

# SPA MENU

CALL 843-341-8056 TO SCHEDULE



## RELAX, RENEW, REJUVENATE.

Steps away from the Atlantic coastline, guests can immerse themselves in a spa journey that indulges the senses at Ocean Tides Spa. Our specially trained therapists will pamper you with a full array of relaxing treatments. You will find that our treatments reflect elements of our coastal setting. For centuries, the nautilus shell seen throughout the spa has held a deep symbolic meaning of balance and harmony. Both are offered in abundance in all our services. Through an enchanting ritual of treatments, you will experience the beauty of nature and its healing properties. After a day at Ocean Tides Spa at Omni Hilton Head Oceanfront Resort, you will emerge renewed.

## MASSAGES

### ROLLING WAVES CBD MASSAGE

60 MINUTES	\$235
90 MINUTES	\$355
120 MINUTES	\$470

This blissful, naturing massage is ideal for physically or emotionally exhausted souls. The use of our Antara CBD brings the body back to a state of balance, while rhythmic massage techniques ease muscular tension, creating a sense of complete restoration.

### TIDE SALT STONE MASSAGE

60 MINUTES	\$205
90 MINUTES	\$305
120 MINUTES	\$410

Melt all your stress away with this relaxing and therapeutic massage. Himalayan sea salt is hand carved into massage stones that gently soothe away stress, tension and pollutants. Warm stones and unique hands-on techniques provide the ultimate massage experience. The soothing heat therapy promotes a positive energy flow giving a sense of harmony and balance which helps you to feel at peace.

### CALMING CURRENTS

60 MINUTES	\$165
90 MINUTES	\$245
120 MINUTES	\$330

The name says it all. This massage is designed to relax and calm. Using light to moderate pressure, this massage will promote relaxation, enhance circulation and relieve tension.

### DEEP TISSUE

60 MINUTES	\$195
90 MINUTES	\$295
120 MINUTES	\$390

Experience the rejuvenating effects of a deep tissue massage. This intense indulgence helps restore body alignment and range of motion by focusing on the deeper layer of muscle tissue.

### PAR 4 SPORTS MASSAGE

60 MINUTES	\$205
90 MINUTES	\$305
120 MINUTES	\$410

This massage is geared toward athletes of every kind, from world-class professionals to weekend joggers or golf enthusiasts. Designed to promote flexibility, reduce fatigue, improve endurance, help prevent injuries and prepare the body and mind for optimal performance.

### MOMMY TO BE

60 MINUTES	\$185
90 MINUTES	\$275

Using a warm organic oil, this massage will leave mommy and baby blissfully relaxed. Suited for expectant mommies outside the first trimester.

### OCEAN CALMS EXPERIENCE

60 MINUTES	\$205
90 MINUTES	\$305
120 MINUTES	\$410

Truly a special treatment, our Ocean Calms Experience will transport you into a blissfully relaxed state-of-mind. This treatment is designed to remove any stress or anxiety you may be feeling. Helping to ease a hectic lifestyle, this treatment increases energy flow around the body which balances and creates harmony.

### COUPLE'S MASSAGE

PER COUPLE, 60 MINUTES, 90 MINUTES, 120 MINUTES	\$340+
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Drift into blissful relaxation as you lay side by side with the one you love. Perfect for couples, best friends or anyone you would like to share an experience with. Couples massage takes place in the same room, at the same time, with two different therapists. Choose from our Calming Currents, Deep Tissue, Par 4 Sports, or Tide Salt Stone Massage.

### PARADISE GLOW

60 MINUTES	\$210
90 MINUTES	\$315
120 MINUTES	\$420

This treatment is designed to hydrate and nourish the skin while completely relaxing the mind and body. Organic cane sugar combined with exotic drift nut oils gently exfoliates the skin. Next, warm pineapple oil is used to massage all your stresses away. A Fijian Scalp Treatment concludes this ritual leaving you restored, relaxed and replenished.

## BODY TREATMENTS

### SOOTHING TIDES CBD ESCAPE

60 MINUTES	\$245
90 MINUTES	\$365
120 MINUTES	\$495

Escape into serenity with our ANTARA CBD treatment. ANTARA, which means balance, captures the inner wisdom of the body to bring about profound healing and eliminating stresses. ANTARA CBD Oil will rejuvenate the skin and soothe any discomfort.

This treatment will promote restful sleep, relieve tension, ease muscles, and encourage total wellness. Soothing Tides will be an escape that includes exfoliation, areas of targeted massage, deep hydration, and an overall sense of wellness.

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## ISLAND HYDRATING WRAP

60 MINUTES

\$175

90 MINUTES

\$265

By hydrating and nourishing your skin, this treatment will leave your mind renewed and body restored. Your skin is gently exfoliated and then warm oil containing vitamins and antioxidants is applied. Your body is relaxed then wrapped, while a warm oil scalp massage and cold stone face massage relieves all your tension. This ultimate treatment leaves your body hydrated and restored while your mind stays on island time.

## GINGER HERBAL DETOX WRAP

60 MINUTES

\$175

90 MINUTES

\$265

Detoxify the body, boost circulation and metabolism with this targeted body ritual. A dry brush exfoliation begins the detox process followed by an application of an herbal ginger root masque and then you will be wrapped cocoon style. While you are wrapped you will experience a Fujian Scalp Ritual and a Cool Glacier Globe face massage. This detoxifying treatment is not only relaxing but also provides stimulation for lymphatic drainage.

## SUGAR SCRUB

60 MINUTES

\$170

Sugar cane combined with exotic tropical nut oils and fruit enzymes exfoliate and nourish skin to create the ultimate healthy glow. This treatment gently rids the body of dead skin, revealing new, healthier skin as well as replenishing moisture loss.

## NAIL TREATMENTS

### TRANQUIL WATERS PEDICURE 90 MINUTES

90 MINUTES

\$135

ZENTS Aromas are a liquid memory created out of love and each aroma is deeply personal. The aromas bloom on your skin as they react to your own personal chemistry, you bring the aroma alive as you are the final ingredient. This aromatherapy journey begins with you selecting your favorite aroma or combination of aromas to be used throughout your treatment. You will drift into tranquil euphoria with your warm foot soak that is infused with healing salts and shea butter. Nail and cuticle care are followed by the perfect exfoliation to smooth your feet. A luxurious shea butter concrete mask infused with your ZENTS aroma is used to deeply hydrate. This will be followed by a serene foot, leg, and hand massage. Perfectly polished toes, a final spritz of your aroma and your personalized self-care recommendation concludes your treatment.

## OCEAN TIDES SIGNATURE MANICURE

60 MINUTES

\$75

Your manicure begins with a warm soak and the finest coconut exfoliation. A warm body butter wrap for your hands will deliver moisture to instantly revive skin while cuticles and nails will be shaped and nourished. To finish the treatment, breathe deep and relax as your arms are gently massaged. You may choose buffing or polish for a finished look.

## OCEAN TIDES SIGNATURE PEDICURE

60 MINUTES

\$85

Sit back and be pampered from soul to sole. Start with a ritual cleansing with coconut milk, followed by an exfoliation of pure cane sugar infused with essential oils. Warm body butter is then applied to the feet while your legs are massaged. Finally, your choice of color is applied to your nails to remind you daily of your excursion to paradise.

## FACIAL TREATMENTS

### ILLUMINATING MERMAID FACIAL

60 MINUTES

\$215

Restore your skin's vitality to reveal a bright, smooth, radiant complexion. The unique Marine Mermaid Mask will reduce redness, calm and leave you with a dewy glow. This is the perfect treatment before a special event.

### YOUTHFUL GLOW FACIAL

60 MINUTES

\$195

This facial is designed to deliver a powerful hydrating boost to skin. This will rejuvenate skin and reduce the appearance of fine lines and wrinkles. Skin will be deeply repaired and conditioned leaving you with a beautiful youthful glow.

### OCEAN TIDES SIGNATURE FACIAL

60 MINUTES

\$165

Reestablish the natural beauty and health of your skin with pure ingredients and simple luxury. This facial is customized to your skin to provide your complexion with the greatest benefits.

### PURE RADIANCE FACIAL

60 MINUTES

\$180

Using all-natural ingredients, this custom, deep cleansing facial gives you both results and a relaxing experience. Deep cleansing, exfoliation, extractions and the high frequency wand are all combined in this facial to help promote radiance and clarity to the skin.

### GENTLEMEN'S FACIAL

60 MINUTES

\$165

This customized deep cleansing and hydrating facial is formulated to address the specific needs of a man's skin.

## TREATMENT ENHANCEMENTS

FIJIAN SCALP RITUAL \$25

KNESKO COLLAGEN LIP MASK \$45

PRIVAI AROMATHERAPY \$25

PRIVAI TENSION RELIEF \$25

ZENTS AROMA JOURNEY \$25

COOLING GLACIER GLOBE

PURE FIJI ORGANIC WARM OIL \$25

FACE MASSAGE \$25

FIJIAN HAND TREATMENT \$25

GLOW UP BOOSTER (FACIAL ONLY) \$25

FIJIAN FOOT TREATMENT \$25

FIJIAN BACK TREATMENT \$25

KNESKO COLLAGEN EYE MASK \$45

ANTARA CBD RELIEF BALM \$45

Ocean Tides Spa will add a 20% service charge which includes a 17% gratuity in addition to the listed price for all treatments.

We ask that you please cancel your appointment prior to 2pm the day before your appointment unless your appointment is scheduled for Tuesday then we ask you cancel the Saturday before prior to 2pm to avoid a same day cancellation fee.