The Spa

at Saddlebrook Resort
Welcome to The Spa at Saddlebrook Resort

The Spa at Saddlebrook Resort’s licensed professional staff understands the fundamental importance and unparalleled benefits of maintaining overall well-being. The rigors of daily life can be met most successfully from a state of inner and outer well-being and strength. We understand that a healthy balance in body and mind is the best piece of equipment you can bring to any challenge. Our goal, therefore, is to offer you the highest level in spa services, from the finest products and equipment, to the most knowledgeable and sensitive therapists. From maintaining a healthy, glowing complexion to the essentials of muscle recovery, to relieving problems associated with the daily toll on our often neglected feet…we’ve got you covered.

Our services are appropriately designed for both men and women and are performed in the comfort of private treatment rooms. Men’s and women’s private dressing rooms, saunas, whirlpools and steam rooms are also available, along with towels, robes, slippers, toiletries, and herbal teas.

We cordially invite you to experience new levels of rejuvenation, recovery and nourishment.
Intraceuticals Oxygen Infusion.

Oxygen treatments are the latest skin care advancement for hydration and age control producing immediate, visible results with non-invasive techniques. Due to the regenerative properties of oxygen, physicians, dermatologists and plastic surgeons all agree that oxygen is essential for healing and treating certain skin conditions. Your skin provides a natural barrier to the environment thus absorbing the damaging effects of pollution. Because environmental pollution deprives our skin of pure oxygen we see an increase of stressed and pre-maturely aged skin resulting in fine lines and wrinkles with lack of firmness and elasticity.

The Infusion Series

The results of Intraceuticals Infusion Skincare treatments are accumulative and continue to improve with repeated application. A course of six applications over six weeks is recommended to achieve optimum results. Following this, and to maintain results, applications will only be required every four to six weeks.

Rejuvenate Series - $1,050

Include take-home products valued up to $300.

All series expire 12 months from the date of purchase.
InTraceuTIcals oxygen skincaRe TreAmenTs

Rejuvenate Oxygen Infusion - 50 min. $175
Your skin will emerge deeply hydrated, youthful, and glowing with a noticeable reduction in fine lines and wrinkles and a visible lift. Safe for all skin types, even the most sensitive or stressed skin. A new eye treatment added to hydrate, firm, and revitalize. Results are not only instant but continue to improve in the following days.

Atoxelene Infusion - 25 min. $95
Atoxelene Serum is designed specifically to refine the forehead, soften the eye contour, and immediately plump and smooth the lips. The natural amino peptide, Argireline significantly targets expression lines and increases skin firmness. Skin instantly looks smoother and firmer and feels tighter without invasive injections.

Oxygen Inhalation - 15 min. $30
Inhalation oxygen therapy has been proven to heighten concentration, alertness, and memory as well as offering a natural remedy for headaches, hangovers and jet lag. Enhance your skin from the inside out with an oxygen inhalation boost! May be added to any of our spa services.

All series expire 12 months from the date of purchase.
**Facial Treatments**

Facials include use of Clarisonic Exfoliation

**Fire & Ice Facial** - 50 min. $145

Known as a celebrity favorite for the Red Carpet this anti-aging facial offers the results of a peel without the down time! This intensive clinical facial is designed to rapidly and safely resurface the skin, reducing fine lines and wrinkles, smoothing, softening, and encouraging cellular renewal. Awakening your senses with both active and soothing formulas which evoke the aromas of warm cinnamon spice and brisk cool peppermint.

**Go and Glow Resurfacing-Fizz Facial** - 50 min. $125

Remarkably unique and effective for all skin types. This exclusive facial is designed to smooth, brighten, and purify your skin instantly leaving your long-lasting results. The treatment begins with an aromatic honey enzyme mask to thoroughly cleanse your skin and calm your mind with a warm nurturing sensation. Followed by a citrus and rosemary clarifying mud mask applied to open pores and gently draw out impurities. An effervescent glycolic and enzyme resurfacing mask exfoliates and smoothes to aid in collagen production, treating the skin to the luxurious sensation of champagne-like bubbles.

**Enzyme Facial Treatment** - 50 min. $125

The Epicuren® Classic facial is a state-of-the-art enzyme skin care treatment. This unique enzyme hot peel mask provides the ultimate cleansing process to help refine pores and actually increase capillary flow, improve circulation, and dissolve dead skin cells. Your skin will appear dramatically tightened, radiant, and glowing.

**Spa Ritual** - 80 min. $185

For those who want a little more pampering added to a facial…Begin your Spa Ritual with a customized deep cleansing facial, followed by a hand, leg, and foot scrub, then a seaweed wrap to stimulate and nourish the skin. Finishing with a lower leg hot stone treatment.

*All series expire 12 months from the date of purchase.*
Refresher Facial - 25 min. $70
This introductory service is perfect for those pressed for time or for anyone new to the facial experience. This pared-down version of our Deep-Cleansing facial includes cleansing, exfoliation, mask, and a personalized moisturizer.

Deep Cleansing Facial - 50 min. $100
This fundamental treatment consists of deep pore cleansing extractions, exfoliating, and steaming. A new rich collagen mask is first applied which contains enzymes, amino acids, natural marine minerals, proteins, and vitamins. Enjoy a relaxing meridian massage of the face to lift, smooth and enhance circulation resulting in a glowing overall beautiful, healthy appearance.

Saddlebrook Signature Facial - 80 min. $185
Three treatments in one amazing facial. Combine our new 30% Gly-pro-peel. Our DiamondTome microdermabrasion machine and our new LED Celluma pro. This provides compromised cells with the energy to restore vitality.

Celluma
25 min $95; Series of six $475; Add to any facial 15 min. $40
This innovative new treatment combines different light spectrums to help treat acne, pigmentation problems, broken capillaries and rosacea and reduce fine lines and wrinkles by the stimulation of collagen and elastin at the cellular level. Even greater results when combined with microdermabrasion. Recommended weekly, for a series of six treatments. Recommended maintenance bi-monthly.

DiamondTome Microdermabrasion
25 min. $125; Add to any facial 15 min. $65
Integrating the latest technologies in microdermabrasion, this crystal-free system uses diamond wands to ablate the skin, removing fine lines and wrinkles, while improving the skin’s texture and appearance. Increased results when combined with Celluma Light Therapy.

All series expire 12 months from the date of purchase.
**Body Treatments**

**Epicuren® Papaya Pineapple Scrub - 25 min. $70**
This luxurious combination of crushed grape seed, and papaya pineapple helps to eliminate dry, dead cells on the surface of the skin, leaving you silky smooth and glowing.

**Citrus Nectar Sugar Scrub - 25 min. $70**
This body exfoliating treatment utilizes an extra-fine body scrub containing a blend of sweet almond, coconut and jojoba seed oils with sugar to hydrate and nourish the skin.

**Lavender Body Treatment - 80 min. $170**
We begin with an Lavendar salt body scrub to smooth and exfoliate your skin, followed by a hydrating 50-minute massage with lavender massage lotion. The grand finale is an application of a unique glycolic peppermint cream to further smooth and soften your skin.

**Airbrush Tanning - $35**
Sunless tanning is by far the safest way to achieve the natural, youthful, and healthy look we all desire. No streaking! No orange! Just an instant all over tan with that "just off the beach" color. Paraben free, Gluten free, 100% vegan, nut allergen free.

*All series expire 12 months from the date of purchase.*
EPICUREN® GREEN TEA AND GINGER WRAP - 80 min. $160
This treatment begins with an Citrus Nectar Sugar body scrub. You are then given a wrap containing green tea, which has been known for thousands of years in China to balance the body’s yin and yang; ginger root, which is stimulating, but soothing to the mind; and seaweed, nature’s most complete source of nutrition, which can stimulate your body’s metabolism.

ISLAND SUGAR RUB - 50 min. $90
Sugar cane harvested from the sun-drenched plantations of Fiji, combined with exotic tropical nut oils and fruit enzymes nourish skin with vitamins A, B, C, and E to create the ultimate healthy glow. Relax and enjoy as milk from the coconut, combined with macadamia and coconut oil are gently massaged into the skin. This is followed by an application of pure cane sugar and tropical nut oils, ridding the body of dead skin, revealing new, healthy skin, strengthening the skin’s elasticity, and replenishing lost moisture.

TROPICAL PARADISE - 80 min. $170
From the South Pacific, we bring you a papaya pineapple body scrub. This exfoliating scrub is followed by a luxurious 50-minute massage with warm kukuai coconut oil.

All series expire 12 months from the date of purchase.
Teen Swedish Massage - 50 min. $100
Based on classic European massage techniques, this full-body, light pressure massage helps soothe and relax tired muscles, increase circulation, and induces a feeling of overall well-being.

Teen Back, Neck & Shoulder Massage - 25 min. $60
This 25-minute massage focuses solely on relieving tension in the back, neck and shoulder area.

Teen Refresher Facial - 25 min. $60
This 25-minute facial includes cleansing, exfoliation, mask, and facial massage.

Teen Blemish Control Facial - 50 min. $110
Our acne treatment utilizes a unique combination of enzymes and probiotics as well as the Celluma, a LED therapy to kill acne causing bacteria, resulting in a noticeably clear complexion.

All series expire 12 months from the date of purchase.
MASSAGE THERAPIES

THE ULTIMATE MASSAGE - 80 min. $185
Having a hard time deciding what kind of massage you would like? With this massage you don’t have to select only one modality. Personalize your massage and make it suit your needs. You and your massage therapist will create the perfect session combining multiple modalities to make it the Ultimate Massage.

SWEDISH RELAXING MASSAGE
25 min. $70; 50 min. $100; 80 min. $140
Based on classic European massage techniques, this full-body, light pressure massage helps soothe and relax tired muscles, increases circulation, and induces a feeling of overall well-being.

BACK, NECK & SHOULDERS MASSAGE - 25 min. $75
The perfect solution to relieve daily stress. This 25-minute massage focuses solely on relieving tension in the back, neck, and shoulder area.

SPORTS MASSAGE
25 min. $75; 50 min. $110; 80 min. $160
Excellent for pre- or post-activity, this therapeutic massage consists of range-of-motion, stretching, and deep pressure techniques. This treatment will help improve recovery, lessen pain, increase flexibility, and help to prevent injury.

DEEP TISSUE MASSAGE - 50 min. $110; 80 min. $160
Deep pressure is applied to specific trigger points, using elbows, fists, and knuckles. Helps to ease sore muscles and relieve stress-related tension.

All series expire 12 months from the date of purchase.
Aromatherapy Massage
25 min. $80; 50 min. $115; 80 min. $165
This unique massage will help soothe the body, mind, and spirit. Using your choice of aromatherapy blend and Swedish massage techniques, this massage will deliver the ultimate relaxation and pampering. Choose from our wide variety of aromatherapy lotions.

Couple’s Massage - 50 min. $215; 80 min. $295
It’s time to rekindle the flame and indulge in the privacy of a treatment room specifically designed for couples who want to receive simultaneous relaxation.

Maternity Massage - 50 min. $105 (12 weeks to full term)
A gentle, soothing massage for expecting moms. Enjoy a full-body relaxation massage that helps relieve stress on weight-bearing joints. Alleviate back and neck pain while you are on your back, side, or stomach, supported by specially designed cushions. Feel stress and tension fade away with a pampering that every mother-to-be deserves.

Hot Stone Massage - 50 min. $115; 80 min. $165
This ancient art of healing uses elements of Mother Nature to bring relief to tense muscles and sore joints by the application of deep, penetrating heat with smooth heated stones. Imagine a massage as relaxing as a Swedish massage, but ten times as penetrating. The heat and healing energy of the stones sink into the deepest layers of muscle to bring you to a new level of relaxation.

Couple’s Hot Stone Massage
50 min. $240; 80 min. $360
Enjoy this luxurious treatment with a loved one to enhance the overall experience.

All series expire 12 months from the date of purchase.
Neuromuscular Therapy - 80 min. $165
Anyone who suffers from chronic pain, sore muscles or postural problems will appreciate this deep, specific massage that concentrates on individual problem areas. The recommended initial treatment of 80 minutes includes a Posture Assessment followed by a massage.

Reflexology - 25 min. $75
This therapeutic treatment consists of a relaxing foot massage with specific pressure point techniques to increase circulation, relieve stress and ease pain.

Ashiatsu - 50 min. $115; 80 min. $165
A Western adaptation of Asian barefoot massage. “Ashi” means “foot,” and “atsu” means “pressure.” This rhythmic and deep pressure massage is done by a bare foot therapist utilizing overhead bars for balance and control. This massage technique allows the therapist to deliver greater pressure.

Foot & Scalp Treatment - 50 min. $90
Scalp Treatment - 10 min. $30
Sugar cane from Fiji, along with coconut milk, are used to gently exfoliate the feet, followed by a warm coconut body butter mask that adds ultra hydration, leaving the feet smooth and soft. While you revel in the foot mask, a traditional Fijian coconut bowl is used to slowly drizzle warmed exotic nut oils along the hair line, that are evenly massaged gently into the scalp and neck, restoring balance and leaving hair shiny and healthy.

All series expire 12 months from the date of purchase.
Nail Services

Traditional Manicure - 25 min. $25
Allow us to shape your nails, condition your cuticles, and give you a light massage. Completed with polish.

Express Pedicure - 40 min. $40
This is a quick “pick me up.” Begin with a fresh scented soak for the feet that will leave your feet feeling conditioned and rejuvenated. This service also includes trimming, filing of the nails, excludes callus treatment, and focuses on cuticles and polish.

Spa Pedicure - 50 min. $60
Aromatherapy foot soak, foot filing, exfoliation scrub and a therapeutic foot mask will delight your senses. Finish off with a moisturizer and your choice of polish.

Island Pedicure - 50 min. $75
Relax and unwind with a coconut milk foot soak. Let everything go into an extraordinary exfoliation of naturally occurring alpha hydroxyl acids in pure cane sugar infused with essential oils, enzymes, and coconut oil. Warm body butter is then applied to the feet and hot towels wrap each foot to help penetrate the outer layers of the heels. Exotic coconut oil is then massaged into your feet leaving them feeling as though you have drifted away into paradise.

Polish Change - 15 min. $20
Shellac Soak Off - 25 min. $20
Shellac Polish Change - 25 min. $45
Shellac Manicure - 50 min. $50

Cosmetic Treatments

Make Up Application - 25 min. $50
Eyebrow Tinting - 15 min. $30
Lash Extensions - 50 min. $60
Lash Removal - 25 min. $20

Clusters of 8-10 lashes per tab. Adds length and volume to lashes. Lasts up to 2 weeks. Perfect for events or special occasions.

All series expire 12 months from the date of purchase.
Salon Services

Body Waxing Services
Our waxing experts use the quickest, most effective and comfortable techniques to keep your skin silky, touchable, and hair-free.

We regret that waxing services cannot be performed on clients who have recently had microdermabrasion or chemical peels, or are taking Accutane, Retin-A, or any antibiotics, due to the sensitivity of the skin.

<table>
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<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>Face</td>
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<tr>
<td>Chin or Lip</td>
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<td>Eyebrow Design</td>
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<td>Back or Chest</td>
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<tr>
<td>Half Arm</td>
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<td>Underarm</td>
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Hair Services

<table>
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</tr>
<tr>
<td>Men's Haircuts</td>
<td>$35</td>
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All prices are dependent upon the length and amount of hair.

All services expire 12 months from the date of purchase.
Daily Spa Packages

Mini Spa Day - 1.5 hours $185
Experience what Saddlebrook Resort has to offer – as a perfect introduction to the Spa or just as a little pick-me-up. You’ll begin with a 25-minute Swedish massage, followed by a 25-minute refresher facial, and finish with your choice of a traditional manicure or refresher pedicure.

Pamper Me - 3 hours $230
An unforgettable head to toe experience: The perfect antidote to your stressful lifestyle. This popular package consists of a Fiji scalp treatment, relaxing 50-minute Swedish massage, 50-minute deep cleansing facial, and a delicious Spa lunch.

All series expire 12 months from the date of purchase.

Spa Getaway - 2.5 hours $270
Imagine a day of wellness during which you escape the stress of daily life and enter a world of nurturing. Your journey includes a deep cleansing facial, 50-minute Swedish massage, and a 25-minute body scrub.

Mother-To-Be - 3.5 hours $280
Specially selected treatments designed for the mother-to-be. Begin with our exclusive pregnancy massage (12 weeks to full term), a refresher facial, a Spa pedicure, traditional manicure, and conclude with a nourishing Spa lunch.

Day of Rejuvenation - 5.5 hours $505
This is the ultimate day at the Spa! This special package includes a papaya pineapple body scrub, 80-minute aromatherapy massage, 80-minute Epicuren Enzyme facial, Spa lunch, Spa pedicure, and traditional manicure.

All series expire 12 months from the date of purchase.
Frequently Asked Questions

Arrival - Allow yourself some time to check-in, be shown to your locker and prepare for your visit. We suggest you arrive 20 minutes prior to your spa appointment, 10 minutes for the salon. If you are delayed in your arrival, please remember that your service will end at its original time to avoid inconveniencing other guests.

Clothing - We provide you with a robe, slippers and towels at check-in. Our treatment specialist will escort you to a private treatment room and will leave the room while you disrobe and lie down on the treatment table, covering yourself with the provided drape. Although we recommend you undress completely for most body services, you may choose to wear undergarments, if it will allow you to feel more comfortable. You may wish to wear a swim suit for hydrotherapy services or to lounge in the whirlpool.

Facility Use - Facilities include men’s and women’s whirlpools, saunas, steam rooms, showers and dressing rooms. Resort guests may enjoy the use of the Spa facilities for a daily fee of $25.

Medical Concerns/Personal Information - A brief questionnaire will be given to you at check-in. Please advise the Spa coordinator of any medical conditions or disabilities which may be affected by your treatment, such as high blood pressure, allergies, heart ailments or pregnancy.

Valuables - Please do not bring jewelry or other valuables to the Spa. The Spa does not assume any liability for the loss of personal items.

Cancellations - Because your Spa and Salon services are reserved for you, we ask that you notify us at least 24 hours in advance if you need to cancel or reschedule. 50% of the full value of your service will be charged for cancellations with less than 24 hours notice. Groups of four or more require 48 hours advance notice. All no-shows will be charged full value.

Suggestions - Before enjoying a body service, such as a massage, wrap or body scrub, we ask that you please shower. Also, it is advisable to drink 12 to 16 oz. of water after a massage. For at least one hour following any of our heat treatments, it is important that you rest and not participate in any vigorous activity.

Reservations - We suggest making all Spa and Salon appointments at least 72 hours in advance. Spa packages should be booked 2 weeks in advance. A credit card is required to secure all reservations.

Gift Certificates - A Spa gift card is ideal for any special occasion or as a thank you gift. Mail and internet orders are available.

Rates - All rates, availability and package components are subject to change. There are no substitutions for allowed package inclusions.
THE SPA AT SADDLEBROOK RESORT
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