menu of services

We accept:
- SpaFinder
- Gift Cards

State of Florida, Department of Health, Massage Establishment License #8475
Our exclusive Waters of the World, give contemporary expression to the ancient spa traditions of sanitas per aqua (health through water). In this collection of outdoor mineral pools, we have recreated healing waters from some of the earth’s most treasured locations.

**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 ($50 minimum spend to receive complimentary spa facility use). Resort guests not receiving treatments may enjoy all spa facilities for a $25 daily fee (Monday through Friday only).

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**Waters of the World Café**

Dine on spa specialty cuisine at our outdoor café located by the Waters of the World pools. Hours of operation are 11am to 4pm for light lunch, beverages and snacks.

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**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 Pyrenées salt pool helps moderate fluid retention, body temperature changes and mood swings.

**The Dead Sea (Israel)**

For centuries, travelers have bathed in these mineral-rich waters. Famed for its locational effects on internal and external health, the waters loosen digestive gas and enhance mental and environmental stress.

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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.
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)

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

from the gulfs 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
LYMPHATIC DRAINAGE
A light touch treatment; enhances lymphatic flow, aids detoxification and reduces water retention. (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)

from the swiss alps
SWEDISH MASSAGE
A gentle, full body massage incorporating long fluid movements. (50 min/75 min)

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

mассажи

from the côte d’azur, france
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Pure Fiji is based on a botanical blend of four exotic drift nut oils and passionflower extract.

Discover the South Pacific secret for beautiful skin and hair.

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.
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-minute massage using tropical oils and an aromatic body butter. (50 min/75 min)

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**from the polynesian islands**

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

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**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)

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**from the coast of brittany, france**

**SEA SCRUB BODY EXFOLIATION**
Rich, exfoliation that smoothes and moisturizes as it melts into the skin. (25 min)

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**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)

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**from the dead sea, israel**

**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)

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**from lake heviz, hungary**

**MOOR MUD BODY WRAP**
Experience the detoxifying effects of this dark healing mud and feel revived. (50 min)

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**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.**

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**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)

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**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)

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**PLUSH PAPAYA TREATMENT**
Invigorate your body with this papaya pineapple scrub, and then relax with a moisturizing Swedish massage. (75 min)
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 reestablishes 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 effervescence 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. Chiu
This revolutionary beta/alpha acid peel stimulates cellular turnover, reducing fine lines and wrinkles, improving overall skin tone, texture and clarity. (25 min/50 min)

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.
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.
**DEAD SEA PEDICURE**
Mineral salts soothe away aches and pains and exfoliate dry skin; a dead sea mud masque remineralizes 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 effervescence bomb followed by a marshmallow mask, soothing massage using warm lotion, and polish application. (75 min)

**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 pureform treatment, aromatic detoxifying oils and a revitalizing 20-minute 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)

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**Recommendation:**
Share 24 hours prior to a pedicure.

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**HAIR**
Haircut and Blow-Dry
Glaze
Haircut Only
Color
Shampoo and Blow-Dry
MUA Color
Highlighting
Perm
Partial Highlighting
Up-Do
Keen Hair Straightening
Bridal Up-Do
Kerastase Express Treatment
Kerastase Indulgent Ritual

**EYES**
Eyebrow Tinting
Eyelash Tinting

**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.

**NAILS**
Nail Repair
Manicure
French Manicure
Gelish Manicure
Gelish French Manicure
Polish Change
French Polish Change
Pedicure
French Pedicure
Pedicure Hand Treatment
Pedicure Foot Treatment

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Pedicure
French Pedicure
Pedicure Hand Treatment
Pedicure Foot Treatment

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

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**skin care**
**WAXING**
Arm (Lower), Arm (Upper), Arm (Full)
Leg (Thigh), Leg (Full)
Back
Semi Brazilian
Brazilian
Bikini
 Chin
Lip
Face
Eyebrow Sculpting

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**specialty manicures and pedicures**
**nails**
Nail Repair
Manicure
French Manicure
Gelish Manicure
Gelish French Manicure
Polish Change
French Polish Change
Pedicure
French Pedicure
Pedicure Hand Treatment
Pedicure Foot Treatment

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**Ice Cream Manicure & Pedicure**
(Kids 5-12 years old)
A gentle soak with a scented effervescence bomb followed by a marshmallow mask, soothing massage using warm lotion, and polish application. (75 min)
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, which 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 an 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)

half day packages

SPÄ 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)

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)

gentlemen’s packages

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

GENTLEMEN’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)
You’ve been dreaming of this day, now let us help you make it perfect. At the Spa and Salon at PGA National, we have wonderful ways to make you look and feel radiant as you walk down the aisle. Relax with a spa treatment shared with your spouse-to-be or your entire bridal party. Our cabanas next to our tranquil Waters of the World pools are an intimate way to celebrate your engagement as you sip Champagne and enjoy a luxurious spa experience. There are more than 100 treatments to choose from, including an indulgent couple’s massage. Show your bridal party how much you appreciate their friendship by pampering them with soothing body treatments, massage therapy or rejuvenating facials.

Our salon offers everything you need to look spectacular on your wedding day—from expert make-up application to beautifully manicured nails and stylish up-dos. With our bridal suites and spa suites, the spa comes to you—for the ultimate in exclusive pampering services. Choose from any of our spa/salon packages for the bride and groom, or let us create one just for you.

THE PAMPERED BRIDE
Includes a bridal up-do and make-up application. (2.5 hrs)
*Blowdry additional

I DO
Includes 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 couple’s massage, and couple’s manicures & pedicures. (2.5 hrs)
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.

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**NOW SEEING PATIENTS AT THE SPA**

Call ext 5603 or (561) 833-4122

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<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
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<tbody>
<tr>
<td>Forehead Wrinkles</td>
<td>BOTOX® or Dysport®</td>
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<tr>
<td>Crows Feet</td>
<td>BOTOX® or Dysport®</td>
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<td>Lip Lines</td>
<td>Restylane® or JUVÉDERM®</td>
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<td>Thin Lips</td>
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<td>Hollow Cheeks</td>
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<td>Sunken Undereyes</td>
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<td>Parenthesis</td>
<td>Restylane® or JUVÉDERM®</td>
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**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 or credit card 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 condition. 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](http://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.

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**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](http://www.PalmBeachPlasticSurgery.com)

Find us on [Facebook](http://www.facebook.com)