



## Spa Menu

### Ritz Carlton Amelia Island

#### **Facials**

##### **Vitamin C Facial – 50-minutes**

- Supercharge your skin with vitamin C - nature's most potent - and proven - skin brightening treatment. Combined with our signature Alpha Beta® Professional Peel System, this high-performance facial is the go-to for combatting sun damage, reversing signs of aging, and restoring luminosity for firmer, brighter skin. This facial includes a collagen-building light therapy treatment for the face.

##### **Signature Organic Facial - 50-minutes**

- All-natural products containing highly beneficial organic fruit, vegetable and herbal extracts are the hallmarks of this revitalizing facial. Organic benefits include increased circulation and oxygen to cells, assisting in cellular repair, resulting in revitalized, nourished skin includes Brush cleanse, steam, exfoliation, extractions, mask, facial massage, serum, moisturizer performed with eminence products.

#### **Massages**

##### **Relaxation Massage – 50-minutes**

- A soothing aromatherapy massage using essential oils and gentle to moderate pressure to melt away tension.

##### **Stress Relief Massage – 50-minutes**

- Feel relief for tired and fatigued muscles with this traditional massage using moderate to firm pressure. You'll leave feeling revitalized and relaxed. Similar to a sports massage.

##### **Deep Muscle Massage - 50-minutes**

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