



S P A

AT ROSS BRIDGE

## SERIOUS RELAXATION. WELCOME TO THE RTJ SPA TRAIL.

First came great golf in 1992. Next, luxury 4 diamond hotels. Now, the addition of world-class spas and enhancements to the RTJ Spa Trail. Let the pampering begin. From traditional warm stone massages to red carpet ready facials, the RTJ Spa Trail features six spas across Alabama offering innovative treatments in exquisite settings. With nearly 80,000 square feet of space collectively, the Spa Trail locations feature 49 treatment rooms for relaxing and rejuvenating experiences.

We hope you enjoy your spa visit. Our spa professionals are ready to take great care of you.

RTJ SPA TRAIL LOCATIONS: Spa at the Shoals (Florence); Spa at Ross Bridge (Hoover); Spa at Grand National (Opelika); Spa at Montgomery; Spa at the Battle House (Mobile) and Spa at the Grand (Pt. Clear).

# MASSAGE

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

## ROSS BRIDGE SIGNATURE MASSAGE

Our traditional full body, Swedish based massage coupled with essential oils designed to relax muscles as well as relieve physical and emotional stress.

25 minutes \$75/\$105\*

50 minutes \$120/\$150\*

80 minutes \$180/\$210\*

## WARM HIMALAYAN SALT STONE MASSAGE

Formed from the earth's original prime body of sea, these hand-carved, organic salt stones gently soothe away an accumulation of stress and tension to bring the mind, body and spirit into balance. When warmed, the stones are massaged over the body, and stimulation of specific meridians allows for improved sleep and reduced inflammation while giving an immediate sense of improved well-being.

50 minutes \$165 /\$195\*

80 minutes \$200/\$230\*

## DEEP TISSUE MASSAGE

A targeted, intensive, deep tissue massage to relieve overworked muscles.

50 minutes \$135/\$165\*

80 minutes \$195/\$225\*

## MOTHER-TO-BE MASSAGE

A gentle, yet effective massage specifically designed to meet the needs of the mother-to-be outside the first trimester of pregnancy. This massage is designed to relax and relieve the added stress that is placed on the back, neck and joints of the body.

50 minutes \$135/\$165\*

## SCALP & REFLEXOLOGY TREATMENT

Rebalance with reflexology, an ancient healing technique. Pressure is applied to distinct reflex points on the feet and scalp using organic ingredients and essential oils to release energy and improve circulation, contributing to overall well-being.

50 minutes \$130/\$160\*

## COUPLES MASSAGE

The two of you, two massage tables and two therapists all in the privacy of one room to enjoy this full-body massage treatment.

50 minutes \$240 /\$300\*

80 minutes \$360/\$420\*

## COUPLES HYDROTHERAPY EXPERIENCE

Take your couples massage to the next level of luxury beginning with a hydrating soak to leave skin soft and smooth. Completed with a relaxing full body massage with your choice of essential oils.

80 minutes \$460 /\$520\*

## CBD ANTARA BALANCE MASSAGE

Bring harmony to the body with this organic CBD and passionflower enhanced service that cares for tired muscles, soothes skin and re-boots the mind.

50 minutes \$165/\$195\*

80 minutes \$225/\$255\*

\*Denotes weekend pricing, Friday-Sunday

## BODY TREATMENTS

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

### ROSS BRIDGE ORGANIC JOURNEY

This superpower treatment is a blend of our best greens! We invigorate skin to begin with a crisp Citrus Grass and organic alfalfa root sea salt body polish packed with vitamin E - laden rice bran oil. Relax as Guac Star, our soothing and cooling avacado butter puree mask, goes to work as it is applied with moisture-locking ingredients and skin-feeding super-antioxidants – green tea, goji fruit and pomegranate. This mask is wrapped into skin with an organic green tea and mineral-rich steaming towel compress. Finally, glisten out the door after a citrus oil blend massage with lasting notes of cilantro and lime. This is one totally terrific smoothie!  
80 minutes \$210/\$240\*

### AVACADO PEAR BODY EXPERIENCE

This crisp and mind-awakening treatment brings a renewed energy to your mood. Begin with the succulent scent of ripe pears filling the air as a sea salt and rice bran oil exfoliator begins to remove all your dull and tired skin. A cool, refreshing Guac Star Mask is then applied. This rich avacado butter mask infuses skin with fatty acids, moisture-locking ingredients, and skin-feeding super antioxidants – green tea, goji fruit and pomegranate. All of this is bundled up in a nourishing yet sultry nectar milk and chicory root wrap. Finally, an uplifting citrus shea butter whipped massage leaves notes of sunshine to carry you through your day.  
80 minutes \$220/\$250\*

## MASSAGE & BODY TREATMENT ENHANCEMENTS

CBD Antara Massage Enhancement \$45

CBD Antara Hand & Foot Relief \$45

Warm Stone Sampler \$30

Restoring Hair and Scalp Treatment \$30

Back or Foot Sugar Scrub Treatment \$30

Under Eye Rescue \$30

## 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 are provided with each treatment.

### HYDRAFACIAL 25

An express HydraFacial designed to achieve results by deeply cleansing, extracting, and hydrating the skin through our super serums filled with antioxidants, peptides, and hyaluronic acid. *Please note: waxing around the brow or lip area is not recommended for 7 days after your HydraFacial.*

25 minutes \$165/\$195\*

### HYDRAFACIAL 50

A HydraFacial designed to deliver optimal results using the HydraFacial MD device. This Deluxe service includes either the Dermabuilder or Britenol booster serum. The Corrective Tissue Growth Factor (CTGF) booster serum may be added for an additional fee. Please consult with your esthetician before your service as to which booster is best for you. *Please note: waxing around the brow or lip area is not recommended for 7 days after your HydraFacial.*

50 minutes \$210/\$240\*

### HYDRAFACIAL 80

A HydraFacial is designed to deliver optimal results using the HydraFacial MD device. Using professional grade skincare products, this Platinum facial offers the very best in additional boosters, serums, lymphatic massage, and blue and/or red LED light therapy. All are tailored to address your specific skincare needs. The Platinum service also includes the Corrective Tissue Growth Factor (CTGF) booster serum. Please consult with your esthetician before your service to address any specific areas of focus or concern. *Please note: waxing around the brow or lip area is not recommended for 7 days after your HydraFacial.*

80 minutes \$299/\$350\*

### REFRESHER FACIAL

This "quick-fix" facial achieves maximum results in minimal time. Cleanse, refine and remineralize your complexion to bring out the best in dull, lifeless skin. *(Limited availability Friday-Saturday)*

25 minutes \$75/\$105\*

### ROSS BRIDGE SIGNATURE FACIAL

Our signature treatment to cleanse and exfoliate, leaving the skin looking hydrated and luminous.

50 minutes \$120/\$150\*

80 minutes \$180/\$210\*

### THE PRIORI ADAPTIVE FACIAL

A facial treatment that is not one size fits all and is 100% adaptive to your skin needs and wants. This innovative, luxury facial utilizes our clinically proven Puri Skincare products that will be personalized in treatment in conjunction with state-of-the-art technology using Puri Skincare's UNVEILED Light Therapy, a phototherapy treatment that works on fine lines and wrinkles by stimulating collagen and elastin production, blood flow, and tissue oxygenation, leaving your skin radiant and hydrated all while revealing your ideal skin.

50 minutes \$180/\$210\*

80 minutes \$240/\$270\*

\*Denotes weekend pricing, Friday-Sunday

## COLLAGEN BOOST

Target visible signs of aging with our expertly formulated powerful potions that reveal brighter skin with a youthful glow.

50 minutes \$140/\$170\*

## FACIAL ENHANCEMENTS

Bright Eyes Soft Lips \$35

7 Minute Makeover \$30

Fit and Firm Mask \$70

Dermaplane \$70

Under Eye Rescue \$30

Red Light Therapy Mask \$50

## WAXING

Glowing skin awaits with our hard wax hair removal treatments. *Please note that waxing services are not eligible for access of the Spa Amenities.*

Brow \$25

Lip & Chin \$20

Full Face \$55

Bikini \$75

Back \$75

Half Arm \$50

Full Arm \$50

Under Arm \$40

Half Leg \$60

Full Leg \$90

## SALON

We welcome both men and women to experience total indulgence at our full service salon to bring out the best version of you. A cut or style by one of our innovative artisan stylists and iconic beauty and barber inspired products are a fabulous addition to any day at the spa.

Shampoo & Style \$35+

Shampoo & Thermal Style \$60+

Relaxer for Textured Hair \$85+

Shampoo, Cut & Style \$60+

Color \$80+

Highlights \$120+

Partial Highlights \$90+

Pre-Occasion Styling \$50+

Blow out Bundles \$130+

Special Occasion Styling \$80+

Dry Styling \$15+

Keratin/Relaxers \$175+

Scalp therapy \$30+

Glossing \$60+

## MEN'S GROOMING

Men's Cut \$35+

Beard and Moustache Trim \$20+

Color Camo (*Gray Blending*) \$45+

Add on Treatments \$10+

## MANICURES & PEDICURES

Our Manicure & Pedicure Services are complimented with nail and cuticle shaping along with a fresh coat of polish in the color of your choice. The Spa at Ross Bridge proudly uses Spa Ritual and CND Shellac products.

### SIGNATURE MANICURE & PEDICURE

For clients on the go, this 30 minute treatment infused with citrus and nectar will reshape your nails, clean up your cuticles and restore needed moisture to your hands

MANICURE 30 minutes \$45/\$75\*

PEDICURE 30 minutes \$50/\$80\*

### CIDER MOON MANI

Relax in a bubbly soak robust with notes of sweet harvested apples – as feet & hands are cleansed and nourished, while tensions melt away. A spiked polish blended with Georgia-grown muscadine grapes and spirited Texas moonshine removes dead, dry skin. Finish with a passion fruit-steeped, coconut milk lotion massage kissed with a dash of spiced sunflower seed oil that deeply nourishes and leaves you feeling renewed and refreshed!

MANICURE 45 minutes \$50/\$80\*

PEDICURE 50 minutes \$55/\$85\*

### CLEMENTINE CITRUS MANICURE & PEDICURE

Get prepped, primed and primped for the ultimate sunbathing vacation. Dip into a bubbly sparkling clementine-scented soak while all your rough spots are smoothed with a refreshing citrus grass salt scrub. Your now-radiant skin will drink up a vitamin-E rich, coconut and lime body milk that'll whisk you away to the beach of your choice, before you've even set foot on the plane. Here comes the sun!

MANICURE 45 minutes \$55/\$80\*

PEDICURE 50 minutes \$65/\$95\*

### POLISH CHANGE

No time for a full manicure or pedicure? Let us perform a perfect polish change on your hands or feet with your choice of color.

15 minutes \$15/\$35\*

## MANICURE & PEDICURE ENHANCEMENTS

### CBD ANTARA PEDICURE TRUFFLE

Enhance your pedicure service with a CBD Infused Bath Truffle that will deliver the benefits of CBD as it dissolves into your pedicure soak. \$20

French Polish \$5

Shellac Polish \$15

Shellac Removal \$25

\*Denotes weekend pricing, Friday-Sunday

## WELCOME TO THE SPA AT ROSS BRIDGE.

We invite you to our quiet sanctuary to relax, restore and revive from the outside world. Once you enter the spa, your time to unwind begins with our spa amenities including a steam room, lounge, and quiet room with whirlpool area. To preserve the serenity of the spa environment, please turn off all cellular phones and digital devices.

### SPA FEATURES AND AMENITIES

The Spa at Ross Bridge welcomes you to take the journey into our 12,000 square foot spa, including ten treatment rooms, separate men's and women's lounge with lockers, steam rooms, whirlpools, indoor and outdoor pools, a state of the art fitness center, full service Salon, and Spa boutique. The Spa, Salon and Fitness center are all non-smoking facilities. Food, Beverage, & Alcohol from outside of the spa is prohibited in the Spa & Salon Facilities.

### RESERVATIONS

Reservations, for guests sixteen and older can be made by calling 205.949.3041, by dialing "0" from your guest room telephone, at the Spa reception desk, or can be booked online at [www.sparossbridge.com](http://www.sparossbridge.com). We recommend scheduling appointments two to three weeks in advance to ensure that you receive your preferred treatment times. Spa services and prices are subject to change without notice. Spa reservations are guaranteed with a valid credit card. Please be prepared with a valid ID at check in.

### GROUP RESERVATIONS

Group Reservations are available for your special occasion upon request. Group reservations may be made by contacting the spa directly or email at [group.booking@rossbridgeresort.com](mailto:group.booking@rossbridgeresort.com).

### DAY PASSES

The purchase of a Spa Day pass allows access of the spa amenities including the whirlpool, steam room, relaxation lounge, locker, robe and slippers. The pass can be purchased for \$60, based on availability. Access to the spa amenities is complimentary on the day of a booked spa service. *\*Please note weekends have limited availability due to increased volume.*

### GRATUITY

Gratuity is not included in the price of an individual treatment. In appreciation to the staff for outstanding service, gratuities may be given at your discretion.

### GIFT CARDS

Gift cards are available in any amount, and the perfect gift for anyone, and redeemable for spa treatments and in our retail boutique. Lost and stolen cards are non-replaceable. Gift Cards may not be redeemed for cash. Gift Cards can be purchased in The Spa, or by visiting the following link to purchase online at: [rtjresorts.com/giftcards](http://rtjresorts.com/giftcards).

### CANCELLATIONS

The Spa at Ross Bridge has a 24 hour cancellation policy. Services must be cancelled 24 hours prior to appointment time. Any cancellation less than 24 hours from reservation time will be charged in full to the card used at the time of booking. Group reservations are within 72 hours of reservation time. All no-shows will be charged the full value of the service.

### RETURN POLICY

The Spa at Ross Bridge is confident you will love your purchase from our boutique. If you are not satisfied with your purchase, please return your item within 10 days of receipt for a full refund. Apparel is non-returnable. Cash returns will be issued on a spa gift card.



### SPA ARRIVAL AND CHECK IN

The spa suggests arriving 30 minutes prior to your first spa treatment. By arriving early, you will be able to check in, relax and fully enjoy your Spa experience. You may wish to shower, use the steam, whirlpool, or workout in our Fitness Center prior to your appointment. Please remember that your appointment time has been scheduled just for you, and if you arrive late, your treatment time will be shortened. Should this happen, we will do our best to accommodate you, but out of respect to all guests, we cannot guarantee your full service.

### SPA ATTIRE

The Spa provides robes, Spa slippers and a private locker for your personal belongings. Toiletries are available within the spa area for your use. We encourage you to leave valuables and jewelry at home or in your safe box located in your hotel room. If you plan to workout, please bring appropriate workout attire and footwear. Swimsuits (optional) may be worn in the whirlpool, steam room or during wet treatments.

Our therapists have been trained to respect the privacy of our guests. During each treatment, the areas of the body not involved will be covered. Please undress to your level of comfort to relax and enjoy your treatment.

### HEALTH CONCERNS

Please inform our staff when you make a reservation if you are pregnant, have high blood pressure, allergies or any other condition. Many treatments are available for the mother-to-be, and our professional staff will advise you on which treatments may or may not be appropriate. The Spa at Ross Bridge does not perform treatments within the first trimester of pregnancy.

*Prices subject to change without prior notice. (October 2021)*

RENAISSANCE ROSS BRIDGE GOLF RESORT & SPA  
4000 Grand Avenue Hoover, AL 35226  
Spa 205.949.3041 or 205.949.3042, Hotel 205.916.7677  
thespa@rossbridgeresort.com rossbridgeresort.com