

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

PGA Signature Massage

The Ultimate pampering experience! A therapeutic massage is performed using a custom blend of nourishing massage oils. A facial mask is applied during the massage to hydrate and brighten your complexion, while a leg and foot scrub is performed using our signature apricot sugar scrub.

Massage by Design

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.

Sacred Couples Massage

Wellness experiences are enhanced when shared! Couples can retreat from daily worries and experience the therapeutic power of touch with an exclusive treatment that simultaneously offers healing and bonding.

Neuromuscular Massage.

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

Golfer's CBD Massage

This sports massage focuses on loosening stiff hips and shoulders to improve your golf swing and up your game. Acupressure techniques, broad-spectrum CBD, and stretching relax tight areas to enhance flexibility and range of motion.

Tropical Escape

An exquisite relaxing massage and a curated selection of native South Florida infusions create an immersive relaxation experience. Enliven your senses with your choice of Mango or Moringa essences.

Expecting Mother's Massage

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

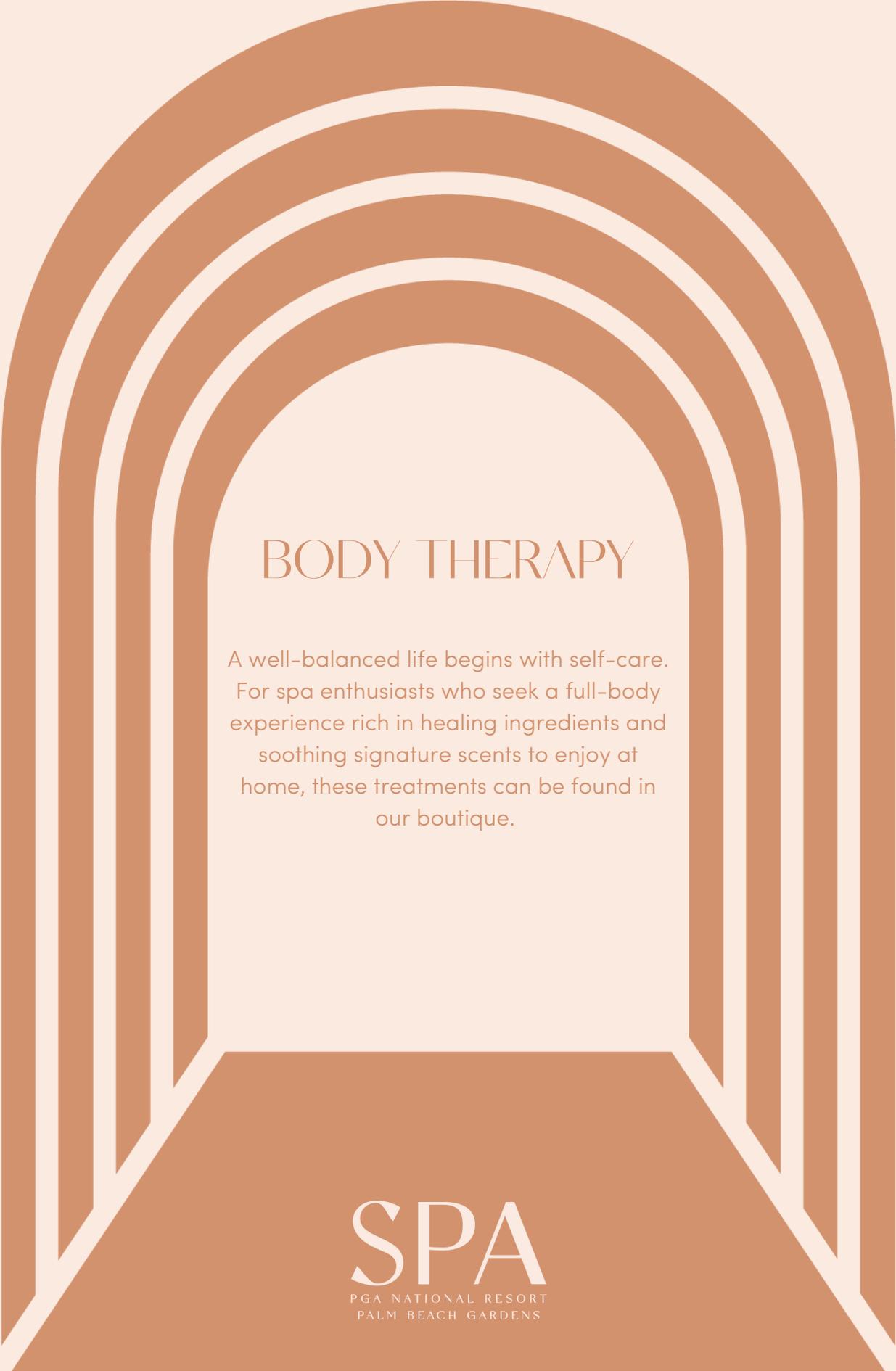
In-Room Massage.

50 / 80 minutes

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

Available Touch Therapy Enhancements:

Aromatherapy | CBD | Dry Body Brushing | Hot Stones | Hydrating Facial Mask | Tropical Foot & Leg Scrub



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

Nourishing Basalt Stone Body Contour

Aromas of native citrus fruits, an herbal tea blend, and marine botanicals envelope the senses as warm basalt stones polished smooth by the ocean relieve tired muscles. You will feel the warmth as if you were basking on the beach in the Florida sunshine. This treatment ends with two exquisite seaweeds blended with herbs and caffeine to help the skin feel silky smooth and improve tone.

Cryotherapy Slimming Wrap

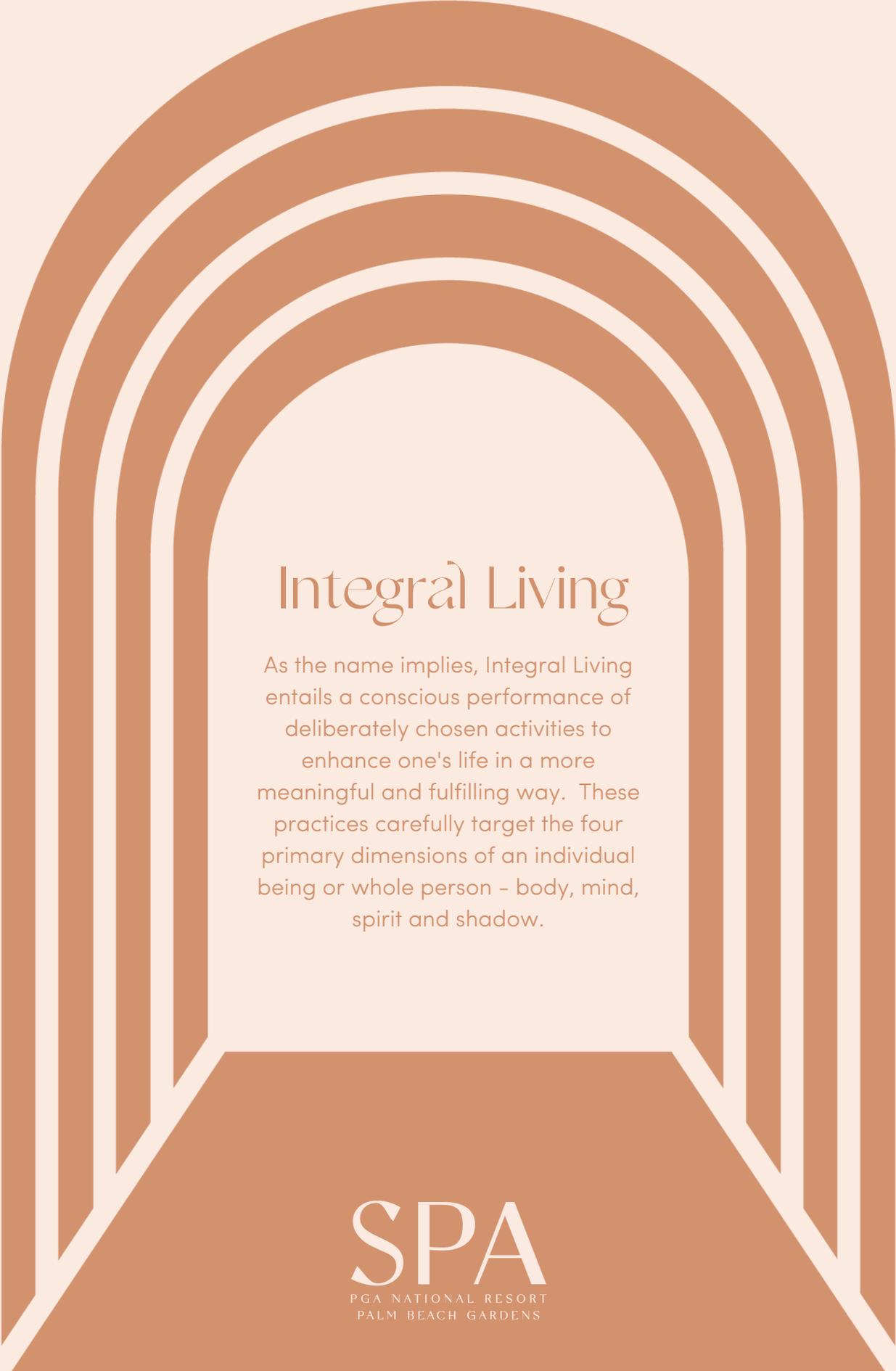
Experience the detoxifying and slimming effects of layers of chilled seaweed and feel revived. This slimming treatment helps alleviate water retention while soothing tired, achy muscles. Not only is this an ideal cellulite treatment, but it's also the perfect treatment for athletes and weight trainers targeting stubborn love handles.

Seaweed Body Wrap

This treatment is based on the renowned esthetical technique of heat wrapping; gentle exfoliation using dry body brushing stimulates the epidermis at the start of the treatment. This seaweed "cocoon" treatment leaves you beautifully relaxed and visibly purified.

Tropical Sugar Scrub

Customize your experience with this refreshing body scrub. Select from native South Florida Mango or Moringa infusions creating an immersive experience. Dry body brushing encourages lymphatic flow, sugar scrubs exfoliate dry, dull skin, and you are left feeling silky smooth, and rejuvenated.



Integral Living

As the name implies, Integral Living entails a conscious performance of deliberately chosen activities to enhance one's life in a more 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

Lomi Lomi Massage

Based on Hawaiian healing techniques, this Rhythmic, fluid massage allows for a deeply relaxing treatment, enhanced with mango or moringa oil.

Thai Table Massage

Compression and passive stretching techniques align and restore your natural energy flow. Wear comfortable, loose-fitting clothing for this service.

Lymphatic Drainage

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

Reflexology Treatment

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.

Salt Session

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

ANTI-AGING

Age Refining HydraFacial.

This non-invasive, resurfacing facial uses a combination of peptides and red-light therapy to combat signs of aging. Derma Builder Serum is also used to reduce the appearance of fine lines and wrinkles.

Pro-Collagen Lift & Firm.

Boost Collagen, Lift, and Firm. This luxurious facial includes a Papaya enzyme peel to gently remove dead surface skin cells along with seaweed to plump, hydrate, and soften fine lines and wrinkles.

Supreme Youth Facial.

This treatment combines high-tech marine sugars with lipid-replenishing Omega-3 marine oil to smooth and firm the skin. Nutrients are restored, and the skin is left with a youthful glow.

BRIGHTENING & HYDRATING

Brightening Vitamin C HydraFacial.

This treatment uses a combination of alpha-arbutin, vitamin C, and bearberry extract to brighten and balance the skin tone while minimizing dark spots and sun damage.

Radiance & Refining Peel.

This miracle facial includes a glycolic and salicylic peel to exfoliate dead surface skin cells gently. Seaweeds and natural peptides treat sun damage, acne scars, and dark spots.

24k Floral Facial.

The exceptional power of 24k Gold is combined with two anti-aging flowers to rejuvenate the skin. Our Golden Peel exfoliates dead skin then the senses are awakened as the fragrances of fresh florals illuminate the skin.

CALMING & CLARIFYING

Clarifying HydraFacial Treatment.

This deep cleansing treatment uses a high concentration of glycolic acid and blue-light therapy to target bacteria and improve oily, congested skin.

Expecting Mother's Facial.

This nurturing prenatal facial gives specialized attention to the mother's comfort at various stages of pregnancy. A luxurious application of seaweed-based products leaves a natural glow.

Customized Facial.

A refreshing treatment customized to your specific skin type. This facial includes exfoliation, deep skin cleansing, custom serum, facial massage, and a targeted mask.

Available Skin Therapy Enhancements:

- Opti-Lift Firming Eye Contour
- Sea Spa Foot & Leg Scrub
- Aromatherapy
- Anti-Aging Hand Treatment
- Glyco-Sea Peel
- Papaya Enzyme Peel



SALON

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

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SALON

HAIR

Hair Cut 75
Cut & Style (Short / Long) 145+
Shampoo & Style (Short / Long) 85+
Glaze 85
Color 100 +
Color & Glaze 145 +
Color & Style 225 +
Root Touch-Up & Style 165
Partial Highlight 150
Partial Highlighting & Style 235
Full Highlight 225
Full Highlight & Style 310
Face Frame Highlight 55+

PACKAGES

Mr. & Mrs. Package | 2.5 hrs. / 595
Includes 50 min Couples Massage, Couples
Mani/ Pedi, and Bubbly for two.

Expecting Mothers | 2.5 hrs. / 465
Expecting Mothers Massage, Expecting Mothers
Facial and Signature Apricot Mani/Pedi

Spa Retreat Package | 3 hrs. / 455
Massage by Design, Supreme Youth Facial,
Classic Mani/Pedi

Day of Beauty Package | 4.5 hrs. / 575
Massage by Design, Customized Facial,
Signature Apricot Mani/Pedi, Shampoo & Style

Ultimate Indulgence Package | 5 hrs. / 595
80-minute Tropical Escape Massage, 24K Floral
Facial, Tropical Mani/Pedi

NAILS

Signature Fresh Apricot Mani/Pedi
80 Minutes - \$125

Classic Spa Manicure
25 Minutes - \$50

Classic Spa Pedicure
50 Minutes - \$85

Tropical Oasis Manicure
25 Minutes - \$50

Tropical Oasis Pedicure
50 Minutes - \$85

Sports Cooling Pedicure
50 Min - \$85

Golfer's CBD Pedicure
50 Min - \$115

Nail Service Enhancements - \$20 each
Gel
French
Paraffin Treatment

PRICE SHEET

TOUCH THERAPY

PGA Signature Massage	50 / 80 minutes 225 / 275
Golfer's CBD Massage	50 / 80 minutes 225 / 275
Massage by Design	50 minutes 195
Tropical Escape	50 / 80 minutes 225 / 275
Sacred Couples Massage	50 / 80 minutes 415 / 545
Expecting Mother's Massage	50 minutes 225
Neuromuscular Massage	50 / 80 minutes 225 / 275
In-Room Massage	50 / 80 minutes 265 / 310
Touch Therapy Enhancements	Choose from: Aromatherapy CBD Dry Body Brushing Hot Stones Hydrating Facial Mask Tropical Foot & Leg Scrub 30 ea.

BODY THERAPY

Nourishing Basalt Stone Body Contour	50 / 80 minutes 225 / 275
Cryotherapy Slimming Wrap	50 / 80 minutes 225 / 275
Seaweed Body Wrap	50 / 80 minutes 225 / 275
Tropical Sugar Scrub	50 / 80 minutes 225 / 275

INTEGRAL LIVING

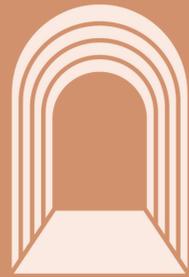
Lomi Lomi Massage	50 / 80 minutes 225 / 275
Table Thai Massage	50 / 80 minutes 225 / 275
Lymphatic Drainage	50 / 80 minutes 225 / 275
Reflexology Treatment	50 minutes 225

THERAPY

Salt Session	25 minutes 45
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SKIN THERAPY

Age Refining HydraFacial	50 / 80 minutes 295 / 450
Pro-Collagen Lift & Firm	50 / 80 minutes 225 / 275
Supreme Youthful Facial	50 / 80 minutes 225 / 275
Brightening Vitamin C HydraFacial	50 / 80 minutes 295 / 450
Radiance and Refining Peel	50 / 80 minutes 225 / 275
24K Floral Facial	50 / 80 minutes 225 / 275
Clarifying HydraFacial Treatment	50 / 80 minutes 295 / 450
Expecting Mother's Facial	50 minutes / 225
Customized Facial	50 minutes / 195
Skin Therapy Enhancements	Choose from: Aromatherapy Opti-Lift Firming Eye Contour Sea Spa Foot & Leg Scrub Anti-Aging Hand Treatment Glyco-Sea Peel Papaya Enzyme Peel 30 ea.



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Reservations

800.843.7725 or 561.627.3111

pgaresort.com