



ESTUARY SPA
at
CHARLESTON HARBOR
RESORT & MARINA



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, which is part of the distinctive Leading Hotels of the World. 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 \$120/ \$160

Light pressure with long connective strokes for over all relaxation. This massage is performed with unscented oil.

DEEP TISSUE MASSAGE 50/80 Minutes \$130/ \$180

Therapeutic deep pressure to relieve sore muscles and stiff joints. This massage is performed with unscented oil.

HOT STONE MASSAGE 50/80 Minutes \$130/ \$180

Naturally healing warm stone full-body massage comfortably delivers the therapeutic benefits of a deep tissue massage without the pressure.

SPECIALTY MASSAGES

NIRVANA STRESS RELIEF MASSAGE 50/80 Minutes \$130/ \$180

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.

BLUE EUCALYPTUS MASSAGE 50/80 Minutes..... \$130/ \$180

This holistic treatment combats adrenal fatigue caused by our modern 24/7 lifestyle. The session begins with a steaming Blue Eucalyptus inhalation to enhance immunity and is followed by a comprehensive full body massage with Ginger Root oil and Mighty Mint Rescue Cream.

RENEW HERBAL MASSAGE 50/80 Minutes \$130/ \$180

This massage encourages circulation and relieves muscle soreness and stiff joints. This massage is performed with Arnica oil.

PRENATAL REST & RENEW TREATMENT **60 Minutes Only** \$140

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, this treatment includes a mini-facial to address sensitive, hormone-reactive skin and ends with Mighty Mint foot therapy.



BODY TREATMENTS

BODY SCRUBS

LEMON VERBENA BODY POLISH 50 Minutes \$140

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 Minute \$140

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.

BODY WRAPS

MOISTURE DRENCH BODY WRAP 50 Minutes \$140

A nutrient-rich treatment blended with potent herbal extracts and essential oils to help hydrate and restore skin tone and vitality. Provides excellent results and is the ultimate skin conditioning treatment for the body.

ESPRESSO MUD DETOXIFYING BODY TREATMENT **60 Minutes Only** \$160

Re-mineralize your skin while drawing out impurities. This detoxifying treatment starts with a vigorous exfoliation with 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. Also includes a Wild Lime scalp massage and Mighty Mint Foot Therapy.

IN ROOM SERVICES

MASSAGES 50/80 Minutes \$25

*Relax and enjoy a spa service in the privacy and comfort of your Beach Club Parlor Room. Choose from any of our classic or speciality massages. *Excludes Hot Stone Massage.**

MASTER THERAPIST \$20

Our Master Therapists have over 10 years of practical experience. Please request when booking your appointment.



ADD ON TO CUSTOMIZE YOUR TREATMENT

FACIAL ENHANCEMENTS

HYDRATING LIP AND EYE CONTOUR TREATMENT	\$40
<i>This eye intensive treatment is designed to reduce puffiness, under eye discoloration and the appearance of fine lines and wrinkles. This deeply moisturizing treatment is designed to gently exfoliate dry, flaky skin and leave lips smooth and supple.</i>	
ENZYME POWER PEEL	\$25
<i>Create a personalized facial experience with herbal enzyme peels, designed to treat skin imbalances such as blemishes, hyperpigmentation, fine lines and wrinkles.</i>	
15% AHA & VITAMIN C INFUSION	\$30
<i>This skin rejuvenation treatment helps visibly refine the skin, stimulate collagen, brighten the complexion and dramatically reduce the appearance of fine lines and wrinkles, revealing a luminous complexion.</i>	

BODY ENHANCEMENTS

SOOTHE AWAY SORENESS MUSCLE REPAIR	\$25
<i>Utilizing the best of nature's pharmacy - Arnica, Sweet Birch and Magnesium - this intensive therapy is designed to help soothe away sore muscles, tendons and stiff joints</i>	
HAND & ARM TENSION RELIEF 25 Minutes	\$60
<i>This energizing enhancement combines a detailed hand and arm massage with Arnica oil and Mighty Mint Rescue Cream Extracts of Horse Chestnut and Peppermint improve circulation, while steaming hot towels relieve hand and wrist tension.</i>	
MIGHTY MINT FOOT & LEG THERAPY 25 Minutes	\$60
<i>A revitalizing foot and lower leg treatment designed to invigorate the whole body. Calves and feet are massaged with Arnica oil and energizing Mighty Mint Rescue Cream to enhance circulation. Feet are then cocooned in soothing steamed towels to awaken the senses.</i>	
WILD LIME SCALP AND HAIR TREATMENT 25 Minutes	\$50
<i>This scalp treatment is designed to promote relaxation, ease muscle aches and soothe stress. Aromatic Wild Lime Revitalizing Scalp & Hair Oil is warmed and applied to the scalp, neck and shoulders to stimulate circulation and nourish the hair from root to tip.</i>	



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.

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CharlestonHarborResort.com