



**THE RITZ-CARLTON**  
AMELIA ISLAND

ASR



*Let us make the world  
revolve around you.*

# ESCAPE

Unspoiled natural beauty is revealed at The Ritz-Carlton Spa, Amelia Island. Nestled above 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.





# WELLNESS

Optimum wellness is supported by developing our ability to adapt well physically, mentally and spiritually to the challenges of everyday life. The Ritz-Carlton Meaningful Wellness Journeys nurture and encourage this adaptability by providing experiences and habits to build inherent resilience, strength and fortitude for Mind, Body and Skin.

## MIND

### 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

### AWAKENING BAMBOO MASSAGE 100 MINUTES

Channelling an uplifting, rhythmic blend of free-flowing bamboo massage movements, while alleviating deep tension from top to toe, this enlivening and healing treatment leaves the body feeling a sense of complete wellness and the mind settled in a sanctuary of calm and positivity.

## BODY

### BODY FORTIFYING MASSAGE 100 MINUTES

Targeting deep seated muscular pain and restoring comfort and supple movement with active stretching, this deep muscle massage uses hot stones and a fortifying oil on the neck, shoulders and back to instantly alleviate deep-seated tension and provide lasting relief so you feel a calming sense of wellbeing.

### CBD RELIEF & RECOVERY 100 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 four activated hemp based products can be utilized during your treatment to optimize your benefits

**50 MINUTES INCLUDES** Massage and body work

**100 MINUTES INCLUDES** Massage and body work plus CBD-infused bath

## SKIN

### THERALIGHT 360 RED LIGHT THERAPY 15 MINUTES

The TheraLight 360 is a full-body photobiomodulation (PMB) system that uses low level laser technology (LLLT) to combat the root cause of cellular aging and inflammation. This treatment stimulates mitochondrial activity within the body cells to help relieve muscle tension, joint pain and inflammation. Theralight 360 is a groundbreaking whole-body treatment that is shown to enhance energy, increase skin recover and increase overall wellness.

### NATURAL RESILIENCE FACIAL 100 MINUTES

Inspired by Kobido, a centuries-old holistic massage art, this ancient way of beauty synthesizes traditional methods such as jade rollers with cutting edge pre-and pro-biotic technology for stunning results.

# MASSAGE

## TRANQUILITY FOR TWO

100 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

100 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

100 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

100 MINUTES **OR** 50 MINUTES

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

## CUSTOM STONE MASSAGE

100 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

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.

## FOOT RENEWAL & 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, a deeply nourishing oil application and personalized back massage.

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

## BODY BALANCER

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

## ULTIMATE HYDRATING WRAP

150 MINUTES

Revered for their skin-rejuvenating and restorative properties, dilo, macadamia and sikeci nuts are cold-pressed to extract the maximum benefit of their beautifying essence. Combined with salt from ancient seas and organic coconut oil, the rich potion is absorbed deep into your skin, leaving it nourished and deeply hydrated.

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

100 MINUTES **OR** 50 MINUTES

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

**INCLUDES** Skin analysis, facial exfoliation, massage, mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**

## HYDRAFACIAL

100 MINUTES **OR** 50 MINUTES

The HydraFacial resurfacing procedure thoroughly cares for the skin by cleansing, exfoliating, extracting and hydrating. A non-invasive, non-surgical antiaging procedure that delivers instant results by using LED light therapy along with the benefits of the HydraFacial MD® technology.

**50 MINUTES INCLUDES** Cleanse, gentle hydra-exfoliation, Vortex Extraction, hydrating hyaluronic acid infusion

**100 MINUTES INCLUDES** Also includes lymph drainage for the face and neck and LED Therapy

## ULTIMATE RADIANCE & RENEWAL FACIAL

100 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** Skin radiance mask, age-defying crystal massage, lifting mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**

## ORGANIC FACIAL

100 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** Steam, exfoliation, extractions, mask, facial massage, serum, moisturizer

**PERFORMED WITH EMINENCE PRODUCTS**

## SKIN RESURFACING FACIAL

100 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** Steam, extractions, peel, mask, serum, moisturizer, 30-day home care system

**PERFORMED WITH DR. DENNIS GROSS PRODUCTS**

## REVERSIVE FACIAL

100 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

**PERFORMED WITH KNESKO PRODUCTS**

## VITAMIN C LIGHTEN & BRIGHTEN FACIAL

100 MINUTES **OR** 50 MINUTES

Supercharge your skin with vitamin C - nature's most potent - and proven - skin brightening treatment. Combined with our signature Alpha Beta® Professional Peel System, this high-performance facial is the go-to for combatting sun damage, reversing signs of aging, and restoring luminosity for firmer, brighter skin. This facial includes a collagen-building light therapy treatment for the face.

**PERFORMED WITH DR. DENNIS GROSS PRODUCTS**

## AGE-DEFYING FACIAL

100 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** Skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**



THE RITZ-CARLTON SPA

AMELIA ISLAND

11





# 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

100 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

100 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

100 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

100 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

45 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

100 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

## CBD MANICURE

45 MINUTES

Essential maintenance for perfect-looking hands utilizing our highly effective CBD products.

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

## CBD PEDICURE

45 MINUTES

Maintain amazing results and keep nails in healthy condition with this highly effective treatment utilizing our CBD products.

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

## ULTIMATE DRAGON FRUIT MANICURE

60 MINUTES

Boosted with Dragon Fruit prebiotic extract to support, repair and balance biome skin barrier function, revealing a luminous and radiant glow. Featuring a nourishing blend of cold pressed Virgin Coconut, Macadamia, Sikeci and Dilo oils to transform dehydrated skin.

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

## ULTIMATE DRAGON FRUIT PEDICURE

60 MINUTES

Boosted with Dragon Fruit prebiotic extract to support, repair and balance biome skin barrier function, revealing a luminous and radiant glow. Featuring a nourishing blend of cold pressed Virgin Coconut, Macadamia, Sikeci and Dilo oils to transform dehydrated skin.

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

## RESCUE PEDICURE

60 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







Upgrade your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated additions to facial, body and massage services 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.

##### GEL POLISH

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

# ENHANCEMENTS

#### FACIAL ENHANCEMENTS

##### MICRO-CURRENT

Clinically proven to increase muscle tone, try the addition of gentle electrical microcurrent to any facial. Choose between brow, eye or jaw. Available on 100-minute facials.

##### COLLAGEN FACE OR NECK MASK

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

##### EXPRESS PEEL

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

##### 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.

#### FACIAL TOOL ENHANCEMENT

Choose from the following tools to optimize the results of your treatment, then take your tool home as a gift for full time maintenance,

**Gu Sha** - For sculpting, tightening and toning

**Jade Rollers** - To calm, soothe and even complexion

**Cryo Therapy Globes** - To cool, tone, lift and decrease inflammation

#### 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.

#### SMOOTHING & FIRMING 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

Enjoy your experience to the fullest by familiarizing yourself with our 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 in-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 \$100. Cancellations of packages or private parties require one week's notice.

## HOURS OF OPERATION

8:30 a.m. – 6:00 p.m., daily

Hours are subject to change without notice.

To reserve your spa appointment online, visit us at [ritzcarlton.com/ameliaisland](http://ritzcarlton.com/ameliaisland) or contact 904.277.1087





**THE RITZ - CARLTON SPA**

AMELIA ISLAND

4750 AMELIA ISLAND PARKWAY AMELIA ISLAND, FL 32034 904.277.1087  
RITZCARLTON.COM/AMELIAISLAND