



SPA & SALON MENU

THE RANCH FITNESS CENTER & SPA



SPA ETIQUETTE

ARRIVAL

Spa appointments are scheduled to provide every guest with the ultimate spa experience. To insure that you receive the full benefit, please arrive *20 minutes prior* to your appointment to allow ample time to change and relax before your service. Late arrival may alter the time available for your service to minimize the impact on the next scheduled guest. We appreciate your cooperation.

GIFT CARDS

Treat yourself or someone special to you with a Ranch gift card. Gift Cards are available in any denomination at The Ranch reception desk, by phone or online at TheRanchFitnessSpa.com. A Ranch gift card may be redeemed for all products or services offered at The Ranch and do not expire. Ranch gift cards are 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 24 hour notice.

GRATUITIES

Gratuities are not included in individual service rates, a 15 to 20% gratuity is customary based on your satisfaction. Due to the complexity of scheduling packages we do include a basic 15% gratuity.

Guests that enjoy spa or Salon services are encouraged to use the steam and sauna rooms, the fitness center, indoor heated pool or attend group fitness classes the day of your service.



THE RANCH FITNESS CENTER & SPA



352.861.8180

To schedule an appointment please call



Monday through Thursday 9 to 6 pm
Friday 9 to 5 pm
Saturday 10 to 4 pm

SPA & SALON SERVICE

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 massage techniques to help improve range of motion and flexibility. Improves blood circulation and relieves soreness and stiffness. *Moderate to deep 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.*

BODY POLISH ADD ON TO MASSAGE

25 mins: \$40

This ultra pampering experience is a full body sloughing process that ex-foliates dead skin cells, so your skin is soft and renewed.

Eminence Organic Skin Care
Kenra Haircare
Tea Forte

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

SPA PRODUCTS

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 pool and luxurious locker rooms complete with sauna and steam rooms.

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.

EMERGE...



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

ESCAPE...

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 TREATMENT

50 mins \$75

This ultra-pampering experience is a full body sloughing process that exfoliates dead skin cells. Skin is soft and renewed. A total relaxation experience.

SUNSET MUD WRAP

80 mins \$115

This iron-rich mud treatment begins with a dry brush exfoliation. Next, warm mud is applied over the entire body. Wrapped to seal in heat you will relax while the clay improves circulation and draws out impurities without dehydrating. The treatment finishes with an application of moisturizing lotion.

WARM ALGAE WRAP

80 mins: \$115

Detoxify and re-mineralize the skin with warm, protein-rich sea algae. First, the entire body is dry brush 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 an application of moisturizing lotion.



SKIN CARE TREATMENTS

PURIFY • CUSTOMIZE • REFRESH

Relax while our qualified 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. All facials include an exfoliation of the hands and the feet followed by a paraffin wax for the hands and warm booties for the feet.

THE RANCH SIGNATURE ORGANIC FACIAL

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

This facial is tailored to either men or women. To combine 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 by 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 revitalized, smoother, healthier-looking complexion.

PURE COLLAGEN FACIAL

60 mins: \$110

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

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 wax for safe and effective hair removal.

EYEBROWS.....	\$15
LIP.....	\$12
CHIN.....	\$15
LOWER LEG.....	\$35
UPPER LEG.....	\$40
FULL LEG.....	\$65
ARM.....	\$25 and Up
UNDER ARM.....	\$20
BIKINI.....	\$30 and Up
MEN'S BACK.....	\$60 and Up
MEN'S CHEST.....	\$45 and Up



NAIL SERVICES

GEL NAILS

\$35 Gel Polish Manicure

Gel nails are natural in appearance and promote growth. The chemicals used in applying gel nails are safer, have minimal odor, require less maintenance. Experience gel nails today.

THE RANCH SIGNATURE MANICURE & PEDICURE

Manicure: \$45 | Pedicure: \$55

Give your hands 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 with choice of colors.

CLASSIC MANICURE & PEDICURE

Manicure: \$35 | Pedicure: \$45

Begin with an aromatic soak followed by a buffing scrub. Nails are groomed with professional 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 OR PEDICURE

Add \$5

Add Parisian polish to any of our manicures or pedicures.

PARAFFIN HAND & FOOT TREATMENT

Hands: \$15 | Foot: \$15

Available with Pedicure and Manicure only.

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.

All prices and services subject to change.

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

UP DO \$60 and up

LONG HAIR PERMS \$100 and up

WOMEN'S HAIR COLORING \$60 and up

PARTIAL HIGHLIGHTS \$60 and up

SHAMPOO, CONDITION & STYLE \$35 and up

CHILD CUTS (UNDER 13) \$15 and up

PERMANENT WAVE..... \$50 and up

SPIRAL PERMS..... \$150 and up

FULL HEAD FOIL HIGHLIGHTS \$75 and up

CORRECTIVE COLOR \$75 and up

EYE BROW TINT \$15 and up

EYE LASH TINT \$25 and up



SPA PACKAGES

EVERY DAY IS MOTHER'S DAY PACKAGE

4 hours: \$265*

Indulge mom with this delightful 4-hour Spa/Salon getaway. A tranquil Swedish Massage is followed by our Classic European Facial. Then, relaxing in a plush robe, Mom is pampered with lunch and our Classic Manicure and Pedicure. All of this is enjoyed in the serene environment of a world class Spa. Treat Mom to a day by herself or enjoy the services together. Happy Mother's Day, Mom!

THE SPA RETREAT SAMPLER PACKAGE

3 hours: \$179*

This 3-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

3 hours: \$260*

This 3-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. In between service enjoy a healthy lunch. Replenish your overall well-being!

THE RENEWING PACKAGE

3 hours: \$230*

Your 3 wonderful hours of renewal 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 five 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. To complete your journey of pampering and relaxation!

Guests that purchase a package may enjoy the use of the steam and sauna rooms, state-of-the-art fitness center and indoor heated pool. We are happy to assemble a custom spa package with a group of services that fits your needs.

*All Spa Packages include an 15% gratuity.