



MENU OF SERVICES



# WELCOME

## TO ROSS BRIDGE

Here at Ross Bridge, we are surrounded by nature's abundant gifts. Fresh breezes ruffle the woodlands, carrying the soothing sound of waters across generous acres of field and fairway. The rhythm of life is just a bit more leisurely here, where nature sets a gentle pace that recognizes the measured rise and fall of a day's light, the moon's phases, the cycle of the seasons.

Nature's rich bounty and restorative cadence are echoed in our spa philosophy, ambiance and menu of services. From subtle lighting overhead to bamboo flooring below, from a variety of massage treatments to the rich botanical ingredients for skin and nail care, every detail has been designed to enhance your spa experience and refresh your senses.

We are pleased to offer you services and products that are in harmony with nature and thoughtfully tailored to ensure a relaxing, restorative visit to The Spa at Ross Bridge.



# MASSAGE

As one of the oldest healing arts, massage not only reduces and relieves muscle soreness and stiffness, but also helps to eliminate toxins in the body through increased circulation. Massage revitalizes, energizes and provides us a way to relax and de-stress. Our massage menu offers a variety of options.

## **ROSS BRIDGE SIGNATURE MASSAGE**

A traditional full body Swedish massage designed to relax muscles as well as relieve physical and emotional stress. Our signature massage includes a “calm mind” experience, along with exclusive relaxation techniques designed to calm the whole being. (25/50/75 minutes)

## **HIGHLAND FOOT THERAPY**

Feeling adventurous? Focus is placed on specific points on the hands and feet that correspond to all organs in the body. Target a particular area of the body while reducing stress and revitalizing energy flow. This treatment will begin with an invigorating foot scrub leading into a soothing below the knee massage. During your treatment you’ll experience a tingling scalp massage and a hand treatment, ending with a calming breathing ritual. (25 minutes - feet only/50 minutes)

## **HOT STONE MASSAGE**

Hot Rock therapy involves the use of smooth basalt rocks placed at strategic points of the body or gently used to massage target muscles. Treatment promotes increased blood flow and energy balance. Combined with Hot Rocks and soothing massage to leave you feeling renewed and relaxed.

(50/75 minutes)

## **DEEP TISSUE MASSAGE**

(Sports Massage)

A targeted deep tissue massage geared for pre- and post- physical activity to relieve overworked muscles. Specific to each individuals needs.

(25/50/75 minutes)

## **BABY LOVE MASSAGE**

(Pre-Natal)

Specifically designed to meet the needs of the mother-to-be. This massage is designed to relax and relieve the added stress that is placed on the back, neck and joints of the body. The specific requests of each mother will be addressed directly with the Massage Therapist. When booking this service make sure to state the trimester you will be in at the time of the service. (50 minutes)

## **COUPLES MASSAGE**

(Swedish Times Two)

Massage with twice the relaxation. Two massage tables, two therapists and the two of you... paired to enjoy this completely relaxing treatment. With your mind and body at ease, you will leave feeling suspended in time. (50/75 minutes)

# SKIN CARE



Our facials encompass all aspects of the most innovative skin care research, leaving your skin smooth, glowing and radiant. A professional skin care analysis and customized skin care program for enduring results are provided with each treatment.

### REFRESHER FACIAL

Achieves maximum results in minimal time. Cleansing, refining and remineralizing bring out the best in dull lifeless skin. (25 minutes)

### ROSS BRIDGE FACIAL

This entrancing European facial cleanses, exfoliates, and nourishes with uplifting and soothing botanicals in order to rejuvenate your skin. The end result leaves your skin looking hydrated and luminous. (50 minutes)

#### (Deluxe Aromatherapy Facial with Footbath)

Our deluxe 75-minute version includes an intensive ampoule treatment chosen to address your specific needs as well as a relaxing aromatherapy foot bath. Upon completion of the service the client will be given the gift of the remaining ampoule to be used in conjunction with their home program. (75 minutes)

### ROSS BRIDGE SIGNATURE FACIAL WITH GLYCOLIC UPGRADE

This customizing and relaxing facial treats shoulders, neck and décolleté. Treatments use glycolic to remove dirt, oil and cell buildup. Pathways are opened to deliver powerful antioxidants and vitamins deep within to neutralize free radical damage where rejuvenation takes place. Your skin will immediately look and feel more vibrant and youthful. (50/75 minutes)

### DEEP CLEANSING FACIAL

#### (European Deep Cleansing Facial)

Maintain and extend the natural glow of healthy skin with this comprehensive treatment for all skin types. To reveal your most radiant skin, we include a gentle exfoliation, pore cleansing, relaxing face massage, and a nourishing and refining masque with essential plant extracts. (50 minutes)

### MICRODERMABRASION FACIAL

Combating the signs of premature aging has never been so simple yet so effective. State-of-the-art procedures using diamond chip exfoliants combined with high-tech, high-end products will gently and effectively remove the top layer of skin. This treatment, like no other, is non-invasive and works around the eyes to fine tune any and all imperfections. This experience will produce softer, smoother and more radiant skin without any harmful effects of loose particles, irritations or skin reactions. (50 minutes)

## GENTLEMEN'S FACIAL

Designed with one objective in mind – pure healthy skin protected from the ravages of the environment and daily stress. This deep cleansing therapeutic facial removes impurities and specifically targets sensitivity to razor burn. (50 minutes)

## ROSACEA RESCUE FACIAL

(European Deep Cleansing Facial for Sensitive Skin – Rosacea)

Gently hydrating and refreshing, this specialized facial addresses the effects of Rosacea by soothing the inflamed derma and promoting a calm even skin tone. Ongoing specialized home care is addressed by the Esthetician. (50 minutes)

## RX2 FACIAL

(Cellular Repair Facial)

Sun-damaged, stressed skin needs to be revitalized and strengthened. We include a state-of-the-art pure vitamin C ampoule that improves skin elasticity and helps to prevent premature aging caused by UV exposure. Even the unique contour lifting facial massage and acupressure exercise that this treatment includes benefits dull, dry skin. (75 minutes)

## THE ULTIMATE CAVIAR FACIAL

(Signature Caviar Facial)

The ultimate in anti-aging treatments, this advanced luxurious facial will hydrate and firm skin with protein rich Caviar and powerful Chinese botanical antioxidants. The exclusive Caviar group of products combined with two specialty contour lifting facial massages, the innovative Marine Matrix Sheet and a state-of-the-art ampoule will visibly smooth fine lines while infusing skin with age defying moisturizers. Results are immediate, creating healthy luminescent skin. Upon completion of the service the client will be given the gift of the remaining ampoule to be used in conjunction with their home program. (75 minutes)

## ROSS BRIDGE TRANSFORMATION FACIAL

This is an upper body facial beginning with a glycolic cleansing ritual and Purifying Energy Stimulation Scrub with a luxurious Deep Detox Mask to lift away impurities leaving skin stimulated, polished and soft. The ritual is completed with Olive Fig and Shea Butter Body Cream. (50 minutes)

## CLARIFYING FACIAL

Treatment breaks down excess oil and dead skin cells that clog follicles trapping bacteria which cause infection, breakouts and excessive oil production. Pathways are opened to deliver bacteria fighting agents, vitamins and antioxidants deep down to give the skin what it needs to fight infection, calm inflammation, reduce redness and create healthy clear skin.

### BRIGHT EYES, SOFT LIPS

A healing and rejuvenating treatment targeted for the delicate skin around the eyes and lips. Imparts much needed moisture and nutrients to these areas, while visibly smoothing fine lines and wrinkles. (25 minutes)

### MICRO-EXFOLIATION

Express service can be added to any facial.

### ANTI-AGING QUICK PEEL

(25 minutes)

(50 minutes - with neck and décolleté peel - includes one free product)

### SERIES OF 3 QUICK PEELS

(25/50 minutes - includes one free product)

### SERIES OF 6 QUICK PEELS

(25/50 minutes - includes one free product)

### GLYCODERM-QUICK PEEL PLUS MICRODERMABRASION

(50 minutes - includes one free product)

### WAXING

Lip, Chin or Brow

Lip, Chin and Brow

Full Face - cheek area down to chin

Bikini

Lower Arm

Full Arm

Under Arm

Lower Leg

Full Leg

Back

Bikini & Half Leg

Bikini & Full Leg

### TINTING

Brow

Eyelash

Brow & Eyelash

# BODY EXPERIENCES

## BODY EXFOLIATIONS

Traditionally, salt and granulated pumice stone have been used for centuries to clean and purify the body. We have followed this tradition and have assembled scrubs to suit all body types.

### GENTEEL BODY POLISH (GENTLE)

New layers of smooth skin will emerge as your body is gently refined with a soothing creme-based body scrub designed to cleanse and polish the skin. Skillfully applied body moisturizer will leave you in silken bliss. (50 minutes)

### SOUTHERN COMFORT SCRUB (MEDIUM)

Smooth and comfortable – that’s how you’ll feel once you restore your skin’s natural glow with this pumice-based exfoliation blended with refreshing geranium and pine essential oils. A hydrating botanical lotion leaves you feeling full of vitality. (50 minutes)

### ALABAMA MINERAL SCRUB (INVIGORATING)

This thermal salt and loofah exfoliation allows your skin to recapture vital minerals and trace elements necessary for healthy skin. This ultimate double exfoliation allows your skin to completely luxuriate at the hands of your therapist as they massage in the rich, naturally hydrating body lotion. (50 minutes)

### MADE IN THE SHADE

#### (Sunless Bronzing)

Achieve a natural-looking sun-kissed glow without the dangers of the sun. This luxurious treatment begins with an exfoliation which is then followed by the application of a moisturizing tanning cream which will ensure even and lasting coverage. Upon completion of the service the client will be given the gift of the remaining bronzer to be used in conjunction with their home program. (50 minutes)

# BODY TREATMENTS

Specifically geared to the large muscle groups, body treatments emphasize total body wellness through exfoliation, detoxification, and hydration. To maximize these benefits, consider a brief steam prior to your appointment, followed by a warm shower. With your muscles relaxed and your pores open, your body better utilizes the healing elements of these natural resources.

## SIGNATURE BODY EXPERIENCE

Free your senses and receive the benefits of this uplifting treatment. Mineral salts and invigorating essential oils are blended for the perfect deep cleansing exfoliation. You then slip into an aromatherapy mineral bath, designed to soothe and promote deep relaxation. A gentle aromatherapy massage application treatment finishes and liberates your senses. (75 minutes)

## NOURISHING SEAWEED BODY EXPERIENCE

Optimal relaxation and nourishment for the body. Warm Spirulina algae imbue nourishing and detoxifying benefits into this anti-aging antioxidant treatment for the entire body. While gently steaming, a balancing pressure point facial exercise and scalp massage extend the anti-aging benefits and a luxurious aromatherapy massage application completes the experience. (75 minutes)

## MIND, BODY AND SPIRIT

### (European Detoxifying Mud Wrap)

Based on a centuries-old European tradition of using medicinal mud and light massage therapy, this deluxe treatment has a detoxifying and totally relaxing effect on the body, mind and spirit. Like the ebb and flow of the tide, your body is enveloped in the organic black mud, and allowed to soak in all the purifying benefits. An acupressure face exercise and scalp massage takes you even deeper into blissful relaxation. Finally, the subtle flow of the massage application of a rich therapeutic remineralizing cream blended with detoxifying essential oils completes the cycle. (75 minutes)

## ESSENTIAL OIL WRAP

Skin suffering from environmental stress? This treatment relieves tension, provides moisture to dry skin and promotes an overall sense of well-being. Be treated to a long luxurious application of the finest essential oils and therapeutic mineral creme. With your skin deeply nourished and moisturized, this healing body wrap encourages you to drift peacefully through an acupressure facial massage that balances the body and soothes the soul. The ideal ending to any massage. (50 minutes)

## LAVENDER HEAVEN

Lavender is celebrated worldwide for its relaxing, healing and balancing properties. This aromatherapy massage, back scrub and scalp massage rely on the power of Lavender to relax, refresh and achieve pure calm. (80 minutes)

# SALON SERVICES

Enjoy total indulgence at the full-service salon. A cut or style by one of our innovative stylists can be a fabulous addition to any day at the Spa. Or, pamper your hands and feet with one of our luxurious Signature manicures or pedicures.

## HAIR

Cut & Style (Men and Women)

Bang Trim

Beard and Moustache Trim

Shampoo & Style

Color

Highlights

Partial Highlights

Double Process

Color Balancing

Pre-Occasion Styling

Special Occasion Styling

Hair Repair Treatment

Demineralizing Treatment

Scalp Therapy

## NAILS

### MANICURES

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#### SIMPLE PLEASURES

For clients on the go, this 25-minute treatment will reshape your nails, clean up your cuticles and restore needed moisture to your hands. Finish with a fresh coat of polish (optional).

#### SOLARMANICURE

Intensive therapy for parched hands. An exfoliating sweet almond and sea salt treatment which gently polishes skin, followed by a moisturizing massage. Finished with a fresh coat of enamel. (45 minutes)

#### CITRICOS

The ultimate citrus "facial for your hands," this 2-step citric acid exfoliation will rejuvenate, hydrate and restore skin to a more youthful appearance. An essential oil-infused ceramide and vitamin massage will be topped off with the perfect polish. (50 minutes)

## PEDICURES

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### PAMPERED PEDS

Feet soaked and exfoliated; cuticles perfected; nails trimmed, shaped, buffed. Polish optional.

### SOLARPEDICURE

Intensive therapy for parched feet to combat the effects of the sun, sand, chlorine and other extreme conditions brought on by seasonal change. An exfoliating sweet almond oil and sea salt treatment which gently polishes skin, followed with a moisturizing shea butter massage. Finished with a meticulous polish.

### MOTHER NATURE'S REMEDY

A super-hydrating aromatherapeutic treatment enhanced with vitamins and minerals. Feet are cleansed with a fizzing mineral soak follow by a warm sugar scrub to gently exfoliate and smooth your skin. A moisturizing volcanic clay foot masque deeply hydrates and prepares you for a relaxing foot and calf massage. Finished off with a meticulous stroke of color.

### HEELED

Special TLC for overused feet. Your feet will have a life of their own after soaking in a refreshing eucalyptus and tea tree oil bath and a peppermint exfoliating scrub. Your calluses will be gently smoothed away with an intensive 20% lactic acid serum and remedied with a therapy cream. Shins, calves and feet are massaged with a cool mint gel as cuticles are rehydrated and nails are polished.

### ROSS BRIDGE SIGNATURE PEDICURE

The ultimate in luxury. This marine-inspired "facial for the feet" features a 4-step exfoliation process incorporating beach sand, quartz crystals, mineral salt and an alpha-hydroxy acid. Followed by a foot masque and heel therapy. A pampering relaxology massage and the perfect polish complete this signature treatment.

### ACRYLICS

Enhancements for the natural nail. Full set, rebalance and overlay.

### UPGRADES

French Polish  
Polish Change  
Paraffin Dip

# SPA POLICIES

## ENTRY FEE

Spa access is complimentary with a spa treatment. Guests who have not booked a treatment yet wish to use the spa amenities will be charged a \$25 access fee for privileges, subject to blackout days and holidays. Minimum age requirement to enter the Spa or receive a service is 16 years old.

## RESERVATIONS

Due to the popularity of our spa we highly recommend reservations be made two weeks prior to your arrival. All services need to be guaranteed against a credit card or room number for hotel guest.

## CHECK-IN

Please check in with the Spa Concierge at least 20 minutes prior to your first scheduled appointment. This will enable you to receive the full benefits of your spa experience. We encourage you to shower and take advantage of amenities upon entering the spa. Please be aware late arrivals will not receive an extension of scheduled treatment times.

## CANCELLATION

If you must cancel, we would be delighted to assist you in rescheduling your appointment; however, if this is not possible, a 24 hour cancellation notice is required for services. Failure to comply will result in full charge of the service. Group cancellation will be defined within a spa contract.

## SPA ATTIRE

A robe and slippers will be provided to you upon arrival at the Spa. You will also be given a locker to store your personal belongings. Toiletries are available within the spa area for your use. We encourage you to leave your valuables at home or in the safe box in your room.

## HEALTH CONCERNS

Kindly alert our staff of any health concerns you may have at the time of booking. Some of our treatments may not be appropriate if you have health conditions. It will be our delight to assist you in recommending more suitable services.

## GRATUITIES

Gratuities are discretionary. Please see the Spa Concierge at the time of check out for a tip envelope. For your convenience a gratuity of 20% per service will be added to group contracts.

## SPA ETIQUETTE

To preserve the serenity of the spa environment, cellular phones, BlackBerries and pagers are not allowed. Spa hours, services and charges are subject to change without notice.

## ALCOHOL

Due to city ordinance, alcoholic beverages are not permitted in the spa.



**RENAISSANCE®**  
**ROSS BRIDGE**  
**GOLF RESORT & SPA**



HOURS OF OPERATION

Spa: open daily 8 a.m to 8 p.m. | Salon: open daily 8 a.m to 6 p.m.

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HOTEL 205.916.7677 | SPA 205.949.3041 OR 205.949.3042  
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