



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/\$85\*

50 minutes \$120/\$130\*

80 minutes \$180/\$190\*

### HOT STONE MASSAGE

Hot stone therapy involves the use of smooth basalt stones placed at strategic points of the body and gently used to massage target muscles. This treatment promotes increased blood flow and energy balance.

50 minutes \$160 /\$170\*

80 minutes \$195/\$210\*

### DEEP TISSUE MASSAGE

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

50 minutes \$135/\$145\*

80 minutes \$195/\$205\*

### 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/\$145\*

### 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/\$140\*

### 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 /\$260\*

80 minutes \$360/\$380\*

### 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 /\$480\*

\*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.

### JASMINE GINGER SUGAR SCRUB

New layers of smooth skin will emerge as your body is gently refined using a soothing sugar scrub infused with jasmine and ginger essential oils. Skillfully applied jasmine ginger body butter will leave you in silken bliss.

50 minutes \$135/\$145\*

### THE ROSS BRIDGE SPA JOURNEY

Softer, smoother, and deeply hydrated skin is achieved from the full body exfoliation using a coconut crème scrub, followed by a relaxing coconut oil wrap and scalp massage. Warm, rich coconut body butter is then applied to hydrate, nourish and repair damaged skin. While you are wrapped and winding down, a warm scalp and shoulder massage with coconut oil leaves you in a place of paradise.

50 minutes \$160/\$170\*

### VitaD BRIGHTENING BODY TREATMENT

This Vitamin D inspired body facial is an uplifting experience that begins with a full body exfoliation to reveal a radiant, all over complexion. Relax, wrapped in a high dose of vitamins A, C and E that recharge the skin while immersed in a luxurious facial and scalp massage. A hydrating application of our olive fig shea butter body crème concludes this service.

50 minutes \$195/\$210\*

### SLOW BEAUTY BODY RITUAL

Begin with a signature opening treatment to calm your body, mind and spirit. Four unique signature scents will transport you through a multi-sensory journey while anti-aging and signature massage will help heal and relieve body tension, relieve inflammation, and restore balance from head to toe.

80 minutes \$195/\$210\*

### PASSIONFRUIT AGAVE SENSORY EXPERIENCE

Exhilarate and invigorate your mind, body and spirit with the uplifting fragrance of Passionfruit Agave, creating a spa experience that begins with a hydrating, full body exfoliation, followed by a pampering massage using pomegranate extract, a powerful anti-oxidant, and warm healing stones. A balance restoring pressure point scalp massage completes this spirit-reviving aromatic service.

80 minutes \$195/\$210\*

### MASSAGE & BODY TREATMENT ENHANCEMENTS

Warm Stone Sampler \$25

Restoring Hair and Scalp Treatment \$25

Back or Foot Sugar Scrub Treatment \$25

Under Eye Rescue \$25

Earl Gray Foot Detox Masque \$25

Slow Aging Hand Treatment \$25

## 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/\$175\*

### 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/\$220\*

### 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/\$325\*

### 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/\$80\*

### ROSS BRIDGE SIGNATURE FACIAL

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

50 minutes \$120/\$130\*

80 minutes \$180/\$190\*

### RADIANCE RESCUE

Customized, targeted treatment dedicated to smooth skin and revealing radiance. Choose for either sensitive or reactive skin types.

50 minutes \$130/\$140\*

### THE LIFT

Boost your complexion by restoring volume and firmness for a more lifted, fresh look.

50 minutes \$135/\$145\*

\*Denotes weekend pricing, Friday-Sunday

## PURE BRILLIANCE

A powerful, yet nourishing treatment using our noninvasive Revita-Pen device to drive active ingredients deep into the skin, allowing an increase of cell turnover to heal, lighten and lift pigmentation.

80 minutes \$210/\$220\*

## COLLAGEN BOOST

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

50 minutes \$140/\$150\*

## BEAUTY WORKOUT

Target repair from environmental damage with this multi action, antioxidant cocktail to yield healthier, stronger, fitter skin.

50 minutes \$150/\$160

## BEAUTY INFUSION

Reveal your most radiant skin with gentle, yet effective treatments to revive and lift skin that has lost its luster for a flawless refined experience.

50 minutes \$160/\$170\*

## MICRO-GLOW

This intensive, yet gentle facial treatment combines targeted exfoliation through microdermabrasion with the overall smoothing and brightening properties of glycolic acid to help restore skin to its natural healthy look.

50 minutes \$175/\$185\*

## THE BACIAL

This unique experience dedicated to travelers, golfers, and those who just need to unwind, it's the facial that feels like a body treatment. The Back exfoliated, followed by a mask to deep clean and completed with hydrating Avocado, Cardamom and Bergamot oils to reduce muscular tension. A relaxing foot and ankle massage decompresses and eases tired, aching feet leaving you ready to relax.

80 minutes \$210/\$220\*

## FACIAL UPGRADE OPTIONS

Micro-Exfoliation \$60	Dermaplane \$60
Bright Eyes Soft Lips \$30	Under Eye Rescue \$15
Revita-Pen Treatment \$75	7 Minute Makeover \$25
Fit and Firm Mask \$60	

## 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	Half Arm \$50
Lip & Chin \$20	Full Arm \$50
Full Face \$55	Under Arm \$40
Bikini \$75	Half Leg \$60
Brazilian \$95	Full Leg \$90
Back \$75	

## 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+  
Glossing \$60+

Pre-Occasion Styling \$50+  
Blow out Bundles \$130+  
Special Occasion Styling \$80+  
pH Bonder Therapy \$45+  
Keratin/Relaxers \$175+  
Scalp therapy \$30+  
Dry Styling \$15+

## MEN'S GROOMING

Men's Cut \$35+  
Beard and Moustache Trim \$20+

Color Camo (*Gray Blending*) \$45+  
Add on Treatments \$10+

## MAKEUP & LASHES

Let our artistic experts enhance your look, complete with a set of full lashes. \$60+

## 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/\$55\*

PEDICURE 30 minutes \$50/\$60\*

### LAVENDER MINT MANICURE & PEDICURE

Treat yourself to a relaxing experience with a lavender and mint treatment that gently polishes skin followed by a moisturizing massage with our lavender mint butter formulated from essential oils.

MANICURE 45 minutes \$50/\$60\*

PEDICURE 50 minutes \$55/\$65\*

### JASMINE GINGER MANICURE & PEDICURE

The ultimate "facial for your hands and feet" this 2 step exfoliation and luxurious mask will rejuvenate, hydrate and restore skin to a more youthful appearance. Our essential oil body butter is infused with jasmine and exotic ginger essential oils to indulge the senses.

MANICURE 30 minutes \$55/\$65\*

PEDICURE 50 minutes \$65/\$75\*

### SLOW BEAUTY RITUAL MANICURE & PEDICURE

Slow Beauty Signature Treatments begin with an opening breathing ritual that suits your mind, body and spirit needs. The signature scent will allow you to travel through an aroma journey while ultra-luxe exfoliating and masque treatments will renew and restore hydration, moisture and youthful glow. Experience the Signature Slow Beauty massage as it melts away tension and stress.

MANICURE 45 minutes \$65/\$65\*

PEDICURE 50 minutes \$70/\$75\*

### EARL GREY NOURISHING MANICURE & PEDICURE

Drift away with this unforgettable treatment using a blend of essential oils to detoxify impurities and smooth skin. A warm Earl Grey Teatox™ scrub and masque melt away tensions and a massage with a Teatox™ body soufflé leave skin soft and hydrated.

MANICURE 45 minutes \$70/\$75\*

PEDICURE 50 minutes \$80/\$85\*

### 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/\$25\*

### NAIL UPGRADES

French Polish \$5

Shellac Polish \$15

Shellac Removal \$25



## SPA PACKAGES

### SIGNATURE DAY AT THE SPA

Includes a Signature Massage (50 minutes), Signature Facial (50 minutes), Signature Manicure (30 minutes), and Signature Pedicure (30 minutes).

\$306/\$316\*

### ROSS BRIDGE MIXER

Includes a Signature Massage (25 minutes), Refresher Facial (25 minutes), Express Manicure and Blowout. *(Available Sunday-Thursday)*

\$165/\$175\*

### SPECIAL OCCASION MENU

Leave it all to us. Start that special day in the hands of our expert artisans at the Ross Bridge Spa and Salon. *A complimentary consultation is recommended prior to your event.*

### THE BIG DAY

Let our makeup artist and artisan stylists bring out the most beautiful you. Includes Makeup Application, Lash Application and a simple Dry Style or Blowout.

\$105/\$115\*

### RED CARPET READY

Take the time for you, and let our expert stylists complete your perfect look. Includes a Signature Massage (50 minutes), Manicure, Pedicure, Makeup and Lash Application, and your customized Special Occasion Hair Style.

\$285/\$295\*

### PERFECTLY GROOMED

For the Renaissance Man looking to relax in style with a Deep Tissue Massage (50 minutes), Manicure, Pedicure and a Men's Classic Haircut.

\$265/\$275\*

\*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. Begin your spa experience by arriving at least 30 minutes prior to your first scheduled reservation. 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 enter the spa and take the journey into our 12,000 square foot spa overlooking our beautiful outdoor resort pool. Ten treatment rooms, including a couples suite, 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 featuring our local area artisans. 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 is based on availability. Day Pass access is \$35.00 per weekday and \$45.00 Weekend, based on availability. Please note weekends have limited availability due to increase 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: [www.pchresorts.com/giftcards](http://www.pchresorts.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 (Spring 2018).*

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



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