

## Spa Packages

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Stadium Spa Package (5 hours)	\$495
Mind (4.5 hours)	\$365
Body (3 hours)	\$230
Soul (2 hours)	\$230

## Fitness Offerings

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Fitness Assessment (60 minutes)	\$95
Personal Training (30 or 50 minutes)	\$45 / 65
Series of 10 (30 or 50 minutes)	\$405 / 585
Tandem Training (50 minutes)	\$90
Basic Training Package - series of 3 (45 minutes)	\$150
One-on-One Speciality	
Yoga, Pilates or Spin Class (60 minutes)	\$85
Golf Stretch (30 minutes)	\$45
Customized Golf Fitness Program (60 minutes)	\$95
Group Fitness Class	\$15

*Package prices are inclusive of the service charge. Provider gratuities are at your discretion.*



## directory of treatments

Let our Concierge Service  
book your treatment today.  
Please dial Extension 6001.

The Spa at Sawgrass  
1000 PGA TOUR Boulevard  
Ponte Vedra Beach, Florida 32082  
(904) 674-4SPA (4772)



[www.theSpaatSawgrass.com](http://www.theSpaatSawgrass.com)



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## Massage

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Sawgrass Custom Massage (50 or 80 minutes)	\$135 / 195
Deep Tissue Massage (50 or 80 minutes)	\$130 / 195
Sports Massage (50 or 80 minutes)	\$130 / 195
Hot Stone Massage (80 minutes)	\$195
Maternity Massage (50 minutes)	\$130
Aroma Infused Massage (50 or 80 minutes)	\$120 / 185
Swedish Massage (25, 50 or 80 minutes)	\$65 / 110 / 175
Reflexology (25 minutes)	\$75
Couples Massage (50 or 80 minutes)	\$230 / 360
Deep Tissue Upgrade	\$20 per person

## Body Treatments

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Hanakasumi (80 minutes)	\$185
Orient Essence Ceremony (80 minutes)	\$175
Aromatic Sculpting Ritual (50 minutes)	\$145
Series of 3 (50 minutes)	\$375
Organic Body Treatment (45 minutes)	\$130
Detoxifying Body Wrap (50 minutes)	\$130
Ocean Loofah Experience (45 minutes)	\$120
Sawgrass Body Glow (45 minutes)	\$110

## Hydrotherapy Baths

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Bath only (25 minutes)	\$45
Bath and Massage (50 minutes)	\$100
Goddess Milk Bath (25 or 50 minutes)	\$55 / 110

Choose from the following mineral rich salts:  
Sawgrass Signature, Tropical Escape,  
Citrus Dreams or Lavender Fields

## Facials

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Luxurious Facial (80 minutes)	\$235
Age Defying Facial (80 minutes)	\$185
Organic Facial (50 minutes)	\$140
Renewal Facial (50 minutes)	\$130
Complex C Treatment (50 minutes)	\$125
Sawgrass Custom Facial (50 minutes)	\$110
Gentleman's Facial (50 minutes)	\$110
Express Facial (25 minutes)	\$75
Back Facial (25 minutes)	\$75

## Facial Upgrades

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Active Contour Eye Treatment	\$40
Professional Exfoliation Peel	\$40
Décolleté Upgrade	\$40

## Waxing Services

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(Brazilian waxing not available)

Lip, Chin or Abdomen	\$15
Underarm	\$25
Brow	\$30
Half Arm / Full Arm	\$30 / 45
Face (Lip, Cheek and Chin)	\$50
Full Back or Full Chest	\$60
Bikini (Basic)	\$45
Bikini (Extended)	\$55
Half Leg / Full Leg	\$50 / 75
Additional Trimming	\$10 and up

## Nails

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Perfect Gel Manicure (50 minutes)	\$55
Trind Nail Repair Manicure (45 minutes)	\$55
Signature Manicure (45 minutes)	\$50
Express Manicure (25 minutes)	\$30
Gentleman's Manicure (25 minutes)	\$30
Cooling Ocean Pedicure (80 minutes)	\$90
Intensive Callus Remedy with Paraffin Pedicure (80 minutes)	\$85
Balinese Blossom Foot Ritual (50 minutes)	\$65
Tahitian Tropics Pedicure (45 minutes)	\$65
Express Manicure & Pedicure (50 minutes)	\$65
Signature Pedicure (45 minutes)	\$60
Gentleman's Pedicure (45 minutes)	\$60

## Additional Nail Services

Warm Paraffin Dip (hands or feet)	\$15
Polish Change	\$15
Toes Polish Change	\$20
French Polish Change	\$20
French Polish Upgrade	\$10
French Toes Polish Change	\$25

A 20% service charge will be added to all spa services.  
Provider gratuities are at your discretion.