Discover The Ritz-Carlton Spa, Amelia Island where the rhythm is set by the rocking of waves, the ebb and flow of tidal marshes and a gentle Southern pace. Here time heals, replenishes and refreshes while your cares melt away, as the tranquil swaying sea oats and the essence of sea salt in the air help you escape.

Let us make the world revolve around you.

ESCAPE
AMELIA ISLAND

OCEAN HEALING
50 MINUTES
Harnessing the benefits of the primal ocean, this treatment is revitalizing and relaxing. The therapeutic bath stimulates circulation, preparing the body for a sea salt exfoliation to remove lifeless skin cells and reveal soft, hydrated skin. A warm salt stone massage instills deep relaxation. 

Includes Chromatherapy salt bath, exfoliation, salt stone massage

HEAVEN IN A HAMMOCK
50 MINUTES
A combination of touch therapy that helps to balance the body, calm the mind and instill deep relaxation. This unique experience is carried out while suspended in a hammock in our spa room. Loose fitting clothing should be worn to enjoy this one-of-a-kind experience.

ISLAND RETREAT FACIAL
80 MINUTES
Reawaken dry, thirsty skin with the healing powers of nature. This luxurious treatment combines kauai organic ingredients with a unique facial massage featuring fossilized coral stones from the sea, along with warm obsidian stones and Tiger Cowry shells.

Includes Brush cleanse, steam, extraction, express facial massage, eye and lip treatments, mask, arm and hand massage, scalp massage

Performed with Eminence products

EXPERIENCE

Using nature’s bounty of locally sourced ingredients, including Himalayan salt, and tools designed by nature, these indigenous treatments are designed with pure relaxation in mind. Coastal inspired experiences integrate advanced relaxation methods to promote harmony and bring balance, just like the ebb and flow of the tides.
TRANQUILITY FOR TWO  
80 minutes or 50 minutes  
Share any of our massage experiences with a loved one or a friend in a couple’s massage room.

DEEP MUSCLE MASSAGE  
80 minutes or 50 minutes  
Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports-related tension.

RELAXATION MASSAGE  
80 minutes or 50 minutes  
Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

STRESS RELIEF MASSAGE  
80 minutes or 50 minutes  
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

NATURALLY NURTURED MASSAGE  
80 minutes or 50 minutes  
Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

HOT STONE MASSAGE  
80 minutes or 50 minutes  
A therapeutic and rejuvenating massage using warm volcanic or salt stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

REFLEXOLOGY  
80 minutes or 50 minutes  
The treatment focuses on the pressure points of your feet to balance and ground the energy meridians in your body.
BODY

NOURISHED GLOW
50 minutes
Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing oil application and personalized back massage.

INCLUDES: Full body salt and oil exfoliation, back massage, oil application

HONEY BUTTER WRAP
120 minutes
Honey from the resort’s hives mixed with ancient sea salt and organic coconut oil deeply conditions the skin leaving it feeling as soft as butter.

INCLUDES: Full body exfoliation, wrap, scalp massage, hair treatment, paraffin hands and feet, Vichy shower, full body massage

BODY BALANCER
50 minutes
Restore serenity to body, mind and skin with this richly indulgent and deeply recharging back, neck and scalp treatment.

INCLUDES: Back exfoliation, back massage, application of facial oil, scalp massage

HEAVENLY ESCAPE
80 minutes or 50 minutes
A heavenly escape from the pressures of life. A targeted body treatment to instill deep relaxation.

50 minutes INCLUDES: Massage to hands, feet and shoulders, paraffin for hands and feet, Vichy shower, full body massage

80 minutes INCLUDES: Back massage

BATH AND MASSAGE
75 minutes
Ancient sea salts combined with your choice of herbal oils in a luxurious bath with infrared healing lights. A custom full body massage leaves you feeling revitalized and restored.

INCLUDES: Chromatherapy bath, full body customized massage

A WRAP TWO REMEMBER
150 minutes
A romantic experience in our couple’s suite on a table made for two. Therapists orchestrate an experience that is truly unforgettable.

INCLUDES: Chromatherapy bath, sugar scrub, body mask, scalp massage with hair treatment, paraffin for hands and feet, full body massage, a bottle of champagne
CUSTOM FACIAL
80 minutes or 50 minutes
Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.
INCLUDED: Brush cleanse, skin analysis, facial exfoliation, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

AGE-DEFYING FACIAL
80 minutes or 50 minutes
Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.
INCLUDED: Brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

ULTIMATE RADIANCE & RENEWAL FACIAL
80 minutes
Restore skin’s vitality and reveal a bright, smooth and radiant youthful-looking complexion. The must-have treatment for immediate results prior to a special event.
INCLUDED: Brush cleanse, skin analysis, exfoliation, toning mask, age-defying crystal massage, lifting mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

ORGANIC FACIAL
80 minutes or 50 minutes
All natural products containing highly concentrated organic fruits, vegetables and herbs create an intoxicating experience. Increased circulation and oxygen assist in cellular repair, resulting in revitalized, nourished skin.
INCLUDED: Brush cleanse, steam, exfoliation, extractions, mask, facial massage, serum, moisturizer
PERFORMED WITH EMINENCE PRODUCTS

SKIN RESURFACING FACIAL
80 minutes or 50 minutes
Reveal healthy, youthful skin and effectively target imperfections, discoloration and wrinkles. Medical-grade ingredients also assist in controlling acne and rosacea.
INCLUDED: Brush cleanse, steam, extractions, peel, mask, serum, moisturizer, 30 day home care system
PERFORMED WITH DR. DENNIS GROSS PRODUCTS

COLLAGEN FACIAL
80 minutes or 50 minutes
This indulgent, hydrating facial combines the anti-aging and healing powers of collagen and gold to diminish fine lines, reduce inflammation and redness. Also recommended for sensitive or sun-burned skin.
INCLUDED: Brush cleanse, steam, exfoliation, extractions, mask, serum
PERFORMED WITH KNESKO NANOGLD PRODUCTS

THE RITZ-CARLTON NYA
THE PEDICURE
45 minutes
Maintain amazing results and keep nails in good condition with this conditioning treatment.
Includes Soak, nail file and shape, removal, cuticle work, application of body cream, buff.

THE MANICURE
45 minutes
Essential maintenance for hands.
Includes Soak, cut and file, cuticle work, application of hand cream, buff.

THE MEN'S MASSAGE
80 minutes or 50 minutes
The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

RELAXATION MASSAGE
80 minutes or 50 minutes
Unwind and de-stress with this aromatic aromatherapy massage using light to moderate pressure and a blend of essential oils to melt away tension.

STRESS RELIEF MASSAGE
80 minutes or 50 minutes
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

MUSCLE RECOVERY MASSAGE
80 minutes or 50 minutes
Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports-related tension.

POWER HOUR
80 minutes or 50 minutes
Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens the senses, leaving you ready for anything.
Includes Full body salt & oil exfoliation, back massage, oil application.

THE MEN'S FACIAL
80 minutes or 50 minutes
Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.
Includes Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage. Performed with ESPA products.
HAIR SERVICES
Full salon services are available. Our talented team of stylists will complement your look for any special occasion, ensuring you are picture perfect.

MAKE-UP
Professional make-up artists use the latest make-up techniques and trends for a complete makeover that brings out your best.

Individual Hair and Make-up services are available on the price list.

ULTIMATE MILK AND HONEY PEDICURE
60 MINUTES
An intensive treatment using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.
INCLUDES: Soak, cut and file, shape, exfoliation, cuticle work, massage, personalized mask, polish or buff

ULTIMATE MILK AND HONEY MANICURE
60 MINUTES
This indulgent treatment provides long lasting results using deeply nourishing products to repair, replenish and condition your nails.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, massage, personalized mask, polish or buff

PEDICURE
60 MINUTES
Maintain amazing results and keep nails in good condition with this conditioning treatment.
INCLUDES: Soak, cut and file, shape, exfoliation, cuticle work, application of body cream, polish or buff

MANICURE
45 MINUTES
Essential maintenance for hands.
INCLUDES: Soak, cut and file, cuticle work, application of hand cream, polish or buff

RESCUE PEDICURE
75 MINUTES
Soothe and revitalize tired, swelling feet and legs with Dilo oil, a traditional island remedy. This highly effective treatment targets stubborn calluses and cracked feet.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, cuticle removal, paraffin wax, polish or buff

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ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated additions to any service without adding additional time to the treatment. All Enhancements must be booked and received with a treatment.

FACIAL ENHANCEMENTS

LIFESTAGE ANTI-AGING BOOSTERS
Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of aging.

EXPRESS PEEL
Awaken your skin’s inner beauty by encouraging healthy cell renewal to reveal a smoother tone and luminous glow.

MICR-O-CURRENT
Improve muscle tone with the addition of this gentle electrical micro-current to any facial. Choose between brow, eye or jaw.

COLLAGEN FACE OR NECK MASK
Promote healing and hydration while reducing redness and fine lines. Add one or both of these luxurious masks to any facial.

EYE OR LIP TREATMENT
Take care of the delicate eye and lip areas with soothing ingredients that deliver powerful nutrients for a healthy, nourished look.

Eye or lip treatments are available as incorporated additions to any service without adding additional time to the treatment.

NAIL ENHANCEMENTS

CALLUS FOOT TREATMENT
A luxurious treatment to eliminate dry skin, softening to the feet.

SHELLAC POLISH
A revolutionary power polish that is set under UV lighting. Your nails are immediately dry leaving an incredibly durable finish with superior shine.

SHISH#ac Polish
A revolutionary power polish that is set under UV lighting. Your nails are immediately dry leaving an incredibly durable finish with superior shine.

BODY ENHANCEMENTS

HAND, FOOT OR BACK REVIVER
Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands, feet, or back smooth, soft and bright.

ROPING WINTER
Smooth base or salt stones radiate heat deeply into the muscles to relieve tension and stress during any massage treatment.

MOROCCAN SCALP TREATMENT
Using the strengthening properties of MoroccanOil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

SMOOTH & FIRM BODY BUTTER
Combine the subtle benefits of a lifting and smoothing body butter with your body massage of for rich, melting hydration to refine skin texture, soften and restore suppleness.

PARAFFIN TREATMENT
A beneficial hydrating treatment using melted paraffin for hands or feet.

THE RITZ-CARLTON NAGA AMELIA ISLAND 17
To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

**AT TIME OF RESERVATION**
Please inform the Reservation Agent of the following:

- **Allergies or medical conditions** including pregnancy
- **If you have a gender preference for your Service Provider**
- **If you have a request for a specific Service Provider**
- **If you are celebrating any special occasions**

You must provide a valid credit card number with expiration date at time of booking.

Spa facilities are available for a fee for resort guests and for Spa guests who are not registered at the resort. For more information regarding the Spa Facilities fee please contact Leisure Reservations.

**ARRIVAL TIME**
Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, showers, steam rooms, whirlpools, and outdoor spa pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

**PERSONAL BELONGINGS/VALUABLES**
We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

**USE OF ELECTRONIC DEVICES**
To protect the privacy of our guests, we ask that no cell phones, electronic devices or cameras are permitted in the spa. Cell phones and electronic devices must be turned off.

**AGE REQUIREMENTS**
You must be 18 years of age or older to enjoy the spa relaxation and locker areas. Massages and facials can be performed on anyone under the age of 16 years. Salon treatments are available for children 5 years of age or older. This includes hair and nail salons. A parent must be present for the entire service and a locker will be provided after the service as long as the parent is present for the entire service. Shaving is recommended, but not necessary for children prior to a facial. Your spa experience is your time and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

**FOOD AND BEVERAGE**
Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

**METHODS OF PAYMENT**
We accept all major credit cards. You may also charge services to your resort bill.

**CANCELLATION POLICY**
If you must reschedule or cancel your appointment, please notify the spa at least 24 hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the 24-hour window will incur a transfer fee of $25. Cancellations of packages or private parties require one week’s notice. **HOURS OF OPERATION**
9:00 a.m. – 7:00 p.m., daily

Prices and services are subject to change.

To reserve your spa appointment online, visit us at ritzcarlton.com/ameliaisland or contact 904.277.1087.