

# sago spa and salon

menu of spa and salon services

Sago is an underwater grass found in the majestic Chesapeake Bay. Sago is known for its ability to withstand the strong bay currents and waves. It is home to many varieties of fish and responsible for providing life, vitality, and nourishment to not only the Bay, but all of its inhabitants.

hyatt spas

Each a reflection of the world around it.  
Every moment, an opportunity to enjoy  
and discover. Mindful of the body and the  
natural world, every Hyatt Spa is an invitation  
to taste the local flavor, experience personal  
wellness and absorb infinite beauty.  
Experience the best in spa, authentically and  
intimately, at Hyatt Spas.

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## Life, Vitality, Nourishment

Situated in a place where the salt water of the ocean meets the fresh waters of its surrounding rivers is a spa called Sago. The Chesapeake Bay's importance has been reflected in one of the early names that was given to it- "Mother of Waters".

The rise and flow of this tidewater has long had an effect on the livelihood of Maryland's Eastern Shore. Sago has managed to capture the bounty of this great land and deliver to our guests what this great bay has delivered to its people...

Life—energy & revival

Vitality—ageless & renewal

Nourishment—hydration & restoration



## life

### sage custom massage

30/60/90 minutes

A relaxing massage for the entire body using nut free unscented oil, this treatment will help calm your mind and melt away tension.

### deep tissue massage

30/60 minutes

A firm pressure massage to target knotted and over-stressed muscles.

### head, hand, and feet

30 minutes

This massage focuses on the areas that get ignored the most! Ease tensions caused by stress and over use of hands and feet with this treatment that includes scalp, hand, and foot massage.

### baby on board massage

30/60 minutes

Aids in comfort and relieves tension for the mother to be. For guest's safety, prenatal massage is offered only during the second and third trimesters.

# life

## river stone massage

60/75 minutes

As a healing remedy, Native Americans would heat basalt rock, usually found on the ocean floor, and apply them to the body. We have recreated this special regimen as a way to ease stress and anxiety, lift your mood, and help with tired muscles.

## signature old fashioned back tonic

60 minutes

Inspired by the watermen of the Eastern Shore in need of recovery from harvesting the Bay, this relaxing experience combines deep, intensive massage with steaming herb infused towels. Essential oils of rosemary, juniper and thyme and arnica muscle salve help unravel deep rooted spinal tension.

## upgrades

### aromatherapy

Choose from three aromatherapy oils centered on Life, Vitality and Nourishment.

### hydrating hand treatment

Deeply moisturize hands with this natural paraffin alternative.

### luminous scalp massage

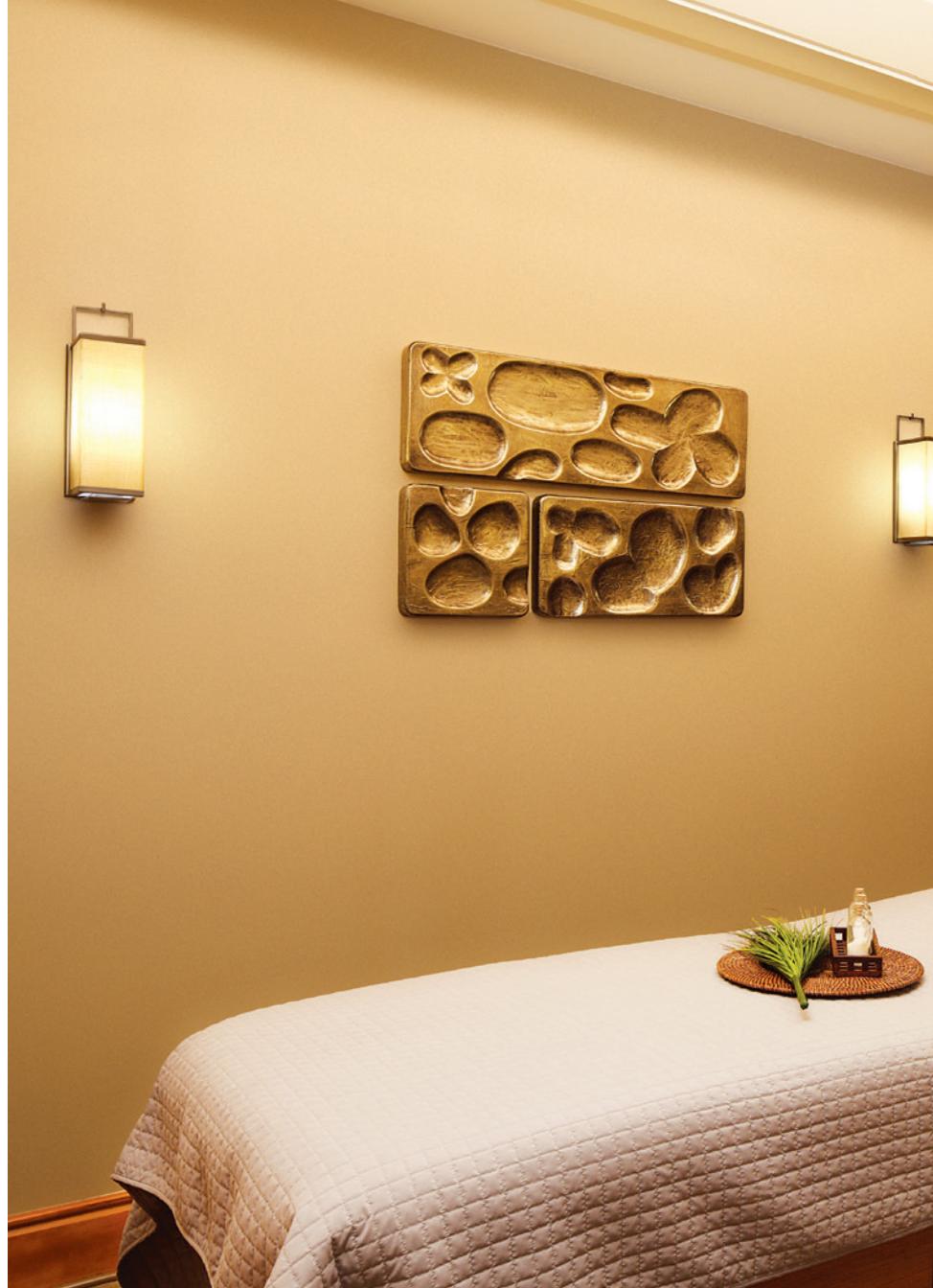
15 minutes

A deep conditioning treatment for hair and scalp massaged in to induce a state of deep peacefulness.

### sweet feet

15 minutes

A targeted massage with cooling menthol and anti-inflammatory arnica will leave lower legs and feet purified, refreshed, and hydrated.



## vitality

Taking a unique approach to skin care, our facial services are completely customizable and designed to meet your specific skin care needs. After a consultation with one of our skilled estheticians, a personalized treatment and home care regimen will be designed perfect for you.

### tidewater signature facial 30 minutes

An express treatment for your skin, this facial cleanses, exfoliates, and hydrates the skin, leaving it refreshed and renewed.

### tidewater signature facial 60 minutes

This customized treatment meets all of your basic skin care needs, including cleansing, exfoliating, extractions, treatment mask, and head, neck and shoulder massage.

### tidewater signature facial 90 minutes

Increase the benefits of our 60 minute facial by adding any one complimentary upgrade, a second treatment mask, and extended hand, arm, and neck massage.

### oxygenating “O<sub>2</sub>” facial 60 minutes

Bring vibrancy and illumination to your skin with this unique facial, that deep cleanses and exfoliates and uses an oxygenating mask to reenergize and hydrate your skin for a youthful, dewy glow.

## upgrades

### bright eyes treatment

A targeted treatment for fine lines, puffiness, and dark circles around the eyes

### hydrating lip treatment

This three step treatment will exfoliate, comfort, and hydrate lips

### age defying hand treatment

Hands are exfoliated and deeply hydrated to fight the visible signs of aging

### antioxidant peel

An AHA peel to deeply exfoliate, refine and stimulate skin for a more youthful look

## nourishment

### seasonal signature body glow 30/60 minutes

A sugar scrub exfoliates to rid your body of dead skin cells before our Vichy Shower helps wash all cares away. For added moisture, our 60 minute version includes an additional loofah exfoliation and moisturizing application. The scents change seasonally, but the results are always the same...more youthful, rejuvenated skin.

### ocean dew detox body treatment 60/90 minutes

Using products infused with toning and stimulating essential oils such as rosemary and juniper and extracts of marine algae and magnesium salts to replenish vital minerals, this exfoliating treatment, performed in our Vichy Room, will help detoxify and fortify the body.

### hydrating aloe wrap 60 minutes

This wrap features soothing, repairing extracts of prickly pear and pomegranate in a cool aloe vera base, resulting in deep hydration and healing for stressed or aging skin.

### moisture restore wrap 90 minutes

Fine, white sugar drenched in jojoba and packed with botanical antioxidants gently polishes your skin and dead skin cells are washed away beneath our Vichy shower. The body is then wrapped in a soothing aloe vera based wrap before being hydrated with a restoring body lotion rich in the sweet oils of clementine and magnolia for a deliciously uplifting experience.

### sago dreams body wrap 90 minutes

Retreat from the outside world with this relaxing body wrap. Begin with a full body exfoliation followed by a detoxifying body mask. You're then wrapped in a warm cocoon while you enjoy a scalp and foot massage. You will awaken to a body butter application to complete this calming and soothing experience.



## couple's offerings

**best mate's massages** 30 / 60 / 90 minutes

Why spa alone when you can spa with your best mate? Enjoy your experience together in our couple's room. Choose your best mate and we'll take care of the rest.

**best mate's facials** 45 minutes

Side-by-side facials that cleanse, exfoliate, and moisturize, bringing balance to all skin types...no steam or pore extractions in this relaxing facial.

**chesapeake couples massage** 90 minutes

Your experience begins with a warm, soothing foot bath and foot massage. You will then be treated to an invigorating scalp massage followed by side-by-side relaxing full body massages. The perfect treatment to celebrate any occasion.

**couples hydrating aloe wrap** 90 minutes

Find retreat from the outside world together with this hydrating body wrap, performed side-by-side. This wrap features soothing, repairing extracts of prickly pear and pomegranate in a cool aloe vera base, resulting in deep hydration and healing for stressed or aging skin.

## chesapeake bay journeys

### signature

2 hours 30 minutes

Enjoy a trio of our signature services!

30 Minute Sago Body Glow

60 Minute Old Fashioned Back Tonic

60 Minute Tidewater Signature Facial

### top three

2 hours 45 minutes

Our most popular services rolled into one package!

60 Minute Sago Custom Massage

60 minute Tidewater Signature Facial

45 Minute Bay Pedicure

### personal excursion

Create your own personal retreat from any of our a la carte services and receive a 10% discount when you book 3 or more services, each valued at \$55 or more, for the same day.



## cures for the hands

**polish change** 15 minutes

File, buff, and polish.

**bay manicure** 30 minutes

Give your hands a hiatus from their day to day demands. Nail shaping, buffing and cuticle clean-up lead to a well-deserved lower arm and hand massage. Finished with the polish of your choice.

**sago signature manicure** 45 minutes

Start with nail shaping, buffing and cuticle clean up followed by a relaxing hand and arm massage. Warm paraffin will deeply hydrate tired hands before fingers are polished to perfection. Scents change seasonally.

**gel polish manicure** 45 minutes

Includes nail shaping, buffing and cuticle clean-up. Gel polish provides a long wear, zero dry time, and a mirror finish, extending the life of your manicure.

\*If you currently have a gel manicure, gel removal will be required at an additional fee. Please let us know when you are booking your appointment so we can add the removal time to your service.

**gel polish removal** 15 minutes

## cures for the feet

**sago mini pedicure** 30 minutes

Soak, file, buff, and polish

**bay pedicure** 45 minutes

Begins with a warm footbath designed to soften and soothe tired feet. An exfoliating scrub gently polishes and nourishes the skin before a lower leg and foot massage helps release tension while hydrating the skin. The polish of your choice completes this refreshing foot ritual.

**sago signature pedicure** 60 minutes

This luxurious treatment starts with a warm footbath to soften and soothe tired feet. An exfoliating scrub gently removes dead skin cells, polishing and nourishing the skin. An indulgent mask is applied to lower legs and feet before they are massaged and deeply hydrated. A warm paraffin treatment and perfectly painted toes complete this relaxing experience. Inquire about our seasonal inspirations.

**sago sailor's detail** hand ~ 25 minutes  
feet ~ 45 minutes

The perfect combination for the active man, these treatments are designed to target the most over worked parts of your body. Using products rich in red algae and magnesium to replenish vital minerals and relieve fatigue, and paying attention detail on nails and cuticles, you will leave feeling revitalized and refreshed.

## sago salon services

### sago hair

shampoo & style

women's haircut & style

men's haircut & style

single color process

partial highlight

full highlight

double process or color correction

"express blowout"

deep conditioning treatment

(add to any wet hair service)

### sago special occasions

wedding day style - includes veil placement

wedding day makeup

updo

sophisticated mineral makeup

sophisticated airbrush makeup

flower girl style\*

flower girl makeup - lips, cheeks and eyes\*

\*under 10 years

eyelashes (strip)

\*please inquire about in-room and food and beverage options for bridal parties

### waxing services

brow

lip

chin

back

bikini

forearm

full leg

half leg

underarm

## spa etiquette & considerations

### appointment

Please arrive 30 minutes prior to your appointment to prepare for your Sago Spa experience. In order to reserve your scheduled appointment, we require a valid credit card number at the time of booking.

### cancellation

Should you need to cancel an appointment at Sago, please contact us 12 hours in advance of your scheduled appointment. Any cancellations with less than 12 hours notice will result in full charges of the scheduled service. Late arrivals will result in a shortened appointment or the rescheduling of your appointment (charges will apply).

### amenities

Sago Spa guests will enjoy the complimentary use of our private men's and women's relaxation rooms, locker rooms, steam, sauna, and co-ed relaxation area. A daily admission fee of \$25 applies to resort guests not receiving treatments.

### spa attire

Sago Spa will provide you with a robe and sandals for your comfort.

A secured locker will be available for your personal belongings. Sago Spa is not responsible for any lost or misplaced items.

### spa environment

At Sago Spa we strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment you leave. Please refrain from using your cell phone. Sago Spa is considered an adult facility and spa services are reserved for guest 18 years of age or older. Select salon services are available for guests under the age of 18.

### service charge

For your convenience, a 20% service charge will be automatically added to the cost of your services. Discretionary gratuities above the 20% are greatly appreciated.

### gift certificates

Consider giving the gift of spa. It is the one gift they will not return.



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**HYATT SPAS**

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