



The SPA

at the Ridge

SALON AND SPA

A LUXURIOUS PLACE
For Wellness, Healing, And Rejuvenation





Spa Information

RESERVATIONS

Reservations are highly recommended. If you are looking to book for a specific day, time or with a certain spa professional, it is recommended that you book 1-2 weeks in advance. For an immediate appointment, members can visit the Online Reservation System (on the Indian Ridge website) to see all available appointments. Phone reservations are typically answered the same day, but please allow 24-hours after calling to receive a confirmation.

HOURS OF OPERATION

SEASONAL HOURS (NOV-APR)

MONDAY- SATURDAY
9AM-5PM

SUMMER HOURS (MAY-OCT)

TUESDAY- FRIDAY
10AM-2PM

TELEPHONE NUMBER

760.772.7277

About The Spa

The SPA at the Ridge has an intimate feel that offers members and their guests an escape from the stresses of the outside world. The SPA at the Ridge is a full service salon and spa committed to enhancing your health and wellness. The SPA offers a unique variety of treatments and salon services for men and women all delivered by highly trained spa professionals.

**THIS IS MUCH MORE THAN
A TYPICAL SPA EXPERIENCE!**





Massage Enhancements

REFLEXOLOGY

15 | 30 mins. \$25 | \$50

EXOTIC OIL SCALP TREATMENT

No additional time \$20

COLLAGEN MASK *(hands or feet)*

No additional time \$20

AROMATHERAPY

No additional time \$10

Massage

THE RIDGE MASSAGE

Our therapists will tailor your experience according to your specific requests. Looking for calm and relaxing? Or maybe a heavier hand to work out knots or tension? No matter what you custom crafted, you will leave feeling relaxed, rejuvenated and with better range of motion.

60 / 75 / 90 mins \$120 | \$140 | \$160

CUPPING MASSAGE

This ancient Chinese style of deep tissue massage involves placing special cups on the body in precise locations to increase blood flow, help relieve pain and inflammation.

60 / 75 / 90 mins \$130 | \$155 | \$170

THAI MASSAGE

Inspired by Thai rituals, this massage blends together deep tissue techniques with compressive stretching. The fusion of these techniques lengthens muscles, alleviating pressure and strain though the body, achieving a balanced state of relaxation.

60 / 75 / 90 mins \$130 | \$150 | \$170

HOT STONE MASSAGE

It's time to unwind and relax. This tailor made massage incorporates smooth heated stones that glide along the body soothing muscle tissues to help loosen knots, ease tension, and flush out toxins.

60 / 75 / 90 mins \$130 | \$150 | \$170

FUNCTIONAL STRETCH

SPORTS MASSAGE

This massage combines deep tissue techniques with assisted stretching that targets fascia, the joints, and muscle adhesions. The fusion of these techniques eases muscle tension, reduces pain and inflammation, improves flexibility, and improves circulation.

60 / 75 / 90 mins \$140 | \$160 | \$180

CBD MASSAGE

Feel the tension in your muscles melt away. You can experience all the benefits of hemp-based products without having to worry about feeling the effects of THC. A CBD massage will alleviate muscle pain, stiffness, joint pain and inflammation.

60 / 75 / 90 mins \$140 | \$160 | \$180

Body Treatments

SUGAR SCRUB

Combined with various Exotic Nut Oils and fresh Fijian cane sugar, exfoliates, cleanses and rehydrates skin with Vitamin A, B, C, & E. The sugar is massaged into the skin with coconut milk, eliminating dull skin to reveal new healthy skin. It will strengthen elasticity and replenish moisture for the ultimate healthy glow.

60 mins. . . . \$95

MUSCLEASE SPA OCEAN WRAP

This beautiful, aromatic heated seaweed body mask containing muscle warming blends of Pine and Rosemary essential oils, helps ease the pain of arthritis, fatigue, and aching muscles.

75 mins. . . . \$155

ANTI-AGING GUAVA WRAP

Combat the visible effects of skin aging. This wrap helps to firm, tone, and brighten skin. This treatment begins with a raw sugar cane scrub followed by a body masque application and a warm oil scalp massage. Our Anti-Aging Botanical Blend is enriched with Guava fruit which is high in Vitamin C boosting Collagen production, toning the skin whilst hydrating, nourishing, and leaving skin with a healthy glow!

75 mins. . . . \$120

CELLUTOX AROMA SPA OCEAN WRAP

Relax in a wrap containing rich marine algae and detoxifying Juniper and Lemon. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

75 mins. . . . \$155

BODY PERFECTING PEEL

Gently, but effectively get a total skin renewal with this ultimate body peel treatment. Starting with an exfoliation to address sun damage, age spots, and skin tone, a masque rich in AHA's is applied and allowed to work in a warm wrap. A Fijian scalp treatment using Exotic Orange Blossom Oil is then performed along with a hand and foot treatment. Finishing with a nourishing balm to restore hydration.

90 mins. . . . \$135



TARGETED TONING TIGHTENER

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and back of arms. Clinically proven to reduce the appearance of cellulite after just ONE treatment.

90 mins. . . . \$165



Facials

THE RIDGE FACIAL

Let our expert estheticians make your skin glow! This facial is completely tailored to your skin's needs and concerns.

60 / 75 / 90 mins \$120 | \$140 | \$160

THE RIDGE BACK FACIAL

We've got your back! Our estheticians will perform a customized Ridge Facial on your back.

75 / 90 mins \$155 | \$175

DERMAPLANING

Get soft, smooth and glowing skin instantly! During this facial, the esthetician will remove dead skin cells and peach fuzz by "shaving" the face.

75 / 90 mins \$200 | \$250

MICROCURRENT

This facial uses a machine that produces low-voltage electricity to help stimulate facial muscles, creating a lifting and toning effect on the skin.

60 / 75 / 90 mins \$175 | \$195 | \$215

Facial Enhancements

GLYCOLIC PEEL \$20

COLLAGEN/CUSTOM MASK \$20

EYE/LIP TREATMENT \$20

AMPOULE \$30

JELLY MASK \$30

COLLAGEN HAND MASK \$20

COLLAGEN FOOT MASK \$20

LASH TINT \$50

BROW TINT \$50





Gentleman's Facial

THE RIDGE FACIAL

Let our expert estheticians make your skin glow!
This facial is completely tailored to your skins needs
and concerns.

60 / 75 / 90 mins \$120 | \$140 | \$160

GENTLEMAN'S BACK FACIAL

We've got your back! Our estheticians will perform
the Ridge Facial on your back.

75 / 90 mins \$155 | \$175

Facial Enhancements

GLYCOLIC PEEL \$20

JELLY MASK \$30

COLLAGEN/CUSTOM MASK . . . \$20

COLLAGEN HAND MASK \$20

EYE/LIP TREATMENT \$20

COLLAGEN FOOT MASK \$20

AMPOULE \$30

Gentleman's Waxing

EYEBROWS \$25

NOSE \$20

EAR \$20

CHEST \$50

FACE \$45

BACK \$65

HydraFacial

SIGNATURE HYDRAFACIAL

Deeply cleanse, extract, and hydrate the skin through our super serums filled with antioxidants, peptides, and hyaluronic acid.

30 mins \$199

DELUXE HYDRAFACIAL

These invigorating treatments include all of the essentials of the Signature HydraFacial while addressing specific skin concerns through HydraFacial's boosters and protocols.

45 mins \$295

PLATINUM HYDRAFACIAL

The ultimate HydraFacial experience. Begin the detoxification process with Lymphatic Drainage. Follow with the signature HydraFacial to deeply cleanse, extract and hydrate the skin. Address specific skin concerns with a booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.

60 mins \$325

ROYALTY HYDRAFACIAL

A luxurious HydraFacial experience. Includes all of the Platinum HydraFacial treatments plus Dermaplaning and Hydra Jelly Mask.

90 mins \$450

HYDRAFACIAL BACK TREATMENT

75 / 90mins \$400 / \$500

HydraFacial Enhancements

EYE PERK \$30

LIP PERK \$30

LED LIGHT THERAPY \$30
(blue and/or red)

NECK AND DÉCOLLETÉ \$50

HANDS \$40

ARMS \$50

DERMAPLANING \$95

HydraFacial Lymphatic Therapy

FACIAL\$120

Add-on price to HydraFacial\$50

ARMS\$65

Add-on price to HydraFacial\$40

ABDOMEN\$75

Add-on price to HydraFacial\$50

LEGS\$65

Add-on price to HydraFacial\$40

BACK\$75

Add-on price to HydraFacial\$50

FULL BODY\$400

Add-on price to HydraFacial\$250

HydraFacial Keravive

Keravive is a unique, relaxing treatment designed to cleanse, exfoliate, nourish, and hydrate the scalp for healthier and fuller-looking hair for all skin and hair types. This service is a 3-treatment service. Services will **occur once per month for three consecutive months**. After the initial 3 months, it is recommended to get a treatment once every 6-months for maintenance. **Prices are per treatment.**

Keravive Session\$500



Waxing

EYEBROWS	\$25
LIP	\$15
CHIN	\$20
EAR	\$20
FACE	\$45
NOSE	\$20
ARMS	\$40
UNDERARMS	\$25
½ LEG	\$45
FULL LEG	\$65
BIKINI	\$50
BRAZILIAN	\$70
BACK	\$65
CHEST	\$50

Nail Salon

MANICURE	\$35
PEDICURE	\$45
SPA MANICURE	\$40
SPA PEDICURE	\$55
DAZZLE DRY MANI	\$50
DAZZLE DRY PEDI	\$65
Dazzle Dry is a vegan nail polish that lasts up to two week and takes 5 minutes to fully dry (no light needed).	
GEL MANICURE	\$65
GEL PEDICURE	\$80
*Gel Manicure and Pedicure includes Gel Removal	
BUFF & TRIM NAILS (<i>hands or feet</i>)	\$20

Nail Enhancements

COLLAGEN MASK (<i>hands or feet</i>)	\$20
FRENCH	\$12
GEL REMOVAL	\$15
NAIL REPAIR (<i>per nail</i>)	\$10



Hair Salon

STYLING

WOMEN'S HAIRCUT

Short Hair (*chin length and above*) \$70
Long Hair (*longer than chin length*) \$85

MEN'S HAIRCUT \$40

WASH & BLOW DRY

Short Hair (*chin length and above*) \$50
Long Hair (*longer than chin length*) \$60

BEARD TRIM \$10

COLOR SERVICES

An extra charge for color services and hair enhancements may be applied due to length and/or thickness of hair

ROOT TOUCH UP \$75

FULL COLOR

Short Hair (*chin length and above*) \$105
Long Hair (*longer than chin length*) \$115

MEN'S COLOR \$50

GLAZE \$65

HIGHLIGHTS / LOWLIGHTS

prices listed are per service and charged individually

Mini Foil (*6 foils or less*) \$65
Partial Foil \$100+
Full Foil \$130+

KERATIN TREATMENT \$300+

Hair Enhancements

MULTI-DIMENSIONAL COLOR . . \$30+

TONER/GLOSS \$20

SHINE TREATMENT \$20

SCALP TREATMENT \$30

CONDITIONING TREATMENT . . \$20

COLLAGEN HAND MASK \$20

FUSIO DOSE TREATMENT \$20

BANG TRIM \$10

HydraFacial Keravive

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Keravive Session \$500

Kerastase Fusio- Dose Treatment

These treatments are tailor made fresh containing active ingredients that penetrate the hair fiber for an instant transformation. With 7 Concentrates, 6 Boosters and 42 different combinations, there's a treatment for every hair need, concern, or style!

Fusio-Dose Treatment \$20



Spa Boutique

Take your spa experience home with you! The SPA Boutique offers all of the skincare and body care lines featured in our luxurious facial and body treatment services. You will also find our luxury hair care lines, Oribe and Kevin Murphy so you can keep your hair looking great until your next salon service. Our gift selection features a variety of candles and diffusers from NEST Fragrances.

KÉRASTASE
PARIS

skinbe+ter
SCIENCE®



SALT
&
STONE

ELEMIS
DEFINED BY NATURE, LED BY SCIENCE

NEST
FRAGRANCES
NEW YORK

Gift Certificates

Treat your spouse or guest to a spa experience!
Gift certificates are available by calling The SPA at the Ridge at 760.772.7277.

Spa Etiquette

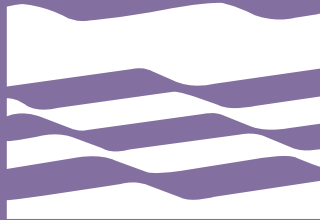
24 HOUR CANCELLATION POLICY

If you are unable to keep your appointment or need to make changes, please notify the Spa 24-hours prior to your appointment. Cancellations that occur less than 24-hours in advance and no-shows will result in a full charge. For groups of 4 or more, for services that are 3 hours or longer, or high-priced services, there is a 72-hour cancellation policy.

RUNNING LATE?

Please give us a courtesy call to let us know you are running late. Your late arrival will determine the length of your treatment. Your service will end on time so that the next guest is not delayed. If you are scheduled for a hair or nail service or are running more than 15 minutes late, your appointment will need to be rescheduled.





Indian Ridge
COUNTRY CLUB