



THE RITZ-CARLTON
AMELIA ISLAND

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*Let us make the world
revolve around you.*

ESCAPE

Unspoiled natural beauty is revealed at The Ritz-Carlton Spa, Amelia Island. Nestled in the dunes overlooking the Atlantic Ocean, the spa's tranquil environment echoes the gentle rhythm of waves, the ebb and flow of tidal marshes and reflects a refined Southern grace. The Spa embodies a holistic approach to well-being that inspires a blissful return to balance.



EXPERIENCE

Inspired by the healing properties of the ocean, The Spa utilizes a wealth of locally-sourced ingredients including wildflower honey and sea salt. Authentic and individually designed to relax and rejuvenate, The Spa's treatments immerse you in coastal therapies that nurture the body and enliven the senses.

STRENGTH AND RESILIENCE MASSAGE

80 MINUTES

Inspired by the arduous migration of the painted lady butterfly, this revitalizing, transformative massage combines aromatherapy oils, yogic stretches and massage to boost energy levels and support the immune system. Strengthening both mind and body, you'll emerge from this treatment stronger and more resilient.

INCLUDES Yogic stretching, reflex zone foot massage, back massage, sinus release, scalp massage

PERFORMED WITH ESPA PRODUCTS

ENZYME RENEWAL FACIAL

80 MINUTES

Instantly smooth, brighten and firm the complexion with this deeply cleansing and naturally exfoliating advanced facial.

INCLUDES Deep brush cleanse, enzyme peel, rose quartz crystal massage, lifting and smoothing mask and 30-day home care system

PERFORMED WITH ESPA PRODUCTS

CBD RELIEF & RECOVERY

75 MINUTES OR 50 MINUTES

Relief and recovery begins with a personal consultation to establish your areas of concern. A customized treatment protocol is then suggested by your massage therapist to best suit your needs. Up to five activated hemp based products can be utilized during your treatment to optimize your benefits

50 MINUTES INCLUDES Massage and body work along with take-home CBD product

75 MINUTES INCLUDES CBD-infused bath

OCEAN HEALING

100 MINUTES

Ocean Healing summons the restorative properties of the sea. A therapeutic bath stimulates circulation in preparation for a vigorous sea salt exfoliation. Soft, glowing, youthful skin is revealed followed by a warm salt stone massage instilling deep relaxation.

INCLUDES Chromatherapy salt bath, exfoliation, salt stone massage

CHAKRA BALANCING WITH REFLEXOLOGY

80 MINUTES

Promoting the realignment of energy and deeper emotional calm. A crystal healer places crystals on and around the body to balance the energy across the chakra system. The session includes reflexology to promote relaxation. Loose-fitting clothing is recommended.

HEAVEN IN A HAMMOCK

50 MINUTES

Experience the combined benefits of "zero-gravity" and touch therapy during this unique Amelia Island experience. In this one-of-a-kind experience, the gentle rocking motion of a hand-woven hammock and massage duplicates the movements of the tide. Loose-fitting clothing is recommended.



THE RITZ-CARLTON SPA

AMELIA ISLAND

MASSAGE

TRANQUILITY FOR TWO

80 MINUTES OR 50 MINUTES

Share any of our massage experiences with a loved one or a friend in a couples' massage room.

DEEP MUSCLE MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Focusing on specific areas, this massage combines deep movements with stretching techniques to help relieve common discomforts and sports-related tension.

STRESS RELIEF MASSAGE

80 MINUTES OR 50 MINUTES

Feel relief for tired and fatigued muscles with this traditional massage using moderate to firm pressure. You'll leave feeling revitalized and relaxed.

RELAXATION MASSAGE

80 MINUTES OR 50 MINUTES

A soothing aromatherapy massage using essential oils and gentle to moderate pressure to melt away tension.

CUSTOM STONE MASSAGE

80 MINUTES OR 50 MINUTES

A rejuvenating massage using warm volcanic or salt stones and moderate to deep pressure to intensely treat tired, aching muscles and promote relaxation.

NATURALLY NURTURED MASSAGE

80 MINUTES OR 50 MINUTES

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely custom massage. Ideal for expectant mothers after the first trimester.

REFLEXOLOGY

50 MINUTES

This treatment focuses on pressure points in your feet to balance and ground the body's energy meridians.



BODY

NOURISHED GLOW

45 MINUTES

Reveal your smoothest, softest skin with this complete body exfoliation and a deeply nourishing oil application and personalized back massage.

INCLUDES Full body salt and oil exfoliation, back massage, oil application

BODY BALANCER

80 MINUTES OR 50 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply reviving back, neck and scalp treatment.

INCLUDES Back exfoliation, back massage, application of facial oil, scalp massage

HONEY BUTTER WRAP

120 MINUTES

Wildflower honey from the resort's beehives combined with ancient sea salt and organic coconut oil deeply conditions the skin, leaving it feeling soft as butter.

INCLUDES Full body exfoliation, wrap, scalp massage hair treatment, softening treatment for hands and feet, Vichy shower, full body massage

SEA SALT BATH & MASSAGE

75 MINUTES

Ancient sea salts combined with your choice of herbal oils in a luxurious bath with infrared healing lights. After, a full-body massage leaves you feeling revitalized and restored.

INCLUDES Chromatherapy bath, full body massage

A WRAP TWO REMEMBER

150 MINUTES

Share a romantic experience for two in a private Spa suite. On a massage table made for two, therapists orchestrate a shared experience that is truly unforgettable.

INCLUDES Chromatherapy bath, sugar scrub, body mask, scalp massage with hair treatment, softening treatment for hands and feet, full body massage, a bottle of champagne



FACIAL

CUSTOM FACIAL

80 MINUTES **OR** 50 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

INCLUDES Brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

AGE-DEFYING FACIAL

80 MINUTES **OR** 50 MINUTES

Instantly combat the most visible signs of skin aging with an age-defying facial. Smooth fine lines and revive youthful radiance.

INCLUDES Brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

ULTIMATE RADIANCE & RENEWAL FACIAL

80 MINUTES

Restore your skin's vitality to reveal a bright, smooth and radiantly youthful complexion. This therapy is the ultimate treatment for immediate results and the best treatment prior to any special event.

INCLUDES Brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

ORGANIC FACIAL

80 MINUTES **OR** 50 MINUTES

All-natural products containing highly beneficial organic fruit, vegetable and herbal extracts are the hallmarks of this revitalizing facial. Organic benefits include increased circulation and oxygen to cells, assisting in cellular repair, resulting in revitalized, nourished skin.

INCLUDES Brush cleanse, steam, exfoliation, extractions, mask, facial massage, serum, moisturizer

PERFORMED WITH EMINENCE PRODUCTS

SKIN RESURFACING FACIAL

80 MINUTES **OR** 50 MINUTES

Reveal healthy, youthful skin and effectively target imperfections, discoloration and wrinkles. Medical-grade ingredients also assist in controlling acne and rosacea.

INCLUDES Brush cleanse, steam, extractions, peel, mask, serum, moisturizer, 30 day home care system

PERFORMED WITH DR. DENNIS GROSS PRODUCTS

REVERSIVE FACIAL

80 MINUTES **OR** 50 MINUTES

Reverse the signs of aging while diminishing fine lines, inflammation, and redness with this indulgent, hydrating facial. Combining the anti-aging and healing powers of collagen and proprietary serums, this treatment is also recommended for sensitive or sunburned skin.

INCLUDES Brush cleanse, steam, exfoliation, extractions, serum, mask





MEN

THE PEDICURE

45 MINUTES

Men's feet need care, too. Maintain amazing results and keep nails in healthy condition with this conditioning treatment.

INCLUDES Soak, nail file and shape, exfoliation, cuticle work, application of body cream, buff

THE MANICURE

45 MINUTES

Essential maintenance for the well-groomed man.

INCLUDES Soak, cut and file, cuticle work, application of hand cream, buff

THE MEN'S MASSAGE

80 MINUTES

The ultimate escape for men. Unwind in style with this rebalancing, supremely relaxing treatment that includes full body massage using heated stones, facial massage and soothing scalp massage.

MUSCLE RECOVERY MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Focusing on specific areas, this massage combines deep movements with stretching techniques to help relieve common discomforts and sports-related tension.

RELAXATION MASSAGE

80 MINUTES OR 50 MINUTES

Unwind with a soothing aromatherapy massage using essential oils and gentle to moderate pressure designed to melt away tension.

STRESS RELIEF MASSAGE

80 MINUTES OR 50 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure, leaving a feeling of revitalization and relaxation.

POWER HOUR

80 MINUTES OR 50 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens the senses, leaving you ready for anything.

INCLUDES Full body salt & oil exfoliation, back massage, oil application

THE MEN'S FACIAL

80 MINUTES OR 50 MINUTES

A double-cleanse and exfoliation that hydrates and smoothes skin, leaving your complexion instantly younger-looking and refreshed.

INCLUDES Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS





BEAUTY

HAIR SERVICES

Our talented team of stylists will style your beautiful look for the day or any special occasion. Full salon services are available.

MAKE-UP

Professional make-up artists draw on the latest techniques and trends for a complete makeover that reveals your best.

Individual hair and make-up services are available on the price list.

MANICURE

45 MINUTES

Essential maintenance for perfect-looking hands.

INCLUDES Soak, cut and file, cuticle work, application of hand cream, polish or buff

PEDICURE

45 MINUTES

Maintain amazing results and keep nails in healthy condition with this conditioning treatment.

INCLUDES Soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff

ULTIMATE MILK AND HONEY MANICURE

60 MINUTES

This indulgent treatment provides long lasting results using deeply nourishing products to repair, replenish and condition your nails.

INCLUDES Soak, cut and file, exfoliation, cuticle work, massage, personalized mask, polish or buff

ULTIMATE MILK AND HONEY PEDICURE

60 MINUTES

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

INCLUDES Soak, nail file and shape, exfoliation, cuticle work, massage, personalized mask, polish or buff

RESCUE PEDICURE

75 MINUTES

Soothe and revitalize tired, swollen feet and legs with Dilo oil, a traditional island remedy. This highly effective treatment targets stubborn calluses and cracked feet.

INCLUDES Soak, cut and file, exfoliation, cuticle work, callus removal, paraffin wax, polish or buff





ENHANCEMENTS

Elevate your treatment by choosing one or more of our custom enhancements. Enhancements are available as incorporated additions to any service without adding additional time to the treatment. All enhancements must be booked and received with a treatment.

NAIL ENHANCEMENTS

CALLUS FOOT TREATMENT

A luxurious treatment to eliminate dry skin and to soften the feet.

SHELLAC POLISH

A revolutionary power polish that is set under UV lighting. Your nails are immediately dry leaving an incredibly durable finish with superior shine.

FACIAL ENHANCEMENTS

LIFESTAGE ANTI-AGING BOOSTERS

Add anti-aging to any facial with ESPA Lifestage serums and moisturizers, specifically designed to address the most visible signs of aging.

EXPRESS PEEL

Peel away the effects of time, revealing luminous skin while encouraging healthy cell renewal.

MICRO-CURRENT

Clinically proven to increase muscle tone, try the addition of gentle electrical microcurrent to any facial. Choose between brow, eye or jaw.

COLLAGEN FACE OR NECK MASK

Promote healing and hydration while reducing redness and fine lines. Add one or both of these luxurious masks to any facial.

EYE OR LIP TREATMENT

Take care of the delicate eye or lip areas with soothing ingredients that deliver powerful nutrients for a healthy, younger look.

BODY ENHANCEMENTS

HAND, FOOT OR BACK REVIVER

Reveal brighter skin with this exfoliating and nourishing treatment that leaves hands, feet and back silky smooth and soft.

HOT STONE MELTER

Smooth basalt or salt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

MOROCCANOIL SCALP MASSAGE

Combine the invigorating benefits of argan oil with a deeply relaxing scalp massage that reduces tension, conditions the scalp and leaves you with beautifully healthy hair.

SMOOTH & FIRM BODY BUTTER

Add the sublime hydrating benefits of lifting and smoothing body butter to your body massage oil. This enhancement softens and restores suppleness to all types of skin.

HAND OR FOOT SOFTENING TREATMENT

Ultra-hydrating emulsion specifically formulated to leave hands and feet feeling soft and renewed.

CBD MASSAGE OIL

Infuse any massage with the benefits of CBD-enriched massage oil.



GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

AT TIME OF RESERVATION

Please inform the Reservation

Agent of the following:

- + Allergies or medical conditions including pregnancy
- + If you have a gender preference for your Service Provider
- + If you have a request for a specific Service Provider
- + If you are celebrating any special occasions

You must provide a valid credit card number with expiration date at time of booking.

Spa facilities are available for a fee for resort guests and for Spa guests who are not registered at the resort. The fee is waived with the purchase of a treatment. For more information regarding the Spa Facilities fee please contact Leisure Reservations.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms, whirlpools, and outdoor spa pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

PERSONAL BELONGINGS/VALUABLES

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

USE OF ELECTRONIC DEVICES

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

AGE REQUIREMENTS

You must be 18 years of age or older to enjoy the spa relaxation and locker areas.

Massages and facials cannot be performed on anyone under the age of 18 years. Salon treatments are available for children 5 years of age or older. This includes hair and nail services only. Parent must be present for the entire service and a locker will not be provided.

TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments or hair removal services. Shaving is recommended, but not necessary for men prior to a facial. 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 notify your therapist immediately.

FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your resort bill.

SERVICE CHARGE

For your convenience, a 22% service charge will be added to each spa service. This includes gratuities disbursed to the spa staff members who serve you during your visit. Additional gratuities may be offered at your discretion. Prices and services are subject to change.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least six hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the six hour window will incur a transfer fee of \$25. Cancellations of packages or private parties require one week's notice.

HOURS OF OPERATION

9:00 a.m. – 7:00 p.m., daily

Hours are subject to change without notice.

To reserve your spa appointment online, visit us at ritzcarlton.com/ameliaisland or contact 904.277.1087



THE RITZ-CARLTON SPA

AMELIA ISLAND

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