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## THE SPA AT SAWGRASS JOURNEY

PONTE VEDRA BEACH, Fla. -- Surrounded by winding lagoons, moss-draped water oaks, twisted palms and giant magnolias, the 25,000 square-foot Spa at Sawgrass entices guests with customized treatments to touch mind, body and soul. Set amidst the magnificent 4,800-acre Sawgrass Golf Resort & Spa, A Marriott Resort -- located on the Atlantic Coast between Jacksonville and historic St. Augustine -- The Spa presents a menu of services inspired by nature set within a naturally calming ambiance which features the five elements of wood, fire, water, earth and metal.

Greeted by the subtle aroma of the *Sawgrass Signature Scent* -- lemongrass, ginger and sandalwood -- the journey begins upon arrival as “Relaxation Artists” discreetly anticipate guests’ needs and offer an intimate, customized experience. Spa goers select tailored services with treatment times ranging from 25-minute **Express Therapies** for those with limited time to all-day relaxation encounters, while the gracious staff and warm, accommodating service reflect a southern flair to the European-style spa. The highly-trained “Relaxation Artists” further personalize the experience by individualizing treatments in response to clients’ specific needs.

Engulfing visitors in a world of watery blue accents, rustling lines of bamboo and curvilinear pebble paths, each of the 19 treatment rooms, including an intimate couples massage suite, provides separate air, music and lighting control to individualize The Spa journey.

Two deluxe body rooms provide Vichy showers and hydro-thermo massage bathtubs, combining air, water and heat for massage and including a unique chromatherapy option – a new color therapy technology which provides an array of mood-enhancing colors to inspire emotions from calm and soothing to creative and stimulating.

For a truly different spa experience, guests enjoy the serenity of nature under shady oaks in the outdoor Tea House -- a custom-designed teakwood cabana with gauze curtains billowing in the fresh air during massages.

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Signature Spa at Sawgrass body therapies include East Indian-inspired Ayurveda treatments -- **Bindi, Shirodhara** and **Blissful Harmony** -- where guests' dosha, or body type, is determined prior to the treatment and special Ayurvedic oils and herbs are used to bring the body into balance. The **Zen Body Treatment** and **Zen Facial** utilize only handmade, organic products such as hot Hungarian paprika for stimulation and soothing St. Johns Wort for calming.

During the energetic **Thai Massage** guests remain clothed during and interact with the "Relaxation Artist" -- working as a team to elongate and ease various muscle groups while **Synchronicity** provides ultimate pleasure as two therapists perform the harmonized four-handed massage.

The **Optimal Aging Facial** is a five-phase treatment, soothing expression lines caused by the repetitive contraction of facial muscles. The **Oxygen Facial** is ideal for smokers or those exposed to pollutants as it combats signs of fatigue caused by oxygen deficiency and gives skin a soft glow.

In addition to organic products, The Spa at Sawgrass features the elite French line Sothys -- developed with the latest in cosmetic biotechnology to treat skincare problems such as aging or oily skin, dehydration and dull skin tone. Exclusive Sothys products are available for purchase in The Spa Boutique to continue the experience at home with techniques taught by "Relaxation Artists" throughout each spa session.

As the Official Hotel of The Tournament Players Club (TPC) and home of The Players Championship, The Spa at Sawgrass offers therapies specifically designed with the golfer in mind, easing tension after the stress of playing No. 17 -- the famous par-3 island hole on the TPC Stadium course. The **Sports Massage** relieves muscular tension while increasing flexibility and circulation. The **Top of Your Game** treatment includes a Sports Massage as well as a 60-minute **Golf Fitness Personal Training Session**. For the golfers' spouses, stranded for hours during a round, the **Stadium Revenge Package** pampers "golf widows" guilty pleasures at the same rate as 18 holes (\$322 for four hours) with the **Sawgrass Aroma Body Glow, Customized Massage, European Cleansing Facial, Pedicure**, healthy spa lunch and a complimentary gift.

Spa services created specifically for men include **The Rough**, an aromatic salt glow body scrub designed to restore, refresh and soften skin, the **All Fores** pressure-point hand and foot massage and **The Sawgrass Grand Slam**, a "scrub, tub and rub" that keeps spa-shy men in the same spa suite for the entire session.

Polishing from tip to toe, the Nail Salon pampers tired soles with “facials for the feet” -- a luxurious soak in tea tree oil, eucalyptus and sea salts, followed by a warm marine mask and cocoon wrap. Rough, overworked hands are replenished with a variety of manicures combining natural, revitalizing ingredients like orange and grapefruit essential oils with antioxidants and moisturizers.

The Spa journey continues as guests relish in relaxation while sipping ice-cold lemon water in outdoor chaises or in the private men’s and women’s relaxation lounges with separate steam room, sauna and whirlpool.

Gently transitioning to a high-energy environment, the exercise studio features Cybex equipment including private televisions and CD players on each piece of cardio equipment. The Cybex Arc Trainer (a cardiovascular elliptical machine), named “Best Product of 2003” by *Fitness Management*, and the Cybex FT 360 train guests for specific sports moves ideal for golfers. Daily classes from golf fitness and aerobics to yoga and pilates are held in the separate cardio studio.

Guests are invigorated after workouts and spa sessions at Soothies, the poolside juice bar, with revitalizing, fresh-squeezed juices and smoothies accompanied by specialized spa cuisine. The Nail Care Studio polishes from tip to toe and also offers depilatory services.

With more than 500 guestrooms, Sawgrass Golf Resort & Spa entices spa guests with a wide assortment of additional tempting diversions such as 99 holes of world-renowned golf including the famous TPC Stadium Course, 26 miles of beach, three freshwater swimming pools, two whirlpools surrounded by cascading waterfalls, fitness facilities and backwater and deep-sea fishing.

To engage in The Spa at Sawgrass journey, call **Sawgrass Golf Resort & Spa, A Marriott Resort at (904) 674-4SPA** or visit <http://www.sawgrassmarriott.com>.

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*The Spa at Sawgrass was developed in collaboration with Health Fitness Dynamics, Inc. (HFD), an internationally recognized firm specializing in design, development and operations of spas for fine hotels, resorts and mixed-use developments. Since 1983, HFD -- owned by Judy Singer and Patty Monteson -- has served as the consultant to over \$650 million of completed spa projects positioned to be service-oriented profit centers. For more information on HFD, visit [www.hfdspa.com](http://www.hfdspa.com)*

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