



The Spa & Salon

THE
SANCTUARY

AT KIAWAH ISLAND
GOLF RESORT

Spa

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 Island'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 15th 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.



EXPERIENCE

DIAMOND LUXURY

Natura Bisse' embodies the artisan craft of true luxury with an element of surprise. Ground-breaking technology, exquisite textures, and unexpected scents & sensations create beautiful skin at every age.

Diamond Luxury Facial

INTENSIVE ANTI-AGING TREATMENT

90 MIN.

This luxurious anti-aging treatment offers a sumptuous sensory journey, with an immediate firming effect. An effervescent peel purifies the skin, and a cooling algae mask hydrates, repairs, and reduces puffiness and inflammation. Exclusive active ingredients dramatically restore your skin's elasticity and firmness, improving skin texture and facial contour. You'll emerge renewed, sculpted, and luminous!

Citrus Radiance Facial

VITAMIN C THERAPY FOR RADIANT SKIN

60 MIN.

Awaken your senses with delicious citrus fragrances and recapture your skin's original glow with the extraordinary power of Vitamin C. Powerful anti-oxidants repair even the most mistreated skin, unveiling a hydrated, radiant complexion.

Oxygen Infusion Facial

PURIFYING & REVITALIZING

60 MIN.

This unique protocol releases pure oxygen molecules into your skin, eliminating toxins and restoring your skin's tone and vitality. Perfect for any skin type, and especially beneficial for anyone with dull or dehydrated skin. A breath of fresh air for your face!

NATURAL FACIAL REJUVENATION

Collagen Lift Facial

60 MIN.

Collagen takes center stage during this restorative treatment. Botanical and active ingredients work together to help rebuild the skin's supportive structure and reduce fine lines and wrinkles. Ultrasonic technology increases product penetration and stimulates collagen and elastin renewal.

Seaside Escape Facial

60 MIN.

During this hour-long escape, natural elements sourced from the ocean are used to draw out impurities and improve your skin's vitality. But you'll barely notice because heated, polished seashells are used during an extended facial massage to send you into a state of warm, seaside bliss.

Holistic Facial

60 MIN.

Experience the best of holistic skin care with proven botanicals and herbal remedies that work with the skin's natural processes to promote healthy, radiant skin. Whether you have mature, sensitive, dry or combination skin, your esthetician will select the perfect treatment sequence, including an enzyme peel and restorative serum, to bring back a luminous, healthy glow.

Amethyst Geo Lift Facial

90 MIN.

This luxe treatment lifts and firms with South Carolina's native gemstone, Amethyst, and Naturopathica's clean cosmeceuticals. Fresh, radiant skin is revealed with advanced glycolic exfoliation, followed by a nourishing peel-off mask, and an amethyst sculpting gua sha massage. Improved blood flow, radiant skin, and a relaxed state of mind await you!

FOR GENTLEMEN ONLY

Men's Face Fitness

60 MIN.

Men's skin is decidedly different from women's. Put your best face forward and experience how natural skin science combats male aging. Luxuriate in our signature men's treatment which includes hot towels, hand, arm, neck, and shoulder massage.

Advanced Face Fitness & Back Polish

90 MIN.

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

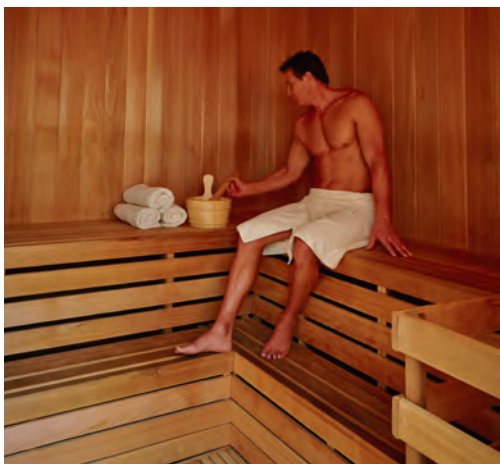
Men's Conditioning Manicure & Pedicure

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 smoothes calluses, shapes your nails, and leaves you walking on air.

Gentlemen's Spa Medley

3 HRS.

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.



BODY RESCUES

60 MIN.

Body treatments that restore your skin's natural beauty

Undaria Skin Recovery (RESTORE & REPAIR)

An exfoliation with Undaria Body Polish purifies the pores and stimulates collagen production, and an application of refreshing Undaria Algae Oil delivers powerful antioxidants deep into the skin, adding renewed life and vitality.

Natural Body Lift (SMOOTH & FIRM)

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 melts away tension. The application of a luxurious seaweed serum further lifts and tightens the skin's supportive structure.

Citrus Body Drench (HYDRATE & BRIGHTEN)

A powerful treatment that helps reverse the signs of aging. Indulge in the delicious citrus aroma as your body benefits from the power of Vitamin C, a fountain of wellness for your body! This treatment includes a full body citric exfoliation, and an intensive hydrating body cream that awakens your senses and leaves your skin glowing.

BODY FUSIONS

90 MIN.

*Restorative skin treatments combined
with a full body massage*

Sea Essence Fusion

Experience all the elements of the sea! A luscious blend of sea salts from around the world exfoliates your skin and a luxurious massage using warm, polished seashells stimulates blood flow and melts away tension. An anti-aging body balm provides the final flourish.

Ocean Fossil Fusion

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.



MASSAGE ESCAPES

WITH HEALING WARMTH...

Sanctuary Signature Massage

60 MIN. OR 90 MIN.

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

Citrus Head-To-Toe

90 MIN.

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

Island Stone Massage

60 MIN. OR 90 MIN.

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 body and soul.

Cryo/Thermal Recovery

60 MIN.

This invigorating massage features rhythmic strokes and alternating applications of cold and heat to flush metabolic waste from overworked muscles, with a focus on the lower body. A therapeutic antidote to soreness from running, cycling, and tennis. For attention to the upper body, please schedule an additional 30 minutes.

WITH THERAPEUTIC PRESSURE...

Deep Tissue Massage

60 MIN. OR 90 MIN.

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.

The size, shape, and density of a golf ball make it the ideal instrument to reach deep knots in the muscles. We combine 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.

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 balms, and deep tissue techniques focused on your neck, shoulders, back, arms, and hands.

TIMELESS CLASSICS...

Southern Classic Massage

60 MIN. OR 90 MIN.

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

Mother To Be

60 MIN.

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.

A relaxing take on the traditional art of Reflexology, this service begins with a sea salt exfoliation of the feet. Pressure is then applied to specific reflex points on the feet, relieving stress and bringing balance to the entire body.

MASSAGE ENHANCEMENTS

Enhancements do not add additional time to your treatment.

Certain enhancements may not be combined.

Conditioning Scalp Treatment

Exfoliating Foot Treatment

Deep Tissue Enhancement

Hydrating & Nourishing Face Mask

Age-Defying Face Mask

Restorative Paraffin Treatment

Please choose either hands or feet to complete your massage experience.

CBD OIL BOOST - Ease muscle soreness & joint stiffness with our luxurious full-spectrum CBD massage oil & balm.



SUITE SECLUSIONS

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

Romance Retreat

1.5 HRS. OR 2 HRS.

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 therapeutic bath. Then get lost in the moment together with 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. OR 2 HRS.

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

Couple's Massage

60 MIN. OR 90 MIN.

Enjoy full-body Southern Classic Massages for two in our private couple's suite.

Sanctuary Signature, Island Stone, or Deep Tissue Massages are also available for an additional fee. Please tell us your preference of massage at time of reservation.

NAIL SERVICES

Luxury Nail Bar Manicure & Pedicure

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:

- Thermal Infusion 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.

Men's Conditioning Manicure & Pedicure

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 smoothes calluses, shapes your nails, and leaves you walking on air.

Gel Polish Manicure

Gel Polish Pedicure

Gel Polish Removal

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

Classic Spa Manicure

Classic Spa Pedicure

French Finish

(Please request French Finish at the time of reservation)

Princess Manicure

Princess Pedicure

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

We do not service acrylic or any variety of artificial nail.

If you will require the removal of gel polish, please tell us at time of reservation to allow for additional time.

HAIR STYLING SERVICES

Women's Haircut
Men's Haircut
Children's Haircut (*Ages 5-10 years*)
Shampoo and Style
Roller Set
Formal Style / Up Do

COLOR SERVICES

Base Color
Accent Foil
Partial Foil
Full Highlight
Double Process
Corrective Color
Gloss (*Service Enhancement*)

MAKEUP & TINTING SERVICES

Makeup Lesson
Makeup Application
Lash Application
Brow Tint

FOR THE BRIDE TO BE

Bridal Services Include:

Hair Styling Trial
Hair Styling
Makeup Trial
Makeup

WAXING SERVICES

Brow Wax and Shaping
Lip or Chin Wax

PLEASE NOTE: Waxing services are not recommended for our guests who are using Retinol, Retin-A, 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.

INSPIRED SEQUENCES

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

Blissfully Unaware

4 HRS.

Treat yourself to a classic “spa day,” including a Sanctuary Signature Massage, Holistic Facial, and Classic Manicure/Pedicure.

Spirit of the Sea

2.5 HRS.

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 our Seaside Escape Facial.

Citrus Luxury Retreat

2 HRS.

The ultimate vitamin cocktail your skin needs to feel awakened, firmer and radiant! Experience the power of Vitamin C and indulge in our citrus inspired sequence that delivers visible rejuvenation with wellbeing and relaxation. The Citrus Body Drench is followed by our Citrus Radiance Facial.

Transformation Ritual

2 HRS.

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

The Sanctuary Journey

2 HRS.

Your journey to relaxation begins with our one-hour Southern Classic Massage, followed by our one-hour Holistic Facial.

Gentlemen's Spa Medley

3 HRS.

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.

SPA & SALON PARTICULARS

HOURS OF OPERATION

Monday - Thursday 8:00 am–6:00 pm

Friday & Saturday 8:00 am–7:00 pm

Sunday, 9:00 am–5:30 pm

(Hours are subject to change.)

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 Hotel guests ages 18 and over, **subject to availability.**

Hotel Guests: \$45

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 left, 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 CHARGE

For your convenience, a 24% service charge will be added to all services and packages, and includes gratuities for services providers, as well as all-day access to spa facilities.

LIVING WELL

Wellness Rituals focused on a healthy body and peaceful mind.

Rebuild & Restore **2 HRS.**

Begin your journey with a personal training session in our fitness facility, and then flush metabolic waste from the tissues and release tight muscles with our therapeutic Deep Tissue or Cryo/Thermal Massage.

The Zen Retreat **2.5 HRS.**

Calm your mind and ease your worries with a private yoga class followed by our 90 minute Island Stone Massage. Your yoga session will place emphasis on proper form and alignment while you bring balance to your mind and body. Continue your deep relaxation with penetrating heat from smooth, oiled, and warmed stones to relieve tense muscles and sore joints. Leave floating on air!

Thoughtful Tranquility **3 HRS.**

Embark on this transformative ritual by soaking in our private therapeutic bath, then quiet your mind and connect with yourself through guided meditation. Continue your journey with our relaxing take on the traditional art of Foot Reflexology. The experience concludes with our Amethyst Geo Lift Facial where South Carolina's native gemstone is used to massage and restore your skin. You will leave feeling pampered and renewed.

THE SANCTUARY FITNESS

Our fitness facility 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- 8:00 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 (UP TO 4 GUESTS)

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 (UP TO 4 GUESTS)

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.

Group Yoga & Pilates Classes are also available for 5 or more guests.

Personal Training

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.

Fitness Studio Classes

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



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

Kiawah Island.
GOLF RESORT

SOUTH CAROLINA

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THE SANCTUARY

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