



SPA

PGA NATIONAL RESORT

Menu

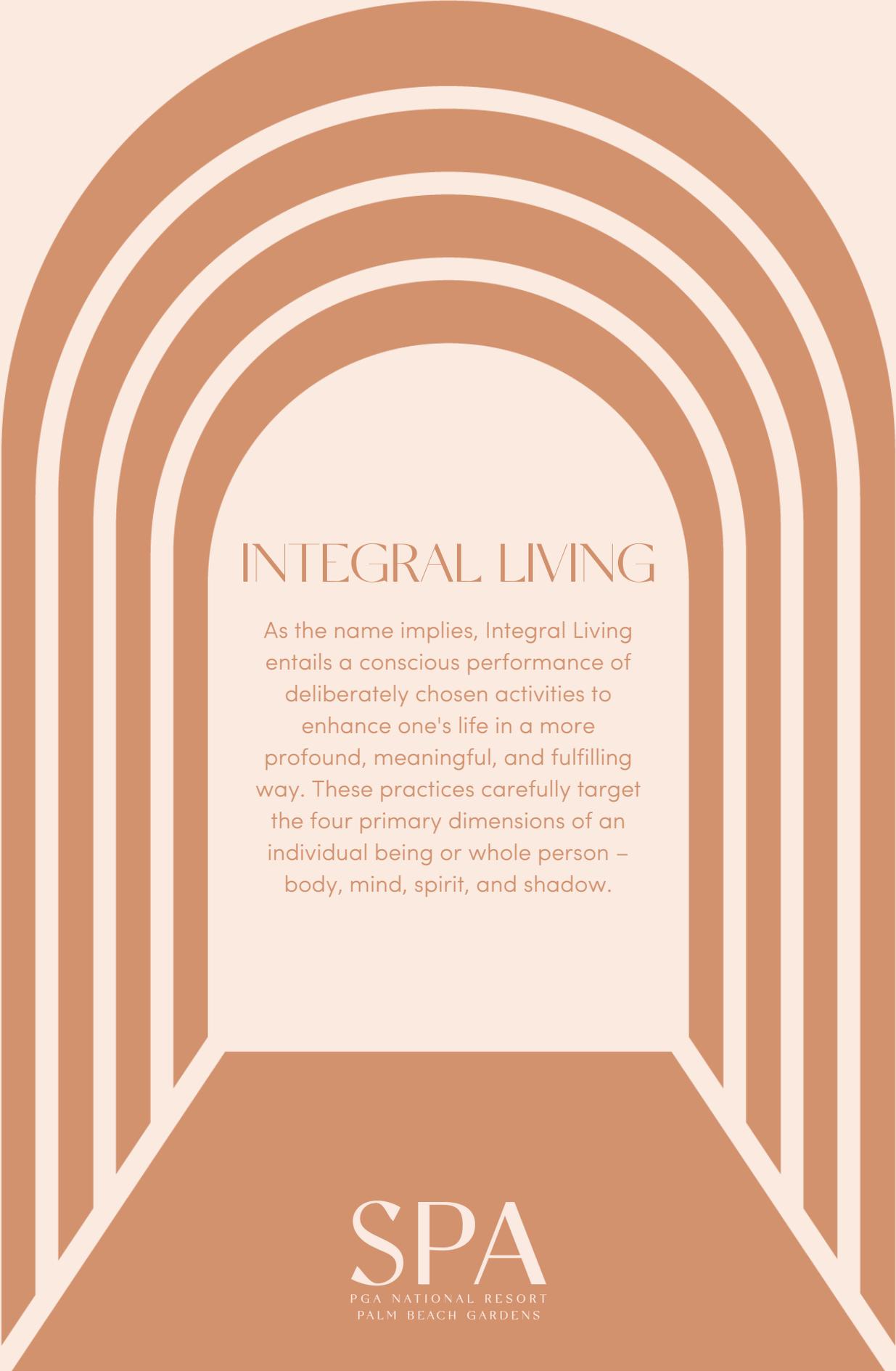


Balance is the key to life. Our Spa is a calm escape to breathe, heal and rejuvenate with individualized holistic care for the wellness- seeker.

The defining arch of our space represents lightness and openness while lifting the spirit to a higher plane. Upon entering, you are transported into another kind of time and space, one connected with a serene sense of well-being.

Honoring the universal law that there is always a way, the arches you'll find throughout gently remind us of the openness of life for healing, balance, and growth.

Welcome to a new era of wellness.



INTEGRAL LIVING

As the name implies, Integral Living entails a conscious performance of deliberately chosen activities to enhance one's life in a more profound, meaningful, and fulfilling way. These practices carefully target the four primary dimensions of an individual being or whole person – body, mind, spirit, and shadow.

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INTEGRAL LIVING

Cranio-Sacral Therapy.

50 / 80 minutes | 225 / 275

Subtle, slow touch treatment stimulates the nervous system and stressed muscles to return to a more relaxed state.

Thai Massage.

80 / 110 minutes | 275 / 325

Compression and passive stretching techniques performed on a Thai Mat. This overall body stretch allows your natural energy flow to come back into balance. *Wear comfortable, loose-fitting clothing.

Watsu Therapy.

50 minutes | 265

In our warm mineral pool, this aquatic bodywork uses deep relaxation and passive aquatic therapy techniques that allow you to quiet the mind while tension floats away. A therapist gently cradles, moves, and stretches you in chest-deep warm water. Bathing Suit Required.

Reiki Treatment.

50 minutes | 225

Light, non-touch energy work allows the body and mind to completely relax, with an almost immediate release of stress and a feeling of deep relaxation.

Shirodhara.

50 minutes | 245

This harmonizing treatment begins with a soothing stream of warm oil flowing onto your "third eye" to ease the mind and encourage a REM state of being. Oil is massaged into your hair and scalp, followed by a light facial massage.



HEALING SALT THERAPY

The healing, restorative powers of the sea naturally draw us in. Salty air and water have been used throughout history to remedy many ailments. We've harnessed and concentrated these curative powers with our salt chamber.

The halogenerator uses pharmaceutical-grade dry salt in a comfortable, controlled environment to aid respiratory and skin conditions, athletic performance, and general well-being.

Breathe. Heal. Rejuvenate.

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HEALING SALT THERAPY

Salt Session.

25 minutes | 45

BREATHE deeply as you relax in our salt chamber pre-or post-treatment. This 25-minute therapy enhances your overall wellness by boosting your immune system, removing toxins, and cleansing your skin.

Himalayan Salt Stone Treatment.

80 minutes | 295

HEAL and release the stresses of the day. This experience begins with a selection of binaural beat meditations available digitally within our Salt Chamber. It continues with a relaxing massage using warm Himalayan salt crystal stones to soothe away stress & tension and promote an increased sense of well-being.

Salt Immersion Therapy.

50 minutes | 225

REJUVENATE as you enjoy the restorative properties of the salt chamber, and then revive your skin with a dry-stone exfoliation and an invigorating salt scrub.



TOUCH THERAPY

Discover an oasis of restorative therapies for the body, mind, and spirit at the Spa. Our therapists are trained in various modalities and want to help you on your lifestyle journey. Please feel free to speak with our wellness experts within the privacy of your treatment room to customize a treatment designed specifically for you.

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TOUCH THERAPY

Massage by Design

50 / 80 minutes | 195 / 265

Customizing the pressure to your specific needs, your therapist will pay special attention to the areas of the body you feel need it the most. This massage may incorporate stretching, soothing muscle balm, and aroma oils.

Golfer's Massage.

50 minutes | 225

This sports massage focuses on loosening stiff hips and shoulders to improve your golf swing and up your game. Using acupressure techniques and stretching relaxes those tight areas to enhance flexibility.

Neuromuscular Massage.

50 / 80 minutes | 225 / 275

Localized massage that relaxes soft tissues and tense muscles, releasing entrapped nerves. Especially helpful for chronic issues.

Aromatherapy Massage.

50 & 80 minutes | 215 / 265

Enliven the senses with scents that speak to your specific needs and enhance your massage with the power of aromatherapy oils.

Expecting Mother's Massage.

50 minutes | 225

This nurturing prenatal massage gives special attention to the mother's comfort at various stages of pregnancy. Massage techniques, organic oil, and pregnancy support pillows will help you relax and care for both you and your baby. Offered in the last two trimesters of pregnancy.

Sacred Couples Massage.

50 / 80 minutes | 415 / 545

Couples can retreat from daily worries and experience the therapeutic power of touch together, with an exclusive treatment that offers healing and bonding at the same time.

Lymphatic Drainage.

50 / 80 minutes | 225 / 275

Relaxing light-touch treatment of selected areas to enhance lymphatic flow. Aids with detoxification and reduces water retention.

Hot Stone Massage.

80 minutes | 295

Deeply relaxing massage with warm, smooth basalt stones to release tension, stress, and tightness. If you only have time for one treatment, this is a Must-Try!.

Lomi Lomi Massage.

50 / 80 minutes | 225 / 275

Based on Hawaiian healing techniques, this rhythmic, fluid massage allows for a deeply relaxing treatment, enhanced with pineapple oil.

In-Room Massage.

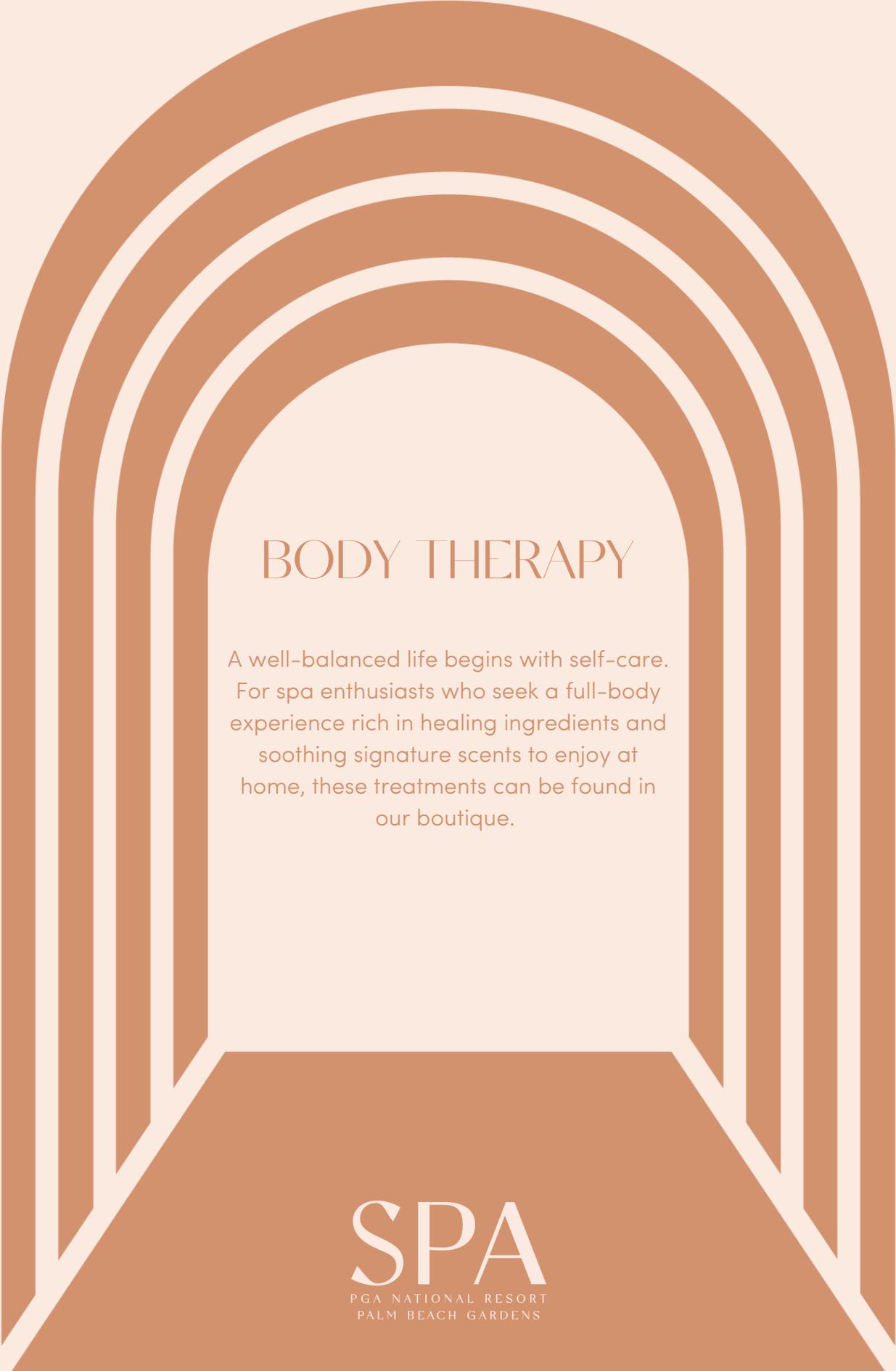
50 / 80 minutes | 265 / 310

Experience a custom massage in the privacy of your Guestroom or Suite. Please allow additional time for travel.

Reflexology Treatment.

50 minutes | 225

More than just a foot massage, this relaxing technique combines the compression of pressure points on the feet that correspond to individual areas of the body.



BODY THERAPY

A well-balanced life begins with self-care. For spa enthusiasts who seek a full-body experience rich in healing ingredients and soothing signature scents to enjoy at home, these treatments can be found in our boutique.

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BODY THERAPY

Moor Mud.

50 minutes / 245

Experience the detoxifying effects of this rich healing mud and feel revived. Conclude with a hydrating body balm.

Fountain of Youth Body Wrap.

50 minutes / 265

Firming, hydrating, collagen-boosting, after-sun treatment.

Seafoam Body Wrap.

50 minutes / 265

This treatment is based on the renowned esthetical technique of heat wrapping; gentle exfoliation using a marine sponge at the start of the treatment stimulates the epidermis. This seaweed "cocoon" treatment leaves you beautifully relaxed and visibly purified. "Not suitable for those sensitive to iodine."

Sea Scrub Body Exfoliation.

25 minutes / 120

For a gentle, creamy, moisturizing exfoliation with a DIY light moisturizing body lotion to apply at the conclusion.

Tropical Sugar Scrub.

50 minutes / 225

Customize your experience with this refreshing body scrub. Select from various scents that satisfy your olfactory palette. A complimentary elixir accompanies this service.



SKIN THERAPY

Your skin plays an influential role in your overall health and is vital for protecting you from various external toxins, which is why it is often the most clearly in need of treatment. We offer a variety of nourishing, restorative, and customized facials using the cleanest and most powerful ingredients to address your unique skincare needs that will leave you glowing.

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SKIN THERAPY

HYDRAFACIALS

One of the most powerful treatments available today, HydraFacial's utilize non-invasive skin resurfacing therapies through a multistep process, leaving your skin smooth, bright, and with a youthful radiance.

GOLD Treatment.

50 minutes / 90 minutes | 385 / 415

This anti-aging treatment starts with a detoxification process, deep cleanse, enhanced with glycolic treatment, and concludes with an LED light therapy to help banish the signs of aging.

Hydration Treatment.

25 minutes / 235

An advanced system that cleanses, exfoliates, facilitates extractions and delivers hydration to the skin.

Age Refining Treatment.

50 minutes / 295

An invigorating treatment that includes all the essentials. The Age-Refinement HydraFacial Includes Derma Builder Serum to reduce the appearance of fine lines and wrinkles.

Clarifying Treatment.

50 minutes / 295

The Clarifying treatment uses a high concentration of glycolic acid combined with blue-light therapy to target bacteria and improve the appearance of oily or congested skin.

Youthful Glow Facial.

50 minutes / 225

Restore your skin's youthful glow.

Customized Facial.

50 minutes / 195

A refreshing treatment customized to your specific skin type.

Expecting Mother's Facial.

50 minutes / 225

This nurturing prenatal facial gives special attention to the mother's comfort at various stages of pregnancy. This specialized skin treatment enhances your natural glow during this time of change.

Pro-Collagen Lift & Firm.

50 minutes / 225

Boost Collagen, Firm, and lift. This facial Mimics Laser, LED, and micro-needling techniques.

Radiance and Refining Peel.

50 minutes / 245

An extraordinary exfoliation; effective on fine lines, acne, hyper-pigmentation, and dry patches; refines and brightens your skin tone.

Just Beauty CBD Facial.

50 minutes / 225

Relish the amazing, luxurious plant-powered benefits of full-spectrum CBD containing antioxidants and various compounds with oil reducing, anti-inflammatory, and antimicrobial properties.

WAXING

All Waxing Services are available upon request.



GENTLEMEN

Explore high-performance treatments designed specifically for the male spa-goer at the Spa. If you're looking for results and improving overall well-being, you've come to the right place. While enjoying a service within the Barber Shop or the Spa, we will treat you to a beverage of your choice.

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GENTLEMEN

Ritual Shave

45 minutes / 85

Experience the luxurious ritual during a straight razor shave (disposable blade) performed by our expertly trained Master Barbers featuring cleansing, exfoliation, essential oil-infused hot towels, and our signature After-Shave Mask. Beard and mustache trim included.

Signature Shave

45 minutes / 65

A hot towel, straight razor (disposable blade) shave featuring essential oils, and our signature after-shave mask. Beard and mustache trim included.

Executive Shave

30 minutes / 45

A hot towel, straight razor (disposable blade) shave featuring essential oils.

Mustache, Beard, or Goatee Trim

30 minutes / 50

Our traditional shave service features a special emphasis on shaping the beard, goatee, or mustache.

Executive Head Shave

60 minutes / 75

Our Traditional Head Shave features essential oil-infused towels and our signature After-Shave Mask.

Executive Haircut

45 minutes / 75

A haircut featuring an essential oil-based Scalp Therapy Treatment to help refresh and cleanse the scalp.

GENTLEMEN

Haircut

30 minutes / 50

Haircut using a combination of shears and clippers.

Scalp Treatment

15 minutes / 25

The Scalp Therapy Treatment is designed as an invigorating scalp massage utilizing a blend of essential oils to refresh and cleanse the scalp.

Neck Shaping

10 minutes / 25

Our traditional back of neck shaping uses a razor and/or clippers to taper and clean up the neck. It is included with all shaving and haircut services.

Beard & Moustache Shaping

15 minutes / 35

Our shears only shape the beard and/or mustache. No shaving or lining of the beard or mustache is included with this service. For lining, please book one of our complete shave services.

The Outdoorsman

50 minutes / 195

This facial designed specifically for men treats dryness and removes the buildup of dead skin, reducing the irritation of ingrown hair from shaving and daily routines. This intensive exfoliation increases cellular turnover, revealing younger-looking skin.

Golfer Massage

50 minutes / 80 minutes | 225 / 275

This sports massage focuses on loosening stiff hips and shoulders to improve your golf swing and up your game. Using acupressure techniques and stretching relaxes those tight areas to enhance flexibility.

MAN'icure

30 min / 50

Invigorating exfoliation removes dry skin while a stimulating massage of the forearm/hands supplies relaxation and hydration. Nails are filed and buffed, calluses removed, cuticles trimmed for a finished look. No polish is applied.

Sports Pedicure

50 min / 85

Invigorating exfoliation removes dry skin while a stimulating massage of the calf/feet supplies relaxation and hydration. Nails are filed and buffed, calluses removed, cuticles trimmed for a finished look. No polish is applied.

Hole in One Package

3 hrs. / 325

50-minute Massage by Design, choice of barbershop services, Sports Pedicure.



SALON

Lift your spirits to a higher plane. Enjoy
a full range of innovative beauty
services, nail care, and hair treatments
in our rose-colored salon.

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SALON

SPECIALTY MANICURES & PEDICURES

Rose Bliss Manicure 85
Rose Bliss Pedicure 85
Stress Relief Pedicure 115
Tropical Pedicure 115

NAILS | NATURAL, GEL & POWDER SERVICES

Manicure 50
Pedicure 65
Series of six Pedicures 50 minutes 325
*Additional Nail Services available upon request

HAIR

Cut & Style (Short / Long) 145+
Shampoo & Style (Short / Long) 85+
Glaze 85
Color & Style 165
Highlighting & Style 265
Keratin Straightening 90 minutes 225+
Keratin Straightening 120 minutes 375+
Bridal Consultation 150+
Conditioning Hair Treatment 85

PACKAGES

Mr. & Mrs. Package.
2.5 hrs. / 595

Includes champagne for two, a couple's massage, and couple's manicures & pedicures.

Expecting Mothers.
2.5 hrs. / 465

Expecting Mothers Massage, Mommy to be facial, Pedicure

Spa Retreat Package.
3 hrs. / 455

Massage by Design, Pure Glow Facial, Manicure, and Pedicure

Day of Beauty Package.
5 hrs. / 575

Massage by Design, Customized Facial, Tropical Pedicure, Manicure, shampoo & style, lunch

Ultimate Indulgence Package.
5.5 hrs. / 615

80-minute Massage by design, Anti-Aging Facial, Pedicure, Manicure, lunch



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Reservations

800.843.7725 or 561.627.3111

pgaresort.com