

Nothing is more effortless, more restorative or more completely tailored than the Surrender Spa experience. Our Surrender experiences begin with a lifestyle consultation with your provider. Your treatment is personalized to benefit your specific needs. Surrender your time for a massage, facial or body treatment. All services may be enjoyed for 60 minutes \$150; 75 minutes \$185 or 90 minutes \$225, except where indicated. This is your time we invite you to bring your iPod for a more personalized experience.

Massages – Ease lifestyle build-up of fatigue and tension, increase flexibility, balance and restore well being. Every massage begins with a seasonal opening ritual.

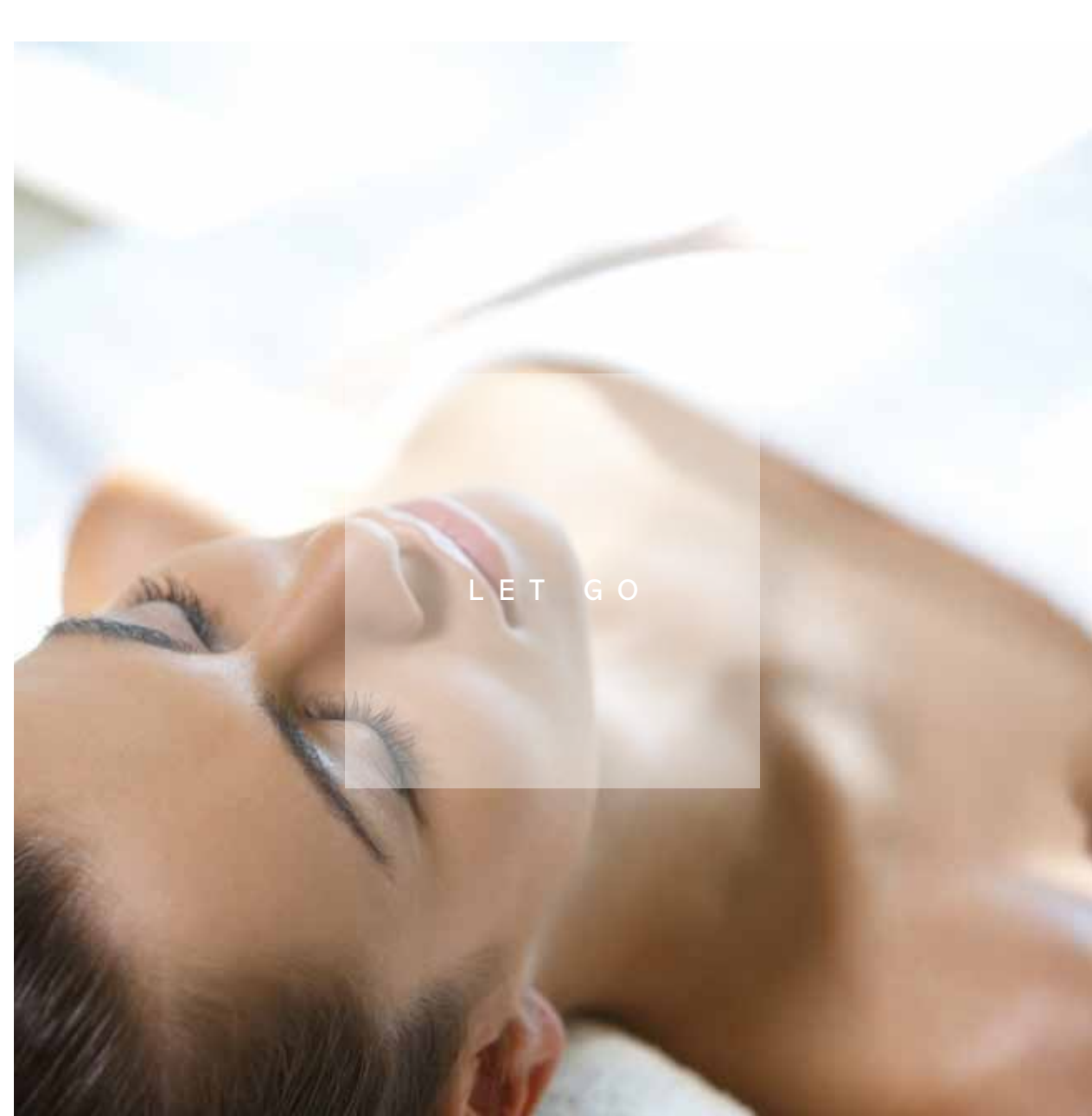
Facials – The traces of time, stress and environmental toxins are erased with a facial tailored to your skin's specific nature, condition and challenges. Every facial begins with a seasonal opening ritual.

Exfoliation/Scrubs – Reveal healthy, radiant skin with a full body exfoliation and hydrating massage.

Body Wrap – Wraps may be classified into the following categories: detoxification, hydrating, temporary inch loss, skin softening or a combination of all. A body exfoliation is included in this service. 90 minutes

Body Treatment – Created for sunburned and extremely sensitive skin. This treatment uses ingredients high in antioxidants known to promote healing and calm sensitive skin. 60 minutes (*Treatment does not include exfoliation*).

Bath – Our hydrotherapeutic baths are the ultimate treatment for aches and pains. Soothing air-jetted water and infrared color lights relieve stress, remove toxins and clears your mind. A customized massage is the perfect finish. Bath and Massage 75 minutes





RELIEVE

MASSAGE

Our massage therapists are professionally trained to provide exceptional massage therapy. Please advise our Spa Concierge the benefits you would like to achieve.

The Ritz–Carlton Signature Organic Massage – The power of organic lotions and oils, made from luscious fruits and herbs, and massage using relaxation and therapeutic techniques are the perfect recipe for relaxation. 60 minutes, \$175; 75 minutes, \$215 and 90 minutes, \$260

Deep Tissue/Sports/Golf – Therapeutic techniques combined with deep tissue massage, target specific muscle groups to alleviate pain, discomfort and promote health and wellness. Sports/Golf massage focuses on muscle groups relevant to the specific sport. 60 minutes, \$175; 75 minutes, \$215 and 90 minutes, \$260

4 Hands – Pure decadence! Two therapists perform a calming synchronized full-body massage using rhythmic hand and arm movements instilling deep relaxation. 60 minutes, \$350 and 75 minutes, \$430

Warm Stone or Himalayan Salt Stone Massage – Therapeutic massage using heated stones and Himalayan salt stones combine the benefits of earth and ocean to create a relaxed, dream-like state while melting away stress and muscle tension. 60 minutes, \$150; 75 minutes, \$185 and 90 minutes, \$225

Heavenly Escape – Relax and let go. Soothing massage concentrating on the head and scalp with a luxurious hair conditioning treatment. Treatment is enhanced with a light, gentle neck and shoulder massage which includes skin softening treatment for your hands and feet. 60 minutes, \$150

AMELIA ISLAND SPA EXPERIENCES

Heaven in a Hammock – Created at The Ritz–Carlton Spa, Amelia Island, this award-winning treatment combines the benefits of a relaxing massage, the comfort of being in a soft hammock and the healing power of intuitive touch. Inside an exclusive Hammock Suite this experience is tailored to you and performed by a therapist who may use techniques such as pressure point touch, gentle yoga stretching and reflexology to instill deep relaxation, release tight muscles, and restore balance and calm. To receive the greatest benefits of this experience please wear loose fitting clothing and respect a 200 lb. weight maximum. 60 minutes, \$190

Hadashi – An ancient form of massage, therapists use their feet in a dance-like technique to perform broad soothing strokes that induce deep relaxation. 60 minutes, \$180; 75 minutes, \$225 and 90 minutes, \$270

AMELIA ISLAND SPA EXPERIENCES
(CONTINUED)

Amelia Island Honey Butter Wrap –

A favorite spa treatment of the men and women who visit our Spa. The Spa's Signature body treatment combines an infused organic oil and Himalayan healing salts in a wrap rich with nutrients from honey in a skin-softening, detoxifying and conditioning treatment. A hand and foot-softening treatment, scalp massage and hair treatment, and full body massage are included in this luxurious experience.

120 minutes, \$315

A bath may be added for further indulgence
150 minutes, \$390

Himalayan Healing and Propolis “Honey” Treatment –

The healing properties of propolis are rich in antioxidants, bioflavonoids, Omegas 3, 6 and 9 and Himalayan salt are married together. This perfect combination cleanses, detoxifies and improves the skin's elasticity and tone leaving the skin fortified with nutrients from nature. 90 minutes, \$245

Sea Creations Energizing Facial –

Signature treatment transforms free-radical activity into positive cell energy to extend cell life, energize the skin and reverse the natural aging process. Ingredients such as Thermophilus, sea silk and pearl protein from the ocean are delivered via massage techniques that incorporate smooth Tiger Cowrie shells and the healing sound of ocean waves. 90 minutes, \$250

Shirodhara and Reflexology Bliss –

Shirodhara and reflexology come together providing calm, peace and relaxation to your mind and body. This experience is for those who have difficulty “slowing and shutting down.” Shirodhara involves a stream of warm oil flowing over the “third eye” which initiates a feeling of bliss! Foot reflexology facilitates deep relaxation moving you to a calm place. Excellent therapy for chronic headaches, tension and overwhelming stress. 75 minutes, \$215

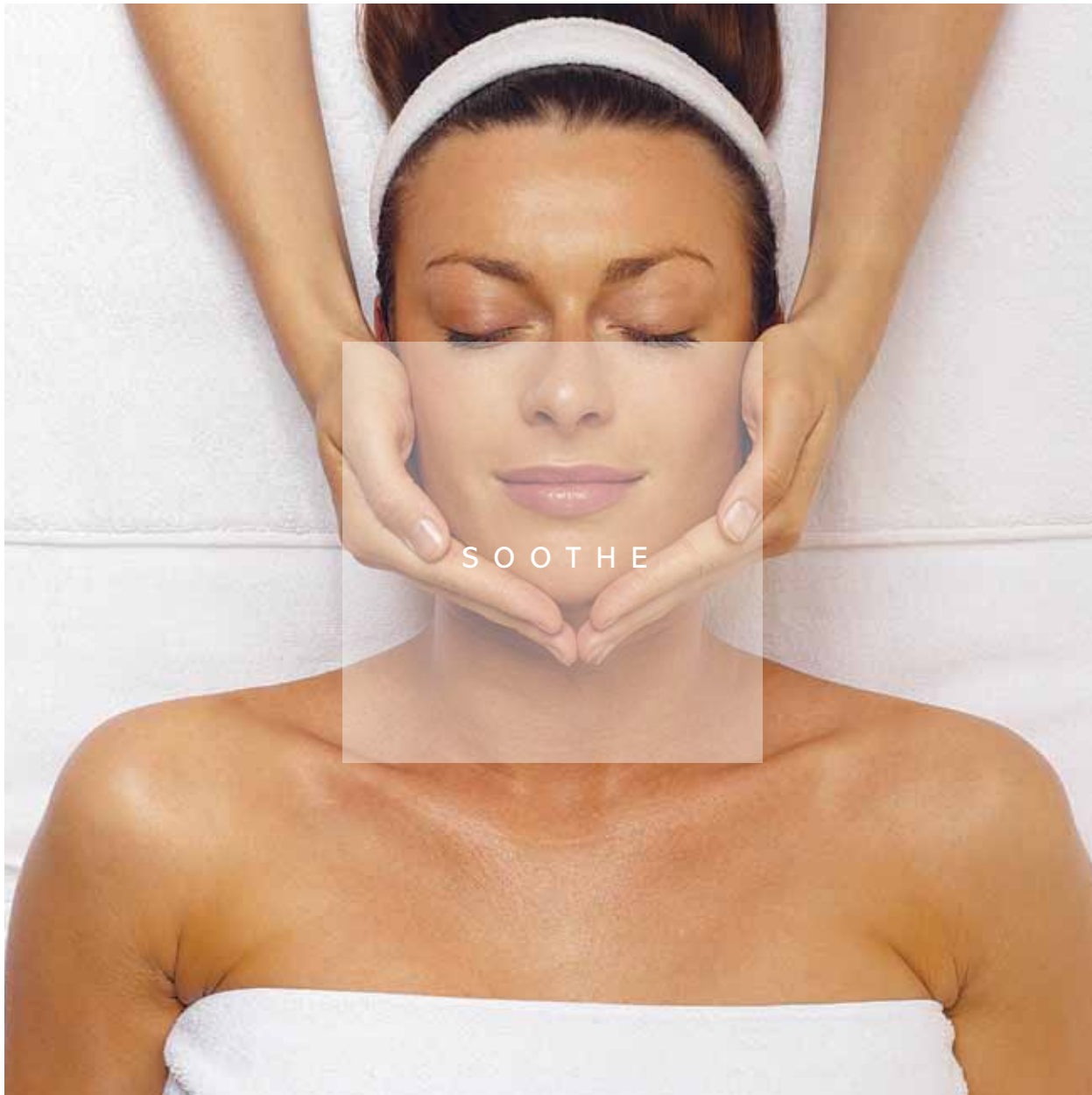
Firm and Tone Body Treatment –

Specialty body treatment designed to improve the appearance of cellulite conditions and skin tone. Massage techniques stimulate blood and lymph circulation to energize the metabolism. The goal is to reduce toxins and excess fluid that may contribute to the formation of cellulite. Serums and masques refine your skin tone, the end result will be firmer, detoxified, visibly smoother skin. 120 minutes, \$315; Firm and Tone Massage 60 minutes, \$185

Deluxe Bath and Detoxification

Treatment – Detoxifying bath softens lifeless skin cells that are then buffed away revealing revitalized healthy skin. Lymphatic stimulating massage using antioxidant rich ingredients leaves skin protected from harmful free radicals and other environmental aggressors. 90 minutes, \$245





SELECT FOR THE FACE

Each facial begins with an in-depth skin analysis by an aesthetic professional. We provide a thorough cleansing to remove impurities; steam treatment to soften pores and prepare skin for extractions followed by face, neck and shoulder massage to induce relaxation. Hand massage is provided with all 75 and 90 minute services.

The Ritz–Carlton Signature Organic Facial – All natural products containing organic healing herbs, luscious fruits and vegetables are used to create an intoxicating experience. A stimulating exfoliant will assist in cellular repair, increase oxygen and blood flow. The skin is firmer, smoother, radiant and the complexion is revitalized. 60 minutes, \$175; 75 minutes, \$215 and 90 minutes, \$260

Deep Pore Cleansing Facial – Features deep cleansing and exfoliation, with extended extraction time to eliminate bacteria, decongest pores and heal frustrated skin. Purifying masque containing antiseptic and anti-inflammatory ingredients is applied to calm the skin and restore its natural beauty. 75 minutes, \$200 and 90 minutes, \$235

Collagen Age Defying Facial – Revolutionary non-surgical face lift infuses the skin with Tripeptides and Collagen increasing the skin's elasticity and flexibility. Collagen rich veil embraces the face erasing superficial lines and hydrating dry, stressed skin. 60 minutes, \$200 and 90 minutes, \$250

Alpha Beta Peel – Patented treatment developed by a leading dermatologist, combines natural alpha and beta hydroxy acids in an extremely effective peel, gentle for most skin types. Medical grade ingredients reduce fine lines, imperfections, controls acne, rosacea and enhances texture and firmness. 30-day at home system is included. 60 minutes, \$225

Sea Creations Energizing Facial – This signature treatment transforms free radical activity into positive cell energy to extend cell life, energize the skin and reverse the natural aging process. Ingredients such as Thermophilus, sea silk and pearl protein from the ocean are delivered via massage techniques that incorporate smooth Tiger Cowrie shells and the healing sound of ocean waves. 90 minutes, \$250

Beautiful Back Facial – The back and shoulders are refined and refreshed with warm towels and cleansing masque to remove impurities in the skin. 60 minutes, \$150

Facial Enhancements – Facial enhancements are provided during your treatment time.

Lip Treatment	\$25
Eye Treatment	\$40
Collagen Biomatrix Mask.....	\$50
Moroccanoil® Hair Mask and Scalp Massage	\$20
Alpha Beta Glow Pad.....	\$15
Neck and Décolleté Lifting Treatment	\$45

TIME TOGETHER

A Wrap Two Remember – Discover the intimacy of our wrap developed to enhance the connection between two. Your experience begins in a private romantic couple's suite with an aromatic soothing bath in a luxurious hydrotherapy bathtub. Next, slide between the sheets together on a one-of-a-kind "table for two" where we begin with a decadent seasonal sugar exfoliation. A mask of chocolate, full of antioxidants, is softly painted over each of you for a truly nourishing body treatment. True bliss! Treatment includes warm paraffin to soften your hands and feet, along with a warm hair mask and scalp massage. After this quiet romantic time, we invite you to step inside a 12-headed shower array. While showering, the room is transformed, champagne and a full body massage awaits you to conclude this romantic interlude. The most special two and-one-half hours together, for a lifetime to remember. Two-and-one-half hours, \$390 per person.

Couples Healing Bath and Massage – Infrared lights calm and soothe tensions and rich bath nutrients fortify your skin prior to your massage enhancing this deep relaxation experience. 75 minutes, \$190 per person and 90 minutes, \$225 per person

Couples Massage or Facial – Surrender massage or facial is shared with a significant other, friend or loved one in a suite designed for two. 60 minutes, \$150 per person; 75 minutes, \$185 per person and 90 minutes, \$225 per person.

MOMMIES-TO-BE

Lighten Up – A warm, fragrant mineral salt-rich foot soak to energize, reduce swelling and stimulate circulation. Includes gentle hand, lower leg and foot massage. 30 minutes, \$95

Free Loader – Wonderful back and upper body massage specially designed to release tension and muscle fatigue. Treatment focuses on specific muscles responsible for supporting the pregnant tummy. 60 minutes, \$165

Mellow Mama – Complete body massage using specific pre-natal techniques to increase circulation, alleviate tired muscles and reduce water retention. Treatment gives mama a chance to truly relax and dream of baby. 60 minutes, \$165

The Smoothie – Rejuvenate your skin and calm your mind with the power of touch. A gentle exfoliation followed by the most moisturizing massage to hydrate and elasticize your skin. Luxurious scalp massage will sweep away your stress, leaving you with skin to rival your baby's bottom. 90 minutes, \$225

The Yummy Tummy – Treatment begins with an application of Gravida Pulse Point Oil and gentle skin brushing to increase circulation, gently exfoliate and improve the tonicity to the skin. Concentrated serum and deep treatment mask will be applied to soothe and moisturize the abdomen. Enjoy a relaxing lower leg and foot massage as the Intensive Tummy Stretch-Ease Serum and mask take effect. 60 minutes, \$165

The Fourth Trimester – Treatment designed specifically for the 4th trimester; relaxing top to toe massage to help realign and restore your body as it naturally adapts and returns to being one person again. This is your healing hour. A perfect present from your loved ones or even from yourself. 60 minutes, \$165



WRAPS

Body Wraps purify the body of harmful toxins that accumulate through such factors as aging, improper diet, lack of exercise, smoking and stress. Our body wraps are customized to hydrate, detoxify and heal. Wrap begins with an exfoliation to remove dull skin cells followed by the appropriate wrap to achieve your desired results. 90 minutes, \$225

Detoxify – Marine algae alleviates fluid retention, stimulates circulation, eliminates toxins and improves energy and inner calm. Mud masque made from volcanic ash and China clay, two of nature’s most powerful detoxifiers.

Hydrate – Warm paraffin body wrap for deep hydration leaves skin silky soft and muscles relaxed. Vitamins A, C and E hydrates and soothes dry, irritated skin and prevents premature aging.

BODY TREATMENT ENHANCEMENTS

Body Treatment Enhancements are included during your treatment time to provide additional benefits to your body service.

Skin Softening Treatment
for Hands or Feet..... \$20 each
Specialty Full Body Skin Conditioner.....\$20
Back and Shoulder Exfoliating Polish\$20
Moroccanoil® Hair Mask
and Scalp Massage \$20

The following enhancements will add time to your service and must be added at the time of scheduling your appointment.

15 minutes additional treatment time.....\$40

Foot Reflexology
30 minutes added to service \$80
Soothing Foot Treatment
(Scrub, paraffin and foot massage)
30 minutes added to service \$80
Shirodhara
30 minutes added to service \$80
Custom Bath
30 minutes added to service \$80

For in room and after hours massages please call for pricing and availability. 24-hour advance reservation is required.





FOR THE HEAD, HANDS AND FEET

Classic Manicure – Includes hand bath, shaping, and buffing to a polished finish. 45 minutes, \$55

Deluxe Manicure – Includes refreshing masque and relaxing hand massage. Cuticles cleaned, nails shaped and polished to perfection. 60 minutes, \$70

Ultimate Manicure – Invigorating treatment uses skin-enhancing oils, masque and paraffin to eliminate fatigue in overworked arms and hands. Cuticles cleaned, nails shaped and polished to perfection. 75 minutes, \$90

Berry Friendly Hand Massage – Specialty massage to relieve hands sore from overuse of handheld technology devices. 30 minutes, \$50

Classic Pedicure – Luxurious indulgence and healing with a foot soak. Cuticles cleaned, nails polished and buffed to perfection. 45 minutes, \$90

Deluxe Pedicure – Gentle exfoliation and hydration achieved with a calm soak. After hydrotherapy whirlpool jets massage and soothe the feet, signature masque is applied to exfoliate and hydrate. 60 minutes, \$150

Ultimate Pedicure – Following an exfoliation, rejuvenating paraffin treatment replenishes moisture. A warm stone massage concludes the treatment on a note of pure serenity. 75 minutes, \$175

Intense Callus Repair – Hydrospa foot soak prepares the feet for a stimulating scrub. Calluses gently smoothed away with a lactic acid serum and remedied with an intensive repair cream. Paraffin is applied to complete therapeutic experience. Cuticles perfected, nails clipped, shaped, buffed and polished. 75 minutes, \$175

Just Soak and Massage – Treatment helps the body unwind and rejuvenate tired, achy feet. Experience begins with foot soak and finishes with calf and foot massage. 30 minutes, \$50

Polish Renew – Fresh coat of color
15 minutes \$30

Ritz-Kids® Manicure – Ages 12 and under
30 minutes \$25

Ritz-Kids® Pedicure – Ages 12 and under
30 minutes \$35

Shellac Manicure Enhancement – Add shellac to any manicure for an additional \$20. Must be added at the time of booking.

SALON SERVICES

Salon Designs – A team of skilled professionals offers a complete selection of beauty services to ensure a polished look from head to toe.

Ladies' Haircut	from \$85	Scalp Treatment	\$50
Gentleman's Haircut	\$45	Scalp Treatment with Style	\$100
Child's Haircut	\$30	Eyebrow Tinting.....	\$45
Shampoo and Style	from \$50	Eyelash Tinting.....	\$45
Single Color Process	\$190	Make-up Application and Lashes.....	\$105
Partial Highlights.....	\$195	Lip, Chin or Brow Wax.....	\$25
Full Highlights	\$225	Full Face Wax	\$100
Corrective Color.....	by consultation	<i>(brow, lip, chin and cheeks)</i>	
Up-do.....	from \$85	Bikini Wax*	\$65
Blow Dry/Straighten.....	from \$100	<i>*Brazilian Wax not available</i>	
Special Occasion Hair		Underarm Wax	\$40
Chin Length to Shoulder.....	from \$85	Half Leg Wax.....	\$70
Shoulder Length and Longer.....	from \$110	Full Leg Wax.....	\$90
Karastase Treatments		Partial Chest Wax	\$90
Instant, 5 minutes	\$20	Full Chest Wax.....	starting at \$135
Intense, 10 minutes.....	\$30	Partial Back Wax.....	\$90
Indulgent, 15 minutes	\$40	Full Back Wax	starting at \$135



SPA GUIDELINES

The Ritz-Carlton Spa, Amelia Island is for guests 18 years of age and older. Salon services are available to guests of all ages. The Spa pool and recreation facilities are complimentary to Spa guests 18 and older; guests not receiving Spa treatments may use these facilities for a daily fee of \$25. Guests not staying at the resort may use the facilities for a daily fee of \$50.

Spa services should be scheduled in advance. The Spa Reservation Department can help plan your Spa experience, including the best order of treatments. Please call 904-277-1087. When making reservations, please notify the agent if you have high blood pressure, allergies, physical ailments or disabilities, or if you are pregnant. There are a few services that should be avoided during pregnancy, but most can be enjoyed. A credit card number is required at the time reservations are made.

Most body treatments are enjoyed without clothing, however, please wear whatever is comfortable for you. Disposable underwear is available upon request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided in the ladies' and gentlemen's lounges before and after treatment.

Lockers are available for personal items, however, if you are a guest of the resort, it is recommended you leave valuable items in the safe in your guest room. Cell phones and pagers should be turned off in the Spa.

Shaving is recommended but not necessary for gentlemen prior to a facial. If you choose to shave prior to your facial, please do so at least two hours before your appointment.

Shaving is not recommended prior to body treatments or hair removal services. Body hair must be at least ¼ inch long for effective treatment. Avoid prolonged sun exposure for 24 hours before or after waxing. Avoid any physical activity that will cause excessive heat or perspiration following the service. Brazilian bikini waxing is not available.

To enhance your Spa experience, please arrive 30 minutes before your scheduled treatment. This will allow time to relax in the lounges, saunas, steam rooms and whirlpool. Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be charged.

Your Spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please tell your therapist immediately.

All major credit cards and travelers checks are accepted. You may also charge Spa services to your resort bill. For your convenience, a 20% gratuity will be added to each Spa service. Gratuities are dispersed to the Spa staff members who serve you during your visit. Additional gratuities are at your discretion.

Spa gift certificates may be purchased in specific dollar amounts. Gift certificates can also be used toward purchases in the Spa Boutique.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the Spa at least six hours in advance to avoid being charged the full service fee. Any appointments rescheduled within the six hour window will incur a move fee of \$25. Cancellations of packages or private parties require one week's notice. Groups are subject to a four-week cancellation policy. Please see the Group Coordinator for additional information.