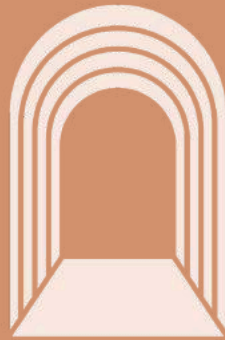


Menu



SPA
PGA NATIONAL RESORT

RESERVATIONS

800.843.7725 • reservations@pgaresort.com



Overview

Improve your stroke, swing, swim, and stride at The Spa, where health and wellness, peak performance, and rejuvenated recovery are one continuous journey every day.

Designed by V Starr, award-winning The Spa at PGA National Resort is The Palm Beaches' most comprehensive active lifestyle wellness center, focused on preparation, performance, and recovery for anyone.

No matter your passion – golf, tennis, pickleball, swimming, running, or yoga – The Spa's 40,000 sq. ft. of private indoor and outdoor therapy spaces immerse guests in both opulence and tropical tranquility, including Waters of The World, three hydro-therapy pools infused with healing salts.

Pre-sports embrace preparation therapies, including vital stretching, balance therapy, and relaxing massage services. Maximize personal performance with acupressure sports massage, healing acupuncture, and targeted massage therapy. Post-activity, wind down into blissful rejuvenation with detoxifying cupping, muscle-relaxing body treatments, sun and stress-relieving facials, hydrotherapy, and extensive beauty salon services from head to toe.



Skin Care

24K GOLD FLORAL FACIAL BY FLEUR'S

Specifically designed to address the skin during Perimenopause. The exceptional power of 24k Gold is combined with two anti-aging flowers to rejuvenate the skin. Our Golden Peel exfoliates dead skin then the senses are awakened as the fragrances of fresh florals illuminate the skin.

FACIAL OF CHAMPIONS

Our Signature Facial. Layers of seaweeds plump and nourish the skin. A Glycolic Peel and LED therapy brighten the complexion. An eye treatment firms while and anti-aging hand treatment is performed. Scalp, neck, shoulder and arm massages finish this exquisite service. Customized to your goals of Anti-Aging, Brightening, Calming or Hydration.

PHYTOMER CUSTOMIZED FACIAL

All-natural skin care that's dedicated to preserving your skin and the sea. This exquisite treatment leaves the face and eye contour area glowing and moisturized.

DELUXE HYDRAFACIAL

Deeply cleanses, exfoliates, extracts and hydrates skin with super serums filled with antioxidants, peptides, and hyaluronic acid. LED light therapy further reduces signs of skin aging. More than a facial, this extended service includes time for massage of the scalp, shoulders, arms legs & feet.



Body Polishes

HONEY ALMOND BODY POLISH

Embark on sensorial journey. This luscious blend of pure local honey harvested here at PGA, exfoliating ground almond and creamy oat milk. This exfoliating masterpiece gently sweeps away dull, dry skin, unveiling a silky smooth and youthful appearance.

SEA SPA GLOW BODY POLISH

This revitalizing journey starts with dry body brushing, preparing your skin for the indulgence ahead. Next, experience the invigorating sensation of our mineral salt & seaweed body scrub, expertly applied to exfoliate and renew your skin.

You will emerge refreshed with glowing skin.

TROPICAL BODY POLISH

Customize your experience with this refreshing body scrub. Select from organic tropical infusions creating an immersive tropical experience. Dry body brushing encourages lymphatic flow, sugar scrubs exfoliate dry, dull skin.

You are left feeling silky smooth, and rejuvenated.

For your convenience a 20% service charge will be applied. Additional gratuities are at guest discretion



Body Treatments

AFTER SUN SOOTHER WRAP

A silky seaweed milk soothes and relieves skin which has been exposed to the sun, leaving it moisturized, softer and more supple. Your tan is long-lasting and radiant while your skin's tone is visibly firmed.

GOLDEN RADIANCE WRAP

A firming, restructuring spa body wrap. Ingredients like 24K Gold, seaweed and marine botanicals protect and stimulate collagen and elastin fibers to improve cell renewal.

LIFT & FIRM BODY CONTOUR

Dry brushing exfoliates dead surface skin cells. Massage with warm basalt stones allow deep penetration of body contouring cream. A seaweed facial mask hydrates the face while massaging with warm basalt stones allow deep penetration of body contouring cream. The skin is left silky smooth and toned.

WARM SEAWEED BODY WRAP

Dry brushing exfoliates dead surface skin cells and encourages lymphatic flow. A warm seaweed "cocoon" treatment leaves you slimmer, beautifully relaxed, and visibly purified.

For your convenience a 20% service charge will be applied. Additional gratuities are at guest discretion



Wellness

INTRO TO ACUPUNCTURE

Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. Acupuncture is used for a variety of conditions including stress relief, anxiety, sleep disorders, and overall wellness.

**Choose From: Relax, Vitality, Immune Support, or Performance Boost.
Includes Consultation, Acupuncture and Massage.**

PAIN RELIEF ACUPUNCTURE

A key component of traditional Chinese medicine, acupuncture is effective in treating a variety of conditions that cause pain. The needles stimulate the body to assist in the release of natural pain killers and to reduce inflammation which promotes healing.

Includes: Consultation, Acupuncture and Massage.

TRIGGER POINT MASSAGE

Pressure is applied to specific points in the body to release tight muscles, contractions, and knots. The goal of this type of therapy is to reduce inflammation, reduce pain, and improve range of motion.

CUPPING MASSAGE

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation, and well-being, and as a type of deep-tissue massage.

HIMALAYAN ACUPUNCTURE EXPERIENCE

This seated acupuncture experience is performed in our Himalayan Salt Room. Your session begins with a glass of Kombucha then Acupuncture needles are intentionally placed at precise locations on the body to achieve your specific results. Your service continues with hand or foot reflexology while you inhale the healing salt air. This is a wonderful service for couples or friends to experience together.

For your convenience a 20% service charge will be applied. Additional gratuities are at guest discretion



Massage

ESSENTIAL AROMATIC MASSAGE

This aromatic and relaxing, Swedish-style massage combines the healing power of touch with the therapeutic benefits of essential oils to reduce stress and leave you feeling refreshed.

EXPECTING MOTHER'S MASSAGE

This nurturing prenatal massage gives special attention to the mother's comfort at various stages of pregnancy. Massage techniques, organic oil, and supportive pillows offer relaxation.

GOLFER'S CBD MASSAGE

This sports massage focuses on loosening stiff hips and shoulders to improve your golf swing. Acupressure, broad-spectrum CBD, and stretching enhance flexibility and range of motion.

LOMI LOMI MASSAGE

Based on Hawaiian healing techniques, this rhythmic, fluid massage is a deeply relaxing treatment, enhanced with tropical exotic oils.

LYMPHATIC DRAINAGE MASSAGE

Light-touch treatment of targeted areas to enhance lymphatic flow.
Not only very relaxing, but it aids detoxification and reduces water retention.

PGA Signature Massage

The Ultimate pampering experience! This service includes a customized pressure massage, hydrating facial sheet mask and a signature apricot foot & leg scrub.

TROPICAL ESSENCE MASSAGE

An exquisite relaxing massage and a curated selection of exotic tropical infusions create an immersive relaxation experience. Coconut based massage oils leave the skin nourished and soft.

TABLE THAI MASSAGE

A unique combination of traditional Thai massage techniques and Swedish massage. Stretching movements, rocking and rhythmic muscle compressions improve range of motion and flexibility.



Nail Salon

CBD MANICURE | PEDICURE

Elevate your nail service with CBD, featuring CAUSE + MEDIC products. This experience blends the healing properties of CBD with active botanicals and naturally nourishing ingredients to soothe aches and pains and restore skin health. Features a lavender soak, sugar exfoliation, and a moisturizing mask.

FRESH APRICOT MANICURE | PEDICURE

Relax in our massaging pedicure chairs while we nourish and hydrate the feet with our exclusive Signature Fresh Apricot Scrub and Lotions. Choose your favorite color of OPI or Essie Polish for a flawless, shiny, waterless pedicure that will last up to two weeks.

TROPICAL OASIS MANICURE | PEDICURE

This experience begins with a soak of hydrating coconut milk, followed by a gentle exfoliation with coconut crème scrub – all infused with tropical oils, enzymes and coconut oil. Body butter is massaged into the skin and nails are polished to perfection.

SEA SPA GLOW MANICURE | PEDICURE

Awaken the senses with a luxurious pedicure featuring polish removal, nail shaping, aromatic spearmint, and eucalyptus soak, cuticle grooming and condition with nutrient-rich oils, gentle dead sea exfoliating treatment, and a massage of moisturizing marine botanicals. Finished with a perfect polish.

Adults 18+. For your convenience a 20% service charge will be applied.
Additional gratuities are at guest discretion.

Couple's Chemistry



Special Occasions

COUPLES CHEMISTRY

Couple's Chemistry invites spa guests to a private apothecary. Custom-blending luxurious ingredients, couples will create their own keepsake spa scrubs and oils. The pair then enjoy a 80-minute luxurious massage with invigorating foot & leg scrub. The couple will enjoy, chocolates, champagne, a day bed, and private shower, allowing a sumptuous spa experience like no other.

COUPLES ROYAL ESCAPE

100-minute champagne-infused massage with aromas of fresh apricot, honey, white flowers, and red fruits. The experience includes a honey and almond exfoliating back scrub and a fresh apricot foot and leg scrub for added pampering. After your spa treatments, relax on a private poolside daybed with exclusive amenities, a bottle of exquisite Champagne, and \$50 credit to our exclusive Spa Café.

COUPLES THERAPY MASSAGE

Relaxation is best when it's shared. Couples can retreat from daily worries and experience the therapeutic power of touch with an exclusive treatment that simultaneously offers healing and bonding. Enjoy pure bliss as you receive side-by-side 50-minute customizable massages.

For your convenience a 20% service charge will be applied. Additional gratuities are at guest discretion



Hair Salon Services

From Haircuts, Blow-outs, Color & Highlights, our full-service hair salon will have you looking your best!

Available Services:

Blow Out: Short, Medium, Long
Color Single Process
Color Full Highlights, Lowlights or Combo
Partial Highlight or Partial Highlight & Style
Glow Conditioning Hair Treatment
Women's Haircut
Updo

Spa Cafe

Self-care through healthy foods & beverages, poolside.
Available by our Waters of the World daily so you can refresh and unwind before or after your spa treatment.



Spa Groups

From bachelorette parties and girl's day out excursions to corporate wellness days, client appreciation, and sporting events, PGA National Spa offers relaxing and memorable group spa parties and experiences for every occasion of life.

10-14 APPOINTMENTS 10% OFF

15-19 APPOINTMENTS 15% OFF

20+ APPOINTMENTS 20% OFF

In addition, we can provide a customized food and beverage experience at our Spa Cafe.



Spa Etiquette

Requirements

Guests 16+ years old are welcome for services in the salon area.

Spa treatments are available for guests ages 18 and over.

Locker rooms and Waters of the World are only for adults 18+ years old.

Spa Environment

To create a serene place of comfort for all our guests, we request that all spaces be smoking & cell phone free.

Reservations & Cancellations

Reservations are guaranteed via credit card. Please allow 24 hour notice for cancellation or rescheduling to avoid a 50% charge.

For changes or cancellations, you may contact us at
800.843.7725 or SPA@PGARESORT.COM

Arrival

We suggest arriving 30 minutes prior to your scheduled appointment to allow time for check-in and preparation for your service. We recommend utilization of the spa amenities before or after your treatment. A late arrival will limit the length of your treatment in consideration of the following guest appointments.

Service Charge

A service charge of 20% will be added to each service.

If you have received exceptional service, we invite additional gratuity at your discretion.

Gift Cards

Give the gift of tranquility. Spa gift cards make it easy to present your loved ones with an experience they can truly treasure. Gift Cards may be purchased in person or on our website at pgaresort.com/spa

