



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.



## 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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PALM BEACH GARDENS

# TOUCH THERAPY

## Massage by Design

50 / 80 minutes

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

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

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

## Aromatherapy Massage.

50 & 80 minutes

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

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

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

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

## Hot Stone Massage.

80 minutes

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

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

## In-Room Massage.

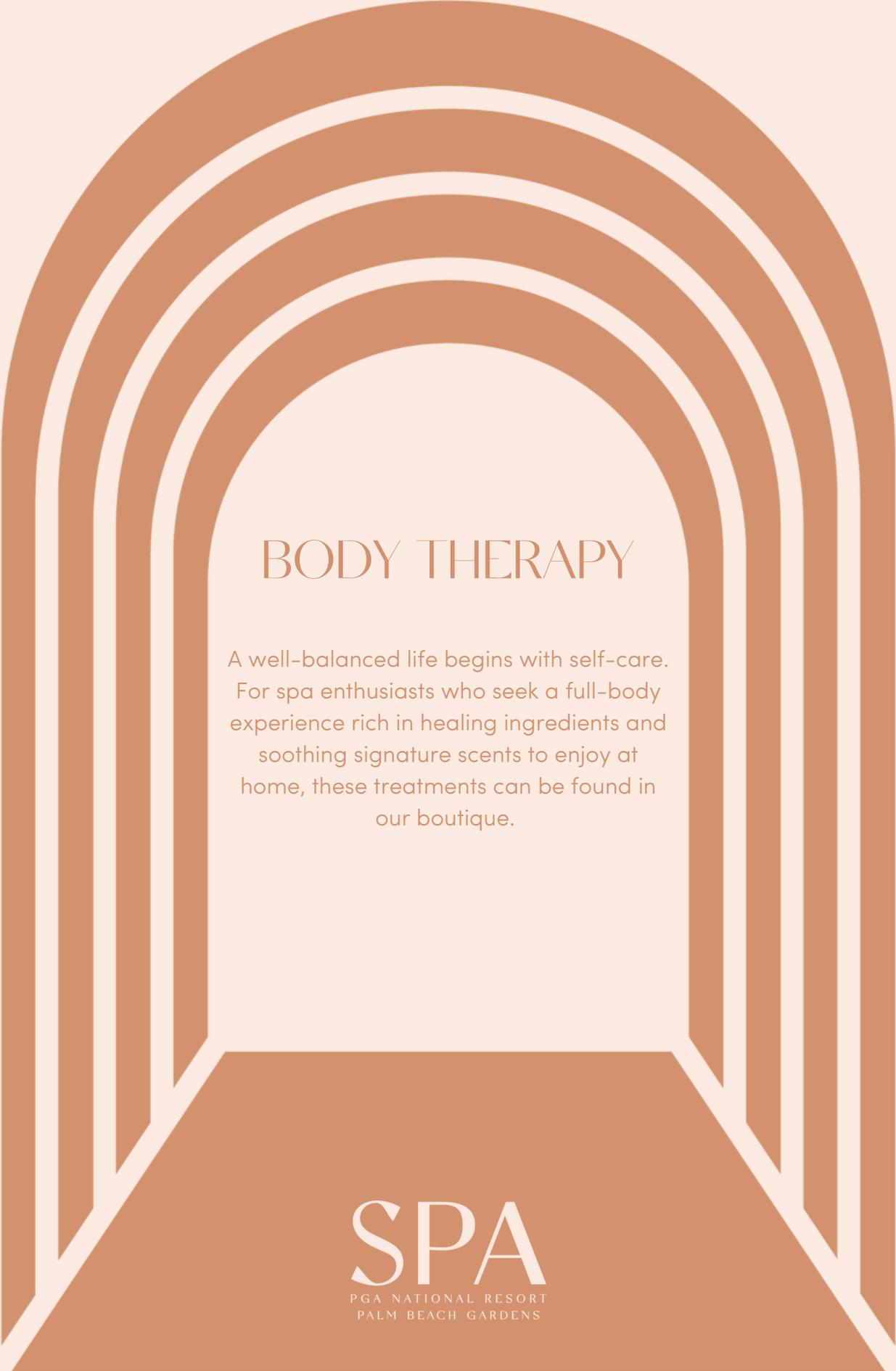
50 / 80 minutes

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

## Reflexology Treatment.

50 minutes

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

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

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

## Seafoam Body Wrap.

50 minutes

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

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

## Tropical Sugar Scrub.

50 minutes

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

# HEALING SALT THERAPY

## Salt Session.

25 minutes

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.



## 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

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

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

### Age Refining Treatment.

50 minutes

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

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

Restore your skin's youthful glow.

## Customized Facial.

50 minutes

A refreshing treatment customized to your specific skin type.

## Expecting Mother's Facial.

50 minutes

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

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

## Radiance and Refining Peel.

50 minutes

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

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.



## 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](http://pgaresort.com)