



THE SPA & SALON AT THE SANCTUARY
A FORBES TRAVEL GUIDE FIVE-STAR SPA



The Spa & Salon

Kiawah Island.
GOLF RESORT
SOUTH CAROLINA

THE
SANCTUARY
AT KIAWAH ISLAND
GOLF RESORT

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LOWCOUNTRY LUXURY

Enjoy warm hospitality that reflects the gentle spirit of the South. Like a grand seaside mansion, the spa's beautifully designed interiors are filled with coastal light and gracious details. The spacious treatment rooms feature natural wood flooring, high ceilings, plantation shutters, and locally crafted artwork.

The solarium feels as tranquil and elegant as a breezy Southern porch and garden. Everywhere, soothing sounds and scents invite you to embrace the natural beauty and calm energy of this rare stretch of South Carolina coast.

The men's and women's aqua retreats offer spacious vitality mineral whirlpools, waterfalls, steam rooms, and saunas. The relaxing ritual of water, steam, and rest prepares you for the pleasure of customized spa treatments.

Kiawah's vast coastline and lush greenery inspire our signature services, which incorporate botanical extracts, nourishing seaweed, mineral-rich mud, and natural enzymes that calm, heal, and restore.

Rest assured that your spa experience will be personalized by a skilled and caring team of certified therapists.

For the 9th year, this Spa has been granted a Forbes Five-Star award with good reason. It's an experience that will stay with you long after you leave.

SKINCARE SOLUTIONS

TARGET ISSUE: *Loss of Firmness & Elasticity*

Micro-Current Face Lifting Facial 90 MIN./\$275

FDA approved micro-current technology is used to tone, tighten, and contour the facial muscles for a more youthful appearance. The infusion of essential nutrients slows cellular aging and restores a healthy and vibrant glow.

TARGET ISSUE: *Fine Lines & Wrinkles*

Wrinkle Repair Treatment 60 MIN./\$205

A reparative, regenerating, and corrective treatment that combats the signs of aging. Botanical and active ingredients work together to help reduce fine lines and wrinkles while improving skin tone and firmness. LED red light therapy stimulates collagen production and cell renewal.

TARGET ISSUE: *Water Retention & Puffiness*

Gentle Waves Marine Facial 60 MIN./\$205

Inspired by the healing rhythms of the sea, this gentle skin treatment uses feather-light lymphatic drainage techniques to help detoxify facial tissues and reduce puffiness. Elements sourced from the ocean draw out impurities and improve your skin's vitality.



NATURAL FACIAL REJUVENATION

Custom Facial 60 MIN./\$185

This customized facial focuses on your specific skin care concerns. Whether you have mature, sensitive, dry, or combination skin, your esthetician will select the perfect sequence of botanical remedies, including an enzyme peel, to treat and restore your skin to a healthy, luminous glow.

Southern Elegance Facial 90 MIN./\$255

Both your face and body receive special pampering during this extended service. Your customized facial includes your choice of a restorative paraffin hand & foot treatment-or-an exfoliating back scrub followed by an application of nourishing, warm clay.

FOR THE GENTLEMAN

Men's Face Fitness 60 MIN./\$175

Men's skin is decidedly different from women's. Put your best face forward and experience how advanced green science combats male aging. Protect your most valuable asset and luxuriate in our signature treatment which includes hot towels, hand, arm, neck, and shoulder massage.

Advanced Face Fitness & Back Polish 90 MIN./\$245

Men hold stress and tension differently than women. We've got your back in an exclusive men's treatment designed to de-stress, detox, and revitalize. Your customized skincare experience features products with organic ingredients that precisely target male skin conditions. Includes deep cleansing, exfoliation, and age-intercepting treatments for both face and back to round out the relaxation experience.



THE SODASHI EXPERIENCE

Your complexion is often a reflection of your state of mind. Our luxurious Sodashi facial rituals dramatically regenerate the skin, while imparting a deep sense of wellbeing to the mind and spirit.

Sodashi Luxury Facial

(CUSTOMIZED FOR ALL SKIN TYPES) 60 MIN./\$205
Drift away as you enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate, and a nurturing face mask, rich in herbal extracts that purify and hydrate the skin. This luxurious facial experience is tailored to your skin's needs and features Sodashi Plant Essence Synergies that leave your skin revitalized and fresh.

Sodashi Thermal Infusing Facial

(INTENSIVE ANTI-AGING TREATMENT) 90 MIN./\$275
Sodashi's exclusive Warm Infusing Mask maximizes penetration of essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs, and deeply cleanses, purifies, and nourishes your skin, leaving it hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial. Emerge with a refined complexion in perfect harmony with your blissful state.

TINTING SERVICES

Eye Lash Tint	\$45
Brow Tint	\$35

WAXING SERVICES

Brow Wax and Shaping	\$35
Lip or Chin Wax	\$25
Basic Bikini Wax	\$55
Half-Leg Wax (from the knee down)	\$55
Full-Leg Wax (thigh, knee, lower leg)	\$85
Underarm Wax	\$35
Arm Wax	\$55
Back Wax	\$80

PLEASE NOTE: Waxing services are not recommended for our guests who are using a home care regime that includes Retinol, Retin-A, or Accutane, or who have been recently overexposed to the sun. Also, we discourage sun and wind exposure or the use of our steam room and sauna immediately following facial waxing services.

BODY RESCUES

Body treatments that harness the power of the sea to restore your skin's natural beauty

Undaria Skin Recovery (HYDRATE & REPAIR)

60 MIN./\$185

Skin repair has never been this luxurious! First, an exfoliation with Undaria Body Polish purifies the pores and stimulates collagen production. Second, a generous application of refreshing Undaria Algae Oil delivers powerful antioxidants and essential fatty acids deep into the skin, adding renewed life and vitality.

Natural Body Lift (SMOOTH & FIRM)

60 MIN./\$195

A vigorous exfoliation and warm wrap of black silt clay and herbal extracts of Indian Sarsaparilla and Coffee Arabica increases circulation. While you relax in cocooned comfort, a scalp massage and a gentle neck massage melt away tension. The application of a luxurious seaweed serum (we call it liquid silk!) further lifts and tightens the skin's supportive structure.

BODY FUSIONS

Restorative skin treatments combined with a full body massage

Sea Essence Fusion

90 MIN./\$275

An exceptional experience that brings together all the elements of the sea! A luscious blend of sea salts from around the world exfoliates and polishes your skin and a luxurious massage using warm, polished seashells stimulates blood flow and melts away tension. An anti-aging body balm, packed with powerful marine extracts, provides the final flourish.

Ocean Fossil Fusion

90 MIN./\$275

Rich minerals harvested from the earth and sea offer detoxification and renewal. A gentle dry brush exfoliation is followed by a warm clay cocoon that increases cellular metabolism while calming your mind and easing your cares. A tension relieving full-body massage with algae infused oils completes this luxurious spa journey. This service can be upgraded to a deep tissue massage for an additional fee.



MASSAGE ESCAPES

WITH HEALING WARMTH...

Sanctuary Signature Massage

60 MIN./\$185 OR 90 MIN./\$265

Melt into the table as heated grain- and herb-filled wraps are placed on key tension areas and major muscle groups. Gentle warmth and inviting aromas induce deep relaxation and increase the therapeutic benefits of your customized massage.

Citrus Head-To-Toe

90 MIN./\$265

Revitalize your mind, body, and spirit with a citrus infused hot oil massage. An aromatic citrus blend uplifts and rejuvenates your psyche, while a hot oil scalp treatment, full-body massage, and calming foot wrap help you unwind totally, from head to toe.

Island Stone Massage

60 MIN./\$185 OR 90 MIN./\$265

Penetrating heat from smooth, oiled, and warmed stones is used with light to medium pressure to relieve tense muscles and sore joints. This ancient art of thermo-therapy helps calm and heal both body and soul.

Athletic Recovery Massage

60 MIN./\$185

This invigorating massage uses moderate pressure and highly rhythmic strokes to flush metabolic waste from the tissues. Hot towels are applied to ease soreness while healing balms help soothe overworked muscles and joints. Please note this is not a deep tissue service.

WITH THERAPEUTIC PRESSURE...

Deep Tissue Massage

60 MIN./\$185 OR 90 MIN./\$265

A slow, deliberate massage designed to address specific areas of tension or pain. Your therapist will customize your treatment using firm pressure and neuromuscular techniques.

Kiawah Golf Ball Massage

60 MIN./\$185

The size, shape, and density of a golf ball make it the ideal instrument to reach deep knots in the muscles. The Kiawah Golf Ball Massage combines deep tissue massage techniques with specific trigger point work using a golf ball to iron out the kinks.

WITH WARMTH + PRESSURE...

Executive Renewal Massage

60 MIN./\$185

The upper-body aches and pains that come from too many days of travel and too many hours at the computer are eased with penetrating heat, healing arnica, and deep tissue techniques focused on your neck, shoulders, back, arms, and hands.

TIMELESS CLASSICS...

Southern Classic Massage

60 MIN./\$165 OR 90 MIN./\$245

Drift away with our classic, full-body, aromatherapy massage. Your therapist will utilize light to medium pressure and long, fluid strokes to induce deep relaxation. Choose from our selection of custom-blended, aromatic Sanctuary Massage Oils to help you *Relax, Revitalize, or Recover*.

Mother To Be

60 MIN./\$165

We design this side-lying massage with special support and caution especially for the expectant mom. This massage relieves discomfort and reduces fluid retention.

Foot Reflexology

60 MIN./\$165

An ancient Eastern technique used to relieve stress and bring balance to the entire body. The session begins with a foot soak and sea salt exfoliation of the lower leg. Pressure is then applied to specific reflex points on the feet that correspond to different areas of the body, inducing deep relaxation and enhancing overall well being.

Foot Joy

30 MIN./\$85

This invigorating, yet relaxing foot treatment leaves you walking on air. A gentle salt scrub is followed by a soothing foot massage.

MASSAGE ENHANCEMENTS

Included in your scheduled treatment, enhancements do not add additional time.

Conditioning Scalp Treatment	\$35
Exfoliating Foot Treatment	\$35
Deep Tissue Enhancement	\$20
Restorative Paraffin Treatment	\$35
<i>Please choose either hands or feet to complete your massage experience.</i>	
Master Massage Services	\$20

Our Master Massage Therapists have over 10 years of practical experience.



SUITE SECLUSIONS

Designed for the most exclusive experience, our beautifully appointed Couple's Suite features two treatment tables, a relaxation area, a private bathroom and shower, and a Riverbath Whirlpool.

Romance Retreat

1.5 HRS./\$490 OR 2 HRS./\$650

For those seeking the ultimate in romance and relaxation, this Suite Seclusion offers the perfect indulgence. Enjoy a champagne toast and chocolate truffles while you relax in our Riverbath Whirlpool tub scattered with rose petals. Then get lost in the moment together with candlelit 60 or 90 minute Southern Classic Massages, orchestrated side-by-side to soft music. Surprise your loved one with an enchanting experience they will remember forever!

This retreat must be reserved 24 hours in advance.

Couple's Escape

1.5 HRS./\$420 OR 2 HRS./\$580

Escape from your cares in the privacy of your own seaside retreat. Begin with a private soak for two in our Riverbath Whirlpool tub, followed by Southern Classic Massages. *Please choose a 60- or 90-minute massage.*

Couple's Massage

60 MIN./\$350 OR 90 MIN./\$510

Enjoy a full-body massage for two in our private couple's suite. Choose from a Southern Classic, Foot Reflexology, or Mother To Be Massage. *Sanctuary Signature, Island Stone, or Deep Tissue Massages are also available for an additional fee.*

NAIL SERVICES

Luxury Nail Bar

MANICURE: \$70 PEDICURE: \$95

Choose your indulgence while you perfect your nails! Our Luxury Nail Bar allows you to customize YOUR perfect manicure or pedicure. Select from three delicious soaks, two exfoliating scrubs, and one of the following enhancements:

- Detoxifying Mineral Mask
- Moisturizing Paraffin Treatment
- Tension Relieving Hot Stone Massage

Your personalized service includes natural nail and cuticle care, massage, and your choice of nail polish application or buffing.

Age-Defense Manicure \$80

Don't let your hands give you away! Reduce the visible signs of aging with a powerful dose of antioxidants and rejuvenating botanical extracts that deliver deep hydration and protect your hands.

Men's Conditioning Nail Services

MANICURE: \$50 PEDICURE: \$75

Neat, clean nails make a man look sophisticated and put together. We put the "man" in manicure with a complete treatment designed to soothe and soften over-used, dry hands. Our Men's Conditioning Pedicure removes calluses, shapes your nails, and leaves you walking on air.

Gel Polish Manicure	\$75
Gel Polish Pedicure	\$100
Gel Polish Removal	\$25

(If you require the removal of gel polish, please indicate during reservation to allow for additional time.)

Classic Spa Manicure	\$50
Classic Spa Pedicure	\$75
French Finish	\$15

(Please request French Finish at the time of reservation)

Princess Manicure	\$30
Princess Pedicure	\$40

(Royal treatments for our guests ages 5-10 years old)

HAIR SERVICES

Women's Haircut	\$75
Men's Haircut	\$55
Children's Haircut (<i>Ages 5-10 years</i>)	\$40
Shampoo and Style	\$55
Roller Set	\$65
Formal Style / Up Do	\$95
Bang Trim	\$20

COLOR SERVICE

Base Color	\$105
Accent Foil	\$85
Partial Foil	\$150
Full Highlight	\$200
Double Process	<i>Upon Consultation</i>
Corrective Color	<i>Upon Consultation</i>
Gloss (<i>Service Enhancement</i>)	\$35

MAKEUP AND FACIAL WAXING SERVICES

Makeup Lesson	\$85
Makeup Application	\$65
Lash Application	\$25
Brow Wax and Shaping	\$35
Lip or Chin Wax	\$25
Eye Lash Tint	\$45
Brow Tint	\$35

FOR THE BRIDE TO BE

Wedding Day Hair Styling Trial	\$100
Wedding Day Hair Styling	\$150
Wedding Day Makeup Trial	\$80
Wedding Day Makeup	\$100

SPA MEDLEYS

*Leave your cares at the door
and reward yourself with a series of treatments
that restore health and vitality.*

Sanctuary Journey

2 HRS./\$315

Your journey to relaxation begins with a one-hour massage (Southern Classic, Mother To Be, or Foot Reflexology), followed by a one-hour Custom Facial.

Transformation Ritual

2.5 HRS./\$420

Enjoy visible results with high performance skin-firming treatments for your body and face. A Natural Body Lift, combined with our Micro-Current Face Lifting Facial, merges science with the healing properties of plants to restore and tone your skin. A transformative experience!

Spirit of the Sea

2.5 HRS./\$430

Turn to the ocean for renewal of your inner and outer self! Sea Salt, Sea Shells, and Seaweed are the key elements in this inspired sequence of coastal treatments. Stress melts away during our Sea Essence Fusion, followed by a Gentle Waves Marine Facial.

Luxurious Retreat

3 HRS./\$495

Gentle warmth infuses restorative vitamins, minerals, and botanicals into your skin during this luxurious series of services. Our Ocean Fossil Fusion is followed by a Sodashi Thermal Infusing Facial.

Blissfully Unaware

4 HRS./\$445

Treat yourself to The Spa & Salon's transcendent combination of treatments, including The Sanctuary Signature Massage, Custom Facial, and Classic Manicure/Pedicure.

Gentlemen's Spa Medley

3 HRS./\$390

Unwind from head to toe with treatments designed especially for gentlemen. A 60-minute Deep Tissue Massage, Men's Face Fitness, and Men's Conditioning Spa Pedicure will replenish and renew your body and mind.

Please note that no additional discounts or promotional offers can be applied to Spa Medleys.

SPA & SALON PARTICULARS

HOURS OF OPERATION

Monday–Saturday, 8:00 am–8:00 pm

Sunday, 9:00 am–7:00 pm

(Hours are subject to change seasonally.)

SPA ADMISSION

Spa services and locker room access are only available to guests ages 18 and older. Young adults ages 5–17 may enjoy nail and hair services in our salon.

SPA USE

Use of spa facilities (includes sauna, steam room, mineral whirlpool, locker room amenities, and relaxation lounges) is complimentary for all spa guests on the day of scheduled spa services.

Spa facility use without a treatment is available to guests ages 18 and over, **subject to availability.**

Hotel Guests: \$20 • Non-Hotel Guests: \$40

CANCELLATION/RESCHEDULING POLICY

Please notify us by 4:00 pm the day prior to your appointment to cancel or reschedule without penalty.

ARRIVAL

Please arrive 30 minutes before your treatment to allow for a leisurely check-in.

We regret to inform you that late arrivals will result in abbreviated service.

SPA ATTIRE

Complimentary use of spa robes and slippers is provided for all guests. Our staff is professionally trained in proper draping to ensure modesty and comfort throughout your treatment.

VALUABLES

Please do not bring jewelry or other valuables to The Spa & Salon. Unfortunately, we are unable to replace or pay for items that are lost or stolen.

CONSIDERATIONS

To preserve our tranquil environment, The Spa & Salon is a cell phone-, smoke-, and alcohol-free environment. We provide light refreshments but, do not serve lunch in the spa.

MEDICAL CONDITIONS

Please inform us of any medical conditions or other special needs that require our attention.

SERVICE FEE

For your convenience, a 20% gratuity will be added to all services and packages. Please feel free to make an adjustment based on the service that you experienced.

SANCTUARY FITNESS

Our fitness facility, just steps away from the Sanctuary Spa & Salon, offers cardio and weight training equipment and customized services dedicated to personal fitness.

Fitness Center Hours and Information

The fitness center is open daily from 6:00 am-8:30 pm.

The fitness center, fitness classes, and the indoor pool are for Sanctuary guests only, ages 16 years old and up. For information regarding the fitness center, class schedules, or the indoor pool, please call 843.768.6277.

Fitness Equipment

We are pleased to offer a variety of cardiovascular and resistance training equipment. All of our cardio machines are equipped with LCD flat-panel touch screens with integrated cable television for your viewing pleasure.

Indoor Swimming Pool

Adjacent to the fitness center, our indoor pool is available for a leisurely dip or vigorous laps. The pool deck, bathed in natural light and appointed with classic chaise loungers, is ideal for relaxing after your workout or swim.



Private Yoga Classes \$125

Each of our Certified Yoga Instructors brings a different expertise, allowing you to experience many styles of yoga, including Kripalu (gentle), Hatha, Vinyasa, Ashtanga, Sports Yoga, and Yogilates. Through our emphasis on proper form and alignment, your journey to balance will be both safe and rewarding.

Private Pilates Classes \$125

Our Certified Pilates Instructors will customize your Mat Pilates workout to meet both your current fitness level and your goals. Beginners and devoted pilates students alike will benefit from these personal sessions designed to stretch, strengthen, and balance the body. Focus is placed on breath, posture improvement, and core strength.

Personal Training \$90

Let our expert staff of fitness professionals design an exercise program individualized for you. Whether you are interested in general fitness or a sport-specific program, one-on-one training sessions composed of warm-ups, resistance and cardiovascular training, and stretching techniques will assist you in reaching your fitness goals. Personal training sessions can also be designed for groups of up to eight participants in the Fitness Studio.

The Pit Retreat 2 HRS./\$255

Start with a personalized training session in our fitness facility, and then flush metabolic waste from the tissues and release tight muscles with the Athletic Recovery Massage.

Fitness Studio Classes \$20

A private exercise studio is the setting for fitness classes, including pilates, yoga, weight training, and sport-specific exercises.