

A close-up photograph of a woman with long, dark, wet hair. She is smiling broadly, showing her teeth, and has her arms raised behind her head. The background is a soft, out-of-focus pattern of light and dark colors, suggesting a spa or bath environment. The overall mood is one of relaxation and happiness.

THE **Spa** AT *Sea Island*



Catch more **colorful** moments.

THIS IS MORE THAN PRESSING THE PAUSE BUTTON

It's a zing to the senses that will shake you out of the norm. Whether through a massage, a facial, a fitness class or a labyrinth walk, we'll help you rediscover the joy of living. A spa day is meant to be fun, isn't it?

Please refer to the full menu of services at the rear of this brochure.

Let someone **else** do the work.

PURSUIT OF HAPPINESS

We've captured complete contentment. A pressure-point-focused facial massage, a total body exfoliation to encourage blood flow, and a relaxing scalp treatment designed to relieve neck and shoulder tension. Welcome to your happy place.

ALL THE RIGHT MOVES

This is our definition of the perfect massage. A unique combination of Thai and Swedish massage you'll only find here at Sea Island. This treatment will melt your tension by using Thai rhythmic stretching techniques.

SOUTHERN COMFORT

Like the bartender who knows your drink without asking, this experience focuses on personal touch. Our therapist will consult with you to determine the specific areas of focus, as well as light to medium pressure. An excellent way to take the edge off.

ROCK YOUR BODY

Rocks are not known for accomplishing much, but we like to root for the underdog. When combined with soothing Swedish massage strokes and aromatherapy, warm basalt stones turn into masters of massage—releasing tension throughout the body.

BODY TREATMENTS

Feel as good on the **outside** as you do on the *inside*.

A LITTLE OF EVERYTHING

Who says you can't have it all? This retreat for one combines the best of our spa into one luxurious treatment. It's a body polish, massage, and tub soak. Everything but the kitchen sink!

TAKE IT ALL OFF

This full body exfoliation will send tired skin and stress running for the hills. Then, leave it to a polish, shower, and massage to energize your freshly liberated self.



Put your **best** face forward.

HYDRAFACIAL MD®

This patented VortexFusion system is a corrective treatment ideal for all skin types. Using peptides and hyaluronic acid, this hydra-dermabrasion service cleanses, exfoliates, extracts, and hydrates, delivering instant results.

MILLENNIAL FACIAL

Honesty and simplicity above all else, right? Featuring clean, effective formulas derived from the purest of pure plant extracts, this is the facial in its truest form. So, when someone asks why you're glowing, you can (honestly) say, "It comes naturally."

MAKE WAVES

Harness the power of the sea with this anti-aging skin treatment. Coral and obsidian stones work in tandem with marine active ingredients, firming skin and creating glow. By land and by sea, you'll be turning heads.

BRING BACK THE GLOW

Send the clock hands spinning backward with this anti-aging facial. Using a revolutionary Re-Youth Complex, we'll have you leaving with an uncanny desire to make foolish decisions.

SAVE FACE

This customized facial treats your skin at its deepest level, restoring a healthy, luminous balance. Whatever you'd like to focus on—from sensitive skin, purifying, anti-aging to hydrating—we create the treatment to match.



Grown-ups can't have *all* the fun.

SPARKLE TOES & FINGERS

Add a little twinkle to any afternoon with a glitter polish manicure and pedicure. Fingers and toes will dazzle almost as brightly as their matching smiles.

TEENS ONLY

Our custom massage for ages 13-16 is specifically tailored to melt away teenage stress. Our therapist will consult with you to determine the specific areas of focus, as well as the desired pressure.

SELFIE-READY FACIAL

Master the art of the selfie with this glow-producing facial. Consult with one of our estheticians on your treatment—and ensure that your next close-up is flawless.

MAKE A FACE

Being a kid is hard work—it deserves a reward all its own. This gentle treatment for smaller faces is just the thing after a long day of play.

Put the “You” in fabulous.

GO ALL OUT BLOWOUT

This is no time for half measures – we're talking about your hair, after all. Which is why we make sure it gets exactly what it needs, tailoring your blowout session using the highest quality treatments from Davines.

NOBODY'S PERFECT

But you sure are close. Let us enhance your natural beauty with an expert makeup application. Just a flourish here and there will ensure that you are a flawless, glowing vision – whatever the occasion.

PAINT THE TOWN

Impeccable taste starts and ends with one's manicure. It's the first impression – and the finishing touch. Let us give your nails the five-star treatment, and the whole world will be at your fingertips.

FANCY FEET

They may not always see the spotlight, but they deserve some recognition. They support you – day in and day out – with nary a complaint. So treat your toes and feet to a pedicure. They've earned it.



Tailored for Mothers-To-Be.

MILK AND HONEY FACIAL

What carrying mother doesn't want their complexion hydrated with local honey while their face and neck is caressed with milk peptides? Devised by a board-certified OB-GYN, it's a facial she won't soon forget.

MAMMA MIA MASSAGE

Carrying a child is a special and, let's be honest, uniquely trying experience. All the more reason to treat the mother-to-be in your life to a massage featuring a mini-facial with scalp treatment specifically designed for the expectant mother. Trust us: This is what Mamma needs.

FOR GENTLEMEN

Boys *will* be boys.

HEAVY HITTER

For the man who doesn't tiptoe around. Our concentrated therapy is designed to relieve severe tension in muscles and connective tissue using a deep pressure technique.

HANDSOME, NOT RUGGED

After golf, fishing, boating or shooting, you've put your skin through its paces. This men's facial treatment is deeply replenishing, so you show up fresh-faced for wherever the evening takes you.

FOR EVERYONE

Compete **better** at *any* level.

CRYOTHERAPY

Whole body Cryotherapy is a short three-minute application of cold air designed to reduce inflammation within the body—whether you have a previous injury or need assistance with your recovery post-exercise. This therapy could be the game-changer for getting you on track.

TAKE IT PERSONAL

Sea Island has Certified Personal Trainers able to deliver on every need, no matter age or ability. Our InBody analysis lets you see what you're made of and chart a course for optimal physical health.

CLEAN FUEL

Our nutritionist's enthusiasm for a healthy, vibrant life is contagious. We will assess your present lifestyle and help you make manageable changes to enhance your energy.

NATURAL INSTINCT

Immerse yourself in the beauty of Sea Island with Kayak Boot Camp, Kayoga, Stand-Up Paddleboard Yoga, and SUP Fit, along with endless fitness options on the beach.

CORE CURRICULUM

Sea Island employs the sage wisdom of a Pilates Instructor. Find your inner strength in a customized personal program, or in one of over a dozen group Pilates reformer classes per week.

LET 'EM SEE YOU SWEAT

There are over 20 different ways to get a workout at Sea Island. We offer classes in Indoor Cycle, Strength, Cardio, Circuit, Yoga, TRX, Rowing, Barre, Pilates, Zumba, Running Club, and Aquafit in our indoor lap pool.

WHAT'S ALL THE RACQUET?

Sea Island loves squash – and not just the vegetable. We are the only Forbes Five-Star resort in the U.S. to house both singles and doubles courts.

Get *worked* up.

THE Spa AT Sea Island

MASSAGE & BODY TREATMENTS

Heavy Hitter (Deep Tissue Massage)	60/90/120, \$205/\$310/\$405
Southern Comfort (Tailored Swedish Massage)	60/90/120, \$200/\$305/\$400
All the Right Moves (Thai and Swedish Massage)	90/120, \$315/\$415
Pursuit of Happiness (Tailored Massage, Exfoliation, and Scalp Treatment)	90, \$325
Rock Your Body (Hot Stone Massage)	85, \$305
A Touch of Bali (Balinese-Influenced Massage)	60/90, \$205/\$310
All But the Body (Head, Hands, and Feet Massage)	60, \$200
Sole Soother (Reflexology)	60, \$205
Two to Tango (Massage with another in the Couples Suite)	60/90, \$22 additional/guest
Massage Enhancements (Body Buff, Foot Quench, Scalp Treatment)	\$45/each
A Little of Everything (Body Polish, Tub Soak, and Tailored Massage)	120, \$415
Take It All Off (Body Polish and Massage)	90, \$310
Hand and Arm Focus Work (Hand and Tension Relief)	30, \$120

SKIN CARE

HydraFacial MD® 30 (Basic 4-Step, Face Only)	30, \$195
HydraFacial MD® 60 (Includes LED Light Therapy; Face, Neck, Décolleté, and Hands)	60, \$275
HydraFacial MD® 90 (Includes LED Light Therapy; DermaBuilder and Lymphatic Drainage; Face, Neck, Décolleté, and Hands)	90, \$385
HydraFacial MD® Enhancements (LED Light Therapy; DermaBuilder and Lymphatic Drainage)	\$75/each
Save Face (Custom European-Style Facial)	60/90, \$200/\$305
Skin Prescriptive Facial (Customized, Cosmeceutical Facial, 40-60yr old)	60/90, \$235/\$340
Bring Back the Glow (Luminous & Glowing Facial, 30-40yr old)	60, \$245
Millennial Facial (Clarifying Deep Cleansing Facial, 20-30yr old)	60/90, \$215/\$320
Bio Energy Lift Facial (Regenerating & Oxygenating Facial, 40+yr old)	90, \$350
Make Waves (Global Anti-Aging Facial, 60+ yr old)	90, \$375
Esthetic Enhancements (Face and Body Waxing, Brow Grooming, Masks)	\$25-\$125

PRENATAL REST & RENEW

Milk & Honey Facial (Facial for Pregnant or Nursing Mothers)	60, \$235
Mamma Mia Massage (Pregnancy Massage; must be past 12 weeks)	60, \$200

FOR GENTLEMEN

Heavy Hitter (Deep Tissue Massage)	60/90/120, \$205/\$310/\$405
Rock Your Body (Hot Stone Massage)	85, \$305
Handsome, Not Rugged (Man's Facial)	60/90, \$200/\$305
The Classic "Manicure" (Man's Manicure)	45, \$50
The Modern Man's Pedicure (Man's Pedicure)	45, \$70

KIDS & TEENS SPA/SALON SERVICES

Petite Head, Hands, and Feet (Children's Head, Hands, and Feet Massage)	45, \$150
Sparkle Toes & Fingers (Children's Manicure and Pedicure, Under 10)	60, \$75
Sparkle Manicure (Under 10)	30, \$30
Sparkle Pedicure (Under 10)	30, \$55
Make a Face (Children's Facial)	30/45, \$105/\$150
Duets (Couples Suite Massage with Parent)	45, \$150/person
Selfie-Ready Facial (Teen Facial)	45, \$180
Teens Only (Teen Custom Swedish Massage)	45, \$190
Glam It Up (Teen Manicure and Pedicure)	90, \$120
Happy Snappy (Mini-Full 'Do Shampoo, Cut and Style, Under 12)	\$50
Mini-Turn Up the Heat (Heated Element Add-On)	\$15
MiniME (Mini-Blown Away Shampoo and Style, Under 12)	\$40

THE Salon AT Sea Island

GO ALL OUT BLOWOUT

Includes signature scalp massage, blow dry & personalized treatment, \$115

Energizing (For Hair Loss)	\$115
Nourishing (For Processed & Color Treated Hair)	\$115
Replumping (For Lack of Bounce and Volume)	\$115
Rebalancing (For Oily Scalp)	\$115
Purifying (For Dandruff & Other Scalp Conditions)	\$115
Detox (For Swimmers & Dry Dehydrated Hair)	\$115
Calming (For Sensitive Scalp)	\$115

HAIR DESIGN

Haircuts

Triple Shot (Women's Shampoo, Cut, & Blow Dry)	\$100
Man Up (Gentlemen's Cut)	\$55
Fringe Binge (Bang Trim)	\$15
Collar Cleanup (Neck and /or Beard Trim)	\$20

GET THE LOOK

Bridal and Events.

Blown Away (Women's Shampoo & Brush Style)	\$70
Formal Affair (Updo)	\$105
She Said Yes (Bridal Trial Tun)	\$215
Lift the Veil (Wedding Day Updo and Makeup)	\$195
Nobody's Perfect (Full Face Makeup with Eyelash Strips)	\$90
Just the Pop (Eyes, Cheeks, and Lips)	\$55

FITNESS

A 20% service charge will apply to all Fitness offerings listed.

Personal/Private Training & Nutrition	30/\$60, 60/\$100
InBody Fitness Assessment	\$35
Pilates Training	30/\$60, 60/\$100
Duet	\$60, Trio \$50
Reformer Class	\$40
Cardio Reformer Class	\$30
Cryotherapy	\$60

FOR RESERVATIONS

Please note: Prices do not include gratuities for spa and salon providers.

Spa & Salon • 844-229-9526, or ext. 5148
Fitness • 912-634-4442, or ext. 4442

PERK TREATMENTS

Perk™ is the all-in-one Cleanse with Benefits™, merging an in-office exfoliation service with an advanced daily application of take-home products..

Eyes (Magic Eraser for Eyes)	\$40
Lips (Lightly Plumps and Locks in Moisture)	\$40
Face (Exfoliates and Nourishes)	\$50

NAILS

Resort-Ready Manicure (Essential Manicure)	45, \$55
Flip-Flop Pedicure (Essential Pedicure)	45, \$75
Paint the Town (Signature Manicure)	60, \$80
Fancy Feet (Signature Pedicure)	60, \$100
Gel-Laxing Mani (Gel Polish Manicure)	45, \$80
Paddleboard Pedi (Gel Polish Pedicure)	45, \$100
Gel Gone (Gel Polish Removal)	30, \$30
Mani Maintenance (Polish Change)	30, \$35
Frenchie (French Polish Add-On)	15, \$15
The Classic "Manicure" (Man's Manicure)	45, \$50
The Modern Man's Pedicure (Man's Pedicure)	45, \$70

A 20% gratuity will be applied to all Spa and Salon services.

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Sea Island

sea island.com