

menu of services



THE SPA

AT PGA NATIONAL RESORT

introduction



The Spa and Salon at PGA National Resort welcomes guests to luxurious surroundings, lavish amenities and impeccable personal service. Join us to experience the ultimate in relaxation and rejuvenation in Florida's prestigious Palm Beach Gardens. We have gathered a team of highly skilled and extensively trained professionals in the fields of skin care, makeup artistry, massage, hair and nails.

WATERS OF THE WORLD

Our exclusive Waters of the World give contemporary expression to the ancient spa traditions of *sanitas per aqua* (health via water.) In this collection of outdoor mineral pools, we have recreated healing waters from some of the earth's most treasured locations.

The Dead Sea (Israel)

For centuries, travelers have bathed in these mineral-rich waters. Famed for its salutary effects on irritated skin and anxious minds, the waters soothe discomforts arising from today's hectic lifestyles and environmental stresses.

The Salies de Béarn (France)

High in the Pyrenées Mountains, the naturally occurring salt waters of Salies de Béarn have long attracted health seekers. The Pyrenees salt pool helps moderate fluid retention, body temperature changes and mood swings.

massages

Facilities

Spa facilities feature our Waters of the World collection of outdoor therapeutic mineral pools, plus separate men's and women's steam, sauna, whirlpool and relaxing lounges. Locker, robe, slippers and personal amenities are included. Complimentary fruit and a variety of teas are available to enhance your relaxing experience. A swimsuit is required for use of our indoor and outdoor pools.

Facility Use

Guests receiving spa and salon services may enjoy the facilities on the day of their treatments. Resort guests not receiving treatments may enjoy all the spa facilities for a \$25.00 daily fee. (Monday through Friday only)

From the Americas

CRANIO-SACRAL THERAPY

This subtle, slow touch eases mental stress, neck and back pain, migraines, and chronic pain conditions. (50 min/75 min)

COUPLES MASSAGE

Share the same room during your service with that special someone; choose either Swedish or Deep Swedish sessions. (50 min)

LASTONE MASSAGE

Smooth, hot stones release tension, stress, and tightness. Cold marble stones may be used in areas of extreme tightness to soothe. (70 min)

MOMMY-TO-BE MASSAGE

Offers relief from the muscular stresses of pregnancy; special pillows cradle your body for comfort; women in their 2nd or 3rd trimester only. (50 min)



massages



From the Americas

WATSU WATER THERAPY

Gentle movement, stretching and the eastern healing benefits of Shiatsu combine while continuously supported by your therapist in a warm mineral pool. (50 min)

From the Bohia Sea, China

REFLEXOLOGY

A 3,000-year-old practice of applying pressure to specific points in the feet; relieves stress in the body and promotes well-being. (25 min/50 min)

From the Coté d'Azur, France

LYMPHATIC DRAINAGE

A light touch treatment; enhances lymphatic flow, aids detoxification and reduces water retention. (50 min/75 min)

From the Gulf of Siam, Thailand

THAI MASSAGE

Gentle stretches improve flexibility on a traditional Thai floor mat. Comfortable loose clothing required. (80 min/110 min) †

From Hanalei Bay, Hawaii

LOMI LOMI

A flowing, deeply relaxing massage; based on native healing techniques. (50 min/75 min)

From the Mediterranean Sea, Greece

SPORTS MASSAGE

An invigorating session; focusing on key areas to aid joint mobility and release tight muscles. (50 min)

From the North Sea, Britain

NEUROMUSCULAR MASSAGE

Localized static pressure is applied to specific trigger points; helpful for chronic issues, relaxes soft tissue, tense muscles and eases muscular pain. (50 min/75 min)

From the Red Sea, Egypt

AROMATHERAPY MASSAGE

Select blended essential and aromatic oils for your specific needs. (50 min/75 min)

From the Sea of Japan

REIKI

A gentle, deeply relaxing massage; balances your life force energy. (75 min)

SHIATSU

Compression techniques along the meridian lines, alleviate tension and restore equilibrium. (50 min/75 min) †

From the Swiss Alps

SWEDISH MASSAGE

A gentle, full body massage incorporating long fluid movements. (50 min/75 min) ‡

DEEP SWEDISH MASSAGE

For guests who prefer firmer pressure. (50 min/75 min) ‡

STRESS RELIEF

A localized session, focused on the back, neck and shoulders. (25 min)

massage add-ons

REFLEXOLOGY

A 3,000-year-old practice of applying pressure to specific points in the feet; relieves stress in the body and promotes well-being. (25 min)

NECK AND SHOULDER

Soothes tired muscles reduces stress and promotes well being. (25 min.)

† Shiatsu and Thai session performed fully clothed. Wear comfortable, loose fitting clothing.

‡ In guest suite sessions available upon request. Subject to availability.





PURE FIJI

*Discover the South Pacific secret
for beautiful skin and hair*



2011 SpaFinder
READERS' CHOICE AWARDS
Celebrating our readers' favorite spas around the world

CATEGORY AWARDS
Favourite Spa Products
PURE FIJI

made with certified
Organic
nut oils



True Pacific
THE BEST OF THE PACIFIC



PURE FIJI
on facebook

Pure Fiji is based on a botanical blend of four exotic drift nut oils and passionflower extract



These cold pressed oils work in synergy to enhance the hydrolipid balance of the skin.



The oils work with the body's own healing mechanisms and deliver a natural bounty of antioxidants, vitamins and essential fatty acids to even the deepest layers of the dermis.

Natural anti-inflammatories and the high purity of ingredients help ensure that this product line is suitable for every skin type, including the most sensitive.



body treatments



From Lake Heviz, Hungary

MOOR MUD BODY

Experience the detoxifying affects of this dark healing mud and feel revived. (50 min)

From the coast of Brittany, France

DETOX SEAWEED WRAP

This fine paste blended from brown seaweeds and mineral-based clay is applied to the entire body to promote perspiration and detoxification. (50 min)
Not suitable for guests with allergies or sensitivity to seaweed or iodine.

FIRMING BODY WRAP

This rich anti-aging blend of sea minerals promotes a healthier and firmer skin tone. Perfect for post-pregnancy, sun damage or significant weight loss. (50 min)

MEDITERRANEAN THERAPY BODY WRAP

Great for relaxation, boosting low energy, and jet-lag recovery, this hydrating body treatment uses an aroma-infused seawater gel. (50 min)

MUSCLE MELT

This body wrap uses a herbal liniment blended with aloe to soothe sore muscles and concludes with a rosemary-infused Swedish massage to stimulate the senses. (75 min)

CONTOURING BODY TREATMENT

This mineral enriched self-heating mask targets the abdomen, hip and thigh areas, while the sculpting massage uses contouring concentrates to invigorate the body. (75 min)

From the Polynesian Islands

NONI BODY TREATMENT

Enjoy the healing affects of this soothing tropical gel and moisturize your body with a rich coconut milk. The perfect solution for sunburn and sun exposure. (50 min)

SUNLESS TAN

Achieve a glowing tan with our fine mist airbrush application that produces a streak-free tan. Airbrush tanning is the fastest and healthiest way to give your skin a radiant tan. (25 min/50 min includes a body exfoliation.)

body exfoliation

Whether you prefer the abrasive texture of a salt scrub or the soothing sensation of a fruit enzyme, everyone benefits from a body exfoliation. The process removes the dead superficial layer of cells and leaves your body with a healthy radiant glow. But these are more than just beauty treatments to even your skin tone. Salt scrubs increase circulation and invigorate your body.

From the Dead Sea, Israel

SALT GLO

This blend of aromatic oils and dead sea salts restores a healthy glow to dry, dehydrated skin. (25 min)

From the Coast of Brittany, France

SEA SCRUB BODY EXFOLIATION

Rich, exfoliation that smoothes and moisturizes as it melts into the skin. (25 min)

From the Palm Beaches

PLUSH PAPAYA TREATMENT

Invigorate your body with this papaya pineapple scrub, and then relax with a moisturizing Swedish massage. (75 min)

From the South Pacific

PURE SUGAR GLOW

Refresh your body with this scrub using raw sugar from the cane fields of Fiji followed by a 25 or 50 min massage using tropical oils and an aromatic body butter. (50 min/75 min)

COCONUT HONEY SUGAR SCRUB

Excellent for dry skin, this experience begins with a sugar scrub to exfoliate dead skin cells. Next, you are lightly massaged with tropical oil, followed by an application of velvety body butter to nourish and tone. (50 min/75 min)



PURE FIJI



PURE FIJI



facials



From the coast of Brittany, France

YOUTH REVELATION

Restore your skin's youthful texture and radiance with key minerals from the depths of the ocean. This specially formulated toning mask reduces the depth of wrinkles and resuscitates the skin's natural firmness.

(50 min; choose a 75 min session to include a back treatment) †

MOMMY-TO-BE FACIAL

This specialized skin treatment is formulated to enhance your glow. Relax with your choice of a cooling foot treatment or light extractions. (50 min) †

OXYGENATING FACIAL

This nourishing facial includes a mask to increase cellular activity, leaving skin bright and once again able to defend itself from environmental aggressors. (50 min/75 min)

SEASIDE SOLUTIONS FACIAL

A refreshing treatment customized to your specific skin type. (50 min/75 min) †

SEA WATER PEARL RITUAL

Every skin type needs hydration; red seaweed and liquid calcium seawater pearls enrich the skin with vitality and hydration. (50 min; choose a 75 min session to include a self-heating detoxifying back treatment) †

BACK CLEANSE

Release muscular tension and detoxify the skin. This deep cleanse and exfoliation includes a self-heating effervescent marine mud that leaves your back feeling vibrant and healthy. (50 min; choose a 75 min session to include Petite Refresher Facial) †

DEEP CLEANSING TREATMENT

Thorough extractions and a purifying mask alleviate skin impurities, nourishing the skin with vitamins and minerals. (50 min/75 min) †

RECOVERY TREATMENT

A lightweight, oil-free elixir combined with aloe vera calms irritated, inflamed skin conditions. (50 min)

MICRODERM TREATMENT

This gentle hand-applied microderm cream and state-of-the-art serum visibly improves fine lines, wrinkles, and puffiness. (50 min; choose a 75 min session to include extractions)

REJUVENATING TREATMENT

Gain the effect of a face-lift with new radiance from this enzyme peel and tightening mask. (50 min; choose a 75 min session to include extractions)

GLYCOLIC TREATMENT

An extraordinary exfoliation; effective on fine lines, acne, hyper-pigmentation and dry patches; refine and brighten your skin tone. (50 min; choose a 75 min session to include extractions)

SKIN BRIGHTENING TREATMENT

Specially formulated to lighten and balance skin tone; a gentle exfoliation and hydrating moisturizer rich in vitamins and minerals leave your skin with a luminous glow. (50 min; choose a 75 min session to include extractions)

ZO STIMULATOR by Dr. Obagi

This revolutionary beta/alpha acid spa peel stimulates cellular turnover, reducing fine lines and wrinkles, improving overall skin tone, texture and clarity. (25 min/50 min)

facial add-ons

EPICUREN EYE TREATMENT

Add this enzyme mask to your Epicuren treatment and tighten the skin around your eyes. Reduction of fine lines may be visible as you experience the Clarisonic Opal during this treatment. †

PHYTOMER EYE TREATMENT

Add marine extracts to your Phytomer treatment, hydrate the skin leaving a nourished youthful glow. Reduction of fine lines may be visible as you experience the Clarisonic Opal during this treatment. †

PEEL

This intensive exfoliation increases cellular turnover revealing younger looking skin.

NUFACE WOW BROW EYE TREATMENT

NuFACE microcurrent treatment creates a more lifted, youthful and refreshed look, while reducing the appearance of dark circles and puffiness.

NUFACE SKINFIT FACIAL TREATMENT

Dubbed "Pilates for the face", NuFACE microcurrent is used to rejuvenate, firm, tone, and lift your skin.

† Suitable for all skin types.



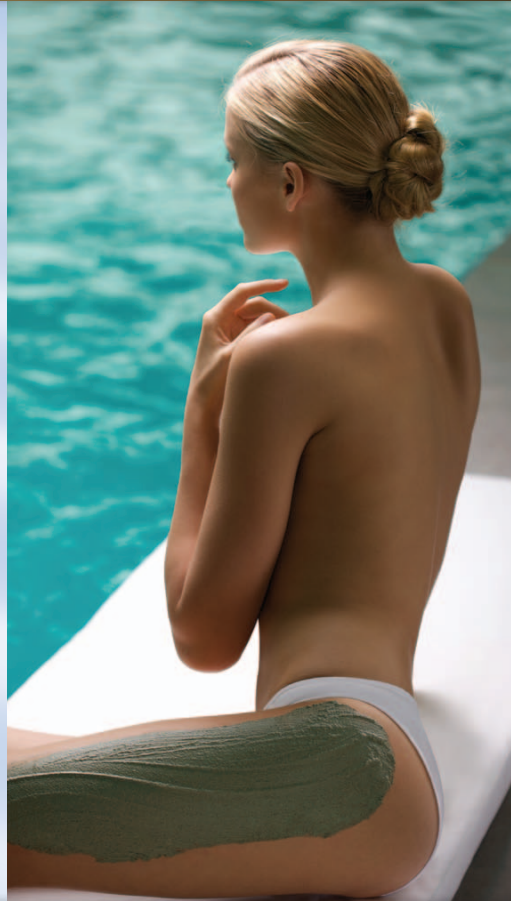
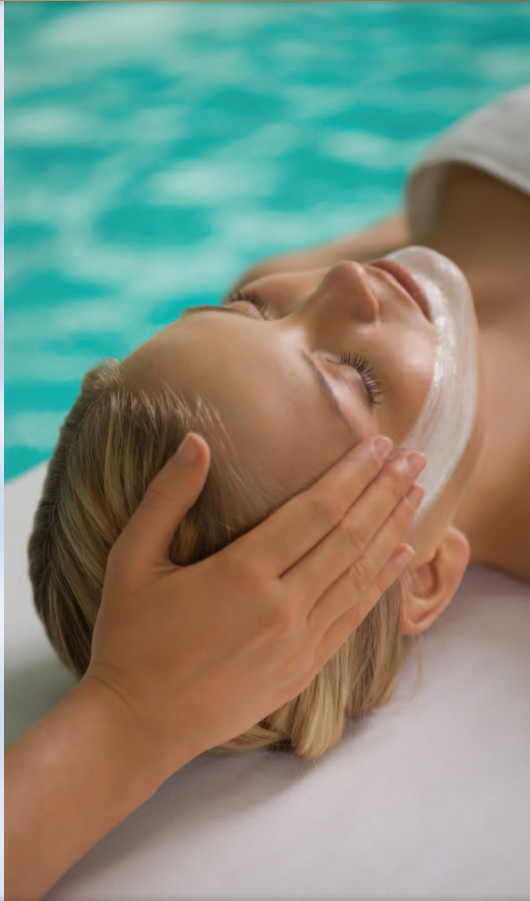
partnership perfection



The unrivaled facilities, staff and spa program at PGA National coupled with Phytomer's marine expertise create an unparalleled spa experience that is sure to last beyond the treatment room. The therapeutic offerings of the sea are taken to the next level with Phytomer's exclusive ingredients and unique treatment methods to provide you, our guest, with customized solutions and lasting results.

PGA National's reputation for excellence and Phytomer's leadership in Marine Biotechnology ensure an ideal environment to discover the benefits of the ancient spa tradition of "sanitas per aqua" - health through water. Phytomer and The Spa at PGA National embody the true ideals of "SPA" by allowing you to access the remineralizing, relaxing and balancing virtues of the sea and to ultimately achieve the highest levels of health and beauty.

THE OCEAN. THE SCIENCE. THE BEAUTY.
PHYTOMER





WAXING

Arm (Lower)	Arm (Upper)	Arm (Full)
Leg (Half)	Leg (Full)	Back
Semi Brazilian	Brazilian	Bikini
Chin	Lip	Face
Eyebrow Sculpting		

EYES

Eyebrow Tinting
Eyelash Tinting
Lash Refill (1 hr)
Lash Removal (30 min)
Novalash Eyelash Extensions (2 hrs minimum) Get longer, thicker, natural looking eyelashes; applied one lash at a time to your natural eyelashes.

MAKEUP

Make-up Application

LIPS

Lip Plumping Treatment
An exfoliating gel eliminates dead cells and revives lip color while a plumping nourishing balm replenishes lips and restores radiance and volume.

The Salon at PGA National Resort offers design services to both men and women on an à la carte basis. Styling available at an additional fee.

HAIR

Haircut and Blow-Dry	Glaze
Haircut Only	Color
Shampoo and Blow-Dry	INOA Color
Highlighting	Perm
Partial Highlighting	Up-Do
Keratin Straightening	Bridal Up-Do
Kerastase Express Treatment	
Kerastase Deluxe Treatment	

NAILS

Nail Repair	
Manicure	French Manicure
Gelish Manicure	Gelish French Manicure
Polish Change	French Polish Change
Pedicure	French Pedicure
Paraffin Hand Treatment	
Paraffin Foot Treatment	

specialty manicures and pedicures

LAVENDER BLISS MANICURE

Combat physical symptoms of stress with seaside minerals, plants and lavender. Includes hand and arm massage, nail trimming, shaping, cuticle conditioning and polish application. (50 min)

LAVENDER BLISS PEDICURE

Rejuvenate your senses, and nourish your skin with purifying exfoliation, a foot masque, cuticle conditioning, foot and leg massage; Includes polish. (50 min)

REFLEXOLOGY PEDICURE

The ultimate in relaxation and comfort this luxurious pedicure features a paraffin treatment, aromatic detoxifying oils and a revitalizing 20 min reflexology massage. Walk away with smooth legs and feet and feeling totally revitalized; Includes polish. (75 min)

MANDARIN HONEY PEDICURE

Indulge yourself with the aromatherapy scents of citrus honey, tangerine oil and white tea extract, promoting cellular renewal and skin rejuvenation. Mandarin honey scrub softens and smooths the lower legs and feet. Finish with a moisturizing mandarin foot mask that will keep your skin hydrated. Lastly nails are polished to perfection. (75 min)

Recommendation: Shave 24 hours prior to a pedicure.

DEAD SEA PEDICURE

Mineral salts soothe away aches and pains and exfoliate dry skin; a dead sea mud masque re-mineralizes and hydrates the skin; a full pedicure with polish finish the treatment. (50 min)

COCONUT MILK AND HONEY PEDICURE

A luxurious coconut soak softens; a sugar scrub exfoliates; body butter nourishes; a full pedicure with polish application completes this treatment. (75 min)

DILO PEDICURE

Revitalize tired swollen feet and legs with dilo oil, a traditional Fijian remedy. A blend of coconut milk and exotic nut oils cleanse the skin, a pure sugar cane scrub infused with essential oils and fruit enzymes exfoliates. Your feet are moisturized in a luxurious cocoon of dilo rescue butter while your legs are cooled with a refreshing leg massage; includes polish. (50 min)

ICE CREAM MANICURE & PEDICURE

(Kids 5-12 years old)
A gentle soak with a scented effervescent bomb followed by a marshmallow mask, soothing massage using vanilla lotion, and polish application. (75 min)



PURE FIJI



PURE FIJI



gentlemen's treatments



MEN'S DEEP CLEANSING TREATMENT

Thorough extractions and a purifying mask alleviate skin impurities, nourishing the skin with vitamins and minerals. (50 min)

MEN'S SEASIDE SOLUTION FACIAL

A refreshing treatment customized to your specific skin type. (50 min)

MEN'S GOLFER RECOVERY TREATMENT

A treatment especially designed for delicate skin in need of healing and repair. This treatment is ideal for golfers and sun worshippers and is appropriate for sun burned skin. (50 min)

SPORTS MASSAGE

An invigorating session that focuses on key areas to aid joint mobility and release tight muscles. (50 min)

DEEP SWEDISH MASSAGE

For guests who prefer firmer pressure. (50 min/75 min)

BACK CLEANSE

Release muscular tension and detoxify the skin with this deep cleanse and exfoliation includes a self-heating effervescent marine mud that leaves your back feeling vibrant and healthy. (50 min)

GENTLEMEN'S PEDICURE

Feet are soaked in a soothing bath. Cuticles are groomed and nails are buffed to perfection. Feet and legs are treated to the ultimate exfoliating massage. No polish is applied. (50 min)

GENTLEMEN'S MANICURE

Gentle exfoliation removes dry skin, while invigorating massage supplies relaxation and hydration. Nails are filed and buffed for a finished look. No polish is applied. (30 min)

GENTLEMEN'S HAIRCUT AND BLOW DRY

Start off with a scalp massage and shampoo leading into a hair cut and style. (30 min)

packages

GENTLEMEN'S PACKAGES

GROOMED

Includes a gentleman's facial, a deep Swedish massage and a men's haircut. (2.5 hrs)

GENTLEMAN'S RETREAT

Includes a deep Swedish massage, manicure, pedicure and men's haircut to complete the look. (2.5 hrs)

THE CHAMPIONSHIP PACKAGE

Includes a 75 min muscle melt, a deep cleansing facial, a manicure, pedicure and spa cuisine lunch. (5 hrs)

SPORTSMEN'S SAMPLER

Includes a sports massage, a recovery facial, manicure, pedicure, unlimited fitness use, and a spa cuisine lunch. (4.5 hrs)

FULL DAY PACKAGES

ULTIMATE INDULGENCE

Includes a LaStone massage, rejuvenating facial, signature manicure, dead sea pedicure, and spa cuisine lunch. (5.5 hrs)

DAY OF BEAUTY

Includes a swedish massage, seaside solutions facial, manicure, pedicure, shampoo & style, and spa cuisine lunch. (5 hrs)

FOR THE BRIDE AND GROOM

THE PAMPERED BRIDE

Includes a bridal up-do and make-up application. (2.5 hrs)

"I DO"

A swedish massage, bridal up-do and make-up application. (3 hrs)
**Blowdry additional*

LOVELY BRIDE

Includes a manicure and pedicure, bridal up-do and make-up application. (3.5 hrs)
**Blowdry additional*

MR. & MRS.

Includes champagne for two, a couples massage, and couples manicures & pedicures. (2.5 hrs)

HALF DAY PACKAGES

SPA RETREAT

Includes a swedish massage, seaside solutions facial, manicure, and pedicure. (3 hrs)

MOMMY-TO-BE

Includes a mommy-to-be massage, mommy-to-be facial, and a pedicure. (2.5 hrs)

TEEN SPECIAL OCCASION PACKAGES

(Ages 13-15) Includes a teen up-do, make-up application, manicure and pedicure. (3 hrs)



spa information

HOURS OF OPERATION

8am to 7pm daily. Off Season: 8am to 6pm daily.

*Hours of operation may vary.

RESERVATIONS

We suggest making all service reservations at least two weeks in advance. Upon booking please notify us of your preference of male or female therapist, as well as any physical ailments or conditions (including pregnancy). A room number, credit card or gift certificate is required to secure your appointments.

SPA ETIQUETTE

The Spa is an adults only environment. Guests must be 16 years of age or older. To maintain a tranquil and relaxing environment please respect the quiet and privacy of other spa guests by speaking softly or simply enjoying the silence. In consideration of other guests, we ask that all cellular phones and pagers be turned off while at the spa.

CHECK-IN

Please check in at The Spa at least 30 minutes prior to your scheduled appointment. We reserve the right to deny spa services for any physical or medical conditions. For your safety and well being, we strongly discourage alcohol consumption prior to any of our spa services.

CANCELLATION POLICY

Because The Spa and Salon services are reserved for you, we request notification a minimum of 4 hours in advance if you need to cancel or reschedule. Half of the value of your service will be charged for cancellation within 4 hours. Package cancellations require 24 hour notice. All no-shows will be charged at full value. Guests who cancel their room reservations must cancel spa services as well or will be considered a no-show.

SERVICE CHARGE

A 20% service charge will be automatically added to all a la carte services. Package prices are inclusive. Any additional gratuity is at your discretion.

GIFT CERTIFICATES

We recommend spa gift certificates as an ideal gift for anyone for any occasion. Gift certificates can be purchased at The Spa, by phone, or on the shopping pages of our website.

Visit www.pgaresortshopping.com. Phone and mail orders are also available. Call (561) 627-3111.

Gift certificates are non-refundable and we are not able to replace them if lost or stolen.

WATERS OF THE WORLD CAFE

Dine on spa specialty cuisine at our outdoor cafe located by the Waters of the World pools.

Hours of operation are 11am to 4pm for light lunch, beverages and snacks.



*f***B**

Fredric M. Barr, MD

Palm Beach Plastic & Cosmetic Surgery

Dr Barr is Now Seeing Patients weekly at

PGA National Resort & Spa

Cosmetic Consultations Available by Appointment

COMPLIMENTARY SPA DAY (RESERVATION REQUIRED)

Palm Beach Plastic & Cosmetic Surgery, headed by Fredric M. Barr, MD, is one of the finest providers of plastic and reconstructive surgery in Palm Beach County, Florida. With a successful track record of over two decades in the area, Palm Beach Plastic & Cosmetic Surgery is the surgical specialist that even physicians choose.

THE PRACTICE BELIEVES IN THREE BASIC PATIENT PRINCIPLES:

- Understanding the unique needs of each patient
- Provide each patient with the utmost care and compassion
- Making sure that no question or issue goes unanswered

It is for these reasons, combined with Dr. Barr and his staff's extensive skills and experience, that Palm Beach Plastic & Cosmetic Surgery is a premier choice for those in quest of renewal in both beauty and spirit. When it's time to look anew, look to Palm Beach Plastic & Cosmetic Surgery.



NOW SEEING PATIENTS AT THE SPA

Call ext 5603 or (561) 833-4122

Fraxel Laser Skin Resurfacing

Fine Lines, Pore Size and Texture

Photo Laser (IPL)

Sunspots, Rosacea and Sun Damage

eMatrix Sublative Rejuvenation

Radio Frequency Skin Resurfacing

without Downtime

Laser Hair Removal

All Body

Surgical Cosmetic Consultation

Problem	Solution
Frown Lines	Restylane® or JUVÉDERM®
Forehead Wrinkles	BOTOX® or Dysport®
Crows Feet	BOTOX® or Dysport®
Lip Lines	Restylane® or JUVÉDERM®
Thin Lips	Restylane® or JUVÉDERM®
Hollow Cheeks	Restylane® or JUVÉDERM®
Sunken Undereyes	Restylane®
Paranthesis	Restylane® or JUVÉDERM®

Dr Barr's Beauty Days at PGA Spa

Visit www.palmbeachplasticsurgery.com for dates

Complimentary Admission to Spa

Access to sauna, whirlpool,
waters of the world, etc.

Surgical Cosmetic Procedures Offered:

Offered in our West Palm Beach Office

Mini Face, Cheek, Neck and Brow Lifts, Mini Liposuction, Mini Tummy Tuck,
Eyelid Lift, Face Lift, Forehead Lift, Ear Reshaping, Nose Reshaping,
Breast Enlargement, Lift & Reduction, Arm Lift, Liposuction, Tummy Tuck,
and Hand Reconstruction

Inquire about our VIP Program

Call ext 5603 or (561) 833-4122

www.PalmBeachPlasticSurgery.com

Find us on  & 



THE SPA

AT PGA NATIONAL RESORT

400 Avenue of the Champions

Palm Beach Gardens, FL 33418

800.843.7725 thespaatpganational.com



State of Florida, Department of Health, Massage Establishment License #MM3475