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<http://media.sawgrassmarriott.com>

YEAR 2008

THE SPA AT SAWGRASS SPA GLIMPSE

NATURAL SETTING

Open since January 2005, the 25,000 square-foot Spa at Sawgrass presents a menu inspired by nature from organic body treatments and personalized massages to specialized sports programs and age-defying facials

Amidst the magnificent 4,800-acre Sawgrass Marriott Golf Resort & Spa in Ponte Vedra Beach, Fla., between Jacksonville and historic St. Augustine

Surrounded by the splendor of northeast Florida with winding lagoons, moss-draped water oaks, twisted palms and giant magnolias, The Spa at Sawgrass provides a tranquil journey, touching mind, body and soul

SERENE DÉCOR

Blending harmoniously with the outdoors, design features five elements of wood, fire, earth, metal and water
Bamboo accents, a simple color palette, warm wood panels and cream stone tiles depict Zen serenity

RELAXATION ARTISTS

Offering an intimate, custom experience, special "Relaxation Artists" individualize sessions
Gracious staff and warm, accommodating service reflect a southern flair to the European-style spa

REVITALIZING FEATURES

19 TREATMENT ROOMS

Individual air, music and lighting control personalize experience
Celadon green hues and watery blue accents are invitingly refreshing

COUPLES MASSAGE SUITE

Duos journey together with the option of learning massage techniques to bring home The Spa experience

TWO DELUXE BODY ROOMS

Hydro-thermo massage bathtub combines air, water and heat
Unique chromatherapy -- new color therapy providing array of mood-enhancing colors to inspire emotions from calm to creative
Vichy showers with multiple showerheads for hydro-massage

- MORE -

SIGNATURE SERVICES

BODY TREATMENTS

Bindi, Shirodhara and Blissful Harmony

- East Indian-inspired, determines guests' Dosha, or body type, prior to treatment
- Brings the body into balance with custom-blended Ayurvedic oils and herbs applied with a vigorous full-body massage or through a special dripping technique

Re-Mineralizing Wrap

- Full-body treatment pays homage to the history of the area when Ponte Vedra was known as Mineral City
- Begins with marine salt crystals for smoothing the skin, followed by the application of warm, clay mud for hydration and completed by a de-stressing massage

Soothing Aloe Body Mask

- Developed for guests who spend a little too long in the sun, cleanses overexposed skin with a cool aloe vera gel
- Cold toe stones extrapolate extra body heat and refreshing aloe spritz completes the soothing treatment

MASSAGE THERAPIES

Sawgrass Customized Massage

- Incorporates a variety of massage techniques with the most beneficial oils, lotions, aromatherapy products and hot stones

Thai Massage

- Encourages interaction with the therapist to elongate and ease various muscle groups
- Allows guests to remain clothed during the treatment

Synchronicity

- Harmonized, four-handed massage
- Provides the ultimate pleasure as two "Relaxation Artists" work in harmony

SKINCARE TREATMENTS

Zen Facial

- All-natural, active ingredients nurture the skin
- Includes gentle cleansing, exfoliation, customized mask and revitalizing massage
- Concludes with a light, softening veil of moisture

Oxygen Facial

- Invigorates and combats the signs of fatigue due to oxygen deficiency
- Specifically for smokers or people exposed to pollutants

SPECIALIZED SPORT TREATMENTS

Top of Your Game

- Soothes aching muscles and strengthens golf swings
- Incorporates specialized deep tissue Sports Massage and Personal Training Fitness Program

Stadium Revenge Package

- Pampers “golf widows” guilty pleasures at the same rate as 18 holes on the course (\$322 for four hours of treatments)

JUST FOR MEN

Sawgrass Grand Slam

- Features a “scrub, rub and tub”
- Keeps spa-shy men in same spa suite for entire session

SPA JOURNEY

THE SPA AT SAWGRASS

Sawgrass Golf Resort & Spa, A Marriott Resort

904-674-4SPA

<http://www.thespaatsawgrass.com>

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