



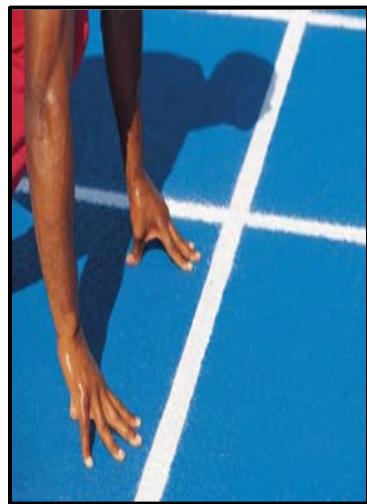
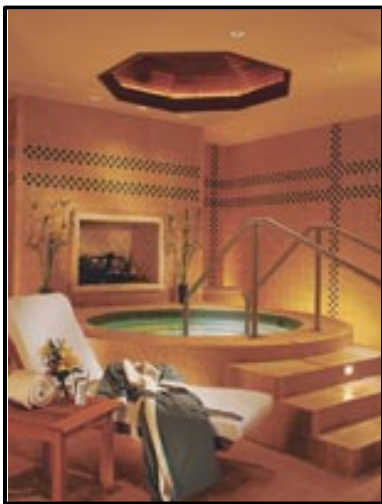
The Ritz-Carlton Spa, Reynolds Plantation Wellness Program

Spa Group Activities & Spouse Programs

Are you looking to have your attendees bond in a way that will keep them talking long after the conference has ended?

Select from our Wellness Program and take your conference/meeting to the next level.

Our selection of options fosters an environment of energy, health, wellness and fun!





Apothecary Workshop

Guests will enjoy creating their own body scrub or poultice with aromatherapy of their choice in our interactive Apothecary Workshop.

Exfoliation is the key to smooth skin. In this workshop, guests will create their own scrub with salt or sugar and add aromatherapy to soothe or uplift the mind. A poultice filled with ingredients like chamomile, lavender and calendula may also be used for exfoliation, lymphatic stimulation, and aromatherapy. A vastly trained licensed therapist will conduct this interactive hands-on fun workshop.

Minimum number of participants: 10

Duration: 50 minutes

Cost: \$45 per person, plus 22% gratuity (includes gift)

Pre-Registration is required





Organic Skincare Workshop

This fantastic workshop is informative, hands on and gives guests the knowledge, skills and confidence to take their beauty to new heights. It will also give an understanding on the difference between organic and chemical skincare.

We all know that organic and natural is the healthiest for us; however, do we really know why? This workshop is intended to give the knowledge to enable one to make informed decisions about the type of products to use that will not harm the health of the skin. Our highly trained esthetician will conduct an interactive hands-on demonstration introducing some natural skincare with recipes that can be made straight from your own kitchen.

Minimum number of participants: 10

Duration: 50 minutes

Cost: \$45 per person, plus 22% gratuity (includes gift)

Pre-Registration is required





The Perfect Shave

This interactive workshop addresses the unique skincare needs of men. Taught by one of our own licensed Estheticians, this workshop addresses the following topics:

- Proper skin care basics for men
- Shaving products and selection
- Shaving tools and selection
- The three essential steps of a great shave
- Shaving challenges and how to avoid them

Each guest will practice a “mock” shave and will be given a sampling of shaving products to take home.

Duration: 50 minutes
Cost: \$35 per person + 22% service charge
Minimum of 10 people / Group registration required





Group Yoga Classes

Yoga is a vast collection of spiritual techniques and practices aimed at integrating the mind, body and spirit to achieve a state of enlightenment or oneness with the universe. What is normally thought of as "yoga" in the West is really Hatha Yoga, one of the many paths of yoga. The different paths of yoga emphasize different approaches and techniques, but ultimately lead to the same goal of unification and enlightenment.

Minimum number of participants: 10

Duration: 60 minutes

Cost: \$30 per person, plus 22% gratuity

Pre-Registration is required





Pilates Group Classes

Pilates is a form of exercise developed by Joseph Pilates in which it emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

Pilates is one of the most popular exercise systems in the country.

It seems like everyone is either doing Pilates, or interested in starting a Pilates exercise program. Indeed, one of the best things about the Pilates method is that it works so well for a wide range of people. Athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who at various stages of physical rehabilitation.

Minimum number of participants: 10

Duration: 60 minutes

Cost: \$30 per person, plus 22% gratuity

Pre-Registration is required





Group Power Hike

This is a moderate to fast paced three mile walk. Enjoy the outdoors and a great workout. Private one on one Power Hikes are also available upon request.

Duration:	60 minutes
Service Provider	Fitness Instructor
Cost:	\$30 per person, plus 22% gratuity
Minimum:	10 persons
Maximum:	20 persons

Pre-registration is required





Chair Massage Services for Groups and Conventions

What a welcoming relief for those tired aching backs. These services are ideal to offer at a registration desk, during coffee breaks, during breakfast, lunch or dinner, as well as at casual cocktail receptions.

Duration: 1 hour
Service Provider: Massage Therapist (able to assist 10 persons)
Price: \$250 per therapist per hour, plus 22% gratuity
Pre-registration is required





Chair Reflexology / Foot Massage Services for Groups and Conventions

Chair Reflexology Services

Tired Feet? Here is a service that will have you walking on cloud nine! These services are ideal to offer at a registration desk, during coffee breaks, during breakfast, lunch or dinner, as well as at casual cocktail receptions.

Duration: 1 hour
Service Provider: Massage Therapist (able to assist 5 persons)
Price: \$250 per therapist per hour, plus 22% gratuity
Pre-registration is required



**For more information and registration, please contact John Kossenians
Spa Services/Membership Sales at 706-467-7176**