

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

SPIRIT OF THE OCEAN

120 MINUTES \$495

Experience a journey of the senses that will help promote mental wellness and complete relaxation. Utilizing sound, scent and touch, your therapists will use their intuitive healing powers to refresh your mind, body and spirit. This will bestow relaxation, release and align overall oneness of mind and body.

TIDE SALT STONE MASSAGE

60 MINUTES \$195
90 MINUTES \$290

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

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 \$180
90 MINUTES \$270

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 \$185
90 MINUTES \$275

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 \$170
90 MINUTES \$255

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

OCEAN CALMS EXPERIENCE

60 MINUTES \$205
90 MINUTES \$305

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 \$340+

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 \$185
90 MINUTES \$270

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

ISLAND HYDRATING WRAP

60 MINUTES \$155
90 MINUTES \$230

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.

DEAD SEA MUD WRAP

60 MINUTES \$155
90 MINUTES \$230

Using a harvested mud, this treatment is known for its healing properties and high concentration of essential minerals which will help with skin issues and detoxify the body.

SUGAR SCRUB

60 MINUTES \$155

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.

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NAIL TREATMENTS

OCEAN TIDES SIGNATURE MANICURE

60 MINUTES \$65

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 \$80

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 \$205

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 \$160

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 \$150

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 \$155

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 \$155

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

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.