



**THE RITZ-CARLTON**  
REYNOLDS, LAKE OCONEE

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*Let us make the world  
revolve around you.*

# ESCAPE

The Ritz-Carlton Reynolds, Lake Oconee is an inviting retreat offering a 27,000-square-foot Spa surrounded by tall pines, fragrant herbs and breathtaking views of Lake Oconee. Our luxury Spa is dedicated to your comfort and well-being, with an extravagant variety of therapies, unique treatments and fitness facilities in a peaceful setting.





# EXPERIENCE

The Creek Indians from the region called this land home since the 1500's and lived by the belief that "water washes everything new again." Their trust in the cleansing power of water and the healing powers of native botanicals such as red clay form the foundation of our treatment experiences.

## OCONEE RAIN

50 MINUTES

Recognized in the ancient healing system of Creek medicine, the four key elements of Fire, Earth, Air and Water synergize in this treatment. The therapeutic benefits of water, volcanic stones and lavender relax the nerves and soften skin while cool stones and eucalyptus towels strengthen the body's energy pathways to leave the mind, body and skin renewed.

**INCLUDES** Dry brushing, hot and cold stone experience, Vichy rain shower, moisturizer

## THE GEORGIAN

80 MINUTES

Succumb to the restorative benefits of Red Clay combined with the anti-oxidant properties of Sweet Tea and Magnolia in this calming full body experience. Your visit to the South concludes with a warm Vichy rain shower to wash away tension and induce a deep state of relaxation.

**INCLUDES** Full body exfoliation, Red Clay wrap, scalp massage, Vichy rain shower, moisturizer

## FOUR ELEMENTS

110 MINUTES

Melt away tension and reveal soft skin from top to toe. This experience combines dry body brushing, gentle exfoliation and warm stones with aromatic oils to soothe tired, aching muscles while a deeply nourishing scalp massage and gentle body stretching helps completely relax and unwind.

**INCLUDES** Dry body brush, full body scrub, aromatic massage with warm stones, scalp treatment



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# MASSAGE

## RECONNECT COUPLES MASSAGE

80 MINUTES OR 50 MINUTES

Enjoy a massage of your choice performed side by side with your loved one in your own private spa sanctuary – our luxurious couple’s suite.

## MINERAL BATH FOR TWO

105 MINUTES OR 75 MINUTES

Complement your couple’s massage with a 25-minute natural mineral bath in our royal tub for two.

## DEEP MUSCLE MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Deep movements and stretching techniques concentrate on specific areas of concern to help relieve common discomforts and sports related 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.

## RELAXATION MASSAGE

80 MINUTES OR 50 MINUTES

Unwind and de-stress with this aromatic treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## HOT STONE MASSAGE

80 MINUTES OR 50 MINUTES

A therapeutic and rejuvenating massage using warm stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

## NATURALLY NURTURED MASSAGE

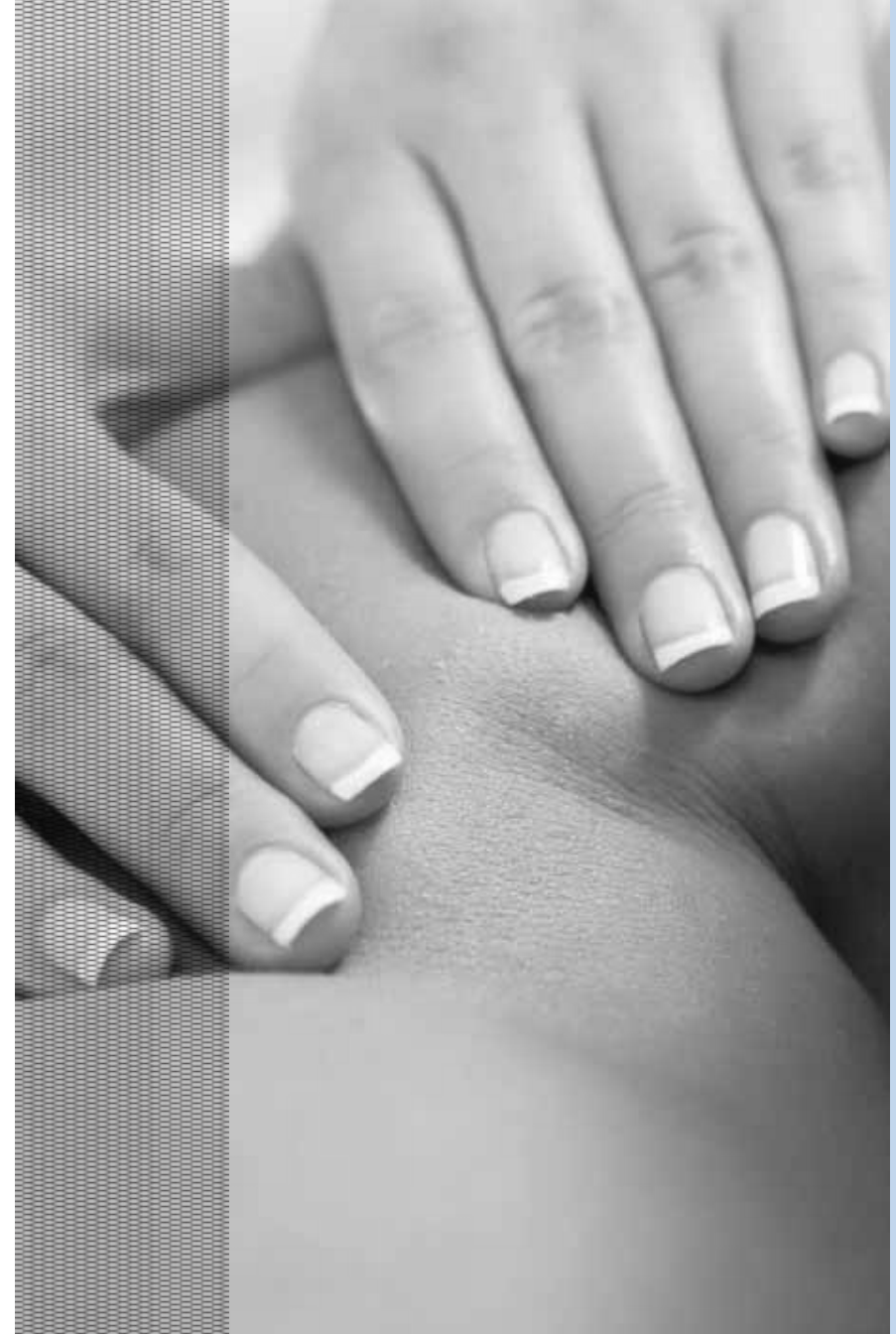
80 MINUTES OR 50 MINUTES

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.

## ARNICA AND STEAMED TOWEL MASSAGE

80 MINUTES OR 50 MINUTES

This powerful massage uses arnica, widely used for centuries for its therapeutic and anti-inflammatory properties to help alleviate muscular tension.



# BODY

## NOURISHED GLOW

50 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation which is finished with a deeply nourishing oil application and personalized back massage.

**INCLUDES** Full body exfoliation with salt and oil, back massage, Vichy rain shower and oil application

## PERSONALIZED WRAP

50 MINUTES

Deeply cleanse, refine and nourish your body with this results driven body treatment using either detoxifying algae or nourishing and re-mineralizing marine mud.

**INCLUDES** Body exfoliation, algae or mud envelopment, Vichy rain shower and scalp massage

## SOLE REVIVER

50 MINUTES

Foot massage is an essential element of Chinese tradition and therapy. Concentrating on the reflex zones of the feet this blissful treat alleviates aches while relaxing and restoring the body and mind.

**INCLUDES** Foot and leg exfoliation, reflex-zone foot massage

## BODY BALANCER

50 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply reviving back, neck and scalp treatment.

**INCLUDES** Back exfoliation, back massage, application of facial oil and scalp massage







# FACIAL

## 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.

**INCLUDES** Deep brush cleanse, skin analysis, facial exfoliation, massage and 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.

**INCLUDES** Deep 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 radiantly youthful-looking complexion. The must-have treatment for immediate results prior to a special event.

**INCLUDES** Brush cleanse, Skin Radiance Mask, age-defying crystal massage, lifting mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**

## PEPTIDE ILLUMINATING FACIAL

80 MINUTES **OR** 50 MINUTES

An organic multi-acid peel designed with even the most sensitive skin in mind. Botanical peptides help with dry uneven skin, sun damage, acne and aids premature aging.

**INCLUDES** Deep brush cleanse, skin analysis, peel, mask, facial massage, scalp massage

**PERFORMED WITH EMINENCE PRODUCTS**

## ORGANIC FACIAL

80 MINUTES **OR** 50 MINUTES

This organic facial is tailored to meet your skin's needs and maximize results. Carefully selected organic, botanical and natural products are used to rejuvenate your skin.

**INCLUDES** Deep brush cleanse, skin analysis, exfoliation, mask, facial massage, scalp massage

**PERFORMED WITH EMINENCE PRODUCTS**

## BALANCING FACIAL

80 MINUTES **OR** 50 MINUTES

Designed to address skin blemishes, this facial utilizes Vitamin C to protect the skin's elasticity.

**INCLUDES** Deep brush cleanse, skin analysis, exfoliation, mask, facial massage, scalp massage

**PERFORMED WITH EMINENCE PRODUCTS**



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# MEN

## THE MEN'S MASSAGE

80 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 treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## MUSCLE RECOVERY MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate tension and muscular stress. Specific areas of concern are addressed using deep movements and stretching techniques to help relieve common discomforts and sports related 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.

## POWER HOUR

50 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens the body and spirit.

**INCLUDES** Full body salt & oil exfoliation, Vichy rain shower and back massage

## 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**

## GENTLEMAN'S MANICURE

25 MINUTES

Essential maintenance for men's hands.

**INCLUDES** Soak, cut and file, cuticle work, application of hand cream, buff

## GENTLEMAN'S PEDICURE

50 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, application of body cream, buff



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# BEAUTY

The Salon offers a wide range of services, specializing in hair care, vibrant colors, cuts and styling. Offering you the perfect look for any occasion.

\*Personalized hair, make-up and wedding services are available upon request.

## ULTIMATE MANICURE

50 MINUTES

This indulgent treatment provides long lasting results deeply nourishing products to repair, replenish and condition your nails.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, hot stone massage, mask, polish or buff

## ULTIMATE PEDICURE

80 MINUTES

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails tailored to your individual needs.

**INCLUDES** Soak, nail file, and shape, exfoliation, cuticle work, hot stone massage, mask, paraffin wax, polish or buff

## MANICURE

50 MINUTES

Essential maintenance for hands and nails.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, application of hand cream, polish or buff

## PEDICURE

50 MINUTES

Essential maintenance for perfect toes.

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff







# ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully created service enhancements.

Enhancements are available as incorporated additions to facial and massage services without adding additional time to the treatment. All enhancements must be booked and received with a treatment.

## FACIAL ENHANCEMENTS

### HAND REVIVER

Boost any facial treatment to reveal brighter and smoother hands with this exfoliating and nourishing enhancement.

### MICRO-CURRENT

Improve muscle tone with the addition of this gentle electrical micro-current to any facial.

## 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.

## FACIAL BOOSTERS

Select from our extensive range of boosters, peels and masks to complement your facial experience.

## MASSAGE ENHANCEMENTS

### HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress. The perfect enhancement to any massage.

### SMOOTH & FIRM BODY BUTTER

Enhance any massage by adding the sublime benefits of a firming and smoothing body butter to your massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

### HAND OR FOOT REVIVER

Boost any massage treatment to reveal brighter and smoother hands or feet with this exfoliating and nourishing enhancement.

## BACK REVIVER

Reveal smoother skin with this exfoliating and nourishing treatment that will leave your back smooth, soft and bright. Can enhance any massage or body treatment.

## DRY BRUSHING

Enjoy a refreshing body exfoliation prior to any massage to instantly soften, smooth and revitalize skin.

## MOROCCAN OIL HAIR TREATMENT

Using the strengthening properties of Moroccan Oil with warm towels to reduce tension and condition for beautifully healthy hair.



# GUIDELINES

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 complimentary to resort guests and \$30 per day for Spa guests who are not registered at the resort. This fee is waived with the purchase of a treatment.

## ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms, whirlpools, cold plunges and indoor 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.

## WHILE VISITING THE SPA

### 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 CELL PHONES, ELECTRONIC DEVICES, CAMERAS

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited 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 cannot be performed on anyone under the age of 18 years. Salon treatments are available for children 5 years of age or older. This includes hair and nail services only. Parent must be present for the entire service and a locker will not be provided.

### TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments or hair removal services. Shaving is recommended, but not necessary for men 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.

## METHOD OF PAYMENT

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

## SERVICE CHARGE

For your convenience, a 22% service charge will be added to each spa service. This includes gratuities disbursed to the spa staff members who serve you during your visit. Additional gratuities may be offered at your discretion. Prices and services are subject to change.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least twenty-four (24) hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the twenty-four (24) hour window will incur a move fee of \$25. Cancellations of private parties require one week's notice.

## HOURS OF OPERATION

Spa Treatments: 9 a.m. - 6 p.m. Daily

Spa Facilities: 6 a.m. - 7 p.m. Daily

Locker Facilities and Fitness Center: 6 a.m. – 7 p.m.

Enter Fitness Center with room key before or after spa hours.

To reserve your spa appointment online, visit us at [ritzcarlton.com/reynolds](http://ritzcarlton.com/reynolds) or contact 706.467.7185





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