

SPA TREATMENT MENU

TOUCH THERAPY

THE RITZ CARLTON SIGNATURE MASSAGE— Our signature massage combines Swedish with various massage techniques, customized to your specific needs. Choose the scent your body craves from a variety of Aromatherapy oils.

50 min. /\$145 80 min. /\$205

DEEP MASSAGE WITH ARNICA AND STEAMED TOWELS – Arnica has been widely used for centuries for its healing properties and as a natural anti-inflammatory. Warm steamed towels infuse Arnica oil into the body to soothe muscles. This deliberate massage with deep pressure is ideal for specific areas of tension, pain or chronic issues.

50 min. /\$155 80 min. /\$215

SOOTHING STONE MASSAGE –We use our own uplifting blend of essential oils with the penetrating heat of smooth basalt stones to relax and purify the body and soul. Light to medium pressure is used to relieve tense muscles and sore joints.

50 min. / \$175 80 min. /\$240

MATERNITY MASSAGE – This complete body massage uses specific techniques to help increase circulation, alleviate tired muscles, and reduce excess water retention. Pre-natal massage is only available after the first trimester.

50 min. / \$145 80 min. / with body scrub \$215

REFLEXOLOGY – This ancient Eastern technique is used to relieve stress and bring balance to the entire body. Thumb and finger pressure are used to massage specific points on the feet corresponding to different body areas. A refreshing camphor-infused foot balm finishes this relaxing foot treatment to wake the feet up, and make you feel like you are walking on air.

50 min. / \$155

INTUITIVE HEALING – Gentle touch therapy combines various energy healing techniques according to your individual needs. This treatment reduces stress and restores vital energy flow to harmonize mind and body.

50 min/ \$155 80 min/ \$215

RECONNECT COUPLES MASSAGE – Our signature massage, performed in our luxury couples suite side-by-side with a loved one. *Alternate therapies are available for an additional fee and depending on availability.*

50 min/ \$350 80 min. / \$480

Complement your couples massage with a natural mineral bath in our royal tub for two.

75 min/ \$375 105 min. / \$495

ULTIMATE JOURNEY - This unique journey features a Ritz Carlton Signature massage incorporating a muscle melting back massage with steaming stones. Continue the bliss with your hands and feet smothered and softened with paraffin while enjoying a citrus infused scalp massage. Finish your journey of relaxation with a “sole” soothing foot treatment.

110 min. / \$295

CITRUS INFUSED SCALP AND BODY MASSAGE – Precious, nutrient rich oils combine with uplifting citrus essential oils in this luxurious scalp and full body massage. The scent enlivens your spirit, and the oils bring a healthy sheen to your hair. This is the ideal treatment for anyone wanting to relax both mind and body.

80 minutes \$215

VICHY RAIN EXPERIENCE

BAMBOO LEMONGRASS BODY POLISH—Zesty lemongrass and bamboo exfoliate the skin, leaving it cleansed, polished and softened to perfection. A full body massage using pure essence of lavender de-stresses and relaxes the mind and body. 80 minutes \$235

OCONEE RAIN –Creek medicine recognizes four key elements in its healing system: Fire, Water, Air and Earth. Performed in our Vichy room this unique treatment brings all four elements together to revitalize both mind and body. The treatment begins with a lavender dry brushing to relax tired nerves and soften skin. Warm lavender-infused stones are then placed on key touch points while the scalp is massaged. A warm rain shower further calms while your therapist uses cool eucalyptus stones to strengthen the body’s energy pathways.

50 minutes, \$175 80 minutes w/ massage, \$235

THE GEORGIAN –Welcome to the South and all that Georgia has to offer! This scrumptious peach scrub and Georgia red clay wrap will smooth and nourish your skin from neck to toes. After a slathering of sugary peaches comes the warm Georgia red clay cocoon, followed by a warm afternoon Vichy rain shower to wash it all away. The end of your visit to the south will be a delightful Shea butter infused with the essence of magnolia.

80 min. / \$235 110 min. w/massage \$295

LOBLOLLY BODY GLOW – Enjoy a luxurious body exfoliation that will leave your skin glowing and feeling softer than a puff of Georgia cotton. Have your experience your way by choosing from Evergreen scrub, lavender scrub, or citrus salt scrub. Each one has its own unique body lotion for application.

50 min. \$175 80 min. w/ massage \$235

MOOR MUD DETOX WRAP –A light body brushing begins this treatment, allowing the nerve pathways to be calmed, and prepping the skin for the mineral rich mud wrap. After showering the mud off, the body will be treated to a soothing lotion application.

50 min. \$175

80 min. w/massage \$240

BODY THERAPY

SURRENDER TO SERENITY– This experience begins with a scalp, neck and shoulder massage followed by a hand and foot scrub and massage, then ending with an invigorating back massage. This treatment relieves exhaustion, stress, aches, pains, and calms the nerves.

50 min. /\$175 80 min. / \$240 80 min includes full body massage.

FOUR PATHS FOOT TREATMENT – This specialized foot treatment is designed to refresh the sole. This treatment starts with a ginger/rosemary foot scrub, includes an in-depth massage of the feet, and finishes with steamed towels and a rosemary/peppermint foot balm to relieve tired achy feet.

50 minutes \$155

WAKE ME UP – Enjoy a unique blend of ground Coffee Arabica, Dead Sea salt and essential oils in this full body treatment. Our coffee scrub will exfoliate dry skin cells and draw impurities from the body while softening the skin. An energizing body oil application will then rejuvenate tired muscles and tone cellulite-prone skin with this blend of coffee extract and the essential oils of citrus, mint, peppermint and rosemary.

50 minutes \$155 80 minutes \$215

CREEK HERBAL WRAP– Bask in a detoxifying herbal steamed towel wrap which will allow your body to naturally boost cellular metabolism. Your wrap begins with a light dry brushing of the skin to calm the nerve pathways and prepare it for the warmth of infused wraps. Choose from: mustard powder for muscle aches and pains, lavender for relaxation, or juniper for circulation. Following the wrap, enjoy a massage with the complementary essential oil of your wrap.

80 min. / \$225

DRIFT TO SLEEP – A tantalizing journey that is designed to help you let go and take you through a ritual that will promote sleep at a deep state of sub-consciousness. Begin your ritual with a calming body scrub. Enjoy an aromatherapy milk bath, followed by a peaceful body massage utilizing warm aromatherapy oils. Once you enter a deep relaxation, your therapist will use intuitive healing techniques to transition you into the alpha state of sleep. After a 30-minute power nap on a warmed, down duvet and massage table you will awaken refreshed, renewed and ready to take on the remainder of the day.

110 minutes \$295

FACIAL THERAPY

RITZ CARLTON SIGNATURE RENEWAL – Beautiful skin begins with personalized treatments to restore vitality and health to all skin types. This facial offers the most fundamental needs for moisture, nutrition an intensive care.

50 min. / \$145 80 min. / \$205

STONE SENSATION FACIAL – This rejuvenating facial brings together the blend of warm and cool sensations into one treatment that will melt away those tensions that settle onto the face. The warmth of the stones eases the muscle fibers while the coolness will reduce inflammation and puffiness while addressing your skincare needs.

50 minutes \$155 80 minutes \$215

COLLAGEN INFUSION – This incredibly firming and plumping facial utilizes the purest products to hydrate and rejuvenate your skin. A specialized collagen veil works to infuse nutrients deep into the layers of the skin relieving dehydration and softening fine lines and wrinkles. This collagen enriched facial delivers dramatic and instant results.

50 min. / \$195

ILLUMINATING—Illuminate your skin and turn back the hands of time for a younger looking, radiant complexion. We start by resurfacing the skin using Alpha and Beta hydroxy acids then we deliver powerful anti-aging nutrients and Vitamins into the skin. A masque is also used to nourish and hydrate the skin.

50 minutes \$195, 80 minutes \$245

NATIVE HERBAL -This facial journey immerses you into a state of total relaxation with a warm lavender essential oil infused poultice treatment. We utilize the power of premium organic products to increase circulation and oxygenate your skin, bringing it to a healthy luminous balance. Your hands and feet will be massaged with a hydrating lotion of lavender as your journey continues with a citrus scalp treatment.

80 min. / \$245

TRANQUILITY FACIAL -This ultimate facial experience leaves you stress free and rejuvenated. We use relaxing and innovative massage techniques to encourage stronger muscles to plump under the skin. We deliver effective organic products filled with nutrients that leave you glowing and youthful. Melt away stress and tension as we nourish your scalp and drench your hands and feet in a warm natural soy paraffin mask.

80 minutes \$275

GENTLEMEN'S DEEP CLEANSING FACIAL – A facial designed especially for men's unique skin care needs. This deep cleansing facial will exfoliate, detoxify, and improve circulation to rejuvenate the skin to its natural glow. A relaxing face, neck, and shoulder massage is included.

50 minutes \$145 80 minutes \$205

ORGANIC BACK FACIAL –The often neglected back and shoulders will be deeply cleansed and steamed to lift impurities and firm the skin. Following an exhilarating exfoliation with the deep cleansing body brush, the back will be toned with a mask, and then drenched in scrumptious hydrating lotion.

50 minutes \$155

Waxing Services available upon request.

NAIL SERVICES

All 50 and 80 minute services include a file, buffer and polish to take home!

Georgia Peach Manicure or Pedicure— This southern inspired combination uses a gentle and natural peach exfoliation. Your skin will love the warm moisturizing mask and a massage with a delicious peach moisture rich cream.

50 minute manicure \$65 50 minute pedicure \$85

Rejuvenating Cucumber and Mint Manicure and Pedicure— Enjoy a therapeutic treatment that will soften and soothe chapped hands and feet. A cucumber, mint and sugar scrub will exfoliate dry skin followed by moisture rich cucumber mask. We will massage with rich Shea butter to hydrate and heal the skin.

50 minute manicure \$65 50 minute pedicure \$85

Warm Stone Manicure or Pedicure—Essence of Ginger and Rosemary will work to soothe the body and mind with an intense pumice exfoliation. Be indulged as we massage with warm stones and your choice of lavender calming oil or Rosemary and Juniper oil to encourage circulation.

50 minute manicure \$75 50 minute pedicure \$95

French Manicure or Pedicure— Whether it is for your wedding day or a special treat for your hands or toes they will look beautiful. This treatment will smooth your skin with a delicious blueberry soy sugar scrub followed by a hydrating mask with warm towels. A massage with a rich blueberry lotion leaves skin shimmering along with a beautiful, natural French polish.

50 minute manicure \$75 50 minute pedicure \$95

Ultimate Manicure or Pedicure— A decadent treatment for hands or feet using nutrient and antioxidant rich oils. Begin this treatment with an orange scented scrub, followed by a honey papaya treatment to smooth your skin. A paraffin mask draws moisture to skins surface and an application of ultra rich hydrating butters leave skin soft and velvety.

50 minute manicure \$85 80 minute pedicure \$125

Deluxe Polish Change, Hands or Feet

Includes nail shaping and polish or buffing

25 minute hands \$45 25 minute feet \$59

Polish Change, Hands or Feet

Polish application only

15 minutes \$20

ADD ON PARAFFIN TREATMENT \$20

Hair

Shampoo and Style	\$50-75
Ladies Cut and Style	\$75-\$115
Men's cut and Style	\$45-65
Celebration Style	\$100--\$150
Highlights	\$145-225
Single Process Color	\$95-125
Celebration Makeup Application	\$100
Nourishing Hair and Scalp Treatment	\$95-150 (\$59 & \$119)

SPA PACKAGES

Linger Longer, 5 ½ Hours, \$569

The Ritz-Carlton Signature Massage, 80 minutes

The Ritz-Carlton Signature Renewal Facial, 80 minutes

Georgia Peach Manicure and Pedicure, 120 minutes

Spa Lunch

Couples Escape, 3 ½ Hours, \$599

Couples Massage with Soak, 105 minutes

Couples Pedicure, 50 minutes

Champagne for Two

Spa Bliss, 3 Hours, \$349

The Ritz-Carlton Signature Renewal Facial, 50 minutes

The Ritz-Carlton Signature Massage, 50 minutes

Rejuvenating Cucumber and Mint Pedicure, 50 minutes

Unwind & Recharge, \$259

Choose any TWO:

Loblolly Body Glow with Vichy Shower, 50 minutes

The Ritz-Carlton Signature Renewal Facial, 50 minutes

The Ritz-Carlton Signature Massage, 50 minutes

Refresh hands/Georgia Peach Pedicure, 75 minutes

GENERAL INFO

Ritz-Carlton Spa facilities and amenities are available for guests over the age of 18. Salon services are available to guests of all ages. Spa facilities are complimentary to resort guests; guests not staying at the resort may use the facilities for a daily fee of \$50.

Spa services should be scheduled in advance. The Spa Reservation Department can help plan your Spa experience, including the best order of treatments. Please call 706-467-7185. When making reservations, please notify the agent if you have high blood pressure, allergies, physical ailments or disabilities, or if you are pregnant. A credit card number is required at the time reservations are made.

Most body treatments are enjoyed without clothing; however, please disrobe to your comfort level. Disposable underwear is available on request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided in the ladies' and gentlemen's lounges before and after treatments.

Lockers are available for personal items; however, if you are a guest of the resort, it is recommended you leave valuable items in the safe in your guest room. Cell phones and pagers should be turned off upon entering the Spa.

Shaving is recommended but not necessary for gentlemen prior to a facial. If you choose to shave prior to your facial, please do so at least two hours before your appointment. Shaving is not recommended prior to body treatments, pedicures, or hair removal services.

To enhance your Spa experience, please arrive 30 minutes before your scheduled treatment. This will allow time to relax in the lounges, saunas, steam rooms and whirlpool. Arriving late will simply limit the time for your treatment. The full value of your treatment will be charged.

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 tell your therapist immediately.

All major credit cards and travelers checks are accepted. You may also charge Spa services to your resort bill. For your convenience, a 22% service charge will be added to each Spa service. The service charge is dispersed to the Spa staff members who serve you during your visit. Additional gratuities are at your discretion.

Spa gift cards may be purchased in specific dollar amounts. Gift cards can also be used toward purchases in the Spa Boutique.

CANCELLATION POLICY

If you must cancel or reschedule your Spa appointment, please notify us at least six hours before your appointment time to avoid being charged the full value of your service. Cancellations of packages or private parties require 24-hour notice.