

## Escape...

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



## Emergence...

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.

### Spa Products

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

*Eminence Organic Skin Care*  
*Kenra Haircare*

## Spa & Salon Service

Monday thru Friday • 9:00 am - 6:00 pm  
Saturday • 10:00 am - 4:00 pm



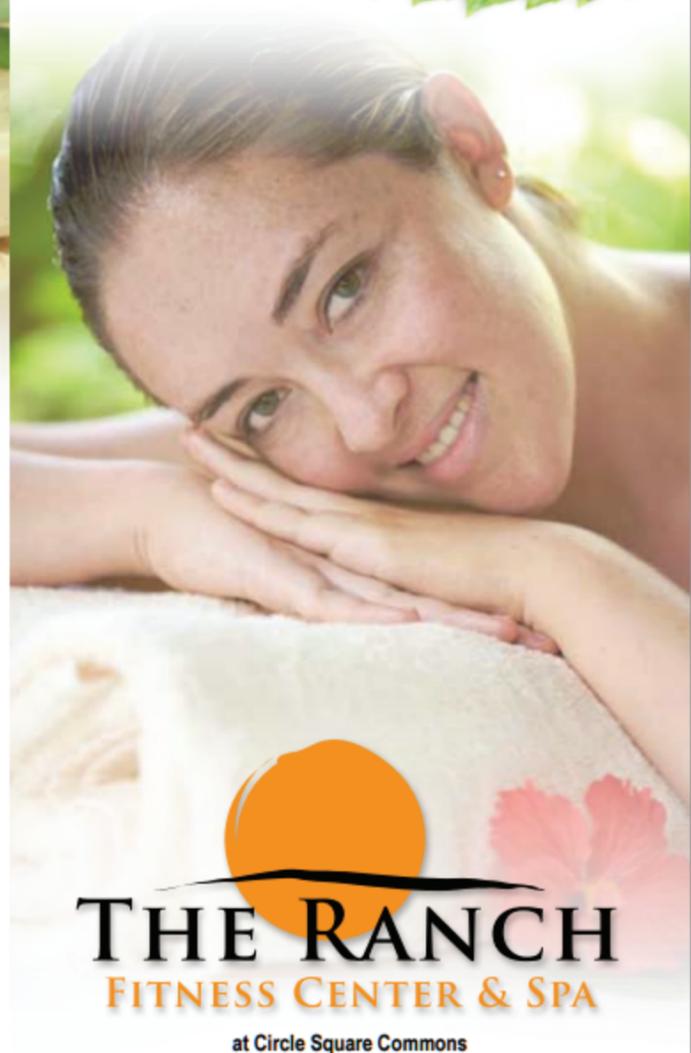
It will be our pleasure to have you as our guest at The Ranch Fitness Center & Spa.

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



# Spa & Salon

## Menu



## 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 Cards

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 Cards 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.

All Guests that enjoy a service in the Salon or Spa, may also use the steam and sauna rooms, state-of-the-art fitness center, indoor heated pool or attend any of our fitness classes on the day of service.

All Spa Packages include an 18% gratuity. Prices and services subject to change.

## 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. 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 you and your baby. Your therapist will 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 Treatment

50 mins: \$75

This ultra-pampering experience is a full body sloughing process that exfoliates the dead skin cells. Skin is soft and renewed. It is finished with an application of relaxing aromatic emollients that leaves the skin ultra hydrated, softer & glowing. A total mind and body experience.

### 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.

### 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.



#9980-9/13

# Skin Care Treatments

## Purify • Customize • Refresh

Relax while our professional providers 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. Following all facials we include an exfoliation of the hands and the feet, with a paraffin wax for the hands and warm booties for the feet. Ask about our seasonal specials.

### 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 stress. Extractions are done upon request. Your skin will be cleansed, hydrated and richly benefit 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 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.

### New — Pure Collagen Facial 60 mins: \$110

The Pure Collagen facial refreshes and replenishes the skin through hydration using pure collagen to soften wrinkles, and improves skin texture. This treatment is recommended for anti-aging and sun-damaged skin. You will see immediate results.

### 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.

### Gentleman's Facial 50/80 mins: \$90/\$105

Designed for the special skincare 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.

# Waxing

## Full Service Waxing

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

Eyebrows.....	\$15
Lip.....	\$12
Chin.....	\$15
Lower Leg.....	\$35 and up
Upper Leg.....	\$40 and up
Full Leg.....	\$65 and up
Arm.....	\$25 and up
Under Arm.....	\$20
Bikini.....	\$30 and up
Brazilian.....	\$60 and up
Men's Back.....	\$60 and up
Men's Chest.....	\$45 and up

# Nail Services

## Gel Nails

\$45 – Overlay | \$35 – Fills

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 require less time, less maintenance and are stronger than acrylics. Experience Gel Nails today.

## 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.



## 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.

## Parisian Manicure or Pedicure

Add \$5

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

## Paraffin Hand & Foot Treatment with

Pedicure and Manicure only

Hands: \$15 | Foot: \$15

## Polish Change, File & Shape

\$15

# Hair Treatments

## Aromatic Scalp Treatment

\$15 – Enhancement to a Service

\$35 – Alone with a Style & Finish

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.

# Hair Services

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

## Women's Shampoo, Haircut & Style

\$35 and up

## Men's Haircut & Finish

\$18 and up

## Up Do

\$50 and up

## Long Hair Perms

\$100 and up

## Women's Hair Coloring

\$60 and up

## Partial Highlights

\$50 and up

## Shampoo, Condition & Style

\$25 and up

## Child Cuts (under 13)

\$15 and up

## Permanent Wave

\$50 and up

## Spiral Perms

\$150 and up

## Full Head Foil Highlights

\$65 and up

## Corrective Color

\$75 and up

## Eye Brow Tint

\$15 and up

## Eye Lash Tint

\$25 and up

# Spa Packages

## The Spa Retreat Sampler Package

3½ hours: \$179

This 3½ hour retreat begins with a 'Refreshing Retreat Massage' and a 'Refreshing Retreat Facial'. Next, relax and enjoy a healthy lunch. Continue your perfect day with a 'Classic Manicure and Pedicure.' Enjoy a complete package 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

Escape for 3 wonderful hours 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

A 5-hour excursion will dismiss all tension while reconnecting you with nature. An 'Organic Body Wrap' begins your journey leading to a 50-minute 'Aroma Therapy 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

You deserve 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!