

sago spa



Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina

100 Heron Boulevard, Cambridge, Maryland 21613

TELEPHONE 410 901 1234

chesapeakebay.hyatt.com

HYATT SPAS
SANTAS PER AQUAS™

menu of spa 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.

hyattspas.com

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 excursion

a short journey intended for pleasure...

60 Minute Eastern Shore Life Remedy
60 Minute Tidewater Life Facial
Sago Marine Pedicure

\$300

vitality passage

passing from one place to the other...

75 Minute Sea & Senses Facial
60 Minute Sago Custom Massage
90 Minute Sea & Senses River Stone Body Treatment

\$450

nourishment voyage

a relatively long passage by water...

90 Minute Sago Signature Facial
75 Minute River Stone Massage
90 Minute Deep Forest Ritual
Sago Marine Pedicure & Manicure

\$600

facials

tidewater custom facial

60 minutes

\$130

Life—A purifying treatment for all skin types which includes thorough cleansing action and an energizing phase to stimulate the skin and make it more receptive to the products selected for your skin type.

Vitality—Those seeking to reverse the damage of the sun and premature aging will love this restorative facial. It instantly brightens the complexion and treats the skin with potent vitamin C.

Nourishment—This is nature's answer to moisture deprived thirsty skin. This facial operates from the cellular level with bio-active botanical serums that are sure to leave your skin radiant.

sea & senses

75 minutes

\$175

This provides the ultimate in vitality for the face. All of your senses come alive with a relaxing massage using both hot and cold marine stones combined with a mineralizing marine algae mask.

ageless facial

75 minutes

\$170

With mineral powder and self-heating properties, this mask creates an amazing smoothed-out effect encouraging deep absorption of the wrinkle control active ingredients. This intense treatment provides a youthful effect with visible results after only one session.

sago signature facial

90 minutes

\$200

This deluxe treatment features a luxurious footbath, soothing warm oil scalp massage and a wonderful prescriptive facial with a collagen velvet mask.

massages

eastern shore remedies 60 minutes \$140

Therapeutic massage techniques paired with essential oils and plant extracts...

Life—this energizing treatment promotes circulation and relieves muscle soreness, stiff joints, and edema. Choose from our blend of rosemary, basil and bay laurel or zesty lemongrass and ginger oils.

Vitality—a deeply relaxing treatment, featuring relaxing connective strokes, is designed to ease fatigue and soothe your over-stressed mind. A calming lavender and lava din blend provide the nurturing tonic for this retreat.

Nourishment—this detoxifying treatment aids in the elimination of toxins from congested circulatory, lymphatic or respiratory systems. Allow the stimulating evergreens of pine, balsam fir, juniper and cypress to gently cleanse the body and open congested sinuses.

sago custom massage 30 | 60 | 90 minutes \$80 | \$130 | \$190

You determine the amount of time you have to devote and we will take care of the rest. This massage will focus on what message your muscles are sending.

river stone massage 60 | 75 minutes \$155 | \$190

Native Americans were one of the first societies to realize the benefit of heated stones. As a healing remedy they would heat basalt rock, strong smooth volcanic rocks usually found on the ocean floor, and apply to the body. We have recreated this very special regimen as a way to ease stress, anxiety, lift your mood and help with tired muscles.

massages

barefoot massage 90 minutes \$200

If you are searching for the deepest massage on the menu, this is the one. The therapist use their bare feet to create deep compression and long strokes to stimulate the lymphatic system thereby leaving you in a most relaxed state.

old fashioned back tonic 60 minutes \$140

When the watermen of the Eastern Shore need recovery from harvesting the Bay they seek this relaxing experience that combines deep, intensive massage with steaming hot herb infused towels. Let the healing qualities of basil, rosemary, bay laurel and arnica gel unravel all of that deep-rooted spinal muscle tension.

body scrubs & wraps

LIFE

sago sea glow 30 minutes \$85

If body treatments are new to your bucket list, this is the treatment for you. An in-depth exfoliation will help to rid your body of dead skin cells while our intoxicating marine based moisturizer will help to restore your skin to its youthful appearance.

sago-body wrap 60 minutes \$130

This marine treatment builds its foundation on seaweed therapies using micronized marine algae which is rich in minerals, vitamins and trace elements. The warming wrap counteracts water retention, fatty deposits and then gently detoxifies the body. It not only slims but introduces intense re-mineralization.

body scrubs & wraps

VITALITY

marine prelude 60 minutes \$140

Dead sea salts and mud combine forces to create a most exfoliating and exhilarating scrub. It enhances cellular renewal which leaves the skin feeling soft, hydrated and refreshed.

sea & senses river stone

body treatment 90 minutes \$210

This treatment entices all senses. It purifies, re-mineralizes and relaxes. The exfoliation and massage are performed with hot and cold stones, leaving you in a dreamlike state.

NOURISHMENT

monsoon ritual 90 minutes \$210

Our ritual begins with a scrub of lemongrass, bamboo and mimosa. The journey continues with a relaxing scalp and full body massage which incorporates the 6 phases of yin and yang with acupressure, moist heat and a deeply relaxing full body massage with some intoxicating essential oils.

deep forest ritual 90 minutes \$210

This treatment has it all! Immerse in our stimulating Vichy shower with Espresso scrub followed by an intoxicating head and scalp massage with evergreen extracts of white pine, balsam and grand fir. The journey continues with a full body massage and seaweed wrap infused with Nordic extracts to soothe dry skin. The ritual wraps up with a peppermint and tea tree foot massage and a smile on your face.

ways to boost life, vitality & nourishment

These treatments are rich in relaxation and can be added on to any service.

head 15 minutes \$25

Lie back and allow our warm wild lime scalp massage to relax and rebalance your over-stressed nervous system.

hands 15 minutes \$25

An intense hand and lower arm massage with lemon verbena hand cream.

feet 15 minutes \$25

Wake up those tired feet with this most unique foot and lower leg retreat. Calves and feet are massaged with a stimulating peppermint balm and then cocooned in steaming hot towels.

reflexology 30 minutes \$80

This ancient art promotes energy flow and balance within the body. Pressure is applied to specific points on the feet that mirror specific points of the body to create an overall relaxing and healing effect.

bath for the feet 30 minutes \$60

Treat your feet to a warm water soak with Lavender Blossom Oil and a foot massage with Sicilian Bergamot lotion. It is deliciously aromatic and a mood balancer.

couple's offerings

Why spa alone when you can spa with your best mate? Choose your favorite massage and / or body treatment, then choose your best mate and we will take care of the rest!

To fully experience all that the Hyatt Chesapeake has to offer may we suggest...

raven's view ritual (seasonal) 90 minutes \$500/couple

All couples yearn for the ultimate escape. Travel to the highest point in the resort, to our very romantic Raven's View rooftop lighthouse, and indulge in pure bliss. Relax side by side as you experience luxurious full-body massages. We will leave you for some well-deserved alone time. A time to reconnect, as you sip champagne and not even worry about what time it is.

chesapeake couple's massage 90 minutes \$430/couple

This is the perfect treatment no matter what occasion you may be celebrating. This couple's retreat begins with a warm, relaxing foot bath and foot massage. The journey continues with an invigorating wild lime scalp massage. Once we have your feet and head relaxed we will take care of the rest. Relax and let go... side by side with an intoxicating full body massage.

sago salon services

Cures for the hands & feet.

sago spa manicure 45 minutes \$35

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

express manicure 25 minutes \$25

File, buff and polish.

shellac manicure \$55

Offered due to popular demand is the long wearing, zero dry time, mirror finish manicure. This practical and fearless manicure is a dream come true for those of us too busy for our own good. In and out the door in no time...

sago marine pedicure 60 minutes \$75

Sit back and allow our marine based products to penetrate your feet. It begins with a stimulating marine footbath that is designed to soften and reduce any inflammation. The uplifting salt scrub gently polishes and conditions the skin while our cooling foot masque complete with sea extracts, mineral clay and soothing botanicals leaves your feet feeling exhilarated. This is followed by a special lower leg and foot massage with marine hydrating oil. The polish of your choice completes this refreshing foot ritual.

sago salon services

sago seasonal manicure & pedicure

Your feet & hands have different needs according to the season. Inquire with the spa concierge to determine the flavor of the season.

Life—Spring into Summer

Vitality—Summer into Fall

Nourishment-Fall into Winter

salon add-ons

feet paraffin	\$16
hand paraffin	\$16
moroccan oil scalp massage	\$50
moroccan oil scalp mask & trip to the sauna	\$50
french polish	\$5

sago hair

shampoo & style	from \$40
women's haircut & style	from \$50
men's haircut & style	\$25
upstyle	from \$60
single process color	from \$65
partial highlights	from \$75
express blow dry straightening by Keratin	from \$175

Make-up application and hair removal are also available. Please inquire with a spa concierge.

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 coed 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; however guests under 18 years of age are permitted when accompanied by a consenting adult throughout their spa experience.

service charge

In an effort to make your spa experience as seamless as possible, a 16% service charge will be added to your spa and salon treatments. Any additional gratuities are at your discretion based on the services that you received.

gift certificates

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