

# Spa Etiquette

## Arrival

Please arrive 20 minutes prior to your scheduled appointment to allow ample time to change into a robe and relax before your service. Late appointments may be shortened to accommodate the next scheduled guest. We appreciate your cooperation.

## Gift Certificates

Give the gift of well being to someone special. We will be more than happy to assemble a group of services that fit any personality or special occasion. Gift Certificates are available at the front desk, by phone and online at [TheRanchFitnessSpa.com](http://TheRanchFitnessSpa.com). They may be redeemed for product and services only. (Not redeemable for cash.)

## Changes and Cancellations

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made with at least a 24 hour notice.

## Gratuities

A gratuity of 15-20% is suggested.  
Our service staff greatly appreciates your consideration.

# Spa Products

Continue your experience at home with spa, skincare and salon products available for purchase.

**Eminence Organic Skin Care**  
**Circadia Skin Care**  
**Kenra Haircare**

It is our pleasure to have you as our guest at The Ranch Fitness Center & Spa.

Lic. #MM19228

## Spa & Salon Hours of Operation

**Monday thru Friday**  
9:00 am - 6:00 pm

**Saturday**  
10:00 am - 4:00 pm

To schedule an appointment  
please call us at  
**352.861.8180.**



8385 SW 80th St., Ocala, FL 34481  
[www.TheRanchFitnessSpa.com](http://www.TheRanchFitnessSpa.com)

# Spa & Salon

## Menu



**THE RANCH**  
**FITNESS CENTER & SPA**  
*at Circle Square Commons*

## Escape...

into an environment where quiet and calm soothe your body, mind and spirit while you experience a relaxing spa journey.



## Emerge...

refreshed from a sanctuary where you will receive expert and personalized service. In the Spa, choose from an array of massages and body treatments designed to "soothe and revitalize" you. Our Salon offers a full selection of hair and nail services. Receive complimentary herbal teas with any Spa or Salon service and full use of our state-of-the-art fitness center, indoor heated therapy pool and luxurious locker rooms complete with sauna and steam rooms.

## Massages

### The Ranch Signature Organic Aromatherapy Massage

~ 50/80 mins: \$85/\$110

Custom tailored for both men and women, this luxurious massage uses blends of essential oils and our organic massage creams to give you the therapeutic benefits of touch and smell, while restoring the body, mind and spirit. Light pressure.

### Signature Equestrian Athlete Massage

~ 50/80 mins: \$85/\$110

This invigorating full-body massage utilizes light stretching and various massage techniques to help improve range of motion and flexibility. Our muscle soothing oil will improve blood circulation and relieve soreness and stiffness. Moderate pressure.

### Classic Swedish Massage

~ 50/80 mins: \$75/\$100

Considered to be the most universal of all massages, this session will help reduce tension, increase circulation and induce relaxation. Your therapist will utilize long, smooth strokes. Light to moderate pressure.

### Deep Tissue Massage

~ 50/80 mins: \$85/\$110

A customized therapeutic technique of bodywork incorporating slower strokes to work deeper layers of muscle fibers. This massage will help release chronic patterns of tension that create painful conditions and structural misalignment. Firm to deep pressure.

### Sports/Athletic Fitness Massage

~50/80 mins: \$85/\$110

Designed for the sports buff to relieve discomfort and improve mobility and flexibility. Customized treatment plan with your therapist incorporating deep work as needed and passive manual stretches. Firm to deep pressure.

### Hot Stone Massage

~50/80 mins: \$85/\$110

This treatment blends the therapeutic properties of heated basalt stones with Swedish massage strokes to deeply penetrate tight muscles, improve circulation and promote a deep sense of well being. Light to firm pressure.

### Mother-to-be Massage

~ 50/80 mins: \$85/\$110

Let us help relieve some of the aches and pains you're carrying around. Massage techniques and pregnancy support pillows will help you relax while caring for both you and your baby. Your therapist can adapt your massage for any stage of pregnancy (only recommended for women in their second or third trimester).

### Reflexology Massage

~ 25 mins: \$45

An ancient Chinese technique that stimulates pressure points of the feet to relieve tension and restore a smooth energy flow throughout the body.

### Refreshing Retreat Massage

~ 25 mins: \$45

Hectic schedules can wreak havoc on the body and the muscles of the head, neck and shoulders. Recharge with our twenty-five minute specialized massage geared to release tension in these areas.

## Body Treatments

### Signature Body Polish

~ 25 mins: \$55

A renewing and cleansing body treatment. The skin is polished with sugar to remove dead skin cells and stimulate blood circulation. Finishes with a body balm, leaving the skin with a healthy glow. (Please refrain from shaving before this treatment.)

### Organic Seasonal Body Wrap

~ 50 mins: \$85

A full body treatment utilizing the powers of enzymes. This unique technique will restore, revitalize and rejuvenate the skin. A "scent"ual experience.

### Body Buff

~ 50 mins: \$85

Improve your skin with our invigorating sugar scrub. A natural blend of oils and sugar is gently applied in a circular motion to moisturize, exfoliate and provide vital nutrients that will revitalize all skin types, especially dull, dry skin, as well as improve microcirculation to the skin's surface. This treatment ends with an application of body lotion to seal in the hydration. The result is one that leaves skin re-hydrated, radiant and glowing.

### Warm Algae Wrap

~ 80 mins: \$115

Detoxify and re-mineralize the skin with warm, protein-rich sea algae. First, the entire body is cleansed and exfoliated. Next, a pure, micronized algae paste is applied. You are then wrapped in a warming blanket to promote a deep sense of relaxation. Luxuriate while the algae's iodine, vitamins and minerals nourish the skin. The treatment finishes with a moisturizing massage.

### Herbal Cocoon

~ 50 mins: \$85

Experience this delightful wrap made of indigenous plants and herbs used by Florida Native American tribes to soothe muscular aches and pains. This treatment begins with a light dry brush to prepare the skin for this penetrating treatment.

### Sunset Mud Wrap

~ 80 mins: \$115

Warm dessert mud is famous for relieving aches and pains with its iron rich mineralizing properties. This mud treatment begins with a brisk exfoliation of the skin. Next, warm mud is applied over the entire body. While wrapped in a blanket to seal in heat, relax while the clay improves circulation and draws out impurities without dehydrating.

## Skin Care Treatments

*Relax while our qualified estheticians give you a fabulous results-oriented facial. For areas of concern or if you simply want to be pampered and feel revived, each facial is specifically tailored for you.*

### The Ranch Signature Organic Facial

~ 60/90 mins: \$90/\$110

This customized facial is tailored for both men and women. The facial combines the benefits of deep pore cleansing and ultimate relaxation to balance areas where skin is most prone to distress. Extractions are done upon request. Your skin will be cleansed, hydrated and richly benefited from the vitamin enriched products.

### Ageless Beauty Facial

~ 60/90 mins: \$95/\$110

A unique, results-oriented anti-aging treatment to help rejuvenate and reveal a more youthful appearance. An enzyme peel begins the session along with massage techniques to enhance skin toning and lymphatic drainage to deliver superior results. This facial will lift and plump the skin and smooth fine lines while improving elasticity.

### Classic European Facial

~ 60/90 mins: \$85/\$100

A results-oriented, skin repair facial tailored to your individual skin needs, this treatment will rejuvenate all skin types. It combines skin analysis, deep cleansing, exfoliation, extractions and a luxurious treatment mask. A blend of moisturizers hydrates the skin leaving it absolutely glowing. Results are a more revitalized, smoother, healthier-looking complexion.

### Sensitive Skin Soothing Facial

~ 50/80 mins: \$95/\$110

This botanical facial is designed to nurture the most sensitive and irritated skin, leaving it calm, hydrated and naturally beautiful.

### Fresh Face Facial

~ 60 mins: \$90

A gentle facial to help clear spots, blackheads and blemishes while helping to improve the texture and appearance of the skin. Appropriate for problematic skin types as well as occasional breakouts in both adults and adolescents.

### Sweet Skin Facial

~ 60 mins: \$90

This facial was created especially for teens with custom blended creams to detoxify and deep cleanse skin to radiant glowing perfection.

### Gentleman's Facial

~ 50/80 mins: \$90/\$105

Designed for the special skin care needs of a man, using organic products especially selected for a man's skin and individual needs. Using steamed towels, this treatment provides a face, neck and hand massage with unscented, natural products. This facial is wonderfully relaxing and fantastic for keeping a man's skin in optimal condition.

### Refreshing Retreat Facial

~ 30 mins: \$45

Great for all skin types, this is a refreshing introduction to facial treatment and includes skin analysis, cleansing and exfoliation.

### Cleansing Back Treatment

~ 60 mins: \$85

Essential maintenance for a smooth, clear back, this treatment begins with a deep cleansing enzyme therapy under steam. Next, your neck, back and shoulders are relaxed with a massage. To finish, a detoxifying mud therapy mask is applied and followed up with an application of 100% oil free moisturizer.

## Specialized Treatments

*Specialty treatments are designed as add-ons for any of our skin care treatments.*

### Eye Brightening Treatment

~ \$15

Targeted treatment designed to alleviate fatigue and diminish dark circles and puffiness while giving the delicate eye area a more youthful, revitalized appearance.

### Lip Smoothing Treatment

~ \$15

Refines and plumps lip contours. An ideal treatment to combat the signs of aging around the delicate lip area, resulting in a smoothing and hydrating effect.

## Waxing

### Full Service Waxing

Utilizing the finest in low temperature soy wax for safe and effective hair removal.

**Eyebrows: \$12**

**Upper Lip: \$12**

**Lower Lip: \$12**

**Chin: \$15**

**Bikini: \$30**

**Brazilian: \$50**

## Nail Services

*All nail services include nail and cuticle care and nail polish application. Excludes hand & foot treatments.*

### Gel Nails

The latest innovation in nail technology has come to The Ranch. Gel Nails are natural in appearance, improve the health of your natural nails and promote growth. The chemicals used in applying Gel Nails are safer, have minimal odor, require less time and maintenance and are stronger than acrylics. Experience Gel Nails today.

**Overlay: \$45**

**Tips: \$50**

**Fills: \$35**

### Nail Artistry

Individualize your nails with creative nail artistry.

~ \$5 per nail

### The Ranch Signature Spa Manicure & Pedicure

~ Manicure: \$45;

Pedicure: \$55

Give your fingers and feet extra attention by indulging in a hydrating soak with the aroma of your choice, an exfoliating, buffing

scrub, a comforting infusion wrap, a hydrating massage and a paraffin dip mask to finish. Includes nail and cuticle care and nail polish application.

### Classic Manicure & Pedicure

~ Manicure: \$35;

Pedicure: \$45

Begin with an aromatic soak followed by a buffing scrub. Nails are groomed with professional clipping, shaping and buffing. A hydrating aromatic massage follows. Nail polish application with choice of nail color completes this treatment. This service is a great follow up to The Ranch Signature Spa Manicure and Pedicure.

### Express Manicure & Pedicure

~ Manicure: \$25;

Pedicure: \$35

Nails are groomed, clipped, shaped and buffed. Followed by a light aromatic massage. Finished by a nail polish application with choice of color. This service is a great follow up to the Classic Manicure and Pedicure.

### Parisian Manicure & Pedicure

~ \$5

Begin with any one of our manicures or pedicures and finish with a Parisian polish.

### Spa Hand & Foot Treatment

~ Hand: \$30;

Foot: \$35

Includes a light soak, aromatic paraffin wax or mud treatment, and massage. A deep, warming and moisturizing addition to a manicure or pedicure.

### Polish Change, File & Shape

~ \$15

## Hair Services

*Whether you are looking for a completely new look or updating your current style, our trained professionals will accommodate your needs. Our salon staff will work with you to create a look that complements both you and your lifestyle.*

### Women's Shampoo, Haircut & Style

~ \$35 and up

### Men's Haircut & Finish

~ \$18 and up

### Child Cuts (under 13)

~ \$15 and up

### Shampoo, Condition & Style

~\$25 and up

### Up-do

~ \$50 and up

### Permanent Wave

~ \$50 and up

### Long Hair Perms

~ \$100 and up

### Spiral Perms

~ \$150 and up

### Women's Hair Coloring

~ \$50 and up

### Full Head Foil Highlights

~ \$65 and up

### Partial Highlights

~ \$50 and up

### Corrective Color

~ \$75 and up

## Hair Treatments

### Aromatic Scalp Treatment

*Restore moisture and nutrients to your hair with our relaxing scalp treatment. Service includes a relaxing scalp massage infused with ingredients that will hydrate your hair and remove build up. Each treatment is customized for your hair type. Experience this treatment alone or as an enhancement to our other hair services.*

### Enhancement To A Service

~ \$15

### Alone With A Style & Finish

~ \$35

## Spa Packages

*All Spa Packages include an 18% gratuity.*

### The Spa Retreat Sampler Package

~3½ hours: \$179

This 3½ hour retreat begins with a 'Refreshing Retreat Massage' and a 'Refreshing Retreat Facial'. Next, you will have time to relax while enjoying a healthy lunch. Continue your perfect day with a 'Classic Manicure and Pedicure.' *Sample a sense of relaxation!*

### The Replenishing Package For Men

~3½ hours: \$260

This 3½ hour escape is designed with men in mind. Your day begins with a 50-minute 'Deep Tissue Massage' followed by a 50-minute 'Gentleman's Facial'. A 'Spa Foot Treatment' and 'Aromatic Scalp Treatment' add the finishing touch to a day of relaxation. This package includes a healthy lunch. *Replenish your overall well-being!*

### The Renewing Package

~3 hours: \$230

Your 3 wonderful hours of escape begin with a 'Body Polish' followed by a 'Swedish Massage.' This package finishes with a 'Classic European Facial.' In between services, enjoy a healthy lunch and take time to reflect in the peaceful atmosphere of our Whisper Lounge. *Renew your inner balance!*

### The Rejuvenating Package

~5 hours: \$350

This 5 hour excursion will dismiss all tension while reconnecting you with nature. An 'Organic Body Wrap' begins your journey leading to a 50-minute 'Aromatherapy Massage.' Next, enjoy a healthy lunch followed by 'The Ranch Signature Organic Facial,' a custom tailored 60-minute facial. This package finishes with a 'Spa Hand & Foot Treatment.' *Achieve an overall peaceful feeling of rejuvenation!*

### The Relaxing Stone Retreat Package

~5 hours: \$415

Allow yourself 5 hours of pampering and relaxation. Begin your journey with a 'Body Polish,' followed by an 80-minute 'Hot Stone Massage' and 60-minute 'Ageless Beauty Facial.' A short break and healthy lunch allows you time to relax and reflect. 'The Ranch Signature Spa Manicure & Pedicure' follow, finishing with a Shampoo & Style. *Your journey and retreat for complete pampering and relaxation!*