



Revel...Delight...Indulge...

ESTUARY SPA

The Estuary Spa provides a variety of services and treatments crafted to rejuvenate your mind, body, and spirit. The renewal process begins the moment you enter our doors, where the coastal inspired ambiance is reflective of our seaside oasis, The Beach Club. Our highly trained staff can customize a therapeutic treatment to target a particular area of emphasis and tailor the experience for overall relaxation. Both individual and couples treatment rooms are available. "Natural and Organic" is the guiding philosophy behind our featured product line, Naturopathica, which translated, means natural therapies. After a well-deserved day of pampering and relaxation at The Estuary Spa, you are sure to leave looking and feeling refreshed.



CLASSIC MASSAGES

ESTUARY SIGNATURE SWEDISH MASSAGE 50/80 Minutes Light pressure with long connective strokes for overall relaxation. This massage is performed with unscented oil.	\$130/\$180		
DEEP TISSUE MASSAGE 50/80 Minutes	\$140/\$190		
HOT STONE MASSAGE 50/80 Minutes Full-body massage using warm stones to comfortably deliver the therapeutic benefits of a deep tissue massage without the pressure. This massage is performed with unscented oil.	\$140/\$190		
SPECIALTY MASSAGES			
NIRVANA STRESS RELIEF MASSAGE 50/80 Minutes This deeply revitalizing treatment uses aromatherapy and soothing massage with Lavender oil to unwind the body, re-boot the mind and transform stress into balance.	\$140/\$190		
BLUE EUCALYPTUS MASSAGE 50/80 Minutes	\$140/\$190		
RENEW HERBAL MASSAGE 50/80 Minutes	\$140/\$190		
PRENATAL REST & RENEW TREATMENT **50 Minutes Only** This deeply restorative treatment is designed for moms-to-be to help improve sleep, reduce stress and soothe muscle fatigue. Beginning with a Swedish massage, then followed by the application of Gotu Kola Healing Balm to help reduce the appearance of stretch marks. (Must be after 1st trimester.)	\$150		



BODY TREATMENTS

BODY SCRUBS

LEMON VERBENA BODY POLISH 50 Minutes This deeply nourishing body polish leaves skin radiant and spirits lifted. Bright citrus notes of Lemon Verbena and gentle buffing grains are blended with hydrating Aloe Vera and Shea Butter to ease the discomfort of dryness.	
ROSEMARY CITRON SEA SALT SCRUB 50 Minutes Mineral-rich Sea Salts are blended with spicy Rosemary and Citrus essential oils to stimulate circulation and slough away dull, flaky skin. This invigorating scrub will soften the skin, leaving the surface smooth and polished.	\$140
LEMONGRASS MIMOSA BODY SCRUB 50 Minutes This refreshing body scrub hydrates and brightens dull skin. Micronized Walnut Shells exfoliate, while Mimosa and Bamboo extracts create lasting softness. Sparkling notes of Lemongrass combined with seductive floral aromas of Jasmine and Ylang Ylang stimulate the senses for total relaxation.	\$140
BODY WRAPS	
MOISTURE DRENCH SEAWEED WRAP 60 Minutes	\$170
ESPRESSO MUD DETOXIFYING BODY TREATMENT 60 Minutes Re-mineralize your skin while drawing out impurities. This detoxifying treatment starts with a vigorous exfoliation using volcanic Pumice and Coffee Arabica to stimulate circulation, followed by a warm wrap with mineral-rich Black Silt Clay and herbal extracts of Indian Sarsaparilla and Honey to help smooth and firm the skin. Includes a Wild Lime scalp massage.	\$170



BODY ENHANCEMENTS

	PAIR Birch and Magnesium - this intensive therapy is designed to help soothe porated into the massage and does not add any extra time.	\$25
	Itesand arm massage with Arnica oil and Mighty Mint Rescue Peppermint to improve circulation, while steaming hot towels	\$60
20 10 20 16 16 20 16 16 16 16 16 16 16 16 16 16 16 16 16	25 Minutes	\$60
	ENT 25 Minutesse muscle aches and soothe stress. Aromatic Wild Lime Revitalizing Scalp & coulders to stimulate circulation and nourish the hair from root to tib.	\$60

^{**}Body Enhancements can only be booked in addition to another body treatment**



FREQUENTLY ASKED QUESTIONS

When should I make an appointment?

We strongly recommend that you make your spa appointment(s) when you make your room reservation or at least three weeks in advance. If you are considering last minute services, we will do our best to accommodate your request

How do I choose my treatment?

Consider the following when making your appointment: Is my goal relaxation, stress reduction, spending time with a loved one, or addressing a specific condition such as dry skin, or fine wrinkles? Once you determine your reason for visiting the Estuary Spa we can assist you in making treatment suggestions. We are available by phone at 843.856.0028 seven days a week and can answer any question you have.

What information is required to make a reservation?

We need the best phone number to reach you during your stay in the event we need to contact you regarding your appointment. We also ask for an email address in order to send you confirmation of your appointments.

What if I am late for my service?

Arriving late will limit the time for your spa treatment, lessening its effectiveness and your enjoyment. Treatments will begin and end on time as a courtesy to the next guest. Regretfully, if you are late for your appointment, we may have to shorten your appointment time to be on schedule for the next. Please arrive 10-15 minutes prior to your appointment to allow adequate time to check-in at the guest service desk and relax in our beautiful lounge.

What is your Cancellation policy?

There is a 24-hour cancellation and rescheduling policy for appointments. If your appointment is not canceled within 24-hours of your service, we reserve the right to charge 100% of the service cost including gratuity.

Are there age restrictions?

The Charleston Harbor Resort and Marina is a family friendly resort and we encourage parents and their children to visit the spa. However, children under 18 years old must be accompanied by a guardian.

Should I avoid the spa if I am pregnant?

We offer many treatments that are designed with expecting moms in mind. However, you will want to avoid treatments using deep pressure and heat. We also recommend only receiving massages after your first trimester. When making your appointment, please let the reservationist know how far along you are.

Should I alert someone if I have any physical ailments, disabilities or allergies?

Please notify the Guest Service Agent or Reservation Specialist when booking your appointments if you are pregnant, have high blood pressure, a heart condition, or any allergy to medicines. This is essential in order to prevent any unnecessary risks during your time here at The Estuary Spa. Your therapist will also briefly review your health history with you before beginning your treatment.

What should I wear during my treatment?

Please disrobe to the level of your comfort in order to enjoy your service. A robe and sandals will be provided in your room to use during your visit Our therapists are fully trained in proper draping procedures to ensure your privacy and comfort.

What methods of payment does The Estuary Spa accept?

We accept American Express, Discover, Visa, MasterCard, Resort Gift Cards and Cash.



Monday - Saturday 9:00am - 5:00pm Sunday 10:00am - 5:00pm Spa hours may vary on select days throughout the year; please call for updates.