



Spa Packages

The Spa Escape

2 hours \$115
Pure Focus Facial,
Spa Pedicure, Express Manicure

Gentleman's Package

3 hours \$195
Men's Grooming Facial,
One Hour Massage, Express Manicure,
Men's Haircut

A Day of Pampering

4 hours \$225
Elemental Facial, Half-hour Massage,
SpaPedicure, SpaManicure,
Shampoo & Blowdry

The Royal Palm Experience

6 hours \$325
One Hour Massage, Elemental Facial,
Vichy Salt Glow, SpaPedicure, SpaManicure,
Hair Spa Treatment, Cosmetic Touchup,
Spa Cuisine with Champagne

Wedding Packages

Special Spa Packages For Your Special Day...

Bridal Basics \$95

Formal Hair Style with Veil Placement,
Make up Application

A Bridal Party Event \$99 pp

Half Hour Massages, Signature Manicures,
Mimosas for your entire Bridal Party!

Bridal Bliss \$285

One Hour Massage, Customized Aveda Facial,
SpaPedicure, SpaManicure,
Spa Lunch with Champagne

Honeymoon Package \$365

Duet Couples Massage, Caribbean Pedicures for Two,
Signature Manicures for Two, Fresh Fruit & Champagne

Night of Romance \$125

Rose Petal Turndown Service,
Chocolate Covered Strawberries,
Aveda Travel Gift Set, Chilled Bottle of Champagne

Spa Etiquette

To make the most of your Spa experience, please take note of the following:

- * Please arrive 15 minutes prior to your scheduled appointment time, so that you can check in with our Spa Coordinator, visit the Locker Area for your Robe & Slippers, and enjoy a refreshment while awaiting your relaxation.
- * We have created a place for you to relax and experience the ultimate in services. For your comfort as well as our other Guests, we ask that children be in the Spa only if they are receiving services. Cell phones must be silenced in the Spa areas. We provide a smoke-free environment. Thank you in advance for your understanding in these matters.
- * To ensure accommodations with your schedule in mind, we ask that you call ahead to schedule your Spa services. As reserved Spa appointments affect our accommodations of other Guests, we ask for a credit card or gift certificate number to reserve your appointment. We accept a 24 hour cancellation notice, otherwise 50% of service will be charged.
- * All prices subject to change without notice. A Service Charge of 18% will be added as Gratuity to all Service Prices listed above.

**Hours: Mondays by appointment
Tuesday to Saturday 9-6
(352) 795-1464**

Spa
at Plantation

Surrender to luxury and rejuvenation. Imagine yourself being gently pampered & quietly re-energized. This is The Spa at Plantation.

With a wide assortment of treatments and services available guests can experience ultimate nurturing for every part of the body, from the face to the most neglected parts of the body – the hands and feet. Treatments are done in your own private treatment room using state-of-the-art botanically based Aveda products.

- Aveda Facials
- Aveda Spa Body Treatments (Vichy shower for body treatments)
- Aveda Massage Therapy (including a massage room for couples)
- Manicures
- Pedicures
- Hair salon

We also offer complete day packages to ensure that you can enjoy the ultimate spa experience. There's never been a better way to unwind after a long day on the golf course, swimming with manatees, or disc golf than at our first-class spa.

Spa Hours

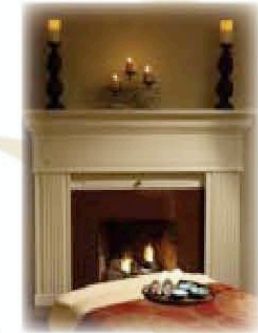
9 am - 6 pm Tuesday - Saturday

For Reservations call 352-795-1464

9301 W Fort Island Trail • Crystal River, FL 34429
Reservations: 800-632-6262 • www.plantationinn.com

Relax at the

Spa
at Plantation



At the Plantation Golf Resort & Spa, let all your worries and stresses subside at our state-of-the-art Spa. Our premium, Aveda® brand *Spa at Plantation* will bring a new unprecedented level of comfort and relaxation to The Plantation Golf Resort & Spa.



For reservations call 352-795-1464
or Dial Ext. 364 from Hotel Room



AVEDA FACIALS

25 mins. Pure Focus Facial \$55

Discover your skin's potential as we spend 25 minutes focusing on corrective techniques. Choose from skin exfoliation, face and neck massage or masque treatment.

50 mins. Elemental Nature Facial \$80

We can address concerns ranging from acne and aging to dryness and sensitivity. Your treatment will include Stress Relieving Rituals with customized aroma and facial massage techniques particular to your needs.

50 mins. Botanical Skin Resurfacing Facial \$110

Our hands-on approach and the power of tourmaline smoothes skin texture, reduce the appearance of fine lines and diminish pore size while significantly increasing radiance. All with less irritation and inflammation than salon Microdermabrasion, while delivering dramatic results.

80 mins. Results and Recovery Facial \$155

By investing more time for your facial treatment, you increase your skin's ability to recover. This expanded holistic treatment includes the entire body - from head to toe - for total face and body rejuvenation, results and recovery.

MANICURES

Express Manicure 25 mins. \$20

When time is of the essence, enjoy cuticle care, nail shaping and a basic polish refresh.

Spa Manicure 50 mins. \$35

Includes a warm soak, cuticle care, an exfoliation to remove dead skin cells, massage, and warm paraffin, followed by basic polish.

Caribbean Therapy™ Hand Treatment

50 mins. \$50

A rejuvenating and nurturing hand treatment that uses the healing touch and plant ingredients of the Caribbean to improve condition of nails, cuticles and hands. A special exfoliating paste and warm seaweed masque combine with Caribbean massage techniques to smooth and soften, relax and renew. Includes basic polish.

*French Polish add \$10 to manicures or pedicures.

PEDICURES

Express Pedicure 25 mins \$40

When time is of the essence, includes a warm foot soak, cuticle care, nail shaping and basic polish refresh.

Spa Pedicure 50 mins \$55

Includes a warm massaging foot soak, cuticle care, an exfoliation to remove dead skin cells, a relaxing foot and lower leg massage, a cooling seaweed foot mask, followed by basic polish.

Caribbean Therapy™ Foot Treatment

60 mins \$65

A rejuvenating and nurturing hot stone foot treatment that uses the healing touch and plant ingredients of the Caribbean to improve condition of nails, cuticles and feet. A special exfoliating paste and warm seaweed masque combine with Caribbean massage techniques to smooth and soften, relax and renew. Includes basic polish.

AVEDA MASSAGE

Elemental NatureSM Massage

A personalized massage experience based upon the Aveda Elemental NatureSM philosophy and aromas.

25 minutes \$ 50

50 minutes \$ 89

80 minutes \$ 135

Deep Tissue Massage add \$10

Aveda Fusion Stone Massage: 60 mins \$110

Experience the aromatic power of traditional Native American plants fused with the sensation of smooth stone massage. Aveda aroma oils encompass the senses and enhance skin hydration. Sensations of warm stones fused with massage techniques balance, soothe and invigorate your body.

Couple's Massage for two 50mins \$198

Enjoy a relaxing aromatherapy massage with your Special Someone in the ambiance of our Couple's Massage room with fireplace (subject to season).

Chakra™ Balancing Massage 60 mins \$110

A spa ritual steeped in the tradition of Ayurveda, merges massage and guided meditation with our Chakra™ Balancing Blend aromas to open and balance the chakras - energy centers of the body.

Reflexology: 45 mins \$65

An ancient Chinese technique of pressure point massage for the feet to release tension, corresponding with the area of the body in which to heal.

Shirodhara: 25 mins \$65

Experience deep relaxation created by a warm plant-based product called Tranquilessence™, which is directed in a continuous stream onto the forehead.

A great add on to any Spa service.

AVEDA SPA BODY TREATMENTS

HydroVichy Salt Glow:

30 minutes \$55

Feel dry skin slipping away with this exfoliating, and ultra hydrating body treatment. Includes Vichy shower treatment.

Rosemary Mint Awakening

Signature Body Wrap:

45 minutes \$75

Renew body and mind with this stimulating and nurturing dry wrap. Your body is exfoliated, smoothed, softened and wrapped. Essences of rosemary and peppermint will awaken your senses, while a scalp and foot massage balance the whole body.

Caribbean Therapy™ Body Treatment:

60 minutes \$120

A rejuvenating and nurturing hydrotherapy treatment that uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew the body and senses. Treatment begins with a dry exfoliation, followed by a warm, seaweed body masque and wrap and a scalp and face massage. After, a refreshing Vichy shower completes this island-inspired experience.

Himalayan Rejuvenation Treatment:

110 minutes \$155

This purifying yet nurturing treatment is based on the science of Ayurveda, the ancient healing art of India. Experience a series of innovative exfoliation and massage techniques to relax the body, calm the mind, and relieve tension. Your body will then be warmed using a special wrap, followed by a deep relaxation created by a warm plant-based product called Tranquilessence™, which is directed in a continuous stream onto the forehead. A great mind and body experience.



Salon Menu

Cuts & Styles

Shampoo & Style.....	from \$35
Shampoo Cut & Style	from \$45
Men's Cut	from \$22
Formal Styling.....	from \$70
Aveda Hair Spa	from \$45

Color Treatments

Color Application.....	from \$55
Color & Highlights.....	from \$125
Hilights/ Full.....	from \$95
Hilights/ Partial.....	from \$75
Color Shine Glaze	from \$35