



ESTUARY SPA
at
CHARLESTON HARBOR
RESORT & MARINA



Revel...Delight...Indulge



THE 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 Collection. 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 couple 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.



SERVICES

MASSAGES	FACIALS	BODY TREATMENTS	WAXING
<i>50 or 80 minutes</i>	<i>50 minutes</i>	<i>50 minutes</i>	<i>15-30 minutes</i>
Swedish	Remineralizing Facial	Lemon Verbana Body Scrub	Brow
Deep Tissue	Pure Results Facial	Rosemary Citron Sea Salt Scrub	Lip & Chin
Hot Stone	Vitamin C Brightening Facial	Seaweed Body Wrap	Underarm
Prenatal	Wrinkle Repair Facial	Expresso Mud Detoxifying Wrap	Arm
Nirvana Stress Relief	Moisture Drench Facial		Full Face
Blue Eucalyptus Energizing	Men's Facial		Back
Renew Herbal			Bikini
			Brazilian
			Half Legs
			Full Legs
ENHANCEMENT	ENHANCEMENT	ENHANCEMENT	
Wild Lime Scalp Treatment	Eye Contour Treatment	Wild Lime Scalp Treatment	
Hand & Arm Relief	Hydrating Lip Treatment	Hand & Arm Relief	
Foot Relief	Enzyme Power Peel	Foot Relief	
	Vitamin C Infusion		



BODY MASSAGES

SWEDISH MASSAGE 50/80 Minutes..... \$110/ \$140

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

Uses deep pressure to relax 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 gives you the benefits of a deep tissue massage without pressure.

NIRVANA STRESS RELIEF MASSAGE 50/80 Minutes..... \$120/ \$140

This deeply revitalizing treatment uses aromatherapy and deep tissue massage to unwind the body, re-boot the mind and transform stress into balance. Choose from four aromatherapeutic blends of exotic herbs such as warm and spicy Cardamom, hypnotic Neroli, clarifying Balsam Fir and energizing Holy Basil.

BLUE EUCALYPTUS ENERGIZING MASSAGE 50/80 Minutes..... \$120/ \$140

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 vigorous deep tissue massage with Ginger Root oil to rebalance the adrenal system.

RENEW HERBAL MASSAGE 50/80 Minutes \$100/ \$120

This stimulating massage encourages circulation and relieves muscle soreness and stiff joints while energizing the senses.

PRENATAL REST & RENEW TREATMENT **50 Minutes Only**\$120

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 ends with a mini-facial to address sensitive, hormone-reactive skin.



FACIAL TREATMENTS

BIO-ENERGY LIFT™ REMINERALIZING FACIAL 50 Minutes\$140

This luxurious treatment delivers instant skin rejuvenation by accelerating cellular respiration, bringing fatigued, over-stressed skin back to life. Skin becomes re-energized with a blend of a Copper & Amino Acid Complex, peptides, vitamins and minerals to firm, lift and revitalize the skin.

PURE RESULTS FACIAL 50 Minutes\$120

Experience dramatic results with this skin conditioning treatment designed to correct inflammation, the primary cause of premature aging. The session begins with an exfoliating treatment to sweep away dead surface cells and to improve the appearance of fine lines, wrinkles, radiance, smoothness and firmness.

VITAMIN C15 BRIGHTENING FACIAL 50 Minutes\$140

This treatment reverses the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. Featuring our breakthrough daily 15% Vitamin C serum that helps firm, brighten and dramatically reduce the appearance of wrinkles.

WRINKLE REPAIR TREATMENT FACIAL 50 Minutes.....\$140

A reparative, regenerating and corrective treatment that combats the signs of aging. Active ingredients: Argan Plant Stem Cells, Matrixyl® synthe'6® & a Tri-Retinol blend work together to help reduce fine lines and wrinkles while improving skin tone and firmness.

MOISTURE DRENCH FACIAL 50 Minute\$120

This hydrating facial immediately replenishes the skin with deeply hydrating botanical blends. A sensorial Soothing Hibiscus Enzyme Peel smooth's and calms stressed skin. This nourishing facial leaves skin radiant and protected from harsh environmental elements.

MEN'S REBALANCING FACIAL 50 Minutes\$120

Customized for men's skin care needs, this balancing facial effectively renews skin tone and texture while helping to soothe and restore devitalized, sun-damaged or razor-burned skin.



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

ESPRESSO MUD DETOXIFYING BODY TREATMENT 50 Minutes\$140

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.

SEAWEED BODY WRAP 50 Minutes\$150

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 can be easily removed with warm, moist towels—no shower needed.



FACIAL ENHANCEMENTS

- 15% AHA & VITAMIN C INFUSION.....\$30
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.
- EYE CONTOUR TREATMENT.....\$30
This intensive treatment is designed to reduce puffiness, under eye discoloration and the appearance of fine lines and wrinkles.
- HYDRATING LIP TREATMENT\$25
This deeply moisturizing treatment is designed to gently exfoliate dry, flaky skin and leave lips smooth and supple.
- ENZYME POWER PEEL\$25
Create a personalized facial experience with herbal enzyme peels, designed to treat skin imbalances such as blemishes, hyperpigmentation, fine lines and wrinkles.

BODY ENHANCEMENTS

- WILD LIME SCALP TREATMENT 30 Minutes\$55
This energizing scalp treatment is designed to promote relaxation, ease muscle aches and soothe stress. Aromatic Wild Lime Revitalizing Scalp & Hair Oil is warmed and applied vigorously to the scalp, neck and shoulders to stimulate circulation and relieve muscle tension.
- HAND & ARM TENSION RELIEF 30 Minutes.....\$30
This energizing enhancement combines a detailed hand and arm massage with a therapeutic multi-purpose cream. Extracts of Horse Chestnut & Peppermint improve circulation, while steaming hot towels steeped in aromatic essential oils relieve hand & wrist tension.
- MIGHTY MINT FOOT THERAPY 30 Minutes\$30
A revitalizing foot and lower leg treatment designed to invigorate the whole body. Calves and feet are massaged with energizing Peppermint and stimulating Horse Chestnut to enhance circulation. Feet are then cocooned in stimulating, aromatic steamed towels that awaken the senses.



WAXING TREATMENTS

BROWS.....	\$25
LIP & CHIN	\$30
UNDERARM.....	\$35
ARM	\$50
FULL FACE	\$35
BACK.....	\$80
BIKINI.....	\$45
BRAZILIAN	\$75
HALF LEGS.....	\$50
FULL LEGS.....	\$95

**For best results hair should be at least ¼ inch long.*

****NOTE:**

- 1. You may NOT wax if taking Accutane currently or in the past 6 months*
- 2. You may NOT wax if taking Retin-A currently or in the past 3 months*
- 3. You may NOT wax if taking Glycolic Acid or any other keraotolytic medication that increases skin exfoliation*
- 4. You may NOT wax if you have sunburned skin*
- 5. You may NOT wax if your skin is recovering from a laser peel*



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, enlarged pores 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 & can answer any question you have.

What information is required to make a reservation?

We need the best phone number to reach you at during your stay in the event we need to contact you regarding your reservation. 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 20 minutes prior to making 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 policy for appointments. If your appointment is not cancelled within 24 hours of your service, we reserve the right to charge 100 percent of the service cost.

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 must be accompanied by a guardian.

Should I avoid the spa if I am pregnant?

We offer pregnancy treatments that are designed with expecting moms in mind. However, you will want to avoid treatments using deep pressure and heat, such as deep- tissue massage. 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 food or 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 service.

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, or you are welcome to bring your own swimsuit for your spa experience. 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, Viva Day Spa Gift Certificates, Resort Gift Cards and Cash.

Monday - Sunday 9:00am- 5:00pm

Spa hours may vary on select days throughout the year; please call for updates.

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CharlestonHarborResort.com