



The Spa

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At Hammock Beach™

strength  
courage  
fortitude



# the sacred art of healing

Elements converge. Spirits reawaken. Bodies and minds are endlessly rejuvenated. There is something so distinctly unique at play, so blissfully exquisite, it has to be experienced to be believed.

Here at The Spa, we are forever inspired by the art of healing. Immense care is taken to provide the kind of one-to-one, personalized attention for our guests. It is a therapeutic, holistic and genuine approach that revolves around you and your needs. Our experienced spa providers utilize some of the world's most innovative modalities and healing techniques to restore, renew and inspire.

Quite simply, The Spa is a place of immense transformation. Balance is restored. Harmony achieved. And the soul nurtured. For us, it is our privilege to have an intimate role in your personal path to well-being.







# massage treatments

## hammock massage

This massage is a staple for The Spa at Hammock Beach Resort and one of our signature services.

Blending elements of Lomi Lomi, Hot stone, Aromatherapy and Swedish techniques to conjure up images of relaxing in a hammock on a secluded beach with nothing but warm breezes and tropical scents to occupy your mind.

## swedish massage

This full body massage uses soothing techniques to increase circulation, reduce stress and improve muscle relaxation.

## deep tissue massage

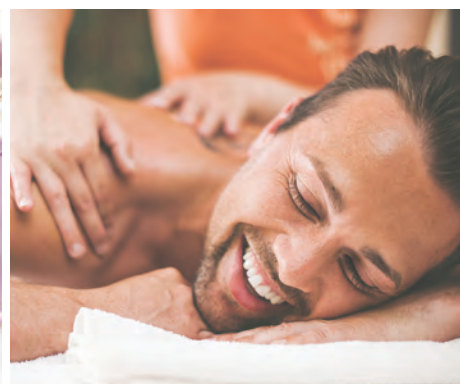
Stress, tension and pain often lodge themselves in one's body. Using a series of strokes, pressure and kneading, our therapists relax muscle tension, relieve pain, tone the body and stimulate release of toxins through this treatment. Each session is uniquely designed with your particular needs in mind. The massage is adjusted to your personal comfort level. Please indicate the areas of your body that require special attention and your preference for pressure, so we can best meet your needs.

## prenatal massage

Tailored to the needs of pregnant women, this massage aims to relax tense muscles, ease sore spots and improve circulation and mobility. This treatment is only for expecting mothers out of their first trimester.

## warm coconut stone massage

Imagine heat flowing deep within the body, swirling along the spine, radiating through the shoulders and neck, down the legs to the feet, lingering just long enough to melt the tension from each and every muscle. The relaxing nature of Swedish massage, warm coconut lotion and hot stones facilitate the flow of relaxation through the entire body, mind and spirit.





### golfer-sage

Whether you play once a day, once a week or once a month, we have all felt the rigors of what the sport of golf can do to your body. Our massage therapists have developed a routine to specifically address the needs of every golf enthusiast. This 80-minute treatment will include a head to toe massage specifically addressing the areas of the body prone to stress and strain from playing golf, finally the therapist will facilitate stretches that will lengthen and return you to a more balanced state.

### couples massage

Enjoy side-by-side massages in the same treatment room. This is a perfect way for any couple to share their special occasions or to introduce someone new to spa services. You may select any type of massage to be performed in our couple's room, price is based on which massage you choose.

### back, neck & shoulder massage

Have you gotten tired of the phrase "in these tough economic times"? This massage lets you do something about it, concentrating on the areas we all hold stress and at a price that will fit into any budget.

### cinnamon beach feet

This combination treatment starts with an exfoliation from the feet to the knees using a decadent scrub. Followed with a foot and calf massage to get feet beach ready.

## massage enhancements

hands & feet paraffin hydrating treatment

in-room upgrades



# body treatments

## south seas spray tan

Inspired by the Natives of French Polynesia, South Seas Tahitian Tan Solution delivers a rich and robust color ideal for all skin types. Fast drying, non-sticky, cucumber-melon scented and paraben-free. Please allow for 8 hours of processing time without getting wet.

## beach ready polish & tan

This 50-minute treatment will start with an oil-free body polish containing pumice and aloe that will exfoliate, soften and invigorate your skin. The non-greasy formula makes this ideal before the application of your spray tan. Citrus scent and paraben-free.

## sugar scrub

Fresh and rejuvenated skin will be revealed after this revitalizing full body exfoliation. A hydrating body lotion infused with proteins and Vitamin B complex completes the experience leaving skin hydrated and renewed.

## ultimate zen wrap

This super hydrating wrap starts with a full body exfoliation before you are cocooned in velvety organic shea butter from Zents. While in the wrap, your therapist will perform a relaxing scalp treatment with warm oil. This is the perfect treatment for those suffering from dehydrated or very dry skin. This treatment brings healing to every part of the body, with a personalized aroma sensory element that awakens the deepest parts of the mind, for a Zen state of relaxation and wellness.

## green tea & ginger wrap

This sea enzyme wrap begins with a body scrub that contains a healthy dose of antioxidants and nutrients. It is followed by a body wrap with green tea to balance the yin and yang, ginger root to invigorate your mind and a seaweed algae to stimulate your body's metabolism. Finally, a tropical-scented papaya pineapple lotion containing rejuvenating protein enzymes is applied, leaving your skin invigorated and nourished.



# anti-aging facials

## fountain of youth facial

You will feel your skin lift and tighten as this results-oriented facial utilizes a mix of enzymes and proteins to improve skin health through cell regeneration. Symptoms of aging skin, including wrinkles, loss of glow, irregular skin tones and increased pore sizes, are reversed and repaired. This facial is an experience like no other and is great for all skin types.

## microdermabrasion facial

This is a technique that uses tiny crystals to buff away the surface layer of skin to resurface, stimulate collagen and elastin growth. This stimulation will minimize fine lines, wrinkles, acne scars and pigmentation resulting in a lighter, tighter and brighter skin tone. Discuss with technician any home resurfacing products or treatments you may be using. This facial can be purchased in a series of 6, ask your technician for more details.

## next generation resurfacing treatment

This facial focuses on cellular rejuvenation. Diminishing fine lines and wrinkles reduce breakouts, evens skin tone and pigmentation utilizing un-buffered glycolic acid to exfoliate skin allowing the deep penetration of vitamins for healing and renewal.

## antioxidant facial

This Antioxidant facial accelerates exfoliation, stimulates cellular growth, promotes collagen production and restores moisture and nutrients to the skin. This facial includes the Next Generation Resurfacing Treatment for the face, neck and décolleté plus application of skin specific conditioning agents, antioxidant rejuvenating mask and patented antioxidant Vitamin C and Vitamin A.

## glycoderm facial

Anti-aging at its best. This facial combines the brightening power of glycolic acid with the pinpoint accuracy of microdermabrasion to exfoliate dull lifeless skin cells helping to drive powerful antioxidants from our Super “C” Serum and Aox “A” deep into the epidermis to promote collagen and elastin production as well as healthy skin cell growth. Face, neck and décolleté are included for exfoliation, antioxidation, mask and massage providing a completely rejuvenated appearance.

## fit-n-firm facial

This results-driven treatment deep cleanses the skin while targeting the repair of individual conditions related to day-to-day environmental exposure. This treatment incorporates a multi-action Antioxidant Cocktail of Vitamins D2, D3, A, B, C and E which are infused into the skin with our Fit and Firm lifting and tightening mask. These essential nutrients nourish, repair and hydrate the skin leaving skin, brighter, smoother and hydrated.

## bio-firming facial

Say goodbye to costly injections! This luxurious “needle-free” facial with advanced exfoliation increases skin volume from within to recover the elasticity of your youth. Using the latest in stem cell and peptide technology, potent serums unleash intelligent skin-architects to restructure, redensify and rebuild the appearance of the skin. A conductive silver ion mask is applied while face-lifting reflexology points are activated to stimulate circulation and relax muscle tension.





# deep cleansing facials

## custom facial

Your skin is as unique as you are, shouldn't you treat it that way? After individual analysis your skin care professional will utilize a personalized selection of products to exfoliate, perform deep pore cleansing and massage. This custom facial refreshes, nourishes and hydrates your skin your way.

## hammock facial

This signature facial blends elements of European, aromatherapy and hot stone facials to create a unique experience that is a delight for the senses. This is an extremely relaxing facial and there are no extractions performed in this facial.

## gentlemen's facial

This deep-cleansing therapeutic facial is designed specifically for men's special skin care needs, addressing razor burn and overactive oil glands. Relaxing the skin and refining the pores, this treatment includes a facial massage and an individualized mask. You will see and feel the difference

## back facial

Treat your back to the same benefits of skincare as your face. The specific needs of your skin will be addressed resulting in deeply cleansed, exfoliated and hydrated skin.

## refresher facial

This facial will incorporate skin-specific products as well as instruction on their proper use and the benefits of a skin care regimen. Cleansing, exfoliation, massage and mask make up the balance of this teen focused service which can also benefit adults new to skin care or on the go. Does not include extractions.

## acne facial

This facial addresses problematic skin. Specific attention to deep cleansing the skin utilizing products to unclog and purify the pores. Calming and anti-inflammatory products will be used to soothe irritated skin.

# facial enhancements

## rejuvenating lip treatment

## dramatic eye lift treatment

## hands & feet paraffin hydrating treatment

## galvanic infusion of antioxidant serum

# hands & feet

## hammock beach manicure

A luscious coconut milk hand soak is the beginning to this indulgent treatment. All elements of the salon manicure as well as heated therapy stones are used. A Vitamin C serum mask is used to lighten skin and reduce wrinkles. This royal treatment smooths hands while deeply hydrating the skin.

## salon manicure

This manicure includes nail shaping, cuticle trimming and a hand massage, followed by polish application.

## shellac manicure

This delightful treatment includes cuticle and nail trimming and hand and arm hydration. Choose from a great selection of glorious high-gloss colors. Shellac lasts up to 14 days without smudge and zero drying time. Shellac is hypo-allergenic and 3-free, containing no formaldehyde, toluene and DBP, leaving the natural nail in great shape. It's truly addictive!

## hammock beach pedicure

A warm coconut milk soak nourishes the skin while releasing bundles of stress. Hand selected products are used to minimize calluses and cuticles, treat and condition nail beds. Heated therapy stones are gently placed to increase circulation and relieve tension giving a feeling of complete relaxation.

## ultimate zen pedicure

In this ultra-hydrating treatment, you'll be taken through a scent journey and matched with an aroma that reflects your personalized taste. A relaxing and detoxifying soak will help refresh and comfort your feet, as a moisturizing cleanser removes impurities. Your skin will be smoothed and moisturized with a rich Shea butter exfoliation and massage. Nails are then cared for and beautifully polished.

## salon pedicure

Your salon pedicure treatment will begin as your feet are immersed in an aromatic whirlpool bath. Your cuticles will be trimmed and nails will be filed, your feet and legs exfoliated and massaged. If desired, nail polish of your choice will be applied.

# hands & feet enhancements

## french upgrade

## vinylux polish system upgrade

## hands & feet paraffin hydrating treatment

## shellac removal with manicure

## shellac removal without manicure



## hair design

designer cut & style, long hair

designer cut & style, medium hair

designer cut & style, short hair

designer style, long hair

designer style, medium hair

designer style, short hair

gentlemen's cut & style

child's cut & style, girls under 10

child's cut & style, boys under 10

## hair enhancements

color gloss

**deep conditioning treatments**

Hair straightening and iron styling prices vary.  
Please ask for consultation.

## color

full highlights & lowlights

partial highlights & lowlights

1-7 highlights

single process color

semi-permanent color

men's color blending

color gloss

partial color

corrective color with consultation

## special occasion

special occasion, long hair

special occasion, medium hair

special occasion, short hair

special occasion, make-up application

eyelash application

Ask for more details on scheduling hair & makeup trials.



## waxing

back, full & half

leg, full & half

full arm

forearm

underarms

chest

bikini

face

eyebrows

upper lip

chin

A soft or hard wax is chosen according to the type of waxing being done. The Spa uses an antiseptic lotion prior to and post waxing, a chamomile calming cream is also used on the skin to reduce redness. It is imperative to inform your technician if you are using Alpha Hydroxy Acids, RetinA, Renova, Acctane or any topical exfoliation products.

## tinting

eyelash tinting

eyebrow tinting

## packages

### signature package

50 min. hammock massage

50 min. hammock facial

75 min. hammock beach pedicure

60 min. hammock beach manicure

### celebrate package

50 min. swedish massage

50 min. custom facial

50 min. sugar scrub

### discover package

50 min. swedish massage

50 min. custom facial

55 min. salon pedicure

45 min. salon manicure

### sample package

25 min. back, neck & shoulder massage

25 min. refresher facial

55 min. salon pedicure

All package prices will include a 20% service charge and reflect a 10% discount from the á la carte menu. No other discounts will be honored on packages. Lunch can be combined with any package depending on time of day for \$20. Tax and gratuity included.



# keep in mind

## reservations

Please call us directly at 386.246.5580. All spa and salon appointments can be scheduled at the spa reception desk or by calling this number.

## arrival

We ask that you arrive 30 minutes prior to your first visit to familiarize yourself with our facility and to enjoy our relaxation room and dressing areas. The Spa provides lockers, robes and slippers for your convenience.

To ensure total relaxation for yourself and other guests, the spa is a cell phone and device-free zone. We will ask that you fill out a health profile survey prior to any spa service.

Begin your experience with a moment of solitude in the inhalation room, slowing and deepening your breath. Transition to the sauna to detoxify and let your stress melt away. Spend a few minutes in the steam room, softening your skin, opening your pores and loosening your muscles.

Whether you choose to nurture your body with a massage, treat your skin to a facial, scrub or wrap or enjoy a manicure or pedicure, prepare for total relaxation. Our salon professionals are ready, willing and able to give you a new look for the beach, a special dinner or event.

## health considerations

When booking your appointment, please notify the reservationist and your therapist at the time of service if you have allergies, high blood pressure, heart conditions, physical disabilities or if you are pregnant. Certain medications may be contraindicated for our services. Please consult your physician.

## massage & spa services during pregnancy

We advise that you consult your physician prior to receiving massage or body services during pregnancy. We recommend that you indicate you are pregnant when scheduling your service and directly to your therapist. Any massage that does not have heat or aromatherapy can be adapted to your needs. Wraps are not recommended.

## age requirements

You must be 16 or older to enjoy our massage or spa body services. We do offer select facials and salon services for teens and children. Please call us if you have any questions regarding your particular needs.

## valuables

We provide lockers, but request that you leave all valuable items at home. The Spa cannot assume any responsibility for lost or stolen items.

## cancellations

We understand circumstances may arise that are unavoidable and canceling your appointment may be necessary. If you find yourself unable to keep your appointment, we require an 8-hour notice of cancellation. If you cancel less than 8 hours before your appointment, it will result in a fee and/or loss of gift certificate. No shows will be charged the full amount of the service and service charge.

## gratuities

A 20% service charge is added to all services. The majority is given directly to your therapist and the balance is given to the support staff in the spa. Prices are effective April 2018 and are subject to change.

## spa guests' rights & responsibilities

Although there are many spas around the world, each offering a unique experience, they are all devoted to enhancing overall wellbeing through a variety of professional services that encourage the renewal of mind, body and spirit. To enjoy your Spa experience to the fullest, observe the Code of Conduct, act responsibly and be aware that common sense and personal awareness can help ensure your satisfaction, comfort and safety, as well as that of others.

### *your responsibilities as a spa guest*

- Communicate your preferences, expectations and concerns
- Communicate complete and accurate health information and reasons for your visit
- Treat staff and other guests with courtesy and respect
- Use products, equipment and therapies as directed
- Engage in efforts to preserve the environment
- Adhere to the Spa's published policies and procedures

### *your rights as a spa guest*

- A clean, safe and comfortable environment
- Stop a treatment at any time, for any reason
- Be treated with consideration, dignity and respect
- Confidential treatment of your disclosed health information
- Trained staff who respectfully conduct treatments according to treatment protocols and the Spa's policies and procedures
- Ask questions about your Spa experience
- Information regarding staff training, licensing and certification





The background of the image is a close-up, high-resolution shot of blue water. The water's surface is covered in gentle, concentric ripples that catch the light, creating a shimmering effect. The color is a deep, vibrant blue, with lighter highlights where the ripples rise and darker tones in the troughs. The overall texture is smooth yet dynamic, suggesting a calm but active body of water.

energizing  
beautifying  
transformative





The Spa

At Hammock Beach™

License# MM 15479 | 200 Ocean Crest Drive, Palm Coast, Florida 32137-08 | [HammockBeach.com/relax](http://HammockBeach.com/relax) | 386.246.5580

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Hammock Beach<sup>™</sup>

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GOLF RESORT & SPA

The Spa at Hammock Beach Pricing

## Massage Treatments

Hammock Massage	50 minutes	\$202
Hammock Massage	80 minutes	\$250
Swedish Massage	50 minutes	\$190
Swedish Massage	80 minutes	\$238
Therapeutic Massage	50 minutes	\$214
Therapeutic Massage	80 minutes	\$256
Golfer-Sage	80 minutes	\$244
Prenatal Massage	50 minutes	\$190
Coconut Stone Massage	50 minutes	\$202
Coconut Stone Massage	80 minutes	\$250
Back, Neck & Shoulder Massage	25 minutes	\$130
Cinnamon Beach Feet	25 minutes	\$130

## Body Treatments

South Seas Spray Tan	25 minutes	\$82
Beach Ready Polish & Tan	50 minutes	\$154
Sugar Scrub	50 minutes	\$148
Ultimate Zen Wrap	80 minutes	\$190
Dead Sea Mud Wrap	80 minutes	\$190

## Anti-Aging Facials

Fountain of Youth Facial	80 minutes	\$208
Microdermabrasion Facial	50 minutes	\$184
Next Generation Resurfacing Treatment	50 minutes	\$178
Age Defying Facial	50 minutes	\$220
Glycoderm Facial	80 minutes	\$274
Fit-n-Firm Facial	50 minutes	\$214

## Deep Cleansing Facials

Custom Facial	50 minutes	\$166
Hammock Facial	50 minutes	\$172
Gentlemen's Facial	50 minutes	\$166
Back Facial	50 minutes	\$154
Acne Facial	50 minutes	\$172

## Packages

Signature Package	4 hours	\$570
Celebrate Package	3 hours	\$555
Discover Package	4 hours	\$506
Sample Package	2 hours	\$300

## Hair Design

Designer Cut & Style	\$80
Designer Style	\$60
Gentlemen's Cut & Style	\$55
Child's Cut & Style, Girls Under 10	\$43
Child's Cut & Style, Boys Under 10	\$31

## Hair Enhancements

Color Gloss	\$40
Deep Conditioning Treatments	\$35

## Color Gloss

Full Highlights & Lowlights	\$170
Partial Highlights & Lowlights	\$120
1-7 Highlights	\$15 per foil
Single Process Color	\$95
Men's Color Blending	\$68
Color Gloss	\$62
Partial Color	\$57

## Natural Lashes

Lash Lift	\$60
Lash Lift & Tint	\$75

\* Lash Lift & Tint are every 1-3 weeks

## Eyelash Extentions

Classic Full Set	\$150
Classic Fill	\$70
Hybrid Full Set	\$175
Hybrid Fill	\$80
Volume Full Set	\$200
Volume Fill	\$90

\*Fills are every 1-3 weeks after Full set,  
schedule a Full Set at 4 weeks

## Waxing

Half Leg	\$42
Full Leg	\$70
Half Back	\$48
Full Back	\$81
Full Arm	\$53
Forearm	\$37
Underarms	\$31
Chest	\$59
Bikini	\$59
Face	\$48
Eyebrows	\$23
Upper lip	\$23
Chin	\$23

## Tinting

Eyebrow Tinting	\$25
Eyelash Tinting	\$25

## Hands & Feet

Hammock Beach Manicure	\$62
Salon Manicure	\$42
Shellac Manicure	\$57
Hammock Beach Pedicure	\$82
Ultimate Zen Pedicure	\$82
Salon Pedicure	\$62
Shellac Pedicure	\$75

## Hands & Feet Enhancements

French Upgrade	\$12
Vinylux Polish	
System Upgrade	\$5
Hands & Feet Paraffin Hydrating Treatment	\$22 each
Shellac Removal with Manicure	\$12
Shellac Removal without Manicure	\$22

Book an appointment by calling 386.246.5580. A 20% service charge will be added to all services. Cancellation policy is 8 hours in advance to avoid full charge of treatment. Guests under 18 years of age must be accompanied by a parent.