



# THE SPA

AT PGA NATIONAL RESORT

*Our Services*



The Spa 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. Here, we have gathered highly skilled and thoroughly trained professionals in the fields of health, nutrition, athletic performance and lifestyle enhancement. We are, in every way, at your service.

Our exclusive Waters of the World give contemporary expression to the ancient spa tradition of "sanitas per aqua," or 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*

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

### *The Pyrenees*

High in the Pyrenees Mountains, the chilly, pristine waters of Salies de Bearn have long attracted health seekers. We invite you to bathe in the Pyrenees salt pool, which helps to moderate fluid retention, body temperature changes and mood swings.

## ABOUT THE SPA

### Facilities

Spa facilities feature our Waters of the World collection of outdoor 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. A swimsuit is required for our outdoor pools.

### Facility Use

Guests receiving spa treatments (body treatments and facials) may enjoy the facilities on the day of their treatments (Salon services do not apply). Resort guests not receiving treatments may enjoy all spa facilities for a \$25.00 daily fee. (Monday through Thursday only.)

---

## THE SPA'S TREATMENTS

---

### ■ TOUCH THERAPY

#### **The Spa's Signature Swedish Massage**

Indulge in a relaxing full body massage. This massage increases circulation, soothes tired muscles, reduces stress and promotes health and well being. Walk away feeling pampered and refreshed.  
(50 minutes \$115; 75 minutes \$160)

#### **The Spa's Deep Swedish Massage**

Intense and deeply soothing, this full body massage is designed for our guests who prefer firmer, slower pressure to relieve stress.  
(50 minutes \$125; 75 minutes \$175)

#### **The PGA Sports Massage**

Experience an invigorating massage that focuses on key areas to aid joint mobility, flush metabolic wastes from the tissues and relax tight muscles. Specially selected essential oils help to relax and rejuvenate your areas of concern. (50 minutes \$125)

### **The Neuromuscular Massage**

Alleviate the stress-tension-pain syndrome and regain neurological integrity and balance. Enjoy this localized massage that relaxes soft tissues and tense muscles, then releases entrapped nerves and restores the body's natural flow of energy.

(50 minutes \$125; 75 minutes \$175)

### **The Real Aromatherapy Experience**

This authentic journey combines the power of pure essential oils with a specialized massage drawn from the traditions of both East and West, concentrating on the back, scalp, face, neck, shoulders and feet. Carefully applied spinal pressures and foot reflex sequences target the nervous system, ease away stress, and revitalize mind and body. Choose from a selection of hand-blended oils to relax, de-stress, revive, support or renew. (50 minutes \$125; 75 minutes \$175)

### **The Reflexology Treatment**

This body treatment incorporates relaxing techniques combined with compression of specific pressure points on the feet that correspond to individual parts of the body. With origins in ancient Oriental and Egyptian healing arts, this experience promotes balance and deep relaxation of your entire body. (50 minutes \$125)

### **The Special Glow Massage**

Indulge and be pampered with a gentle massage. Special pillows are used to position mothers-to-be comfortably throughout this soothing, tension-relieving escape (only for women in their second or third trimester). (50 minutes \$115)

### **The Couples Massage**

Enjoy The Spa's Swedish Massage together. This full body massage is available for couples who wish to share the peaceful experience of this sensuous treatment in the same room.

(50 minutes \$115 each; \$230 total). Deep Swedish Massage (50 minutes \$125 each; \$250 total)

### **The Shiatsu Massage**

Based on the Oriental Meridian System, this therapeutic massage rebalances the body by stimulating pressure points to relieve tension and stress and promote an overall sense of well-being and renewal. (50 minutes \$125; 75 minutes \$175)

### **The Lymphatic Drainage Treatment**

This ultra calming, light touch massage utilizes slow rhythmic strokes, enhances circulation in the immune (lymphatic) system, relieves stress, facilitates detoxification and helps eliminate water retention.

(50 minutes \$125; 75 minutes \$175)

### **The Cranio-Sacral Massage**

This subtle, slow touch treatment connects with the body's intrinsic cranial pulse and lulls the body into a quiet relaxation where it can naturally adjust imbalance caused from physical or mental stress. The result is a tranquil return of rejuvenation to the body and mind. (50 minutes \$125)

### **The Spa's LaStone Massage**

Enjoy ultimate relaxation with the help of hot volcanic stones. The heat of the stones penetrates the muscles to warm the body and release tension, stress and tightness. Cold marble stones may be used in areas of extreme tightness. This treatment restores physical, mental, and emotional balance. (70 minutes \$190)



### **The Tandem Touch Massage**

Experience twice the relaxation and double the therapeutic power of a soothing muscle massage as two therapists perform a Swedish massage in synchronized, rhythmic fashion to release the tensions and the toxins that have gathered deep within. Walk away renewed, refreshed and reinvigorated.

(50 minutes \$230)

### **The Thai Massage**

This massage uses two primary procedures: applying gentle pressure with hands and feet, and a wide variety of passive stretching movements. With these techniques, space is created in the muscular-skeletal structure, allowing the body to begin to open and regain flexibility, increasing your range of motion. (80 minutes \$160; 110 minutes \$200)

### **The Reiki Massage**

Indulge and experience the gentle healing technique of Reiki. Combined with a full-body massage of slow sweeping strokes and kneading, Reiki produces a deep cleansing effect on mind, body and spirit by releasing blocked energy and eliminating toxins. (75 minutes \$175)

### **The Lomi Lomi Massage**

A part of traditional Hawaiian healing practices dating back nearly 1,500 years, Lomi Lomi is a flowing, vibrant, and deeply relaxing full body massage. It aids in increasing circulation, relieving stress and providing a sense of well being and self-awareness. (50 minutes \$125; 75 minutes \$175)

### **The In Room Massage**

Enjoy a full body massage in the privacy of your suite. Swedish Massage (50 minutes \$155; 75 minutes \$200)  
Deep Swedish Massage (50 minutes \$165; 75 minutes \$210) (12-hour notice required; based on availability)

## **■ BODY SERVICES**

### **The Plush Papaya Body Treatment**

This recipe for healthy skin is one you must experience. Your body is first exfoliated with Epicure's papaya pineapple body scrub. Next, you are massaged with moisturizing, facial-quality, enzyme rich emulsion. The grand finale is an application of glycolic polymer lotion with peppermint to further smooth, exfoliate and stimulate your skin. (75 minutes \$170)

### **The Star Fruit Sugar Glow Treatment**

This treatment is excellent for dry skin. The experience begins with a sugar scrub used to exfoliate dead skin cells. Next, you are lightly massaged with tropical oil, followed by an application of velvety body butter to help nourish and tone the skin. (50 minutes \$125)

### **The Body Purification Ritual**

The cleansing process of our purification ritual starts with our antioxidant rich geranium body scrub, preparing your skin for a powerfully detoxifying volcanic clay body mask that absorbs toxins while simultaneously delivering mineral nutrients. Chinese clay is added to stimulate blood circulation while gently exfoliating and cleansing to help restore and enhance the skin while hydrating, healing and soothing inflammation. The finale is an application of geranium moisturizer to relax, restore, and rebalance your body. (75 minutes \$170)

### **The Noni Body Treatment**

Known for its legendary healing powers, Noni was brought to the islands of Hawaii by ancient Polynesians. The nectar of this tropical berry was used by the Kahunas as a natural healer for a multitude of needs, including sunburn. We apply a Noni Gel from the mineral rich volcanic soil of Hawaii. For a grand finale, warm coconut milk is poured over your entire body and gently massaged in, to leave you with that healthy glow of a tropical island paradise. (50 minutes \$120)

### **The Nourishing Firming Seaweed Wrap**

Add a youthful glow to your skin. Following a dry brush to increase circulation and flush out toxins, we spray an anti-aging skin toner with marine hydroxy acids. This is followed by a seaweed mud paste rich in vital minerals to stimulate cellular turnover; improve circulation and firm up hips, arms and thighs. We finish with a body firming cream infused with crystals from the waters of the Bearn as well as bio-active seaweed extracts and anti-oxidants. The result is radiant skin. (50 minutes \$125)

### The Ginger Lily Treatment

Sugar cane harvested from the sun drenched plantations of Fiji, combined with tropical nut oils and fruit enzymes, will nourish skin with Vitamins A, B, C & E to create the ultimate healthy glow. Coconut milk blended with macadamia and coconut oil are gently massaged into the skin followed by an application of pure cane sugar and tropical nut oils for exfoliation, revealing healthier skin as well as strengthening the skin's elasticity and replenishing moisture loss. Your ritual continues with a massage to soothe and calm tired muscles and ease away stress. (75 minutes \$170)



### The Moor Mud Body Wrap

This treatment uses authentic thermal Moor Mud, one of the most potent natural healing substances, to soothe, rejuvenate, and re-mineralize tired muscles and dull skin. It has powerful anti-inflammatory, anti-aging, detoxifying, nourishing and rejuvenating properties. A generous layer of warm Moor Mud is applied over your entire body. We wrap you and leave you to relax while the Moor Mud works its wonders on your body and finish with an application of hydrating Neroli lotion. (50 minutes \$125)

### The Spa's Muscle Melt

Experience this deep penetrating, all natural herbal liniment body wrap to soothe tired and overworked muscles and joints. This relaxing treatment leaves your body feeling calm and conditioned. The final stress reliever is a massage with a reviving rosemary lotion. (75 minutes \$170)

### The Spa's Body Glow

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 as if you've been basking in the sun of the tropics. Walnut shell and pumice are blended with rich emollient properties to form a deep, exfoliating body scrub to alleviate dry, dead skin. The air brush tan follows. (50 minutes \$115)

### The Green Tea Body Treatment

This uplifting yet tranquil treatment softens, hydrates, and fortifies your skin with various powerful antioxidants. This pampering treatment results in a luminous, revitalized skin tone and includes a body exfoliation, hydration and massage. (50 minutes \$125)

### The Purify + Protect Body Treatment

Embrace this full body refresher. Our energizing exfoliation treatment gently nudges away dull surface cells while revitalizing and hydrating the skin. Both cleansing and renewing, this treatment also includes a full body massage. This treatment will leave your skin supple, nourished and awakened. (50 minutes \$125)

## ■ WATER THERAPY

### The Watsu Experience

By using a muscle re-education approach, Watsu involves mobilization of joints and soft tissue while creating a profound relaxation. Clients are continuously supported while being floated and gently stretched in warm mineral pools. (50 minutes \$115)

## ■ AMALA FACIALS

### The PGA Custom Facial

This customized facial is a classic favorite. The purifying experience includes cleansing, exfoliation and hydration. It is designed for basic maintenance. Extractions are performed, but not the primary focus. (50 minutes \$125)

### The Sensitive Skin Facial

Reveal your radiance with a special clay mask to strengthen and soften skin. Extractions not recommended but performed lightly if needed. (50 minutes \$125)

### The Special Glow Facial

The Spa's luxurious facial for the mother-to-be. Relax with a cooling foot treatment or choice of light extractions. (50 minutes \$125)

### The Marine Firming Facial

Enjoy a relaxing facial with our holistic approach for anti-aging with a special peel off seaweed mask. (50 minutes \$145)

### The Harmonizing Facial

Brighten your skin, one mask at a time. Two masks, purifying then replenishing, will be applied and will leave your skin soft and supple. Extractions performed. (75 minutes \$160)

### The Men's PGA Custom Facial

The facial is a deep cleansing and purifying treatment. Using natural marine ingredients to hydrate and nourish the skin, it is designed with the unique needs of today's man in mind. It is the perfect treatment for maintaining the allure of handsome skin. (50 mins \$125.00)

### The Amala Eye Treatment Add On

Available for Amala treatments only. (\$30.00)

## ■ EPICUREN TREATMENTS

The following treatments have been designed to create change to your skin's appearance. Special care must be taken. We do not recommend sun-bathing the day of or after treatments.

Results are seen after the first treatment. Best results are seen after 6 treatments. Series of 3 or 6 are available.

### The Lymphatic Treatment

Lymphatic massage is the focal point of this cleansing facial. The results directly influence puffiness from water retention caused by stress, lack of sleep, or the aging process, and also improve conditions such as acne, rosacea and sunburn. Excellent pre or post cosmetic surgery to inhibit or reduce swelling. (50 minutes \$125)



### The Deep Cleansing Treatment

This intense cleansing focuses on extractions and is good for all skin types that need special attention to clogged pores. See and feel an immediate difference in texture, clarity, and smoothness. (50 minutes \$125; 75 minutes \$160)

### **The Recovery Treatment**

The Spa's Recovery Treatment is especially designed for delicate skin in need of healing and repair. This treatment is ideal for golfers and sun worshipers and is appropriate for sunburned skin (no steam, no extractions). (50 minutes \$125)

### **The Youthful Renewal Treatment**

Reduce sun damage and restore moisture in skin to unveil a youthful glow with the new Microdermabrasion with Alpha-Omega and a firming enzyme mask. (50 minutes \$160)

### **The Rejuvenating Treatment**

Tighten, firm and refresh your skin. The 50 minute treatment has a 5% hot peel and two tightening and firming enzyme masks.

The 75 minute treatment is done with a 10% hot peel and three tightening and firming enzyme masks. This is a more intense version of the 50 minute recommended for the seasoned Rejuvenating Treatment user. (No extractions in either treatment).

There are no acids or chemicals in these treatments. The key ingredients are cinnamon extract, digestive enzymes, potato powder and oatmeal. These treatments are not suggested for anyone who has had facial surgery within the year and any injectables within a month. (50 minutes \$125; 75 minutes \$175)

### **The Back Cleansing Treatment**

The popular Back Cleansing Treatment is an intensive and luxurious cleansing. It includes deep cleansing, exfoliating with glycolic peppermint, and moisturizing for the back and shoulders. This treatment also includes a foot massage and scalp massage that leave you feeling completely at ease. (50 minutes \$145)

### **The Glycolic Treatment**

Improve the texture of dry, sun-damaged skin and boost cell turnover to reveal smoother, brighter skin with the Spa's 30% glycolic peel and microdermabrasion scrub. (50 minutes \$190)

### **The Pigment Balancing Treatment**

Reduce the appearance of uneven pigmentation and enjoy softer, healthier looking skin after experiencing the Pigment Balancing Treatment. This includes a 5% glycolic microdermabrasion scrub and skin lightener serum treatment. (50 minutes \$160)

### **The Men's Deep Cleansing Treatment**

This intense cleansing designed for a man focuses on extractions and is good for all skin types that need special attention to clogged pores. See and feel an immediate difference in texture, clarity, and smoothness. (50 minutes \$125; 75 minutes \$160)

### **The Men's Golfer Recovery Treatment**

The Spa's Recovery Treatment is especially designed for delicate skin in need of healing and repair. This treatment is ideal for golfers and sun worshipers and is appropriate for sun burned skin (no steam, no extractions). (50 minutes \$125)

### **The Epicuren Eye Treatment Add On**

This eye treatment is intense and includes exfoliation around the eye area with a firming enzyme mask, followed by a biopeptide and phyto placenta treatment. Available for Epicuren treatments only. (\$30.00)

## **■ EYELASH EXTENSIONS**

Eyelash extensions will give you longer, thicker, luscious and natural looking eyelashes. Eyelash extensions are applied one lash at a time to your natural eyelashes for a comfortable, natural look and feel.

(\$125 per hour)

Lash Removal (30 minutes \$75)

**Make-up Application \$55**

## ■ WAXING

Full Leg \$72

Half Leg \$42

Bikini \$42

Brow \$22

Chin; Lip, each \$17

Face \$52

Lower Arm or Upper Arm, each \$22

Full Arm \$32

Back Wax \$77

## ■ GARDENS DERMATOLOGY AT THE SPA AT PGA NATIONAL

Gardens Dermatology is proud to be partnered with The Spa at PGA National to offer the following services: (Consultation required.)

### **Botox® Cosmetic**

For the treatment of wrinkles surrounding the eye, forehead, and frown lines to give the face a rejuvenated look.

### **Restylane®**

Smooths wrinkles, sculpts lips, and shapes facial contours. It is a clear gel composed of hyaluronic acid, a natural substance that is found throughout your body. The most common areas for this treatment are the smile lines and marionette lines of the perioral area, and lips.

### **Perlane®**

Replaces lost volume and restores youthful contours of the skin and smooths away moderate to severe facial wrinkles and folds, such as the nasolabial folds. Perlane gel particles are larger and designed for a deeper injection than Restylane®.

### **Juvederm®**

Smooths wrinkles and shapes facial contours. It is a clear gel compound composed of hyaluronic acid. The role of hyaluronic acid in the skin is to deliver nutrients, hydrate the skin by holding in water, and to act as a cushioning agent. The most common areas for this treatment is the nasolabial folds.

### **Radiesse®**

Used for deeper wrinkles and contours. It is made from the same minerals found in our bones so there is no risk of allergic reaction. Radiesse is a longer lasting filler and is most commonly injected in the nasolabial folds (smile lines), perioral lines (around the mouth), and depressed scars.

### **Photorejuvenation**

Treats freckles, age spots, and sun damage. The intense pulsed light (IPL) selectively targets abnormal changes in the skin and reverses them gradually with each treatment. The result is improved skin quality, color, and tone.

### **Laser Hair Reduction**

Removes unwanted hair. Imagine going to the beach, gym, boating and many other activities we have in South Florida without having to worry and without the hassle of shaving, waxing, or plucking hair. This treatment is able to treat most skin types on the face, back, bikini, underarms and other areas.

### **Microdermabrasion**

Improves the appearance of fine lines and wrinkles, brown spots, scars, and acne blemishes. With the latest technology it utilizes natural diamond chips plated to a stainless steel surgical wand that effectively polishes away dead skin layers to expose healthier skin and promote new growth. Safe for all skin types, this treatment is virtually pain free and leaves skin feeling silky smooth. The treatment takes about 45 minutes, every 1 to 2 weeks and is most effective when 5-7 treatments are done.

### **Permanent Make-Up**

Applies eyebrows, eyeliner, and lip color so that you never have to worry about applying make-up. This is done in two treatments; the initial treatment and a complimentary enhancement.

*The Salon*

## ■ THE SALON

The Salon at PGA National Resort offers a comprehensive selection of hair care services with state-of-the-art technology for cuts, color, perming and straightening. The Salon can maintain your present style or create a glamorous new look.

Our professionally trained makeup artists provide complete makeup and makeover services upon request.

From expert manicures to deluxe pedicures with reflexology massages, our nail technicians will soothe and re-invigorate your hands and feet.

The use of our Waters of the World Mineral Pools and Spa facilities are not included with Salon services.

## ■ SPECIALTY HAND AND FOOT TREATMENTS

### The Spa's Signature Manicure

This treatment has been developed to deliver smooth, ultra-nourished hands that are irresistible to hand holders everywhere – includes, soak, revitalizing exfoliation, cuticle detail, nail shaping, massage and polish application. (50 minutes \$55)

### The Spa's Signature Pedicure

This treatment has been developed to rejuvenate the senses, nourish and soften the skin, while promoting overall body wellness. Includes soak, purifying exfoliation, foot masque, cuticle detail, nail shaping, massage and polish application. (50 minutes \$65)

### The Reflexology Pedicure

The ultimate in relaxation and comfort, this luxurious pedicure features a paraffin dip, aroma oils and a 20-minute reflexology massage. You walk away with smooth legs and feet feeling totally revitalized. Includes polish application. (75 minutes \$85)

### The Mandarin Honey Pedicure

With the use of aromatherapy scents such as lavender mint, citrus honey and mandarin-almond, indulge yourself, promote cellular renewal and rejuvenate your skin with antioxidants. You will be exfoliated with an intense sugar honey scrub and massaged with a skin nourishing mandarin citrus blend of essential oils. Finally, your feet will be hydrated using a white tea foot mask to leave your feet and legs smooth and refreshed. Includes polish application. (75 minutes \$85)



### The Dead Sea Pedicure

Feet are soaked in Dead Sea salts to revitalize and soothe away aches and pains. Then a gentle exfoliation with Dead Sea salts, plant extracts, and dried herbs follows. Next, relax as feet are wrapped in a refreshing Dead Sea mud masque to re-mineralize, hydrate and refresh the skin. A full pedicure with polish finishes the treatment. (50 minutes \$60)

### **The Star Fruit Pedicure**

The Spa has taken the pedicure to the next level. We begin with a luxurious coconut bath soak. Your feet are then exfoliated with our coconut sugar scrub, followed by a foot massage using star fruit lotion and body butter. A full pedicure with polish completes this treatment leaving your feet hydrated and nourished. (75 minutes \$85)

### **The Dilo Pedicure**

Revitalize tired swollen feet and legs with Dilo oil, a traditional Fijan remedy. Start with a cleansing in coconut milk and an exotic blend of nut oils, followed by an exfoliation of natural occurring alpha hydroxyl in a pure cane sugar infused with essential oils, enzymes and coconut oil. Next, your feet are moisturized in a luxurious cocoon of Dilo rescue butter while your legs are cooled with a refreshing leg massage with Dilo rescue gel. Includes polish. (50 minutes \$65.00)

### **For Kids Only (All Ages)**

Ice Cream Manicures & Pedicures  
(Choose your flavor:) (\$75)

## **■ SALON SERVICES**

The Salon at PGA National Resort offers its services on an a la carte basis. Salon services include:

### **Design services for Women and Men - haircuts, shampoos and styling**

Hair and Color Treatments

Nail Services - hands and feet

## **■ A LA CARTE CHOICES**

### **Design Services - Women**

Haircut and Blow-dry, \$65

Long, \$75

Haircut Only \$45

Shampoo and Blow-dry \$40; Long, \$50

### **Design Services - Men**

Haircut and Blow-dry \$35

Beard Trim \$20

### **Hair and Color Treatments**

Glaze \$70

Color \$75

Double Process Color \$90

Highlighting \$150

Partial Highlighting \$110

Perm \$100

Designer Perm \$160

Thermal Reconditioning \$125/Hour

Keratin Straightening \$125/hour

Updo \$65 & Up; Bridal Updo \$75 & Up

Kerastase Express \$35; Kerastase Deluxe \$50

(Hair coloring and permanents do not include styling)

### **Nails**

Manicure \$24

Pedicure \$48

Polish Change \$12

French Manicure \$29

French Pedicure \$53

French Polish Change \$20

Paraffin Treatment Hands \$15

Paraffin Treatment Feet \$15

Nail Repair, each \$5

## ■ SPA INFORMATION

### Hours of Operation

8:00 a.m. to 7:00 p.m. Daily

\*Hours of operation may vary.

### Reservations

We suggest making all service reservations at least two weeks in advance. Please call (561) 627-3111 for appointments. Upon booking, please notify our reservationists of your preference for a male or female therapist, as well as any physical ailments or conditions (including pregnancy). Resort guests may dial extension 5800 for The Spa and Salon appointments. A room number or credit card is required to secure your appointments.

### Spa Etiquette

The Spa is an adult environment where our guests are 16 years of age or older. The Spa environment is one of tranquility and relaxation. 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 first 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 services will be charged for cancellations 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.

### Waters of the World Cafe

Our outdoor cafe by the sparkling pools is open from 11 a.m. - 3 p.m. for beverages, snacks and a light lunch.

## ■ PACKAGES

### Full Day Packages

Each of the following full day packages include the use of all spa facilities, as well as a robe and slippers. Additional services are available on an a la carte basis.

#### Ultimate Indulgence Package (\$530)

70 minute La Stone Therapy  
50 minute Rejuvenating Treatment  
50 minute Signature Manicure  
Dead Sea Pedicure  
Spa Cuisine Lunch

#### Championship Package (\$500)

75 minute Muscle Melt  
50 minute PGA Custom Facial  
Manicure  
Reflexology Pedicure  
Spa Cuisine Lunch

#### Day of Beauty (\$435)

50 minute Signature Swedish Massage  
50 minute PGA Custom Facial  
Manicure  
Pedicure  
Shampoo and Style  
Spa Cuisine Lunch

### **Sportsmen's Sampler (\$410)**

50 minute PGA Sports Massage  
50 minute Recovery Treatment  
Manicure  
Pedicure  
Spa Cuisine Lunch  
Unlimited Fitness Use

### **Half Day Packages**

Each of the following half day packages include the use of all spa facilities as well as a robe and slippers. Additional services are available on an a la carte basis.

### **Spa Retreat (\$365)**

50 minute Signature Swedish Massage  
50 minute PGA Custom Facial  
Manicure  
Pedicure

### **Pregnancy Package (\$340)**

50 minute Special Glow Massage  
50 minute Special Glow Facial  
Pedicure

### **Teen Special Occasion Package (Ages 7-15) (\$220)**

Teen Updo  
Make-Up Application  
Manicure & Pedicure

### **■ GIFT CERTIFICATES**

We recommend our gift certificates as an ideal gift for anyone on any occasion. Gift certificates may be purchased at The Spa, by phone, or on the shopping pages on our web site. Please visit [www.pgare-sortshopping.com](http://www.pgare-sortshopping.com). Phone and mail orders are also available. For more information, call (561) 627-3111.

The Spa is not responsible for lost or stolen gift certificates.

Prices and menu offerings subject to change.



450 Avenue of the Champions  
Palm Beach Gardens, FL 33418  
561-627-3111 • 800-843-7725  
561-627-6056 (fax)

[www.thespaatpganational.com](http://www.thespaatpganational.com)  
[www.pgaresortshopping.com](http://www.pgaresortshopping.com)