



Ocean Tides  *Spa*



A Coastal Sanctuary for the Senses.

Just beyond the whispering dunes, where the horizon blurs into shimmering Atlantic light, a sanctuary waits for you.

Here, at Ocean Tides Spa, the world softens. The air carries the quiet purity of sea salt and stillness. The light moves like water across the walls. And time—usually hurried—slows into a gentle, rolling rhythm.

Our therapists, intuitive guardians of craft and comfort, guide you through a series of rituals shaped by the elements of our coastline. Each moment becomes a tide: warm, fluid, and quietly transformative.

When your journey closes, you return renewed—restored by the ocean's endless, effortless beauty.

CHAPTER ONE

Where the Journey Begins.

SPIRIT OF THE OCEAN

135 MINUTES · \$565

Your passage opens with a symphony of sound, scent, and softened light—an immersive ritual that welcomes mind, body, and spirit into deep exhale. Guided by instinct and artistry, your therapist leads you inward, away from thought, into pure presence.

You are first enveloped in a warm, cocoon of coastal comfort that quiets the mind and softens the body with the gentle healing of singing bowls.

Then, as the wrap is lifted, a luxurious massage begins. Your therapist moves like tides over sand, melting tension and restoring deep, fluid harmony. It is a return to calm. A surrender to peace. A soft, luminous reawakening of the inner self. A guided walk to the ocean for a release ceremony will conclude your experience.

Rituals of Renewal — Body Treatments.

Where the ocean nourishes, these rituals transform—softening, replenishing, and awakening the body with whispers of warmth and botanical luxury.

SOOTHING TIDES CBD ESCAPE

60 MIN · \$245 | 90 MIN · \$365

Drift into a deeper state of serenity.

ANTARA—meaning balance—honors the body's innate wisdom, inviting healing to rise gently from within. Pure ANTARA CBD oil nourishes the skin and dissolves tension with quiet, confident precision.

This journey includes an ocean-inspired exfoliation, deeply targeted massage, and layers of rich hydration. Muscles unwind. The mind clears. A soothing tide of wellness washes through you—restorative from start to finish.

TIDES OF TRANQUILITY

60 MIN \$195 | 90 MIN \$295

A ritual carried on the gentlest tide.

Your treatment begins with a warm, mineral-rich scrub, applied to the hands, feet, and back—polishing the skin with the delicate shimmer of sea crystals. As the body awakens, a flowing sequence of massage follows: hands, feet, back, neck, shoulders, scalp.

Each stroke mirrors the rise and fall of the ocean. Fluid. Rhythmic. Deeply restorative.

You emerge soft, serene, and quietly renewed—a true tide of tranquility.

OCEAN ESSENCE DETOX WRAP

60 MIN \$215 | 90 MIN \$325

A detoxifying escape shaped by the sea.

Organic Laminaria leaves are layered over the body following a soothing bladderwrack buff, infusing the skin with minerals and coastal vitality. The wrap warms and firms, while a final massage with Softly Does It leaves the skin velvety, hydrated, and deeply renewed.

This ritual delivers instant transformation—invigorating, purifying, and bathed in coastal luxury.

COASTAL NECTAR BODY COCOON

60 MIN \$195 | 90 MIN \$295

Immerse yourself in a wave of nourishment.

A smoothing exfoliation prepares the skin to receive warmth and wellness. Antioxidant oils are then massaged over the body before you are wrapped in comforting cocooning layers, allowing hydration to deepen.

As you rest, warm oil flows across your scalp, and cool stones glide across the face—an interplay of soothing and awakening that balances the senses.

Emerge radiant, restored, and effortlessly at ease.

PRECIOUS MOMENTS

60 MIN \$195 | 90 MIN \$295

A sanctuary crafted to honor and nurture Mom and her growing bump.

Your belly is cocooned in a nourishing mask that supports connective tissue and helps prevent stretch marks, while your feet are wrapped in Laminaria seaweed leaves to ease fluid retention and enhance circulation. Hydrating organic masks drape the skin in softness, while a gentle face, hand, and arm massage soothes body and mind.

A lullaby of ocean whispers surrounds you—an exquisite ritual celebrating the journey into motherhood.

SUGAR SAND POLISH

60 MIN \$195

Let pure sugarcane crystals melt across the skin, blending with tropical nut oils and sun-ripened fruit enzymes. This decadent exfoliation sweeps away dullness, revealing fresh, glowing skin beneath.

You emerge luminous and silky-soft—infused with the effortless glow of a day spent by the sea.



CHAPTER THREE

The Ocean's Embrace — Massages.

Sink into treatments shaped by the serenity of the shoreline. Warmth, rhythm, and fluid motion carry you deeper into tranquility.

ROLLING WAVES CBD MASSAGE

Light to Firm Pressure
60 MIN \$235 | 90 MIN \$355

ANTARA CBD restores inner harmony as strokes rise and fall like ocean swells—softening the body and deepening the breath.

TIDE SALT STONE MASSAGE

Light to Medium Pressure
60 MIN \$215 | 90 MIN \$320

Warm Himalayan salt stones glide like sun-warmed driftwood, releasing tension and restoring energetic clarity.

CALMING CURRENTS MASSAGE

Light Swedish Techniques
60 MIN \$175 | 90 MIN \$260

A flowing, serene massage that washes the mind in calm and quiets the nervous system.

DEEP MUSCLE MELTER MASSAGE

Firm Pressure
60 MIN \$205 | 90 MIN \$305

Purposeful strokes reach deep layers of tension, restoring alignment and freeing the body.



PAR 4 SPORTS MASSAGE

Firm Pressure + Stretching
60 MIN \$205 | 90 MIN \$305

For athletes and lovers of movement—enhancing flexibility, boosting recovery, and elevating performance.

MOMMY-TO-BE MASSAGE

Light Pressure
60 MIN \$195 | 90 MIN \$295

Warm organic oils soothe and support expecting mothers (beyond the first trimester).

OCEAN CALMS EXPERIENCE

Light to Firm Pressure
60 MIN \$205 | 90 MIN \$305

A tranquility ritual that dissolves stress and restores clarity.

SEA SALT DETOX MASSAGE

Firm Pressure
60 MIN \$245 | 90 MIN \$365

Warm salt stones and expert pressure point work awaken the body's natural detox pathways—renewing, balancing, and enveloping you in coastal serenity.

COUPLE'S MASSAGE

PER COUPLE: 60 / 90 MIN · STARTING AT \$350

Two hearts. One moment. A shared drift into bliss.

CHAPTER FOUR

The Ocean's Light — Facial Rituals

Beauty rises like dawn over water—quiet, luminous, effortless.

THE OCEAN SOVEREIGN HYDRAFACIAL RITUAL

120 MIN \$685

A pinnacle of oceanfront indulgence.

Designed for those who desire visible transformation paired with an indulgent escape, this two-hour experience immerses the skin and senses in the healing power of the sea. Beginning with the signature HydraFacial experience, highly concentrated infusions of peptides, antioxidants, hyaluronic acid, restorative botanicals and organic seaweed are then delivered deep into the skin for unparalleled hydration and radiance.

SEA GLASS FACIAL

90 MIN \$375

Inspired by sea glass softened by tides and perfected by time.

A serene HydraFacial begins your ritual, followed by cascading layers of marine hydration and a luxurious coastal sheet mask. The skin emerges smooth, luminous, and tranquil—glowing like sea glass returned to shore.

HYDRAFACIAL

60 MIN \$305

A rhythmic tide of renewal.

Gentle exfoliation, lymphatic flow, deep hydration, a potent booster serum, LED therapy, and a silken marine mask create a radiant, ocean-lit glow.

ILLUMINATING MERMAID FACIAL

60 MIN \$215

A cooling tide of marine minerals soothes redness, restores clarity, and leaves the skin dewy and ethereal—moonlit, serene, and deeply replenished. Most recommended for any skin type.

YOUTHFUL GLOW FACIAL

60 MIN \$195

A quenching surge of hydration softens fine lines and revives the complexion—leaving skin luminous and beautifully renewed.

PURE RADIANCE FACIAL

60 MIN \$195

A cleansing ritual shaped by the purity of the shoreline.

Clarifying botanicals, deep exfoliation, and high-frequency technology refine and brighten, creating a fresh, open radiance. Recommended for problematic skin.

GENTLEMEN'S FACIAL

60 MIN \$185

A tailored treatment designed for men's skin—revitalizing, clarifying, and restoring natural confidence.



CHAPTER FIVE

Polished Serenity — Nail Rituals

TRANQUIL WATERS PEDICURE

60 MIN \$95

Choose the scent that calls to you. A warm foot soak, a gentle exfoliation, and a shea butter mask soften the path forward. A soothing massage follows—unhurried, fluid, restorative. A moment that feels like floating.

TRANQUIL WATERS MANICURE

60 MIN \$80

A warm soak, a gentle exfoliation, and mask soften the path forward. A soothing massage follows—unhurried, fluid, restorative. A moment that feels like floating



CHAPTER SIX

Turning the Tide — Menopausal Journeys

A collection of rituals crafted to honor the shifting rhythms of the body—restoring balance, vitality, and inner comfort.

SPRING TIDES JOURNEYS

Nourish Tide — Nurture · Hydrate · Protect

90 MINS \$315

A deeply comforting cocoon of moisture and calm, designed to replenish skin and spirit during hormonal transition.

Includes a 60-minute nourishing cocoon with guided meditation and sound healing.

Grounding Tide — Sleep · Stillness · Mindfulness

90 MINS \$315

A tranquil pathway for those seeking deeper rest. Calming rituals quiet the mind and restore the body's nighttime rhythm.

Includes grounding work, intention setting, and a release ceremony.

Fortify Tide — Metabolism · Immunity ·

Circulation

90 MINS \$315

An invigorating coastal-inspired journey supporting physical vitality, circulation, and resilience.

Includes a Fortify Face & Seaweed Wrap.

CHAPTER SEVEN

Coastal Indulgence Tidal Glow Immersion

Softness. Light. Deep Renewal.

3 HOURS \$615

Wrapped in warmth and guided by the rhythm of the sea, this immersive ritual layers exfoliation, hydration, massage, and a luminous facial into one fluid journey. Skin is smoothed, nourished, and awakened; the mind drifts into quiet; the body reemerges restored.

An elegant, effortless escape that feels like breathing with the ocean.

THE CLOSING CHAPTER

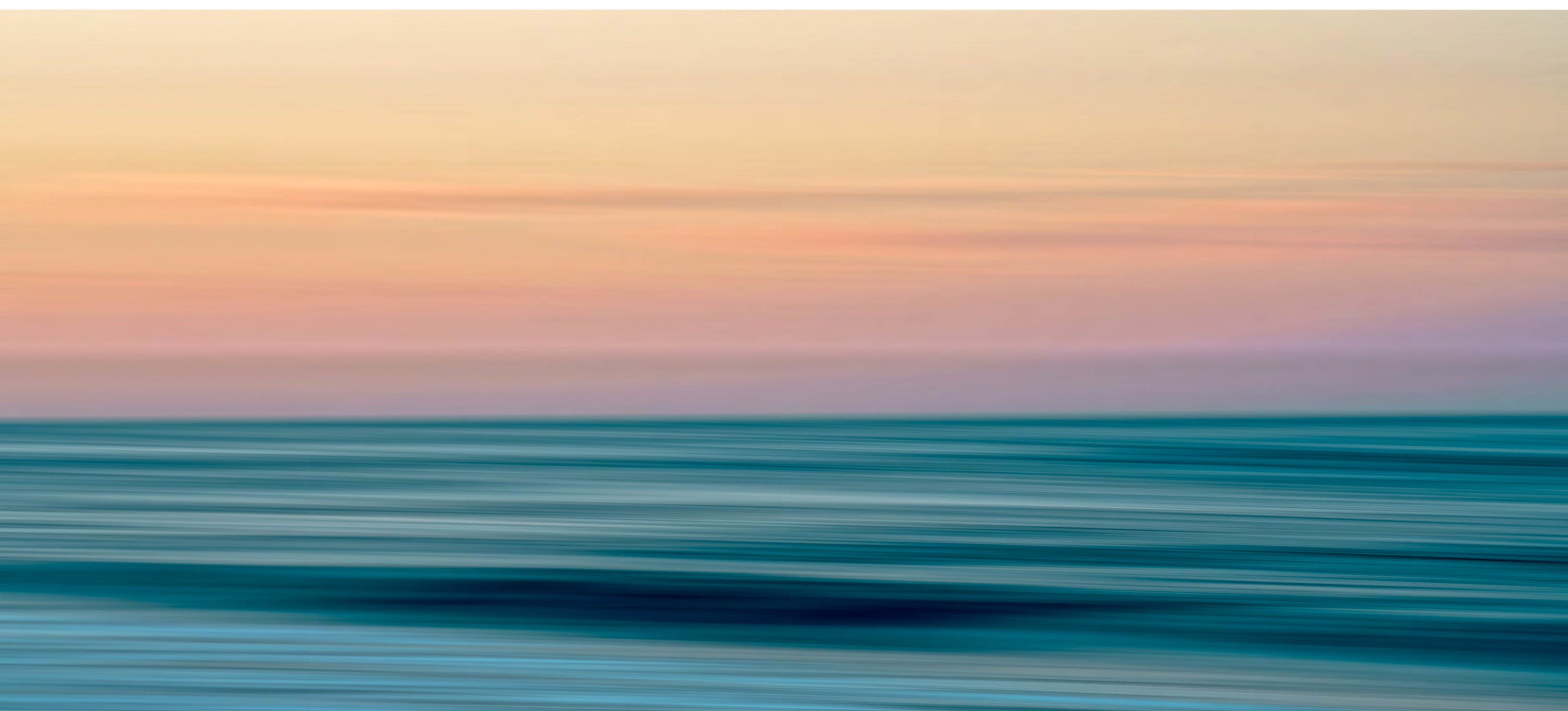
Returning to the Light

As your spa journey gently concludes, the hush of the ocean follows you—carried in your breath, your skin, your stillness.

You leave renewed and radiant, with the calm of the sea lingering long after the waves have settled.

You are invited to step onto the sand, feel the shore beneath your feet, and let go of all that no longer serves you—allowing the restored you to rise.

“Peace moves through me like a calm tide—steady, cleansing, and effortless.”





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843.341.8056 TO SCHEDULE



OMNI

HILTON HEAD