

Hammock Beach Golf Resort & Spa Introduces Golf-Focused Wellness Experiences

Designed to Enhance Performance and Recovery

PALM COAST, FL, UNITED STATES, April 13, 2026 /EINPresswire.com/ -- Hammock Beach [Golf](#) Resort & [Spa](#), an oceanfront resort just south of St. Augustine that stretches along a mile of unspoiled private cinnamon sand beach on Florida's Atlantic Coast, is expanding its wellness offerings with a collection of experiences designed specifically for golfers, blending performance, recovery, and overall wellbeing both on and off the course.

With legendary golf including the Jack Nicklaus Signature designed Ocean Course and the Tom Watson Signature designed Conservatory Course, Hammock Beach is introducing new ways for golfers to prepare for play, improve mobility and recover after a round through targeted spa treatments, specialized fitness programming, and personalized skincare services.



Conservatory Course at Hammock Beach Golf Resort & Spa



Ocean Course at Hammock Beach Golf Resort & Spa

At the Spa at Hammock Beach, golfers are invited to experience the Golfer's Massage, an 80-minute treatment designed to support physical demands of the game. Incorporating targeted muscle focused on the shoulders, back, hips, and legs, the treatment aims to improve flexibility and reduce tension. Muscle recovery is accelerated via assisted stretching and therapeutic techniques available before or after time on the course.

The resort offers a weekly Broga class, a men-focused fitness session combining elements of yoga, stretching, and mobility training. This class is designed to improve balance and core stability while enhancing rotational flexibility. The class benefits golfers as well as tennis players and other athletes seeking to improve overall performance while reducing the risk of injury.

In addition to fitness and recovery offerings, Hammock Beach is introducing a Skin Authority Skin Scan experience. This complimentary service is available through the Spa. The technology allows members and guests to scan their skin and receive personalized skincare recommendations, including sunscreen and corrective products particularly beneficial for guests spending extended time outdoors or on the golf course. Following the scan, guests receive tailored product and treatment recommendations that can help protect and improve skin health while enjoying outdoor activities during their stay.

Hammock Beach Golf Resort & Spa demonstrates an emphasis on the relationship between wellness and recreational experiences by offering a full-service spa, fitness center, spin center, yoga and meditation classes, multiple swimming pools, and a plethora of outdoor activities.



Eighth hole at the Ocean Course



Hammock Beach Golf Resort & Spa



Conservatory Course at Hammock Beach Golf Resort & Spa

For reservations or more information, please visit hammockbeach.com. To follow along on social media, visit Facebook at @HammockBeachResort, Instagram at @HammockBeach or YouTube at

@HammockBeach with #lifeathammockbeach.

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About Hammock Beach Golf Resort & Spa

An oceanfront resort just south of St. Augustine, Hammock Beach Golf Resort & Spa extends along a mile of unspoiled, private cinnamon sand beach along the Atlantic Ocean in Palm Coast, Florida. The grand resort presents an exceptional choice of offerings, including culinary choices, legendary golf - the Jack Nicklaus Signature designed oceanfront golf course and the Tom Watson Signature designed Conservatory Course, additional resort play of tennis and pickleball and Yacht Harbor for boating excursions and wellness, fitness and spa selections, all among nine swimming pools with countless activities. The resort boasts coastal elegance among its 275 guestrooms and suites, spacious condominiums, signature homes and well-appointed public areas offering unparalleled views of the Atlantic Ocean.

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