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.
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**
30 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.

**INCLUDED**
Dry body brush, 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.

**INCLUDED**
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.

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

NATURALLY NURTURED MASSAGE
80 minutes or 50 minutes
Nurture and nourish body and skin when you need it most with the 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 stones and a moderate to deep pressure to intensely soothe tired, aching muscles and relieve tension.

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.

THE BITE - CARLYON 77A REYNOLDS, LAKE OCONEE
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.

INCLUDED: Full body exfoliation with salt and sea salt, 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.

INCLUDED: 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.

INCLUDED: Foot and leg exfoliation, reflexology 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.

INCLUDED: Back exfoliation, back massage, appointment of facial oil and scalp massage.
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 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 reversing 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 noticeably 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, scalp massage. Performed with Eminence products.

BALANCING FACIAL
80 MINUTES OR 50 MINUTES
Designed to address skin blemishes, this facial addresses Vitamin C to protect the skin’s elasticity.
Includes: Deep brush cleanse, skin analysis, exfoliation, mask, facial massage, scalp massage. Performed with Eminence products.
MUSCLE RECOVERY MASSAGE  
90 minutes or 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.

RELAXATION MASSAGE  
60 minutes or 30 minutes  
Unwind and de-stress with this aromatherapy massage. This soothing massage uses light to moderate pressure and a blend of essential oils to melt away tension.

STRESS RELIEF MASSAGE  
60 minutes or 30 minutes  
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of relaxation and rejuvenation.

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  
60 minutes or 30 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.

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, exfoliate, cuticle work, application of body cream, buff. 

THE MEN’S MASSAGE  
90 minutes  
The ultimate male escape. Unwind in style with this recharging and internally relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

THE BITE—CARLTON #7A

REYNOLDS, LAKE OCONEE

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

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

MUSCLE RECOVERY MASSAGE  
80 minutes or 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
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 tailored to your individual needs.  
**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, cut and file, 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, cut and file and shape, exfoliation, cuticle work, application of body cream, polish or buff
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.

**HAND OR FOOT REVIVER**
Boost any massage treatment to reveal brighter and smoother hands or feet with this exfoliating and nourishing enhancement.

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

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

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

**ENHANCEMENTS**
GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa guidelines.

AT TIME OF RESERVATION
Please allow the Reservation Agent the following:

+ Allergies or medical conditions
+ 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, 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 or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your credit card.

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 to 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 depends on your comfort. Manage temperature, manage pressure, music volume in any other conditions, please notify your therapist immediately.

FOOD AND BEVERAGE
Guests are prohibited from bringing any outside food or beverage 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 directly 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. A cancellation fee of $25 will be charged for any appointments rescheduled within the twenty-four (24) hour window or in case of “no show.” 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. Daily
Enter Fitness Center with room key or after hours.